

Himalayas



Further Links

- Spectacular mountain scenery.
- Lots of trekking and walking opportunities.
- Fascinating culture.
- Some great retreats for pure relaxation.

Situation

The Himalayas form the boundary between the Indian subcontinent and the Tibetan Plateau. Accessible both in India and Nepal.

Activities

Trekking, walking, rafting, gameviewing and birdwatching, cultural tours, and spiritual reawakening!

The Himalayas is one of the world's most impressive mountain ranges. The scenery is spectacular with vistas of snow-capped mountains, and razor-edged ridges framing gorgeous valleys. It is perhaps this scenery that has evoked spiritual enlightenment over the centuries. Certainly it is rich with religious significance for Hindu's and Buddhists alike and many a monastery, holy place and retreat is located in these mountains.

From our perspective it is a region with huge opportunities for a great holiday which could be taken either in Nepal or India. The trekking is great and you can do anything from a gentle walk for a few hours to lengthy itineraries to Everest Base Camp. The treks and walks can be as challenging or as relaxing as you want. You can reach the foothills of the Himalayas without too much trouble from Delhi and there are some top spots for pure relaxation and even some luxury accommodation. Equally you could trek in the Annapurna range in Nepal, or high in Ladakh range in India where small guesthouses or tents might be the choice accommodation.