

Article

Have The Great Experience Of Trekking In Nepal

Detail:

Trekking in the country of Nepal in the Himalayas is one of the best experiences that one could have on a tour there. Nepal is one of the world's great trekking paradises and one of the nicest places to be in for your holiday vacations. A trek at the Himalayas is a fantastic experience for anyone with breathtaking views of snow-capped mountain peaks and a chance to meet indigenous mountain people who live as if they are cut off from the rest of the world.

Trekking in Nepal is almost possible at any time of the year. However, spring and fall seasons are the most favorable time for trekking. The famous treks in Nepal are in the Annapurna and Everest regions. In the Annapurna region, you can have the most beautiful views of the rich forests and serene beauty of the Annapurna sanctuary. There are also some popular treks in the Langtang Valley. These are some of the important treks in the valley that can be easily reached from the capital Kathmandu.

The Everest Base Camp Trek is the most important trek in Nepal. Trekking through this area gives you an amazing view of Mt. Everest. The hike also allows you to visit the Namche Bazaar, Buddhist monasteries and rustic villages. You can join the trek by obtaining permission from an in-country tour operator only.

Another popular trek in Nepal is called the Annapurna Base Camp. This trek can be completed in a maximum of ten days. However, normally it doesn't take ten days. The camp is located at a height of over 4,000 meters. Here you can get the view of the Annapurna Himal, Hiunchuli, Fang, Annapurna, Ganagapurna, Machhapuchhare and many more sites. Great gorges and Nepal's natural landscapes are also additional views that one can see here. Day hikes around many of the valleys and peaks are available once you reach your encampment.

The Dhaulagiri Base Camp is another important trek in Nepal. Dhaulagiri was once considered the highest mountain in the world and it is one of the most challenging treks in Nepal because of the varying mountain passes. Some of the passes there include the French Pass and Thapa Pass. Both the passes are about 5,000 meters high. You will be viewing some of the great ice and glacier-fields during your Dhaulagiri trek.

You have numerous choices of routes in Nepal Trek. Trekking is possible for every kind of trekkers. Finding a tour operator for your adventure is very essential and quality tour operators are available in Nepal. For your reference, you can ask past travelers for their view.

Try to protect yourself from health hazards. Most of the common health problems occur due to intestinal complications. These can be avoided if you take boiled and pure water.

Another common disease that you may face is altitude sickness or acute mountain sickness. This generally occurs after you reach elevations of 10,000 feet or more. However, this can also be avoided if you take purified water wherever you are. Also make sure to wash your hands before eating or putting them in your mouth. These two simple things can help you avoid most problems.

Trekking in Nepal through the great natural beauty can be the trip of a lifetime for you. Following the above tips will help to ensure that you have an enjoyable and safe trip.

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