



Trekking is the best way to start your adventure journey in Nepal and also one of the main reasons why adventure loving tourists visit Nepal. Unlike mountaineering, Trekking is also the best way to enjoy Nepal's scenic beauty and observe Nepalese culture. You could start your Trekking from a city through various routes along the rivers and reach an altitude comfortable for you.

Unquestionably Nepal is one of the finest destinations for enjoying the magnificence of nature through trekking. The tracks that go into the country are ancient ones which wander through beautiful river-banks, complexly terraced fields and the forested ridges connecting charming villages. Trekkers can walk along the coarse but beautiful trails in the lap of green hills which can grasp anyone's eye, and above all warm reception from smiling local people

There are a couple of well developed minor peaks open for Trekking in Nepal which are covered in snow and ice to give some Mountain climbing experience. Although these Trekking peaks are considered minor according to Himalayan standards, these peaks are taller than some of the tall Mountains found in other parts of the world. The **Everest Region** Everest trekking area /Solu Khumbu region is located in eastern part of Nepal In the Mt.Everest trekking region, trekkers are overwhelmed with views of unbelievable peaks,Buddhist monasteries, and friendly Sherpa villages.

### **Annapurna Region**

The Annapurna region is situated in middle north Nepal. You will experience the ethnic and cultural diversity of the people in this region as you undertake the 3-week, 118 miles Annapurna Circuit.

### **Helambu**

Helambu is a region of highland villages in Nepal, close to Kathmandu. Helambu is also famous for its sweet apples and artistic Buddhist monasteries and it is a sacred place for all the Buddhists around the world.

### **Langtang Region**

Langtang is a region in Nepal to the north of Kathmandu and bordering Tibet. It is protected as Langtang National Park and has a number of high peaks including Langtang Lirung (7246m). This region is famous for Langtang Trek.

### **Kanchanjunga Region**

This region is one of the most beautiful region located in North Eastern Nepal. The area is famous for its proximity to Kanchenjunga, the third highest mountain in the world.

### **Jumla Rara Region**

{end-texte} It is one of the less explored district of Nepal. This district is rich in cultural and geographical diversity and best for tourist to visit. The origin of today's speaking Nepali Language is from Jumla. Therefore, the Nepali dialect "Khas Bhasa" is still spoken among the people in this region.{end-tooltip} and the {tooltip}

### **Dolpa Region**

{end-texte} Dolpa region is a distant region of Nepal and the central point of this area is Shey Phoksumdo National Park. Trekking to Lower Dolpa offers you the remarkable and breathtaking experience of a lifetime. The notable features seen here are snowy peaks, ancient and remote villages, rich wildlife, lovely Buddhist monasteries and wonderful lakes.{end-tooltip} are the major Trekking sites full of Adventure.

The most important aspect of Trekking in Nepal is the scenery you enjoy like of the snow covered Mountains, variety of bird species or if it is Spring season



you could catch the blooming of Nepal's rhododendron flowers. Trekking along Himalayan trails has been appreciated by all as the most happening open - air activity. You could start your trekking from the tropical lowlands to high as the alpine pastures or the glacial moraines, the choice is yours. While on your route, you pass through picturesque ethnic villages and observe diversity of Nepalese culture. It surely would be fascinating to observe life in these rural parts of Nepal. It is the soul cleansing accomplishment desired by anyone who welcomes nature.

The best part about trekking is that there is no need to hurry rather you set your own leisurely pace allowing yourself to explore the beauty of close surroundings abundantly. It isn't just walking from one place to another, but more a continuing experience of local diversity. Trekking in Nepal is an all season activity and the main emphasis should be placed on keeping oneself safe, warm and healthy while ensuring a momentous journey. It is simply an eternal prospect to observe, understand & take pleasure in this paradise!