**Himalayas Trekking Journey**

Far more than just a walking, Trekking journey are the essence of escapism taken on the most magical Himalayas highway to explore untouched beauty of mountain. Trekking is the Art of Living, Traveling, and Surviving in the Wilderness is being ones with Nature. The magic of Himalaya from Nepal’s backbone and provide a rugged backdrop to a verity of trekking options. Explore the sites which isn’t just a excursion either vacation… it’s an education. Walking into the nature, mountain trials, bird calls wildlife and social interaction with local casts and tribes, culture and tradition that hasn’t change from century. Trekking through Himalayan region, enrich with hill tribal, zoology, botany, forestry and ecology will give you a lifetime achievement. Nepalaya Explorer has created an entire life around taking people in Himalayas. It is our driving passion and single commitment. Quite simply, we do it better and safer because it matters more to us. Our holidays are all about excitement, and journey through the natural beauty and cultural diversity of some of the planet’s remotest areas. We’ll guide you up to the most exciting wilderness Himalaya and introduce you to our favorite destinations in style with your speed.

Our fully supported trekking expeditions are the thoroughly equipped to the last detail. Expert local professional trekking guides, porter and state of art equipment with all necessaries communication device, emergency evacuate and extra taking care phone contact with team make any challenging trekking expedition possible, even if you have no previous trekking experience. All you need to have good mental and a sense of adventure humor you’ll soon be enjoying the wilder moments of these mighty Himalayas. as soon as you move your feet towards to the Himalayas you’re no longer client, you’re become a team member.

Nepalaya Explorer pioneered descents on classic Himalayan trekking expedition in Myanmar as well. Most of the people we take up to the Himalayas never been on a trekking expedition before, and it is both a great joy and great responsibility to introduce people to our passion. If you have half as much as fun we do then you’ll have the trip for your lifetime.

**A Day on the Trek:** There are no rules to walking in the Himalayas rather than those dictated by common sense. To enjoy the Himalayas, participants need to be flexible and adaptive in changing situation such as weather, altitude sickness, with this in mind here’s what we normally plan on any trekking journey.

After a hearty breakfast and packing our day bag, we try to start walking by around 9am every day except the pass because this day we have to start walking from very early morning to avoid the windy hours. Your trek begin with nice and easy flat land depend which trek you doing it and day by day it’s get up and downhill as you reach close to the Himalayas. The day walking is punctuated with a leisurely lunch break around mid day, as well as exploring extra sights such as temples, stupa and villages, waterfalls for Canyoning. (please let us know in booking time for Canyoning because during our trek there are numbers of waterfall where we provides high altitude Canyoning and we are the only one who started this extra adventure with our experience) the length of the time spent trekking is directly related to our choice of spectacular view of the local guesthouse village or campsite with camping tent and equipment. Typically we are walking 6-7 hours each day including lunch break. We get into our camp or guesthouse site around 3-4pm in the afternoon and there is plenty of time to explore and relax. On most expedition trip there is a layover and altitude acclimatization day built into the itinerary, a chance to do as little or as much as you wish. Let’s face it, these areas are so difficult to get to and it would be shame to end up rushing. Most of the evenings are spent in one of the cozy local teahouse or guesthouse but if you wish to sleep under the Himalayas Starry or Moonlight nights with campfire and getting to know people on the trip, so please inform us in hand so there for we provide outdoor camping gear where you can see the stars and moon very closer from Himalayas and this will give you extra deeply memories for rest of the lifetimes. Food is expertly prepared by our trekking Master Chef and his crew if you doing tented organize camping trip, and if it is teahouse trek then we eat at the same place where we stayed overnight to support the local community. After a few days in the Mountain Time has little meaning; Himalaya time takes over. Having walking, taking photos all day it’s often a surprise to look at your watch before going to bed to find it’s only 8pm whereas you where sure it was closer to 10pm. The next day we begin all over again and fallow the Himalayan route.

**Important Choosing a Trek:** Before you decide what trekking expedition you’ll do, you need to decide what it is you want out of the trekking journey to begin with. Most of our journey through Himalayas offers real heart thumping high altitude base camp (5545miters) with the incredible journeying aspect of a long trek expedition trip to most relaxing, scenic and deluxe trip with picnic lunch on top of the hill (2500-3000miters) and overlooking high Himalayas and camping for sunset and sunrise at the guest house or tented camp. Ask yourself how daring are you? Do you want to rough and tough or soft and easy? Do you want to raft down after your trek? Do you want to fly with Helicopter where your treks begin? How much time frame do you have? What can you afford? Are you looking for easy and luxury trip with family age of 10 yrs to 65-70 yrs old in group? We do organize especial trip for Honeymooner and Married Anniversary trekking trip in style and safer with candlelight dinner under the Himalayas starry or Full moon nights on top of the hill overlooking Himalayas with privacy and romantic setup. Whatever the combination, Nepalaya Explorer is bound to have a trip that suit you. Just browse our website and you will see, and feel free to e-mail us and we’ll be happy to help you put together an ultimate trip for lifetime.

**Adventure Equipment & Sleeping Accommodation:** We provide all the outdoor gear needed to enjoy the comforts of home while experiencing the sanctity of the Himalayas, such as: two-person insulated tents, 3 seasonal sleeping bags, inner liner, pillow, sleeping mattresses, dining tent, tables and chairs, lanterns, toilet tents, and comprehensive adventure and industries standard first Aid Kit and dry bags for camera and backpack especially in monsoon trek dealing with an expedition the experience it should be.

**Independent tea-house Treks:** For the budget trekker, carrying your own pack and stopping at tea-house is a fun way to explore the country. Everest, Annapurna, Langtang and Helambu circuits have plenty of teahouses to accommodate you. We can assist in planning the perfect holiday itinerary to get most out of your time and budget. So please feel free to contact us. We help you from bottom of our heart.

**Do I Need A Guide:** No matter how experienced you are in outdoor environments it is important to have someone to help orientate yourself to a new area. Ignorance costs lives. A qualified guide is a minimum safety requirement and can also enhance your enjoyment and understanding of the region as they‘re not only your geographical guide, but your cultural and linguistic guide as well…

**Question & Concerns:** We provide a full staff including a trek leader, assistant guides, cook, kitchen staff, extra emergency backup oxygen and porters who carry all of the gear. We provide you with information about the environment, culture, wildlife, flora and fauna. We address your personal questions and concerns and work together to accommodate your needs, overcome obstacles, and enjoy the outdoors.

**Weather:** You are heading into the world's highest mountain range. Be prepared for changes in temperature and weather.

Nepal has the widest altitude range of any country on Earth, from 200 meters in the Terai to 8848 meters on the top of Everest. Each altitude will have its own funny weather. From tropical heat to tin the hot sun. In the main trekking seasons in the spring and fall, the weather is often stable, and even the high passes may be free of snow and relatively easy to traverse at times.

Those trekkers who encountered an easy day at altitude may spread the word that boots and warm clothing are not required. This is a mistake! Sudden storms can occur at any time, dumping one or two meters of snow on the passes. At that point, anyone with simple running shoes will not be able to proceed, and may even be standard for a number of days. Frostbite is a constant risk if one walks in snow at high altitude. If you trek in the winter, you must be prepared for cold and snow. If you trek in the monsoon you might be faced with slippery trails and difficult river crossing but there are many less people on the trail.

**Dining & Energy:** You can expect delicious cuisine throughout your adventure. Food will be prepared freshly and hygienically by your adventure Master Chef to maximize and maintain health and energy levels. We serve hearty breakfasts, lunches and dinners, with stops for snacks to revive your energy along the way. We promise, you won’t go hungry, if you wish to minimize the portion or any previous dishes you like to have again please don’t be hesitate.

**The Trek & Dates:** We choose our departure to coincide with optimum season and climates. The most popular seasons are spring (February- May and autumn September-December). Trekking is possible at anytime of the year depending where you are going. Winter is very cold above 4000m and high mountain passes may be snowbound, but is good for trekking at lower altitudes. During the monsoon season (June-August), you can trek in the rain-shadow areas north of the Himalayan like Mustang, upper Manang and Dolpo. Rain clouds simply reach these areas because of the high mountains, there for they are unaffected by monsoon. during fall season trail are bit wet in early season but good things is not many trekkers, where you enjoy all of it by your own and, Himalayas green lush forest washed by monsoon, birds, villagers, peaceful and quietness welcome you as you’re getting close by nature, temperature. This season start from September and end mid December. Spring season start ride after winter where Himalayas covered by full of snow and mountain hills are colorful with flowers including Orchids and gardens of Rhododendrons. By mentioning this you can easily figure out which season fits you, but feel free to contact us and we can give a pretty good estimate of on any treks in relation on the actual time you plan to be in the mountain. actual Himalayas weather condition during your trip may be changeable and the trails more demanding, it all depend on the Himalayas Gods so there for we respect and wait with patience and organize trip with fully backup safety and have fun with it.

Seek out impartial advice about how long the trek should take, bearing in mind weather and terrain. Beware of trekking agencies and companies (or your travel companions) telling you can do it in less time. On longer, high altitude treks, allow for rest and altitude acclimatization days.

**Trekking and the Himalayas Environment:** We treat every area as if it was our Home. The Himalayas, for all its massive mountain peaks and impressive geography, is actually an incredibly fragile environment. Deforestation, erosion, tourism and overpopulation along the trekking route are becoming major problems in some areas. Tourism, which has given new opportunities, introducing and resources, has also had a large effect on the consumption of natural resources. Our lives have revolved around mountain, rivers and people. These areas have captivated our imagination and our hearts, and throughout all the years inspired us. For over two decades of trekking experience we have gaining knowledge and appreciation for those little known areas. We feel an increased responsibility to protect and preserve these wild places and this is the messages we convey to everyone. It is of the utmost importance to all of us that our interaction with the people we encounter along the way be positive and mutually beneficial. We treat every area as if it was our Home. We provide real benefits to local economy, employing and training staff, purchasing all supplies and services locally, and supporting people in the areas we visit for sustainable development with providing such as medical, education and environment campaign in local community.

Nepalaya Explorer has taken significant steps towards the protection of the Himalayan environment and the people who live here. If you would like to know how you can help, please contact us because we are running our Nepal Community Project (NCP) for Sustainable Development in rural areas as well as badly damages villages during April 2015 Earthquake.

**Health Tips**

**General Health:** When visiting Nepal & Myanmar one should be aware of the health and safety concerns. Due to the varied climate and weather, taking care of one’s health becomes a top priority. Practicing hygienic habits, making sure food, water, and sanitation of restaurants and teahouses are good, and being aware of one surroundings helps to prevent and ward off illness that may come from traveling to a foreign land. Stomach issues are one of the more common problems found in Nepal & Myanmar. Most bodies adjust quickly and a mild case of tummy trouble can be waited out without the need for medication. We live in the age of mega-antibiotics, which do great jobs at clearing up more severe problems (consult with your doctor at home which ones he/she recommends). Certain immunizations are crucial. Most countries have a national board that recommends the proper jobs for all countries based on what is endemic. Your doctor at home can check and administer the proper shots before your departure. Malaria is endemic only in small lowland areas of Nepal & Myanmar (in and either side of the monsoon). Doctor differs on prescribing. Most people are in Nepal & Myanmar without Malarial prophylaxis and without any problem whatsoever – and that is Nepalaya Explorer recommendation. HOWEVER, your health is your concern maybe this needs a discussion with your doctor.

**Safety First:** At Nepalaya Explorer, we take safety very, very seriously. It is our first and never forgotten priority, and it shows. We employ some of the best trekking guide from industries. These men are Himalayas professional, trained in AR, CPR, emergency wilderness first aid, wilderness survival training, Nepal Red Cross trained. They are highly experienced, and level-headed in the most demanding and stressful situation in Himalayas trekking expedition. Many have guided in many Himalayas base camp, and some have been involved in pioneering first descents of Asian Himalayas trekking expedition. They have devoted their lives to the navigation and understanding Himalayas trekking route.

Nepalaya Explorer has been running trips, and if anyone can do it, we can. However, the Himalayas are unlikely any other area on earth, and things here tend to happen in their own way, and at their own time. In short, this is not Disney land. Things which would be accomplished by simply picking up a phone anywhere else can be weeklong ordeals or simply impossible to accomplish. We at Nepalaya Explorer rely on the experience, capability and expertise of our guides, state of the art trekking gear, as well as pre-planned and thoroughly thought out plans to keep things together in the unlikely event that something should go astray. It is imperative, however, that the prospective group members realize that they are entering an environment where the rules and realities of life are much different from the West. It’s a big part of what makes our journey magical, and in our opinion, more than offset by the brilliance of being able to journey through some of the world’s last true frontiers.

While trekking are at the Heart of Nepalaya Explore over the years our specialties have expended as more clients return with grand tales of exploration and adventure. We also offer programs that can combine multi outdoor adventure river journey, peak climbing, wildlife safaris, city sightseeing, rock climbing, canyoning, caving, Nepal community project, team building and environment campaign. We have designed and run specialized guide training courses, National and International Army training, expeditions and youth leadership programs that offer students adventures and learning experience in a world they couldn't imagine existed.