

# Technical trekking in india



Technical trekking is something that combines the skills and gear required for both trekking and mountaineering. The ideal technical trek would get you off the common hiking trails, and on to tougher topography that is both more technically and physically challenging than traditional trekking, but without some of the commitment and object danger associated with many climbs.

A big difference between technical trekking and regular trekking is the degree of technical difficulty involved. Himalayan treks are generally at altitude that usually require you wear crampons as well as use an ice axe. With technical trekking, there often is no summit as target, enabling one to truly focus on the journey, and not the destination.

The ideal technical trekkers have both hiking/trekking experiences, A mountaineering course is essential in order to gain the necessary cramponing, self-arrest, glacier travel, crevasse rescue and avalanche awareness skills.

Technical trekking is the perfect adventure, for the body and soul. It is an endeavor to reach the heaven, and discover the sprit of fantasy. India offers a vital range of technical trekking opportunities on its exigent peaks - the climber enthusiast can indulge in this romantic adventure in mountain ranges of Ladakh, the Nun-Kun Massif, in Jammu and Kashmir, in hills of Manali in Himalayas and Uttranchal.

The major piece of Indian Himalayas are adorned in Indian sub-continent expanding up to the whole of northern stretch forming a surprising arc about 3, 200km. Indian Himalayas hold the treasures of splendid valleys with their eternal charm.

Majestic Himalayas of North India -The extreme Northern part of India holds enormous charm in the region of Jammu and Kashmir with several of its most beautiful snow capped peaks, whereas Ladakh captures the attraction due to its high altitude peaks with their scenic zest. The trekking through these valleys will welcome its visitors with its lush green Himalayan vales; flower-strewn meadows; twisty tributaries and river streams and glaciers.

Technical Trekking on the Himachal and Uttranchal Mountain Ranges - The mountain valley of Himachal Pradesh towards the northeast encompasses a mountain kingdom of Lahaul, Spiti and the tribal belt of Kinnaur. Trek on these peaks is just astounding, as these exquisite wildernesses are less explored.

Uttaranchal is another hilly state of India that is home to technical trekking and mountaineering opportunities. With some of the picturesque crests ideal for climbing. It is also a target for religious devotees, rafters and trekkers.

In Sikkim lies in India's Eastern Himalayas, the abode of 5 peaks of Kanchenjunga Mountain - the third-highest in the world. The peaks are idle for climbing up the mountains, crossing the paths snaking through green forests, waterfalls, untamed streams running through meadows.

Technical Trekking Adventure on the North East - These Himalaya ranges once more have much of mountain climbing possibility occupied by friendly tribal folks. Mountain climbing in this region gives a enchanting sight of high altitude rain forest dotted with spurs, pine trees and crest of the higher peaks of Himalayas. The hills of Assam are trimmed by the wide flowing Brahmaputra River.

**Some of the popular mountaineering sights in India are,**

The ranges of Garhwal and Kumaon Himalayas

Sahasratal trek, Garhwal Himalayas.

The Khatling glacier trek, Garhwal Himalaya, Hills of Uttar Pradesh -

Has some of the most beautiful climbing areas along the Bhilangana river to its source at the Khatling glacier.

Ladakh, Lahaul, Spiti / Kinnaur-

Mountaineering through the entire Spiti, Ladakh and Lahaul are probable.

Stopovers along the valleys of Nubra, Dha Hanu Zaskar and the lakes of Tso Moriri and Pangong Tso can be done on the way. Here mountaineering holds the charm of exploring the monasteries and villages at an altitude of 13, 000 feet with the recently opened areas of Ladakh -a stunning lunar panorama.

The Rhododendron trek -

Mountaineering on the hills of Darjeeling through its tea plantations and over the Gocha la to Sikkim through booming alpine forests with orchids, rhododendrons will definitely leave the adventure seekers mesmerized.

It is powerfully not compulsory that prior to taking up methodological trekking one has to employ in regular exercise for at least two months. It is recommended that all travelers carry a small first aid kit as well as any personal medical requirements. All climbers preparing to join the expedition should have a high level of vigor before undertaking the trip. You must be proficient in using technical equipment like ropes, harness etc, other wise you may not be able to take part in the tour until evidence of this has been presented to the group leader.