

# Welcome to the Nepal Himalaya

*The bottom line: if you love the mountains, life simply doesn't get any better than on a trek through the Nepal Himalaya.*

## The High Life

With its magnificent peaks and glacial valleys, it's no surprise the Nepal Himalaya hosts some of the world's best trekking. The world's highest mountain range defines everything in Nepal, from its topography and development to its weather and religion. Even after the devastating earthquakes of April and May 2015, most of Nepal's trekking routes are open, serving up the kind of views normally reserved for mountaineers. Nothing rivals these mountains. 'In a hundred ages of the gods,' rhapsodises Skanda Purana, the ancient Hindu text, 'I could not tell thee of the glories of the Himalaya.'

## The Apple-Pie Trail

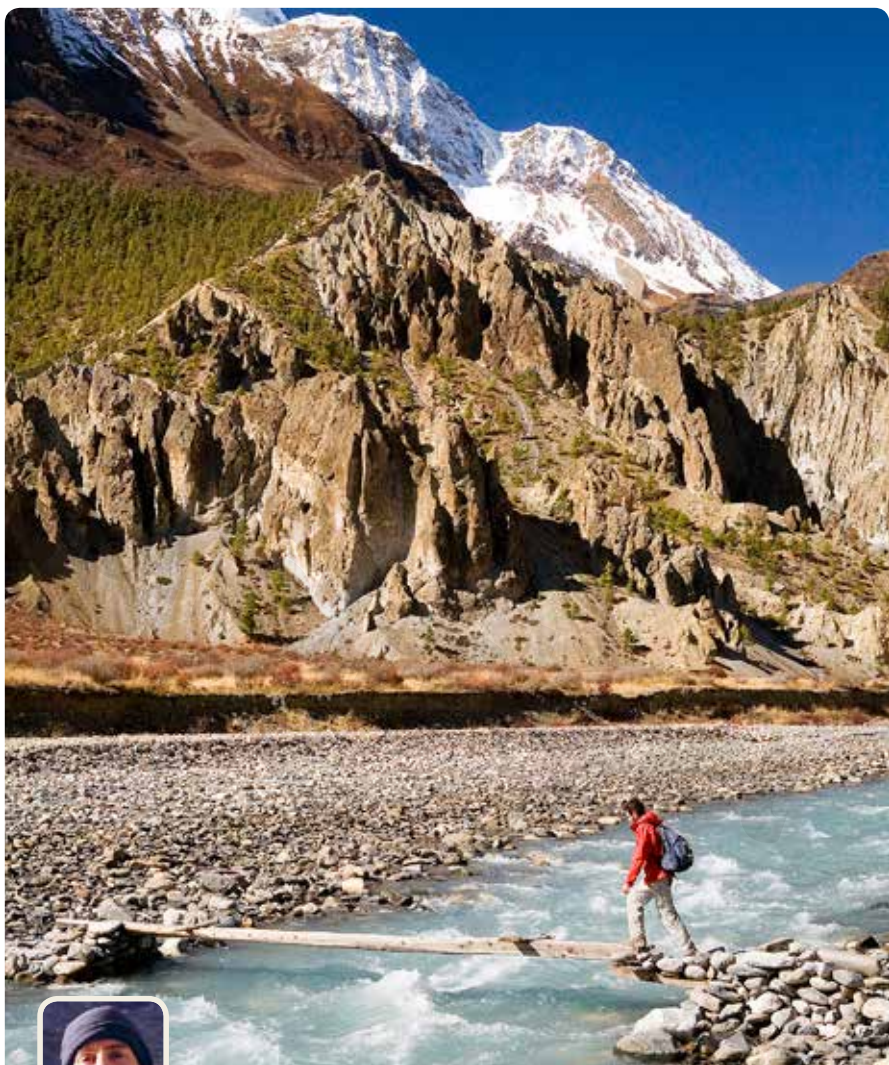
Nepal sets the global standard for spectacular, hassle-free trekking, especially in the teahouse trekking regions of Everest and the Annapurnas. You can hike for weeks into the very heart of a mountain range, safe in the knowledge that at the end of the day you can count on a clean bed, a hot meal and a slice of warm apple pie. While some lodges were damaged in the 2015 earthquakes, the sheer profusion of lodges has ensured that the Apple Pie Trail is still alive and well – so leave the leaky tent, sputtering stove and freeze-dried goulash at home and enjoy the world's most accessible trekking.

## Off the Beaten Trek

Away from the popular teahouse treks lie dozens of adventures. Treks to Nar-Phu and Makalu Base Camp can now be done in high season by staying in simple teahouses, and Manaslu is likely to regain its status as the 'best new teahouse trek in Nepal' once earthquake damage to its teahouses has been repaired. Beyond these regions you need to camp and cook and probably need staff to support you, but the scope is limitless. The far west in particular offers endless adventures into remote and timeless pockets of Tibetan culture.

## Aside from Mountains

Beyond the famous mountain views, Nepal's mountains are rivalled only by its people and its superb trek staff – porters, sherpas and guides. Get to know your porters or lodge owners over a game of cards or cup of butter tea and you'll find that many have fascinating stories to tell. Whether over-nighting in bamboo Rai villages, visiting Tibetan monasteries in Mustang, greeting Sherpa yak herders or haggling with Manangi traders, what you will soon realise is that the rich culture and customs of Nepal's myriad peoples and their unswerving good humour are as big a draw as the peaks themselves.



## Why I Love Trekking in the Nepal Himalaya

By Bradley Mayhew, Author

Trekking research is the very best kind of research there is. No pesky bus stations, no tricky backstreets to map, just moments of bliss watching the evening alpenglow linger on a frozen peak or enjoying a silent section of trail alone in the early morning light. For me it's all about the settling of the mind that comes on a multiday trek, the sense of scale and perspective that only the big mountains can bring. I can't think of a better way to spend a couple of weeks of your life.

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