Trekking

The multi day walking with the purpose of exploration of landscapes and scenic beauty is what we call trekking. It is adventurous recreational activity in which one needs to be physically fit to walk and psychologically prepare to face all the things that comes while trekking.

It has been known through different name in different part of the world, hill walking rambling, bush walking, tramping, bag packing and thru-walking.

It is hard to know when walking as the means of hunting and surviving became walking for fun and recreation. Going for stroll is a great way to meditate on possible dilemmas or to get away from things and clear your mind but the idea of taking a walk in the countryside for pleasure developed in the 18th century and because of changing attributes to the landscape and nature associated. When it comes to historical milestones in trekking, we would have to go back to the date 29 May 1953, when sir Edmund Hillary and tenzing Norgay reached the summit of Mt. Everest.

The famous and important trekking destination like ALPS (Europe), Lake districts (UK), National park system (USA), Nepal (Asia) ,etc. are visited numerously throughout the world.