

# HIMALAYAS - PARADISE FOR TREKKERS AND NATURE LOVERS



In April 2015, Nepal was hit by an earthquake. This natural disaster killed nearly 9,000 people, and injured 22,000. Since then the country has experienced a dramatic turnaround. In 2016, foreign tourist inflow increased by 39.71 % to 753,002.

According to the Department of Immigration, the rapid jump is mainly the result of an increased number of visitors coming from neighbouring countries, India and China, but also from the US, the UK, and Sri Lanka. The tourism boom is expected to continue in 2017, and will remain a major growth provider for Nepal. The country is a paradise for trekkers, and is incredibly rich in terms of natural beauty. However, Nepal is not the only top trekking destination in the region.

## Top Trekking Destinations

Nepal; a country full of myths and legends. Home to eight of the highest mountains in the world, and a paradise for trekkers. Hiking and trekking in Nepal is a once in a lifetime experience. You can feel the friendliness of the Nepalese, witness the stunning views of the Himalayas, and observe the traditional life styles of every different ethnic group. Trekking in Nepal is probably the best way to explore the country. This magnificent country has three main trekking destinations: Everest, Annapurna, and Langtang. Without doubt, Nepal is a top trekking destination, and a must-visit place for any trekking enthusiast.

Bhutan. Trekking in Bhutan is unlike anywhere else in the [Himalayas](#). Walks are long and challenging, but are complemented by crystal clear air, lonely paths, and picturesque views. The trails lead through alpine meadows, rhododendron forests, the foothills of the snow-peaked Himalayas, and emerald green valleys and lakes. Bhutan is also home to an incredible variety of fauna and flora, as, in fact, is Nepal. Most of the designated treks will take you to altitudes of between 9,000 feet (3,000 m) and 18,000 feet (6,000 m), and are among the best you will find anywhere in the world. The most popular treks are the Bumthang Trek, the Chomolhari Trek, and the Soi Yaksa Trek.

Tibet. Trekkers and adventurers worldwide regard Tibet as one of the top trekking destinations. This destination offers an insightful and fascinating experience. As you walk up a broad valley you witness rich yak pastures, picturesque flower-carpeted valleys, deep gorges, glacier-topped mountains, and much, much more. As well as being a worthy introduction to the Himalayan peaks, monasteries and culture, you will also find a distinctive, and sometimes spectacular, flora and fauna, which includes the Himalayan black bear and the elusive, almost mystical, snow leopard.

## When To Go?

We have identified the top destinations in the region, but what, exactly, are the best times of the year to visit these top trekking destinations?

In general, the best time of year to go trekking in Nepal is in autumn. During this season the

weather is excellent, and the mountain views ideal, as the sky is usually very clear. Temperatures are moderate, making September, October and November, a great time for trekking.

Winter days are also considered a good time for trekking, even though there will be snowfall in the mountains and temperatures will be low. Hence, winter is ideal for trekking in the foothills and at lower elevations.

Spring, on the other hand, provides the best temperature conditions for trekking, and is a great time for fans of blossoming flora. Summer is not recommended for trekking because of extremely high temperatures and monsoons.

In Bhutan, the trekking conditions are generally the same, thus the above information applies to this country too. However, in Tibet, the best times to go trekking are from April to May, and from August to October. During these periods there is no rain and temperatures are moderate. In winter, it is extremely cold, and there is always the possibility that visitors will not be able to get through all the passes, or along the trekking paths.

### **The Importance of the Provider**

Another essential factor to take into consideration, during preparations for trekking in the region, is the provider of the trip. It is a matter of safety, quality, and overall satisfaction.

Among many companies providing trekking services, **Adventure Mission Nepal Treks and Expedition** stands out as a highly professional company who provide the best services at various destinations in the region.

The company offers trekking experiences at the Everest Base Camp or at Annapurna Base Camp. In addition to the basic tour, the company also provides guides, who tell visitors the story of the snow-clad peaks.

Adventure Mission Nepal Treks and Expedition has its base in Nepal but also operates across the Himalayas, from Tibet to Bhutan, and onto the plains of India. The company cooperates with the best travel companies in the region to guarantee the very best experience for trekking enthusiasts.

### **Preparation for Trekking**

Good, thorough, preparation is a must for every trekking trip. This principle applies to Nepal, as well as all other South Asian destinations.

Trekking, overall, is not difficult. It is not entirely necessary to be an extreme athlete in order to manage trekking in Nepal. At times it can be a difficult experience, but mostly the pace is calm enough for anyone, even the newest beginner, to handle.

Despite this fact, taking a guide along is highly recommended. They are professionals and have better understanding and experience of the region and the mountains. Virtually every hiker travels with a guide, and finds it better, and more comfortable, to do so.

Not much equipment is needed for trekking - only casual trip accessories and necessities such as tents, backpacks etc. It is also not unreasonable to get some training in before leaving for a trekking trip. Running, squatting and strength exercises are the most efficient at improving overall body strength and cardiovascular endurance.

Overall it can be said that Nepal, in particular, is not a difficult trekking destination - even for beginners, which is also why its popularity is so high. Every individual will find treks and paths to his liking, based on his skills, in this small Asian country with huge mountains.

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