

A high-altitude mountain landscape featuring two prominent, jagged peaks covered in snow and ice. The sky is a clear, vibrant blue with wispy white clouds. The foreground shows a narrow, rocky path or gully, partially covered in snow and ice, leading towards the base of the mountains. The overall scene is one of a rugged, alpine environment.

**A SHORT WALK IN THE SOLU KUMBU**

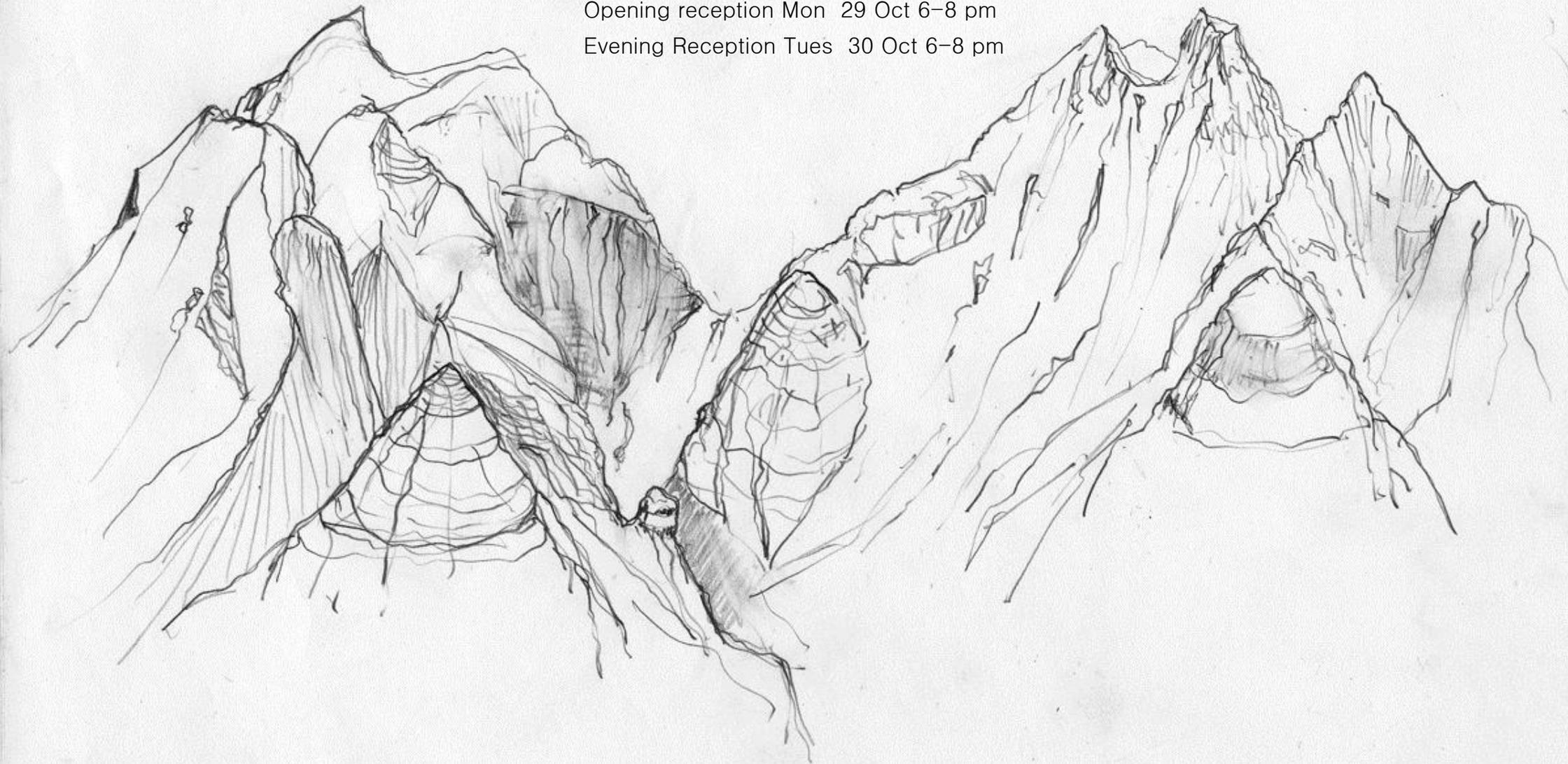
## A SHORT WALK IN THE SOLU KUMBU

Exhibition of Paintings by James Hawkins

La Galleria Pall Mall. London SW1Y 4UY    Mon 29th Oct to Sat 3rd Nov    10 am—6 pm

Opening reception Mon 29 Oct 6–8 pm

Evening Reception Tues 30 Oct 6–8 pm



James and his wife Flick have recently had an amazing trip in the Himalayas with Tengboche Trekking. [www.tengbochetrekking.com](http://www.tengbochetrekking.com)

Some of the profits from the exhibition will be donated to The little Sherpa Foundation [www.thelittlesherpafoundation.com](http://www.thelittlesherpafoundation.com)

For further information

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[www.jameshawkinshart.co.uk](http://www.jameshawkinshart.co.uk)

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KANTEGA

THAMSERKU

## A short walk in the Solu Khumbu, Nepal October 2017

Back in October 2016 I came home from holiday to an e mail from James Lamb asking if I would like to go trekking with him in Nepal, he knew my work as an artist and wondered if I would be interested in making some pictures of Nepal to raise money for his charity the little Sherpa foundation. I must have thought about it for all of thirty seconds before writing back with an enthusiastic yes. James and his wife Karen came to visit and we walked our dogs around Inverpoly while discussing plans, we were reassured when James told us that trekking in the Khumbu would be no harder. Because I often paint the lochs in Scotland we decided to head up to Gokyo where there are seven lakes of differing sizes, this I hoped would be my way in to painting the Himalayas. Next was a trip to our G.P. to arrange the recommended jags and there was kit to buy, from travel sacks to walking trousers, hand sanitiser to sleeping bags. So finally in early October 2017 we flew from Inverness to Manchester, then on to Abu Dhabi where gate forty eight made me smile, that's where the Kathmandu flight left from and it was as if the "Glastonbury filter" had been activated, ruck sacks, wild haircuts and colourful clothes amongst the beards and walking boots. Kathmandu is the only airport I have visited where they scan your luggage after you get off the plane; it was my first introduction to the delightful logic of Nepal.

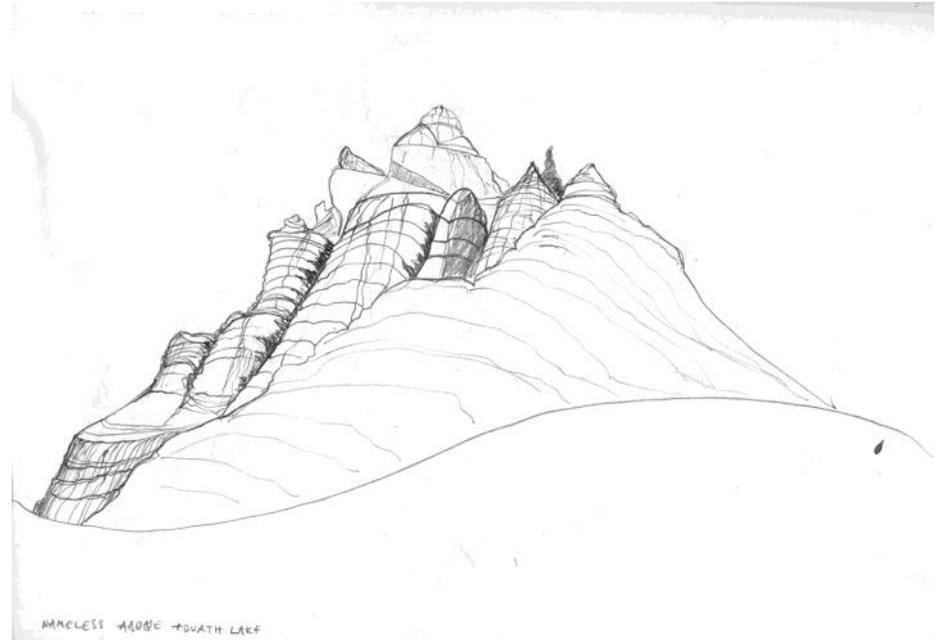


We were met by Tashi, James' partner in Tengboche trekking, a company that creates local employment and generates money for the little Sherpa charity. Tashi is a twenty eight year Buddhist Lama who has lived in the Khumbu all his life and was our guide during the trek. The following morning we were up early to catch the flight to Lukla and I was very glad that Tashi was there to hassle, it's quite a scramble that early flight and always challenged by the weather. It was dreich in Lukla and we set off through mist and trees dripping with rain. Everything improved as we walked up the valley through small farms and villages to Phakding, conversation with Tashi and James flowed as fast and free as the great river we crossed and crossed again. Next day we climbed harder to reach Namche Bazaar by late morning and slowly trees gave way to a more open landscape, the trails were busy on this lower section that is also part of the route to Everest Base Camp. Namche is beautifully placed in a South facing horseshoe on the side of a hill, a great tea house and our last hot shower for three weeks. We had a "rest" day following that still involved plenty of steep ascent up to Khumjung and back but found us sleeping at the same height as the previous night to help our adjustment to altitude.



Onwards up to Mong and down and across to Phortse now clear of the tree line for a while; Thamserku across the valley behind, Ama DaBlam ahead beckoning down the great Khumbu valley towards EBC. If ever there was a Shangri La Phortse might be a contender, it's a great tongue of land at three and a half thousand meters at the confluence of the two spurs of the Khumbu valley, one flowing down from Cho Oyu, the other from Everest. Glacial deposit over millennia has blessed it with at least half a meter of superb top spoil which shamed my garden at home, it faces South West and I swear that I saw the largest cauliflower I have ever seen, no bugs either!





We spent two days in Phortse getting to know the place and the people, this is where many of Sherpas who died on Everest in 2014 came from and is the heart of James' charitable operations, it's also Tashi's home. From there we walked up to Dole, Machermo and Gokyo. By now I was stopping to draw most days and Tashi would sit beside me and meditate giving a most empowering and comforting energy. Completely confounding my preconceptions Tashi strode the trails in full length maroon robes and climbing boots, often with a mobile phone held to each ear, he was our Mr Fixer and knew everyone it seemed. On one occasion he doubled back to fetch tea and cups from his Aunt's tea room that we had passed a short way back, it seems that Sherpas are one great extended family a "cousin brother (or sister)" denoting a more distant relation.



We spent three nights in Gokyo and loved it; walking beyond the lakes up to Scoundrels peak we left the crowds behind and were pretty much alone. Surrounded by Cho Oyu, Nuptse, and Everest, a lot of rock and a huge conflagration of glaciers below we felt we'd arrived, finally off the map and somewhere truly other. The weather was kind with clear blue skies and crystal air and I'll never forget the rock pinnacles, weird and wonderful shapes, pointed and crumbling, full of overhanging jagged shards that defied belief. That afternoon we crossed the glacier, ("no talking, walk quickly, don't stop" Tashi), to Dragnag. Mostly a rather scruffy conglomeration of grey boulders every so often the glacier revealed the beautiful ice forms of its interior. From Dragnag we walked back down to Phortse on the East side of the valley. It was much quieter here and we passed through hill farms where Tashi had spent idyllic summers with his grandparents, two storey stone buildings reminded me of the Lake District in their style.



During two more days in Phortse we enjoyed the ceremony of prize giving for the school children and pensions for the Sherpa widows and the elderly from James' charity. We made Trips to Pangboche and Tengboche monasteries where we were able to listen to the monks rehearsing for Mani Rimdu. Those great horns, the cymbals and drums and the chanting made avant-garde jazz sound mainstream, but if you let it all wash over suddenly it was like ocean currents, buffeting winds, great forces moving within. We greatly enjoyed our four weeks with Tashi and immersion in Buddhist culture, finding a calmness and serenity in all the people that we met, who were tirelessly hospitable and generous despite not having much. Now as the photos run on my screen saver and I work up my sketches into paintings I remember with deep affection that month where time stood still and I learned to just be without really realising it; it is my greatest pleasure to have this chance to give something back.



MACHERMO T CHO OYO FROM AHORTSE EVERY MORNING.





Cho Oyu and Machermo from Phortse 122 x 71 cm



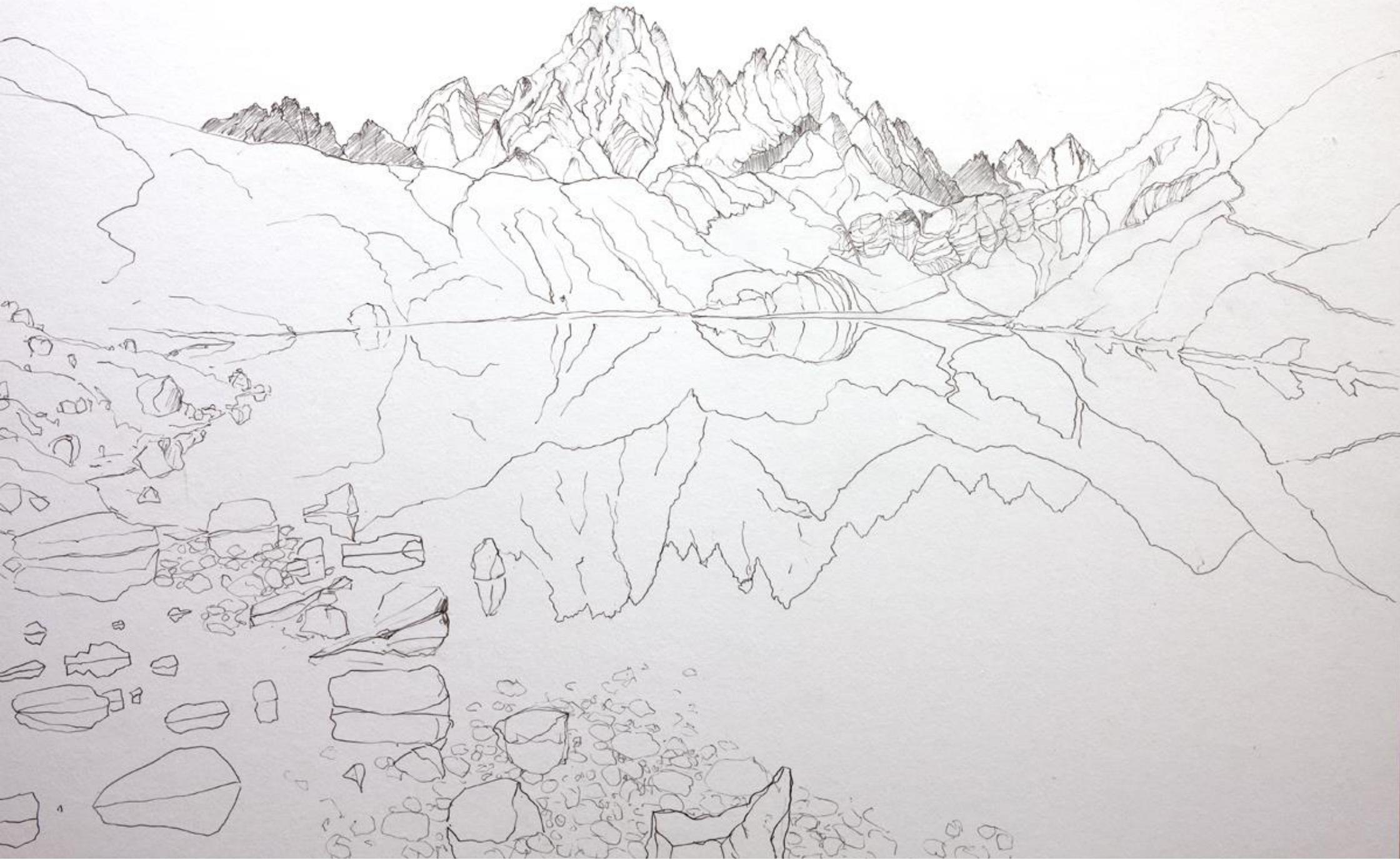


Mist on the Gokyo path 56 x 42cm





Makalu from the Renjola pass 106 x 76 cm





Phari Lapcha across Gokyo Lake 106 x 76 cm



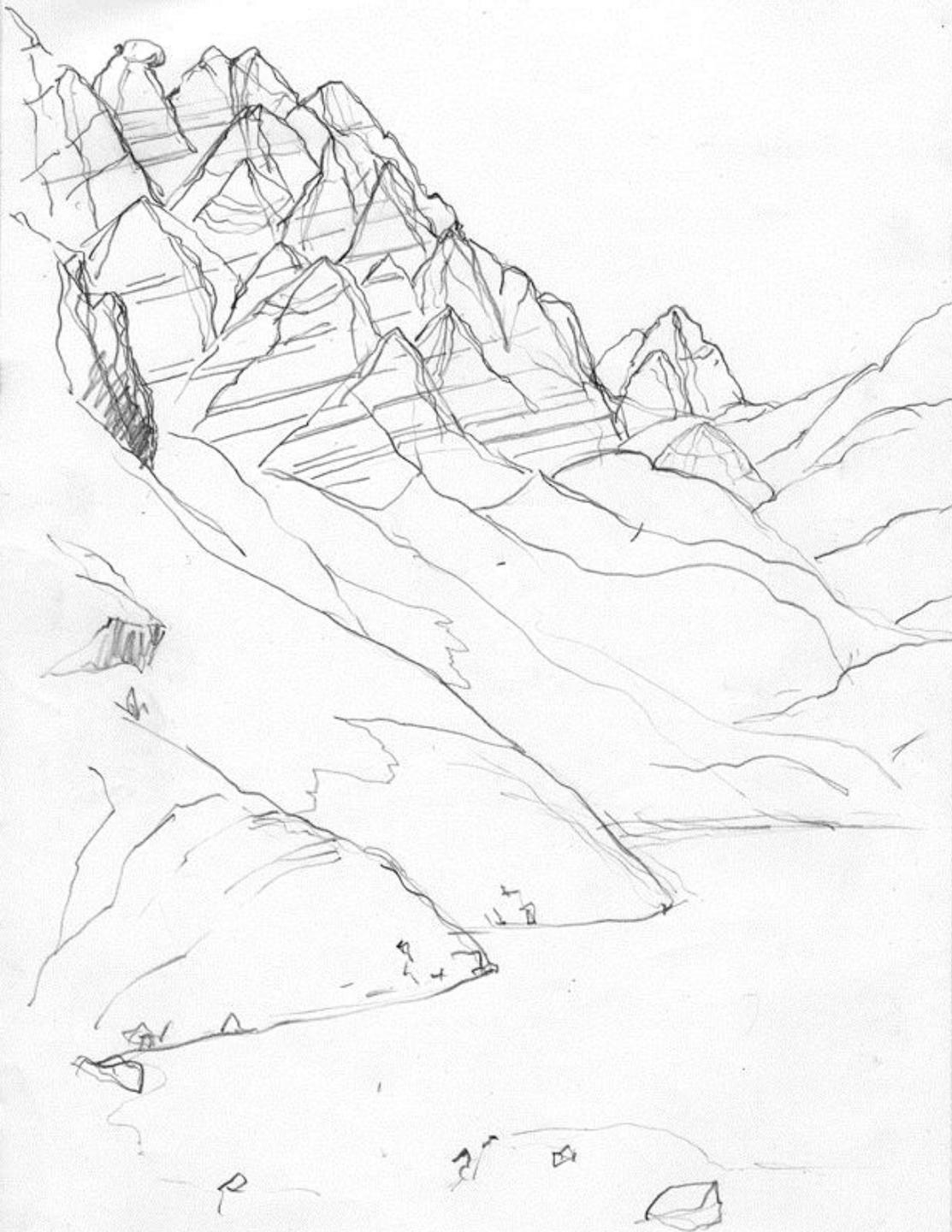


Everest from Scoundrel's peak 56 x 42 cm

HENTOLA

JOMNA LA PASS → P. ALTANCO

SUMNA



FOURTH LAKE : THONAK TSHO



Fourth Lake Gokyo 56 x 42 cm cm





Scoundrel's Peak 106 x 76 cm



Pinnacles Ngozumba Glacier 2 42 x 28 cm



Pinnacles Ngozumba Glacier 1 42 x 28 cm





Above Tengbouche 244 x 122 cm



When my friend, Tashi Lama, and I established Tengboche Trekking and The Little Sherpa Foundation in January 2015, we did not envisage how much our lives were about to change.

We offered treks in the Mount Everest National Park with only 5 part time, local, qualified and insured guides. The profits from this funded our charity which supports families affected by accidents in the mountains. The catalyst for this being the tragic deaths of 16 locals just above Everest base camp in April 2014. This left 16 women and 54 children without a husband or father. For almost all of them, it also meant no income whatsoever.

We are now close to extending our trekking agency to include treks throughout the whole of Nepal, Bhutan and Tibet. We will also be offering trekking peaks like Mera Peak and Island Peak. We aim to employ nearly 50 guides and, as the number of trekkers and climbers increases, the more money will feed into the charity.



In addition, interest in the charity has been extensive, both in Nepal and the UK. This has led to a whirlwind of talks and presentations as well as featuring on BBC Scotland's Adventure Show, national radio and in newspapers and magazines.

Since the earthquakes in 2015, our charity has expanded to meet the needs of the Sherpa people. As well as offering 50 scholarships per year to young people to enable them to remain in education, employing Sherpa teachers and financially supporting widows, we have rebuilt homes, stupas (google it!), monasteries, water mills and the original Edmund Hillary Primary School. Never in my wildest dreams did I think I would say that!

This year alone we anticipate building a brand new primary school and bringing running water and sanitation to about 600 people. A huge thank you to Rotary Inverkeithing/Dalgety Bay for their partnership on these projects.

This has led to a huge amount of hard work from a lot of people but the rewards are immense when you see those smiling Nepalese faces!



If you are inspired to help, you can contact us through [www.tengbochetrekking.com](http://www.tengbochetrekking.com) There is also a donate button on the homepage.

Finally, BAFTA award winner, Richard Else and I aim to make a film about the Sherpa people and why they believe their way of life is under threat. We hope to raise the funds ourselves through crowdfunding so we have no constraints on film content. We have the support of Doug Scott, Stephen Venables, Cameron McNeish and Phirba Tashi, who has climbed Everest 21 times, on this project. Details coming soon.

James Lamb Sept 2018

# JAMES HAWKINS

## BIOGRAPHY

- 1954 Born Reading
- 1972–73 Wimbledon School of Art, London
- 1974–75 W.S.C.D. Worthing
- 1975–78 Ruskin School of Drawing, Oxford University
- 1978 Moved to Ullapool, Northwest Highlands of Scotland

## SOLO EXHIBITIONS

- 2012 Cutting Edge, Cork Street London
- 2011 Art London, Chelsea
- 2009 Chronicles of the Straight line Ramblers Club, London
- 2007 Water, Wind and Light, Kilmorack Gallery Beaulieu  
Atlantic Coast, Duff House Scottish National galleries,  
Banff
- 2006 Banff
- 2003 Way Out West. Davies and Tooth, London
- 2002 Kilmorack Gallery Beaulieu
- 2001 Art on the Links, St Andrews  
Landscape, Colour and Light, Davies and Tooth, London
- 1999 London
- 1998 A Journey in all Weathers, Davies and Tooth, London
- 1997 Inferences, Bellevue Gallery, Edinburgh
- 1996 Duncan R Millar Fine Arts, Glasgow
- 1993 Coventry Gallery, London
- 1992 Sacred Sights, C.Boyd Gallery, Galashiels
- 1991 Sense of Place, 369 Gallery, Edinburgh
- 1990 Gallerie Van Alom, Berlin
- 1989 Gallery 202 London
- 1987 Landmarks, 369 Gallery, Edinburgh
- 1983 MacLean Art Gallery, Greenock

## SELECTED GROUP EXHIBITIONS

- 2011 Perception, RhueArt Gallery Edinburgh
- 2010 Scottish Housing Expo, Inverness
- 2009 Glasgow Art Fair
- 2008 Thompson's Gallery Aldeburgh, London
- 2005 Millennium Institute, University of The Highlands and Islands.  
Kilmorack Gallery, Cork Street London  
London Contemporary Art fair  
Richmond Hill Gallery, Scottish Exhibition
- 2004 Thompson's Gallery Aldeburgh, London  
Kilmorack Gallery, Beaulieu
- 2003 Summer Exhibition, City Arts Centre Edinburgh
- 2002 International Art fair New York  
Exhibition, Fort Lauderdale, Florida USA
- 2001 Art'01 London Contemporary Art fair
- 2001 Living the Land, Duff House, Scottish National galleries, Banff
- 1997 LINEART'97, International Art Fair, Ghent
- 1996 ART 96, London Contemporary Art Fair
- 1996 Glasgow Art Fair
- 1996 Heartlands, 20th Century Scottish Landscapes, Edinburgh
- 1995 Gulbenkian Foundation, 'Prints for the Western Isles'
- 1991 Mountain Experience, Highland Region Touring Exhibition
- 1989 Scottish Landscape, 369 Gallery National Touring Exhibition  
Into the Highlands, MacManus Gallery, Dundee
- 1988 Light and Space, Crawford Arts Centre St Andrews  
Tenth Anniversary Exhibition, 369 Gallery Edinburgh  
Artravaganza, Smith Gallery, Stirling
- 1987 Seven Artists' View of Iona, 369 Gallery Edinburgh
- 1986 MacLean Biennial, Greenock
- 1978 369 Gallery, Edinburgh
- 1975 Balliol College, Oxford

## AWARDS and COMMISSIONS

- 2004 The Great Glen, Inverness airport
- 1998 GlenFiddich Distillery, Scottish Art
- 1989 Painter of the year, Warwick Arts Trust, London
- 1986 Biston Betularia, Video  
The Brahan Seer, Eden Court Theatre Inverness
- 1976 Painting Prize Ruskin Art School

## FILM and VIDEO

- 2008 ambiEnt Festival, Brescia, Italy
- 2007 A series of fortunate events, Inverness City centre  
Royal Scottish Academy Summer Exhibition  
Water, wind and light, Kilmorack gallery
- 2006 Atlantic coast, Duff House Banff
- 2005 Dreaming Spires Video film
- 2001 Highland Festival "Elements" Animation Collaboration

## COLLECTIONS

Gallery of Modern Art, Glasgow  
City Arts Centre, Edinburgh City Council  
Prudential  
Warwick Arts Trust  
Flemings Collection, London  
Ross and Cromarty District Council  
Royal Bank of Scotland  
Wilde Sapte, London, Brussels, Paris  
Paintings in Hospitals, Scotland  
Highland Regional Council  
Buchanan Ingersoll, London  
University of Strathclyde  
Durham University

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with talks by the Artist and James Lamb of the Little Sherpa Foundation