A Trip to the Himalayas

Researchers. To compensate for the lack, travelers inhale more frequently and can feel out of breath. There are also favorite local remedies: yak butter tea in the Himalayas, which our Tibetan and Nepali guides swore by, and coca leaf tea, containing minuscule traces of the alkaline known as cocaine — the highly processed drug that shares its name uses the leaves — and widely served in the Andean regions of South America, which several of my fellow travelers had savored in. Home to the highest peaks on the planet, the Himalayas begin in Pakistan stretching across India, Bhutan and Nepal until reaching China in the east. This is a majestic landscape of mountains, deep valleys and glaciers, dominated by Mount Everest (otherwise known as Sagarmatha in Nepali) at 8,848m above sea level. The country most closely identified with the Himalayas is Nepal, home to eight of the world’s 10 highest peaks, including Everest. Since the first successful ascent by Sherpa Tenzing and Sir Edmund Hillary more than 60 years ago, there have been thousands of attempts at the world’s hi The Himalayas is home to the highest mountains in the world, and most people will be familiar with Everest and the frequent attempts made to climb to the summit of this huge mountain. However, if you enjoy amazing mountain scenery and hiking but don't have advanced mountaineering skills, then there are several routes around the region that give you a spectacular Himalayan experience without the overwhelming challenge of ascending these mountains. There are many people who walk from their homes in India to be able to visit the mountain, but the trip to the area is usually completed by bus over several days from Kathmandu or Lhasa, while traveling by helicopter is also possible, although more expensive.
A Trip to the Himalayas

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Online published on 31 March, 2014.

Abstract

Owing to its awesome beauty and rich biodiversity coupled with a sense of spirituality the Himalaya has always been one of the most desired destinations for people around the world. For India, the Himalaya is the home of god Shiva and considered as the sacred place where many saints and sages did meditation to realize the Ultimate Truth and for salvation. Being an Indian Forest Service officer, the author shares his experiences of divine serenity on his trip to various parts of the great Himalayas. The paper also describes about the flora and faunal diversity of the region.

Keywords

Himalayas, biodiversity, sacred.
A breathtaking Himalayan journey to ‘the rooftop of the world’. What is altitude sickness? Put simply, it’s the body’s reaction to decreased oxygen levels. We lose 3 percent of inhaled oxygen molecules for every 1,000 vertical feet traveled, according to altitude researchers. To compensate for the lack, travelers inhale more frequently and can feel out of breath. There are also favorite local remedies: yak butter tea in the Himalayas, which our Tibetan and Nepali guides swore by; and coca leaf tea, containing minuscule traces of the alkaline known as cocaine — the highly processed drug that shares its name uses the leaves — and widely served in the Andean regions of South America, which several of my fellow travelers had savored in. Home to the highest peaks on the planet, the Himalayas begin in Pakistan stretching across India, Bhutan and Nepal until reaching China in the east. This is a majestic landscape of mountains, deep valleys and glaciers, dominated by Mount Everest (otherwise known as Sagarmatha in Nepali) at 8,848m above sea level. The country most closely identified with the Himalayas is Nepal, home to eight of the world’s 10 highest peaks, including Everest. Since the first successful ascent by Sherpa Tenzing and Sir Edmund Hillary more than 60 years ago, there have been thousands of attempts at the world’s highest mountains in the world, and most people will be familiar with Everest and the frequent attempts made to climb to the summit of this huge mountain. However, if you enjoy amazing mountain scenery and hiking but don’t have advanced mountaineering skills, then there are several routes around the region that give you a spectacular Himalayan experience without the overwhelming challenge of ascending these mountains. There are many people who walk from their homes in India to be able to visit the mountain, but the trip to the area is usually completed by bus over several days from Kathmandu or Lhasa, while traveling by helicopter is also possible, although more expensive.