

TREKKING IN NEPAL



A trek in Nepal is a special and rewarding mountain holiday. If you have the time and energy to trek don't miss the opportunity to leave Kathmandu and see the country's spectacular beauty and unique culture. Fortunately for the visitor, there are still only a few roads extending deeply in to the hills, though this is changing rapidly.

Trekking in Nepal will take you Everest, Annapurna, Dolpo, Mustang, Langtang and more regions through a country that has captured the imagination of mountaineers and explorers for more than 100 years. You will see people in remote mountain villages whose lifestyle has not changed in generations.

Many of the values associated with a hiking trip at home do not have the same importance during the trek in Nepal. Isolation is traditionally a crucial element of any wilderness experience, but in Nepal it is not possible to get away from people completely, except for short times or at extremely high elevation. While trekking, you will see the great diversity of Nepal. Villages embrace many ethnic groups and cultures. The terrain changes from tropical jungle to high, glaciated peaks in the space of only 150 km.

There is endless discussion among the trekkers about which is the most environmentally sensitive and culturally rewarding way to trek. There are valid arguments on all sides, but in the end it will be how you, the trekker, interact with Nepal and its people that will determine the richness of your experience. No style of trekking is intrinsically better than

another and whatever you do your trek will infuse money in to the hill economy and provide employment for people in remote village.

-via: http://www.planhimalaya.com/activity_detail.php?id=45

-The nepali style