

1: Yoga and Volunteer Adventure in the Himalayas

Himalayas Hiking Tours Experience the majesty of the world's tallest mountains on a bucket-list adventure! The Himalayas have long been a special place to certain Kiwis, including Sir Edmund Hillary, and more recently Active Adventures.

Half of Kashmir is the eastern side which connects India to Pakistan with topography of verdant rolling hills and snow capped Himalayan peaks Vale of Kashmir and the other half in the East bordering Pakistan and Tibet is dry arid much like Tibet with its share of towering white mountains and snow capped peaks. Buddhist Gompa monastery at Mulbekh on the Srinagar – Leh highway Ladakh part of Kashmir in the Himalayan range of northern India, is a wonder to behold hence it just has to be on the list of Most Amazing Places on Earth! And finally we arrive back to India, known the world over as a country being saturated with poverty and filth, with peoples engrossed in a million and one Gods and Goddesses and for, of course, the Taj Mahal. Lord Buddha at Thikse Gompa in Ladakh Well I can tell you India is far more than that, you can find all the religions of the world there, poverty and wealth both physical and spiritual and beyond that a vast array of differing peoples and landscapes upon which they dwell. Sunset in the Nubra Valley Ladakh is one such place, a high altitude desert region with an altitude averaging m or 12, ft above sea level like neighbouring Tibet in China to the East. Its landscape is a continuation of Tibet, if borders were created based on landscape this area would be in Tibet along with Spiti valley to the south of Ladakh which also lies in India territory. The Majority of Ladakhi peoples are Buddhist as is obvious when one beholds such mind boggling structures as the monasteries pictured above perched high up on lofty precipices affording spectacular views of the valleys which they overlook. Perfect spots for meditation, contemplation and observing the workings of the mind whilst surrounded by some of the oldest visible geological rock formations on the planet and these rock formations are no ordinary rock formations but twisted and gnarled uprisings from the clash of landmasses millions of years ago which has created an unbelievable and stunning landscape. Brave young monks scaling the Himalayan heights The Manali to Leh road in the Himalayan region of north India which runs from Himachal Pradesh to Ladakh stretches km and covers a wide variety of mountainous terrain with stunning landscapes, vistas, unusual rock formations and snow covered mountain passes ranging from m to m above sea level. A journey to be marveled at if travelling overland. The scenery is such that at times it is hard to mentally digest it but one thing is certain, it stimulates the mind and invokes a feeling of amazement, wonderment and awe at the earthly processes that occurred to create such a natural wonder of our world. One of the most amazing places on the Planet Home to Asian peoples differing in race to Indians, yet classed as Indians , having there own Ladakhi language which is similar to Tibetan and living a lifestyle that is far removed from the way Indian people live down at sea level on the vast plains of mighty Bharat India. But Ladakhi people are resilient mountain folk who take it all in their stride, a tough but extremely friendly bunch, always helpful peaceful and hospitable. Tibetan woman turning a prayer wheel The population density is so much less than the crowded and congested plains of India, the air is clean though lacking in oxygen for those that have not been there long at 12 to 14, ft A. Altitude sickness for the newcomer is common, a given if you like whether you fly directly from down below or whether you take a couple of days to arrive by land on some form of transport travelling over numerous high altitude passes ranging from 3, m to 5, m above sea level. You will know you have arrived when you are short of breath and the headache ensues and the first few nights sleep are as restless as a monkey with its tail on fire. Leh Gompa Namgyal Tsemo Monastery atop Tsemo hill The houses of Ladakh blend beautifully into the surroundings being constructed of local natural materials. Clay bricks are handmade the traditional way by extracting the clay from the earth mixing it with water and straw for strengthening purposes before compressing it into a rectangular mold which is then left to dry in the sun. Ladakhi adobe at Mulbekh Sunsets in Ladakh can be breathtaking when the other coloured mountains look absolutely resplendent. The colour is simply mesmerizing and something that a painter would be proud to replicate. And this is yet another facet of Ladakh that makes it a phenomenal place to visit. The contrast of colours in this high altitude desert are amazing especially during the spring and summer months when the

skies are clear and deep blue, the mountains around m in height are laden with perpetual snow and the towns and villages situated along the great river Indus are not too dissimilar to oasis with an over abundance of foliage of which the tall and majestic poplar tree plays a dominant role. Desert Oasis at Saspol in Ladakh Ladakh was off the beaten track some years ago but as time goes on it is becoming an increasingly popular destination for not only foreign tourists but also for Indian tourists. Either way, the climate at these times of year, outside of the ice cold winter months is perfect reaching 30 degrees and above by day and neither too hot nor too cold at night. Lamayuru " life below the Gompa If trekking is your thing there are a multitude of travel agents in the capital city of Leh who will be willing to help and if you want to do a trek independently then get yourself a good map and hit the road, there are a number of homestays in lesser known valleys where you can find a bed and have home cooked meals at reasonable prices. It is a normal thing to do what with the terrain being so difficult and transport options being limited. For me it was very much appreciated and some of the best travelling moments I have experienced. Indian Truck with Kashmiri truck driver To be going over a m pass in the dark, travelling in the cab of an Indian truck carrying 15 ton of cement and lurching from side to side as it traversed the uneven surface of a winter battered road with a fear of going over the edge on one of the switchbacks, whilst the drivers assistant cooked rice on a hob connected to a butane gas cylinder was a once in a lifetime experience. We passed through snow fields, through walls of snow reaching 20 ft either side of us not knowing if we would make it or not, after all the pass was only recently opened and still not free of ice, of course it was dangerous! But we did make it and stopped for rice and subzi vegetables when we eventually got down the other side and of course the complimentary glass of indian chai tea to celebrate before turning in for the night and wondering what would encounter us on the road the following day. On the road to Leh and the Zoji La pass Who needs fairground white knuckle rides when you can do this on the roof of the world for free!.. If you are interested in using any images for the web or any other means please be sure to contact me or visit the Homepage where you can find a wide variety of Images and Collections for Personal or Commercial use.

2: Bhutan Tour | day, Small Group Trip | Overseas Adventure Travel

Himalaya is paradise for different types of adventure activities. The Sheer variety ranging from mountaineering, Trekking, Skiing, Skating, Water Sports to aero sports like Hang Gliding, Para Gliding make himalaya one of the most attractive destinations for adventure sports not only in the india but the world over.

Click Here to Book Now Get More Information Overview The Himalayas are ever enchanting, and this program will be held in the beautiful town of Palampur, which is located at the foothills of Himalayan mountains and surrounded by tea gardens and pine forests. The program is highly recommended for student groups and it includes volunteer work, trekking adventure activity, yoga and meditation classes. The volunteers would also have an optional Paragliding activity. The volunteers have to spend quality time at the childcare centres as a part of their work. With perfect amalgamation of adventure, peace and philanthropy, this program is absolutely perfect for you, if you are looking for a retreat. Our coordinators will take you to the volunteer house or hotel, and you can take rest after your long flight. You will be received at the airport and taken to Palampur accommodation. In the evening, you can go for a walk to the nearby market. Group members would work on light renovation and painting work at daycare centers which cater to the children of the age group of yrs. The day care centers are in a poor condition and volunteers pitch in by doing light renovation and repair work. The class is for an hour. We assure that this would completely refresh your mind and make you feel good from within. Palampur is famous for its tea plantations and the students would get an opportunity to visit the tea factory and see how tea is produced. On Friday, you will have an briefing session about the weekend trek. Bir is famous for its huge number of Tibetan refugees, apart from its serene beauty. The chilling breeze will definitely soothe your senses, and the majestic Himalayas will keep accompanying you all the way! The regular yoga and meditation classes will be held in the evenings. You can explore on your own, if you wish to. In the above itinerary, transfers to and from Palampur have been proposed by flight, cost of which would be separate as per actuals and the domestic flights can be booked by participants themselves as well. Transportation can also be arranged by land through vehicle transfer. Living We do not compromise on your living standards and tour arrangements. From arranging airport pickups to taking care of your volunteer placement, to putting you at the right volunteer house and helping you take up weekend travel, we help you plan and execute everything in a structured way. Airport Transfer Volunteers are picked up from Gaggal Airport in Dharamsala by a member of the local coordinating team. The airport is served with daily direct flights from Delhi. For those participants choosing to travel from Delhi to Palampur by bus, they will be picked up from the bus station and transferred to the volunteer homebase. Accommodation You would be provided accommodation in our volunteer home base in Palampur. The accommodation offers spectacular views of the Himalayan mountains and provide a safe living environment for the participants. At the house we provide same gender sharing dorm style rooms with attached western style toilets, lockers, TV, hot water, internet and a large common area for the volunteers to enjoy their free time. The volunteer house has a huge front and backyard with beautiful gardens where the volunteers can relax and even play outdoor games and activities such as badminton with other participants during the free time. Orientation An orientation and briefing session will be provided by our staff in Palampur. We cover areas like culture, safety, locations, transportation etc. Meals The volunteer homebase in Palampur has full time cooking staff for preparing fresh meals for the volunteers. Volunteers are provided with three meals a day for six days a week. A sample of the meals you can expect are below: During Your Free Time Volunteers can go and explore the market in Palampur and take long pleasant walks. The area in and around Palampur is very safe and volunteers generally prefer to walk down the nearby locations. You can also visit the beautiful tea gardens, temples and Tashi Jong monastery which is located in Palampur.

3: Ladakh Travel - Adventures in the Himalaya

Adventure Travels in the Himalaya The Himalayan range is one of the highest and fascinating ranges on the earth. It contain a rich diversity of people, cultures, religions and mountains.

This is a majestic landscape of mountains, deep valleys and glaciers, dominated by Mount Everest otherwise known as Sagarmatha in Nepali at 8,m above sea level. But in 1996 a year overshadowed by the April 25th earthquake 1996 it was the first time in over 40 years that there was no successful summiting of Everest. The earthquake destroyed villages, and triggered landslides and avalanches across the country; the death toll exceeded 8, and thousands more were injured. Until then it is a good moment to visit because trails will be quieter than normal and visitors will receive a very warm reception by supporting the country in its hour of need. Another good-value Himalayas destination is India, which also boasts mighty mountains, an array of traditional festivals and fervent religious rituals. India has three significant mountainous regions: Finally to the bookends of the Himalayas 1996 Pakistan and Tibet 1996 at the western and eastern ends, respectively. Not many visitors consider either destination, deterred by security risks in Pakistan see gov. Yet both regions are home to some spectacular high-altitude trekking routes and enriching cultural experiences. When to travel The Himalayas cover a vast area but in general the best months to visit are late October until early May, depending on the exact location and altitude of the trek. An exception is Ladakh, where tourist facilities are only open between May and September. Packages It makes a lot of sense to use a reputable tour operator to organise a trekking holiday in the Himalayas. It is safer to trek in a group with an experienced guide and support crew. On a budget World Expeditions ; worldexpeditions. Village Ways ; villageways. The Great Himalaya Trail thegreathimalayatrail. The trail can be broken down into seven shorter sections, which involve trekking in challenging conditions remote areas, variable weather to moderate mountaineering. In style Wild Frontiers ; wildfrontierstravel. Audley Travel ; audleytravel. Shakti Himalaya ; shaktihimalaya. Side trips All the key gateway cities to the Himalayas are worth spending a few days in. Chitwan National Park is an excellent safari destination for rhino and tigers. Shey Phoksundo National Park in the northwest of the country is home to the elusive snow leopard, blue sheep and Himalayan black bears. Up in the north, Wild Frontiers see above has an day Kashmir: Another option is to tie in the dates with a traditional festival, such as the Hemis Tse Chu festival in Ladakh, a celebration of good over evil. Not all provide meals and some supply camping equipment. Choose a trip that builds in acclimatisation time. Inquire about the experience of the guide s and the support crew, as well as their training in mountain medicine. There is a useful search engine on the Great Himalaya Trail website, which compares different treks and suggests the best times to travel. Before you go Check for Foreign and Commonwealth Office updates on your destination gov. There is post-earthquake advice on Nepal, as well as more recent warnings about strikes in the country and fuel shortages. Make sure your insurance covers you for your intended activity, including travel above 3,m, mountain rescue services and helicopter costs. Tips Choose a trek that suits your ability. Do not trek alone. Stay hydrated and look out for symptoms of altitude sickness. Take note of weather conditions and forecasts, and come prepared. Pack in, pack out never leave any litter For guidelines on the tipping of trekking guides and support staff, ask your trekking company as amounts vary from country to country. Be generous; a few extra pounds can make a big difference to these employees. Do not encourage begging by giving money or sweets to children. Many tour operators have links to NGOs and offer alternative ways of supporting local communities.

4: Adventure Travels in the Himalaya | Himalaya Adventure travel

Travel to Mount Everest & The Himalaya. Home to the world's highest peaks, a trip to the Himalaya is like dancing on the roof of the world. Choose from several different treks through Nepal or Bhutan: alive with ancient temples, flowering forests and traditional culture.

Offering adventure travel in the Himalaya since , Aquaterra Adventures is what discerning customers use for a wide repertoire that fits the first-time adventurer and the full-blooded adrenaline chaser. How is Aquaterra different from other adventure trip providers? What are your flagship offerings? We are different in terms of sheer range of trips, the consistency with which they are run, and the quality and safety of each trip. This is possibly what has kept us away from an industry, which has literally zero entry barriers. How did the business idea for Aquaterra about? How much capital was required to implement the idea? Aquaterra was an idea formed on a mountain climb in Ladakh. Solil Paul my co-founder and I were guiding for over years then and we saw a clear gap in adventure travel on the sheer size of offerings. Tunnel vision, or just simple opportunity, companies were not willing to move away from what was tried and tested ground. Appetite for risk, and promoting new products was non-existent. Aquaterra represented our strengths on both land and water based trips and was easy to connect with for a largely Western clientele at the time. We began with a pool of Rs. We were lucky to represent a principal agent on the ground and got off to a steady start right away. Tell us about your background. My father was in the Army. So, I was schooled across India. I graduated from St. I was a very active member of the St. Let us know about the tie-ups that you have. Is there acceptance for your concept? We have tie-ups in all the regions we work, with local representation to ensure as much local participation is offered as specialized travel allows for it. Most of our trips are largely conceptualized, promoted and executed by us. So, that works very well, quid pro quo. There is growing acceptance amongst domestic guests to holiday differently. Most of our new adventures get filled up quickly and are inspired by our guests. People are looking for challenging themselves in different environments and adventure travel is a great way to do so. Where do you see the adventure holiday space and Aquaterra five years from now? The adventure space will continue to grow, with more and more players coming in each year. What are the challenges that you faced while developing your brand? How did you overcome those challenges? Logistics like import of equipment, restrictions that only lifted in the last decade and training of capable staff were the rest. Reaching out constantly and consistently, making sure the media was involved, trips were written about, the best hands in the industry were with us and ensuring our range of trips continued to grow, kept us ahead of the game. Give us some info on team composition. The Aquaterra team has 40 persons, comprising of staff and guides. Half of them are guides, trip leaders and the rest are ground staff and the men behind the scenes. Since our work keeps us there, the benefits must accrue to its people. Is that part of the expansion plan for Aquaterra? More such ventures will possibly follow soon. How has the journey been so far? How are young Indians taking to adventure travel? We host about guests out of our adventure camps and about on treks, climbs, river expeditions, kayak clinics and overseas trips. An increasing number of couples are holidaying together as well. Most popular trips are Ganga rafting weekend getaways, short treks, longer expeditions like Stok Kangri, Zanskar and Brahmaputra, Subansari, Tons and Kali. Overseas trips are getting very popular. We at YourStory wish Vaibhav and the entire team at Aquaterra much success.

5: Thamserku | Nepal's leading adventure travel group

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6: Adventure Travels In The Himalaya | Download eBook PDF/EPUB

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7: Himalaya by Michael Palin

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8: Classic camping and 'NEW for ' holidays in the Himalaya - KE Adventure Travel

Offering adventure travel in the Himalaya since , Aquaterra Adventures is what discerning customers use for a wide repertoire that fits the first-time adventurer and the full-blooded.

9: Trek to Everest Base Camp Nepal | Experience the Himalayas

KE Adventure Travel (, www.enganchecubano.com) have been offering trekking holidays in Nepal for 30 years. Their day Annapurna Panorama Lodge Trek includes trekking to Poon Hill and.

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