



Press Release on Diplomatic Hiking organized to celebrate International Wellness Day

On the happy occasion of International Wellness Day, the Embassy of Nepal in Muscat successfully organized a "Diplomatic Hiking" event. The hike took place on Wednesday, 15 April 2026, along the scenic Wadi Kabir trail, commencing at 16:30 hours. The hike was planned as a part of the celebration of the first International Wellness Day, being observed across the globe. The event focused on raising awareness of the Wellness Day and promoting a healthy lifestyle.

Ms. Nadhira Al Harthy, the first Omani woman to summit Sagarmatha (Mt. Everest) along with Mr. Sulaiman Al Naabi, Everest climber, led the hiking group which included H.E. Dornath Aryal, Ambassador of Nepal, H.E. Lyu Jian, Ambassador of China, spouses of the Ambassadors, embassy officials, media personalities, Nepali community members and Omani friends. The hike took around 2 hours to complete along the beautiful and uphill Wadi Kabir trail.

While addressing the group, Ambassador Dornath Aryal extended thanks to Everest Climbers, diplomats, media people and all other participants for joining the hike. He stated that on 10 March 2026, the United Nations General Assembly adopted a historic resolution to declare 15 April as International Wellness Day. Nepal had the honor of leading the initiative. Ambassador Aryal further stated that Wellness is a holistic concept that includes our physical, mental, emotional, social, and environmental wellbeing.

The Ambassador said, 'Nepal aims to become a global center for wellness. We are blessed with beautiful mountains, rivers, flora and fauna, pleasant weather, rich traditions of yoga, meditation, and Ayurveda. These make Nepal an attractive destination for wellness.'

Few other participants also expressed gratitude for organizing the hiking event and informing about the wellness day. Ambassador Aryal also conducted a brief mediation. At the end of hiking wellness foods/drinks were served. Apart from promoting wellness, the event also focused on environmental conservation initiative. The participants collected plastic bottles and waste found along the trail, reflecting a shared commitment to environmental protection. The Embassy of Nepal believes that this initiative served not just celebrating the International Wellness Day but also promoting mutual goodwill and tourism between Nepal and Oman.

The Embassy of Nepal, Muscat
Sultanate of Oman
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