

EMBASSY OF NEPAL

**23B Mohamed Mazhar Street
Zamalek, Cairo
Arab Republic of Egypt**



नेपाली राजदूतावास

कायरो

**سفارة نيبال
القاهرة**

Press Release

Nepal-Egypt Friendship Run was held in Cairo to mark Mt. Everest Day and International Wellness Day

In celebration of the Mount Everest Day and the International Wellness Day, a 5 km Friendship Run was organized today by the Embassy of Nepal in Cairo in collaboration with the Ministry of Local Development Environment of Egypt and the Wadi Degla Protectorate. The Nepal-Egypt Friendship Run under the theme “*From the Himalayas to the Nile— Let’s Run for a Greener Future*”, was formally inaugurated by the Ambassador of Nepal to Egypt, H.E. Mr. Sushil Kumar Lamsal, along with the Guest of Honour Dr. Mohamed Youssef, Head of the Central Administration for Protected Areas at the Egyptian Ministry of Local Development and Environment.

Speaking at the opening ceremony, Ambassador Lamsal welcomed all participants in the Friendship Run and thanked them for their enthusiastic presence. He highlighted the significance of Mt. Everest Day, commemorating the first ascent of the world’s highest peak in 1953, as a symbol of human determination and partnership. He also underscored the importance of the recently proclaimed International Wellness Day, emphasizing wellness as a holistic concept that encompasses physical, mental, emotional, social and ecological well-being.

The Ambassador drew attention to climate change as a shared global challenge, noting its visible impacts in both Nepal and Egypt, from Himalayan glacier melt to increasing water scarcity and risks to the Nile Delta. Stressing the interconnected nature of these challenges, he called for collective action and solidarity in building a resilient and sustainable future for all.

Highlighting Nepal’s rich traditions of yoga, meditation, and harmony with nature, Ambassador Lamsal emphasized the strong link between environmental protection and human wellness. Today, we run together in solidarity to highlight the profound nexus between environment and wellness, recognizing that a healthy planet is essential to healthy lives, he said.

Dr. Youssef appreciated the organization of the event and the strong message it conveys on environmental awareness and sustainability. He reaffirmed Egypt’s commitment to environment protection and building a greener future, while commending Nepal’s efforts and leadership in promoting sustainability initiatives.

The unique 5 km trail passed through the natural setting of Wadi Degla Protectorate, a protected desert valley stretching approximately 30 km. It preserves desert ecosystems and wildlife native to the region.

More than 350 participants, including diplomats, students, local athletes, and members of the Nepali community, joined the event.



Embassy of Nepal, Cairo

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