*mugala rajavansha ke patana aura britisha sanrajya ke shasana ke abhyudaya ke bicha ki avadhi mem, polo bharata ki mukhyabhumi se lagabhaga gayaba hi ho gaya| duniya ke saubhagya se, polo ka khela upa-prayadvipa ke katipaya durastha parvatiya antahkshetrom mem, khasa taura para gilagita, chitrala, laddakha aura manipura mem, astitva mem bana raha| manipura ke durastha uttara-purvi rajya mem polo khela ka astitva kayama rahane ke lie, sansara adhunika polo ke janma ka rini hai, kyonki aja yaha puri duniya mem khela ja raha hai | bharata mem, polo ki lokapriyata kai bara ghati aura baढ़i hai| aja, polo mahaja raja-maharajaom aura bharatiya sena taka hi simita nahim hai, kai kampaniyam aura pharmem bhi isa khela ko sanrakshana de rahi haim| polo ki suvidhaem utthana para haim evam bharata mem polo ke avakasha bhi prachalita haim| 380 mitara ki unchai para rishikesha-badrinatha ke saghana rajamarga ke bicha avasita, ganga ki prabala jaladhara drutagami raphtinga ke lie adarsha hai, prakritika sharanya mem vanya jivom ko dekhane ka bhi paryapta avasara hai| nadi ke satha-satha prakritika vihara sachamucha anandaprada haim aura sahasa karma pasanda karane valom ke lie shaila-arohana ayojita kie ja sakate haim| jiemaviena ne asana bandha para eka jala-kriड़a sairagaha vikasita ki hai| kyonki bandha preshaka hai yaham se 14 kilomitara para eka tarana-tala ke satha eka ‘jala-sankula’ shivalika pahaड़iyom ki taraiyom mem aura yamuna nadi ke kinare sthita hai|  
khubasurata "jila jila" nainitala mem yaॉtom, paira-sanchalita naukaom evam khene vali paramparika navom dvara naukayana ki suvidhaem upalabdha haim| nainitala mem naukayana ki manava sahamati vishuddhata: nainitala botahausa klaba ke pasa hai| nainitala jile mem, sata tala, bhima tala aura naukuchiya tala mem bhi jala-kriड़a evam naukayana ki suvidhaem haim| uttara pradesha ki pahaड़iyom ke udhamasinha nagara jile mem nanakasagara namaka eka jagaha hai| yaha jagaha nainitala, almoड़a, pithauragaढ़ ityadi ke kariba hone ke karana jala-kriड़a pasanda karane vale paryatakom ko bhi bhari sankhya mem akarshita kara sakati hai| nikatatama patari shirsha khatima se 15 kimi dura nainitala se duri 119 kimi nikatatama havai patti hai pantanagara| bharatiya upa-mahadvipa mem sambhavata: duniya mem nadiyom ka sabase bada़a tantra hai| uttunga himalaya se udbhuta uttari nadiyam drutagami joshile vyaktiyom ke lie eka uttejaka romancha prastuta karati haim|  
sabhi nadiyom mem se sarvadhika sundara nadi hai ganga | shaktimati ganga himalaya ke gaढ़vala kshetra mem gaumukha se utpanna hoti hai| ganga inaphlaitebila raphtom ke lie eka sarvottama nadi hai| kumayum mem, kela ganga (sharada) nepala ki sima se kumayum ki pahaड़iyom se hokara niche ko bahati hai| kela evam gori nadiyam jaulajibi mem milati haim jaham jala ki matra baढ़ jati hai| himalaya ke barphile shikhara bharata ki kuchha shaktishali nadiyom ke srota haim| romanchaka ghatiyom, jangalom aura sudura gamvom, uttaranchala pradesha mem gaढ़vala aura kumayum ki pahaड़iyom se pravahita hoti garjayamana parvatiya nadiyom ka eka jatila tantra, katipaya bhavya jala romanchom ke lie adarsha parivesha upasthita karate haim| raॉka klaimbinga mukhyata: santulana hai na ki takata | santulana usa shakti ka mulya bhi taya karata hai ki shaila-arohana ke lie adarsha, kai kshetrom mem pai ja sakane vali sidhi khada़i chattana ke arohana mem apa vastava mem kitani urja kharcha karate haim| aravali pahaड़iyom para dumadama, dhauja aura nuha mem achchhe arohana phalaka haim, sabhi dilli ke pasa sthita | pashchimi ghatom mem pune se age mumbra aura dudha haim| himachala pradesha manali ghati, manikarana aura rohatanga darra prastuta karata hai | rajasthana mem hai maunta abu aura sariska, jaham chattanem jara nridula haim| karnataka mem haim chamundi pahaड़iyam| unchaiyom para arohana karane vale kashmira mem sonamarga evam gaढ़vala, uttaranchala mem gangotri ke chattana phalakom ka ananda lenge| katipaya arohana du:saha evam kathina siddha ho sakate haim, parantu sundara paridrishya ka jadu, thandha mausama aura svachchha hava arohi ka josha banae rakhati hai| arohana ka sabase uncha darja philahala 32 hai; gambhira arohana ki shuruata hoti hai takaribana 10 se, nausikhie ama taura para arambhika dasa karate haim aura phira upara baढ़te haim|  
shaila-arohana jatila ho sakata hai kyonki isamem kai tatvom ki parasparika bhumikaem shamila hoti haim – apa, apaki kasavata, apaki kushalata aura takanika| manasunom se paraheja karana chahie| arohana apekshakrita surakshita hai, kintu isase arohiyom ko savadhani baratana chhoda nahim dena chahie|  
arohi unchaiyom se acheta nahim haim| eka arohi hone ke nate, apa chakkara ane ya nirnaya na kara pane jaisi sthitiyom se grasta nahim raha sakate| rassiय़om jaise vishishta auja़ara, ka prayoga aksara arohiyom ko girane se bachane ke lie kiya jata hai| ghara ke andara arohana vyayamashalaem bahya arohana, khasa taura para shaila-arohana, ke lie kai kushalataom ka vikasa karane mem sahayata karati haim| durbhagya se, ghara ke andara arohana bharata mem nahim kintu pashchimi deshom mem paय़a jata hai|  
chattana ka upara nikala hua aura 90 ansha se adhika ke kona ke satha eka hissa pralamba kahalata hai|  
chattana ka 180 ansha para chhata ki taraha bahara nikala hua eka hissa chhata kahalata hai| bharata mem aise 2 mukama, jaham skyuba daivinga karyakalapa, aura satha hi isa khela ke pathyakrama bhi hote haim, ve andamana evam lakshadvipa haim | andamana mem kuchha manohara antarjaliya sagarika jiva-jantu, vividha prakara ki ranga-birangi machhaliyam, durghatanagrasta jahaja evam akarshaka pravala-bhittiyam haim| andamana evam lakshadvipa dvipom ke irda-girda ka samudratatiya jala, sansara ki sanriddhatama pravala-bhittiya jalavayu-pranali ke avasom mem se eka hai| kai dvipa simantaka bhittiyom se ghire haim, jo kai bara to saikaड़om mitara taka vistirna tatha samana vistara vale laiguna ke dvara tata se alaga haim| sidhi dhalana vali bhittikaem tatha pravala-shrringa ya ‘naॉlsa’ bhi haim| "ailainda vatara spaॉrtsa" porta bleyara mem eka niji jala-kriड़a sanchalaka hai jo spida bota, jeta skija़, tyuba raida, veka borda raida, ni borda raida, ityadi upalabdha karate haim| porta bleyara sthita "andamana vatara spaॉrtsa kaॉmpleksa" paryatana nideshalaya dvara sanchalita eka anutha jala pattana kendra hai, yaha naukayana, skiinga, pairaselinga (hava/jalavayu ki dashaom para nirbhara), vatara skutarsa evam spidabota jaisi sahasika jala-kriड़aoem upalabdha karata hai| isa prakriya ke daurana trekara, ko chaudansa, byansa aura darma ghatiyom mem rahane vale logom ke gahana samajika-sanskritika jivana ko dekhane-samajane ka anubhava prapta hota hai| pithauragaढ़, jo "chhota kashmira" bhi kaha jata hai, jolinakaunga mem trekom ka adhara hai | shimala darra ka rasta barpha ki eka moti chadara se hokara gujarata hai, aura yaham se, sundara chhota kailasha shikhara ka sadabahara drishya dekha ja sakata hai| auli nanda devi, kameta, mana parvata aura dunagiri jaise himalaya-shikharom ka vihangama drishya pradana karata hai spashtatah bilkula kariba, auli skiinga ke lie utkrishta dashaem pradana karata hai| mausami skiingakartaom ko kriड़a ke lie purnata: anachhui dhalanom ka svachchha vistara prapta hota hai| gaढ़vala mem sardiyom ki skiinga aba peshevara rupa se auli ki dhalanom para sanchalita ki jati hai| auli sairagaha mem barpha hatane vale yantra haim, jo barpha ko toड़kara dhalanom ko, hara samaya skiinga ke lie upayukta banae rakhate haim|  
eka 500 mitara lambi ski liphta skiinga karane valom ko vapasa dhalana ke shikhara para le jati hai aura isa prakara unhem musibata aura lambi ski pahane hue upara chadha़ne ka samaya bachati hai| pratibhagiyom ko sujava diya jata hai ki ve vyaktigata upayoga ke lie bhari garma kapaड़e satha laem jaise tope, jurabem, dastane, gulubanda, pula-ovara, payajame, vayu-nirodhi jaiketa, gahare chashme, gama/sno buta aura dava ki tikiya| mausami barpha se dhanki gaढ़vala aura kumayum ki baड़i-baड़i dhalanem sardiyom ke mahinom mem skiinga ke lie adarsha jagaha ho jati haim| jaba koi sidhi khaड़i chattanom ki chunautiyom ka mukabala karata hai aura akalpaniya duriyam taya karata hai to vaha eka naya josha badha़ta hua mahasusa kara sakata hai|  
bilkula sacha hai, ki tatvom ki parajaya ke satha skiinga ka romancha atulaniya bana rahata hai, skiinga se atyadhika ananda ki prapti hoti hai, kevala saralatama sajo-samana ka prayoga romancha ko badha़ata hai| apani unchai evam vistara ke karana, himalaya ke anya bhagom ki taraha gaढ़vala aura kumayum sala bhara lambi duri ki anveshanaparaka skiinga ka romancha prastuta kara sakane ki sthiti mem rahate haim|  
hima-rekha se upara apane suvistrita khule sthanom ke satha, uttaranchala ke gaढ़vala evam kumayum ki pahaड़iyam, eka bharapura ski sthala prastuta karati haim| apani ashcharyajanaka unchai evam vistara ke karana, himalaya ke anya kshetrom ki taraha gaढ़vala aura kumayum sala bhara lambi duri ki anveshanaparaka skiinga ka romancha prastuta karate haim| kavi gayasuddina ne samadhi-shila para likhi kavyatmaka panktiyom ki rupa-shaili rachi thi jabaki turki ke ismaila khana apharidi gumbaja ke nirmata the | gaढ़vala mem jaड़e ki skiinga aba auli ki dhalanom para peshevara rupa se sanchalita ki jati hai| barpha ki sthitiyom para nirbhara karate hue, ama taura para isaka mausama akhiri disambara se lekara arambhika marcha taka hai |  
ve loga jo asparshita ke saundarya se abhibhuta haim, unake lie bharata ki parvata-shrrinkhalaem mohaka, romanchaka trekinga-marga pesha karati haim| bharata ke himalaya aura karakorama ke vistrita parikshetra mem, trekinga, parvatarohana, skiinga aura rivara-raphtinga ki ananta sambhavanaem haim| isa lubhavane bhu-bhaga ke dayare mem, trekinga karane valom ke lie khasa binduom ke satha gaढ़vala aura kumayum kshetrom ka kendriya sthana hai|  
manorama drishyom ke alava, himalaya ki taraiyam trekinga ke lie bilkula upayukta haim joki bahara ke khulepana mem avakasha manane vale urjavana logom ke lie eka alaga-sa aura romanchaka avasara pradana karati haim| uttaranchala ke gaढ़vala aura kumayum kshetra trekarom ke lie sarvadhika lokapriya mukama haim, halanki himachala pradesha mem chamba aura manali evam jammu-kashmira mem laddakha aura jansakara, mem bhi rochaka trekinga marga upalabdha haim| darjilinga aura sikkima mem bhi kuchha trekinga marga haim| halanki eka khela gatividhi ke rupa mem trekinga ke lie purva prashikshana ya abhyasa ki jarurata nahim hai, sivaya isake ki trekara ko achchhi sharirika dasha mem honi chahie, kuchha vidhi-nishedha jarura haim jinaka palana kiya jana chahie|  
margom ka chayana savadhanipurvaka kiya jana chahie, kyonki kuchha marga jyada kathina ho sakate haim, ya unamem unchai para trekinga shamila ho sakati hai| yaha sunishchita kara lijie ki treka ki chala bahuta teja na ho kyonki isase thakana ho sakati hai, aura kisi bhi rupa mem majedara nahim hoga| sahasika karyom ka mausama, jo abhi hala taka, grishma ke mahinom taka simita hua karata tha, aba sardiyom sahita sala bhara chalata rahata hai| aisa unnata upakaranom aura parivahana-sadhanom tatha una kshetrom mem bhi, jinhem pahale aganya samaja jata tha, sala bhara bukinga ki upalabdhata ke karana sambhava ho saka hai| isake atirikta, sardiyom ke treka apekshakrita kama unchaiyom taka ‘pahunchane’ ke eka sadhana ke rupa mem bhi lokapriya ho rahe haim| pravahita jala dhone ke lie istemala kiya jana chahie aura dhone ka kama shivira-sthala ki nichali dhara mem thika se kiya jana chahie| vismayakari parvatom, nadiyom, peड़-paudhom aura jiva-jantuom ke nayanabhirama evam bhavya sthalom ko niharane ka ananda prapta karane ke lie samaya nikalie| bharatiya rashtriyata ke logom ko antarrekha ke bahara kisi bhi kshetra mem trekinga karane ke lie anumati lene ki avashyakata nahim hai| antarrekha ke bhitara ke margom ke lie, sthaniya jila dandadhikari athava kendriya griha mantralaya ki anumati avashyaka hai| 4900 mitara taka ke trekom ke lie anumati ki jarurata nahim hai, aura paryataka vijaom para kie ja sakate haim| treka mandakini nadi ke satha-satha, ghane jangalom se gujarate hue aura garjana karate jalaprapatom ke para, balakhata jata hai|  
kedaranatha se vasukitala (4135 mi.) ka 6 kimi. ka treka eka chheri-marga ke satha-satha chalane vala satata aroha hai aura chaukhambha shikharom ka vilakshana bahuranga drishya prastuta karata hai| himalaya apake samaksha duniya ki kuchha kathinatama aura atyanta romanchaka nada-dharaem pesha karata hai| ina teja dharaom mem 'rivara spaॉrtsa' pure grishma-kala mem atyanta lokapriya haim aura sachamucha apake adhivrikkom ki dhaunkani chalane mem sakshama haim| jammu aura kashmira, himachala pradesha evam uttara pradesha mem asankhya svachchha jala-dharaem aura jilem machhali marane aura 'trauta' machhaliyom ke shikara ke lie adarsha haim| samudra-tatiya kshetra vatara skiinga, vinda sarphinga, naukayana, snaॉrklinga evam skyuba daivinga jaisi jala-kriड़aom ke lie utkrishta avasara pradana karate haim| aura bhi dakshina ki ora baढ़te hue apa bharata ke pashchimi aura purvi tatom ke satha-satha sahasika jala-kriड़aom ka ananda le sakate haim| bangala ki khaड़i mem andamana-nikobara ke dvipa evam hinda mahasagara mem lakshadvipa vastava mem achhute haim aura ve skyuba daivinga tatha snaॉrklinga ke kuchha sarvottama sthalom mem se eka haim| gova aura kerala ke tata bhi vatara skiinga, vinda sarphinga aura naukayana jaise khela ke anya avasara prastuta karate haim| pashchimi tata mumbai, gova aura pune ke asa-pasa ki jilom mem naukayana prastuta karate haim| drutagami raphtinga ka utsaha rakhane valom ke lie, ganga ke arambhika charana ullasakari alakananda aura bhagirathi nadiyam pesha karate haim | kashmira mem laddakha aura janskara aura chenaba se hote hue sindhu nadi ka sarpana atyanta alaga kisma ke nadiya pravaha ke anubhava haim| sataluja aura byasa (himachala pradesha mem), tista (sikkima mem) tatha yamuna jaisi nadiyam bhi khela ki chunautiyam pesha karati haim| nadiya raphtinga ke lie sabase achchha mausama hai apraila se sitambara taka|*