



ALEMAARI ADHYAYA

By TrekNomads

VOL 2 Edition 1, JANUARY 2026

TREK *Travel* ADVENTURE

Welcome to the next chapter of **Alemaari Adhyaya by TrekNomads**.
This edition marks a quiet but important shift.

Alemaari Adhyaya turns one and with it, the journal steps into a new rhythm. It unfolded quietly through changed routes, reworked plans, short trails close to home, and long conversations behind the scenes.

Some journeys didn't go exactly as imagined. Some required us to slow down, wait, and adapt. Others reminded us that even familiar trails can offer something new when walked with attention.

From winter routes that demanded flexibility, to learning spaces shaped by ice and terrain, to day treks where families walked side by side, this month carried a simple reminder: the trail is always teaching, even when it looks familiar.

From here on, **Alemaari Adhyaya grows as a collective effort.**

Built by the TrekNomads team and driven by the larger community around us, this journal is a space for shared reflections. If you've been on a trek, learned something along the way, or carried a moment back with you, you're welcome to share it with us.



from the FOUNDER'S DESK

Alemaari Adhyaya began as a simple idea to pause and reflect on the journeys we were creating, beyond schedules and summit photos.

Over time, it has grown into a journal that holds stories of people, trails, and the beautiful & Adventures moments in between.

As this journal continues to evolve, I'm glad to introduce **Arshalakshmi as the editor of Alemaari Adhyaya by TrekNomads**. With a deep sense of observation and respect for storytelling, she steps into this role with an understanding of what this journal stands for.

This is not a change in direction, but a natural progression. Alemaari Adhyaya will continue to remain a space for reflection—now shaped with fresh perspective and renewed intent.

I look forward to seeing this next chapter unfold.

— **Naveen Mallesh**

Founder & CEO, TrekNomads

EDITOR'S DESK – ALEMAARI ADHYAYA



Hi everyone, I'm Arshalakshmi.

This year, I'm taking on the **role of editor for Alemaari Adhyaya**. I've been with TrekNomads for over a year now, and during this time I've been close to many of the journeys we create on the trail and behind the scenes.

Alemaari Adhyaya is a year old now.

In that time, it has grown into a space where we've tried to slow down and make sense of our journeys on treks, within the team, and as part of a larger trekking ecosystem. It has captured moments from a year that was busy, evolving, and deeply instructive.

I take on this role at a time when trekking in India itself is seeing a noticeable shift. Its recognition in the Union Budget 2026 feels significant—an acknowledgment that the work happening on trails, within communities, and across the industry matters. At the same time, more people are heading to the mountains, operations are growing more complex, and conversations around safety, responsibility, and sustainability are becoming central.

Going forward, **Alemaari Adhyaya will be built by the TrekNomads team and the community around us**. If you've been on a trek, learned something along the way, or felt a moment stay with you, you're welcome to share it with us.

Just reach out marketing@treknomads.com

This journal will continue to be a pause between months.

THE MONTH, UNFOLDED

Last month we all felt busy in a quiet way.



EVEREST BASE CAMP TREK

Photography by Mr Vikram Dheerwas

We found ourselves moving between updates from the treks and conversations back home. On some days, teams were already out in the mountains, sending in small notes and photos. On other days, we were deep into planning, checking & changing of routes, tracking the delay of snow weather, and sorting out details that rarely get noticed once a trek begins.

There were changes, a few reworked plans, and many conversations around safety and preparedness.

What stayed with us was how much work happens before and after a trek. Most of it doesn't show up in pictures, but it shapes every journey. Last month was full of that kind of work.



When we look back at the last few weeks, what stays with us is how often we had to rethink our plans.

Chadar Trek & Zaskar Valley Exploration came up twice in December. But it didn't unfold the way most people imagine it. Parts of the river hadn't frozen the way we expected, and routes had to be changed.

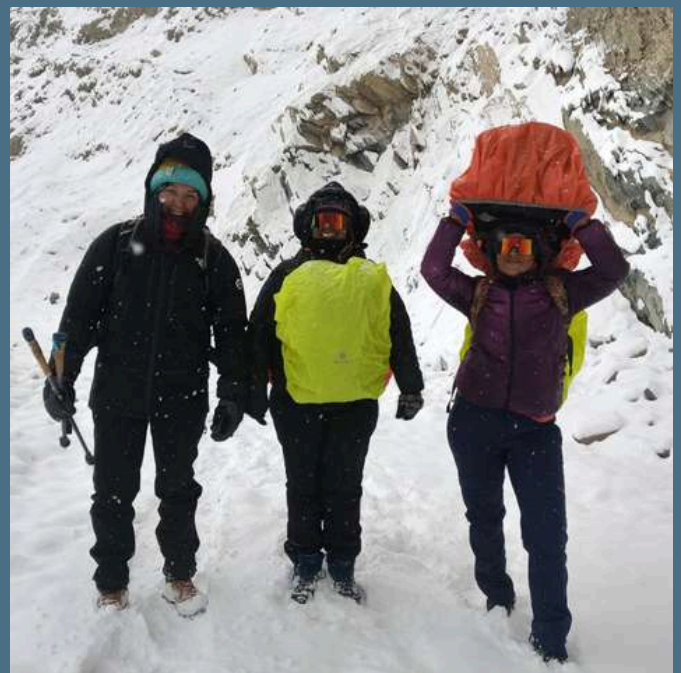
We remember realising how quickly certainty disappears in the mountains. The teams adjusted plans, took alternate paths, and stayed alert to conditions that kept shifting.



Around the same time, there was the **Ladakh Ice Climbing Course**. It was about technique, patience, and understanding the ice as a living surface that changes every day.

January felt closer to home. **Makalidurga, Siddarabetta, and Skandagiri** followed one after another. Shorter treks, yes but we found ourselves thinking again about how presence matters more than distance. People arrived with different reasons for being there, and the trail held space for all of them.

The **Kunagalu Bett Trek (Ekya School trek with parents)** stayed with us the most. Watching families walk together, sharing a quality time together in nature. It reminded us that trekking doesn't always have to be about pushing forward. Sometimes, it's about staying together.



January Moments



Siddarabetta Trek

CRED Corporate Outing



Kunagalu Betta Trek

Ekya School (One Child with One Parent Trek)



Kunti Betta Trek

Ekya School (One Child with One Parent Trek)



Skandagiri Trek

TheMathCompany



Makalidurga

Customised group departure



“You cannot stay on the summit forever; you have to come down again.”
— Reinhold Messner

UNDERSTANDING *Everest*



BASE CAMP

To address this, we're hosting a focused session on the **Everest Base Camp trek – a Live Webinar**

**08 FEBRUARY 2026
6:00 PM IST
PLATFORM : ZOOM**

As more people begin to plan for Nepal this season, we've noticed a familiar pattern excitement mixed with uncertainty.

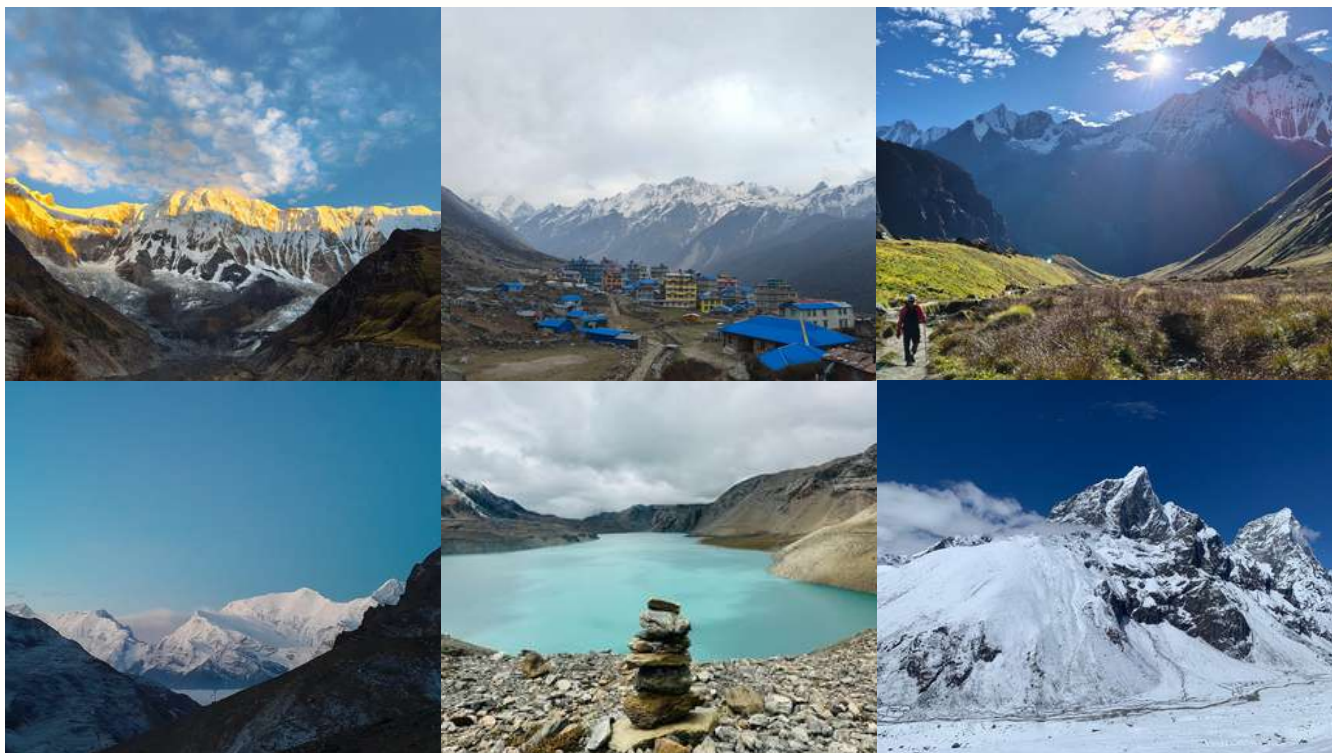
Questions around altitude, preparation, routes, timelines, and what the journey truly demands often come up long before a trek begins.

Our founder, Naveen Mallesh, will walk through the EBC journey in detail from route choices and seasonal conditions to preparation, safety considerations, and what trekkers should realistically expect on the trail.

This session is meant for anyone considering Everest Base Camp, whether they are at the early research stage or already preparing for the season.

Register for the webinar

<https://forms.gle/j631RvHVSMTTrAQ637>



As we look ahead, Nepal stands out clearly in our upcoming season.

The **March–May season** is one of those windows where everything aligns weather, trails, and energy.

What excites me is not just going to Nepal but how many ways people can experience it now.

Preparations have already begun. Routes are being revisited, logistics are taking shape, and teams are slowly shifting their focus. I can sense a different kind of energy building, one that comes with longer journeys, higher altitudes, and a deeper level of responsibility.

[Everest Base Camp](#), for instance, is no longer a single way of doing things. Over time, we've seen how comfort, pace, and expectations vary widely. Some people want a more premium experience with added comfort. Others look for shorter itineraries with [heli transfers](#). Then there are those who want to go deeper—through [Gokyo Ri](#) or [across the Three Passes](#). The trail remains the same in spirit, but the way people choose to walk it keeps evolving.

Beyond Everest, my attention keeps shifting to the Annapurna region. Treks like [Annapurna Base Camp](#) and the [Annapurna Circuit](#) continue to draw people in, while routes that include [Tilicho Lake](#) add another layer of challenge and reward. Each of these journeys feels distinct, shaped by terrain, altitude, and the kind of experience people are looking for.

There's also a quiet anticipation around regions like [Manaslu Circuit](#), [Langtang](#), and [Mardi Himal](#). These are landscapes that ask for time and patience, offering something different from the more familiar trails.



**CHENNAI
EDITION**

MEETING BEYOND THE MOUNTAINS | **COMMUNITY MEET UP**

ABOUT THE SESSION

TREKKING IS OFTEN SPOKEN ABOUT THROUGH ROUTES AND ITINERARIES, BUT IT TRULY COMES ALIVE IN SHARED CONVERSATIONS.

THIS FEBRUARY, WE'RE HOSTING A **COMMUNITY MEETUP IN CHENNAI** — AN INFORMAL SPACE TO MEET FELLOW TREKKERS, EXCHANGE STORIES, AND TALK ABOUT JOURNEYS AHEAD.

THERE'S NO FIXED AGENDA. JUST CONVERSATIONS, QUESTIONS, SHARED EXPERIENCES, AND TIME WITH PEOPLE WHO CARE ABOUT THE OUTDOORS AS MUCH AS WE DO.

**14TH
FEBRUARY
2026**

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PERUNGUDI, CHENNAI**

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WHAT'S TRENDING

in the Mountains

- [Uttarakhand Opens 83 Himalayan Peaks for Expedition Access](#)

The Uttarakhand government has opened 83 major Himalayan peaks across Garhwal and Kumaon for mountaineering, including iconic summits like Kamet, Nanda Devi East, Shivling and more, with simplified online permissions and waived state fees to boost adventure tourism and local livelihoods.

- [Nepal Travel Executives Arrested Over Fake Rescue Scam](#)

Nepalese authorities arrested six travel and rescue executives accused of conducting fake mountain rescue claims worth millions of dollars, raising questions about safety standards and insurance integrity in Himalayan rescue operations.

- [India Highlighted as World-Class Trekking Destination](#)

In the Union Budget 2026 speech, India was highlighted for its potential to offer world-class hiking and trekking, naming key routes like Kedarkantha, Har Ki Dun, Kashmir Great Lakes and Dzükou Valley, marking a broader recognition of mountain tourism's role in the adventure economy.

- [Climate Change & Avalanche Risk in Western Himalayas](#)

A recent study shows that changing patterns of western disturbances and irregular snowfall have increased avalanche risks in Himachal Pradesh, Uttarakhand, and J&K, highlighting the importance of careful weather monitoring before trips.

LEARNING TO TRUST ICE, SKILL, AND HERSELF

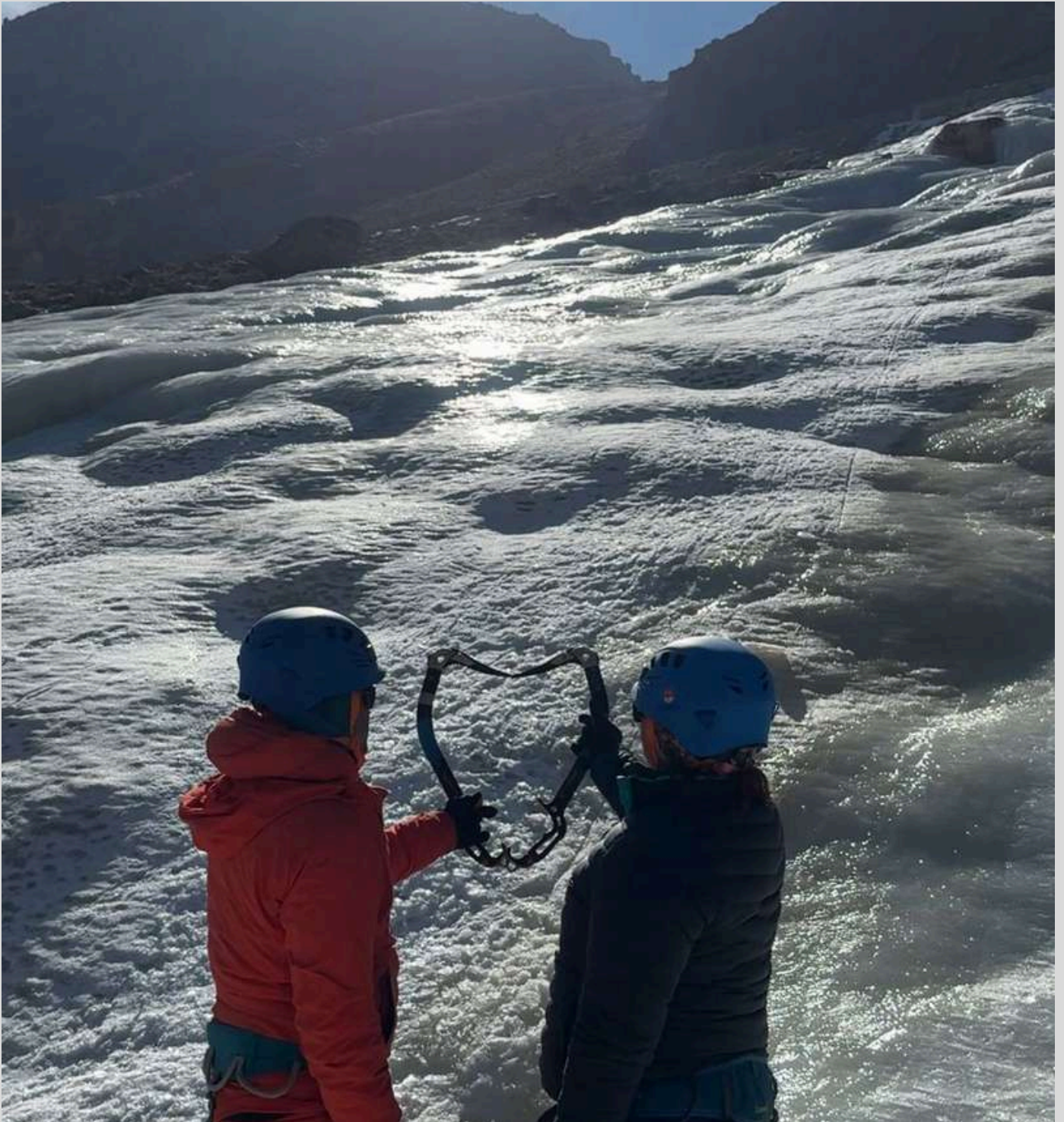
Ladakh Ice Climbing Course



Meet **Jayalakshmi** from Chennai, a mountain lover who believes that progress in the mountains comes from learning, not shortcuts. With prior trekking experience and a background in rock climbing, she joined the Ladakh Ice Climbing Course with one clear intention to build strong technical skills for the journeys she plans to take in the future. She discovered TrekNomads while searching to upscale her ice climbing knowledge through social platforms.

For her, this course wasn't a leap into the unknown. It was a conscious next step moving from rock to ice, from familiarity to something far more technical and demanding. She arrived in Ladakh confident and focused, without hesitation or fear. The terrain, however, had its own lessons. With limited snow formation during the course period, the training demanded adaptability, patience, and precision. It wasn't about ideal conditions, it was about learning to work with what the mountains offered.

One of the most defining moments for Jayalakshmi came at the top of an ice climb, a moment she described as thrilling and deeply fulfilling. The course tested her both physically and mentally, but it also reinforced something important: the mountains reward intent, preparation, and calm decision-making. From the first interaction to course completion, her journey with TrekNomads was largely smooth. The pre-course guidance helped her feel prepared, and on-ground arrangements allowed her to focus on learning.



While she shared a few suggestions after the first day, the rest of the course unfolded well structured, supportive, and true to the learning objective.

Jayalakshmi's experience is a reminder that technical mountain courses aren't just about climbing ice, they're about building confidence, discipline, and readiness for what lies ahead.

WHAT'S UPCOMING

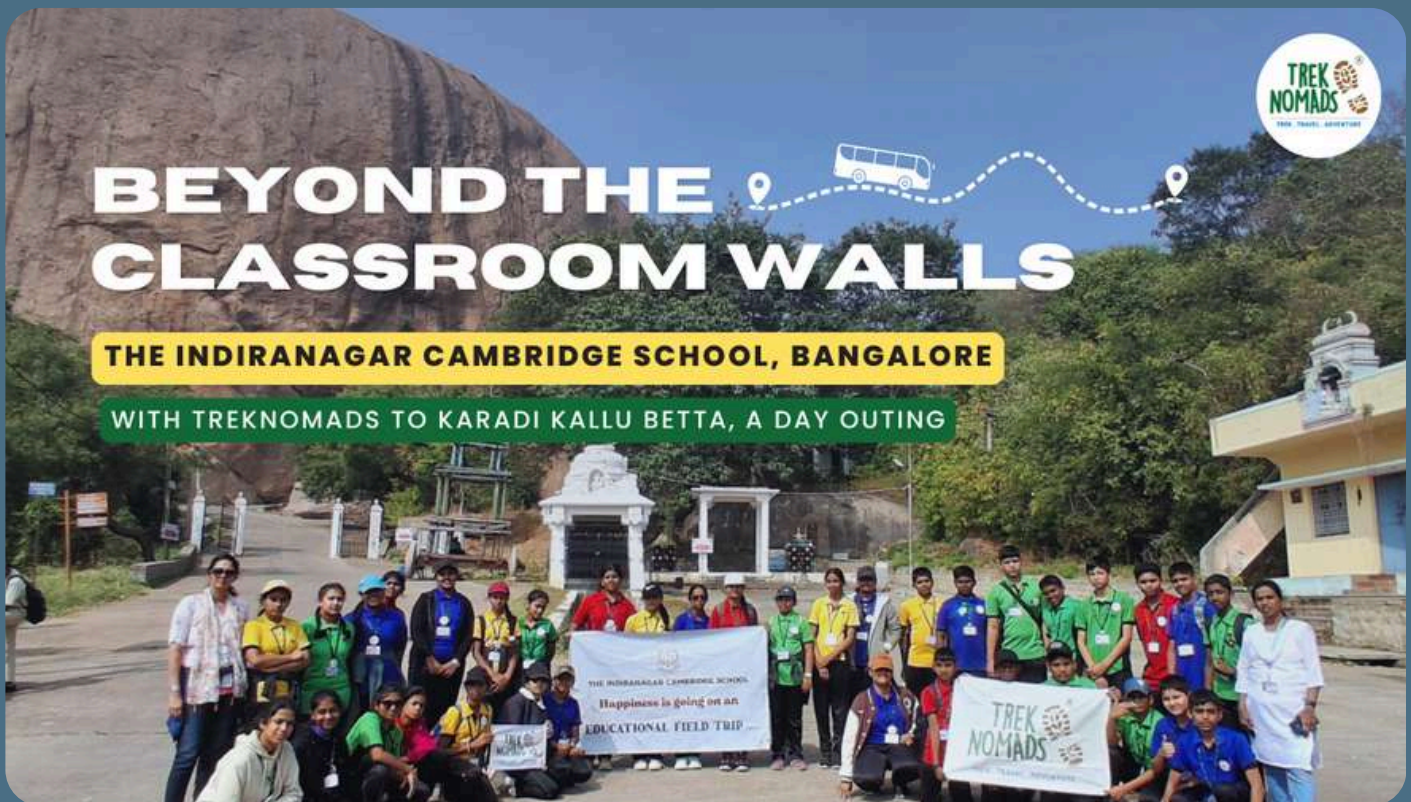
on the Trails

21 st March 2026 Brahmatal Trek	1 st March 2026 Ladakh Ice climbing course	14 th March 2026 Everest Base Camp trek
28 th March 2026 Everest Base Camp trek & Gokyo Ri	4 th April 2026 Everest Base Camp trek & Gokyo Ri	4 th April 2026 Langtang Valley
11 th April 2026 Manaslu Circuit Trek Mardi Himal Base Camp	18 th April 2026 Everest Base Camp trek Sandakphu Trek	1 st May 2026 Mera Peak Expedition
2 nd May 2026 Langtang Valley Markha Valley	9 th May 2026 Everest Base Camp trek	16 th May 2026 Sandakphu Trek

Note: With summer approaching, we're also open for bookings for our monsoon treks namely [Valley of Flowers & Hemkund Sahib, Kashmir](#), [Great Lakes, Hampta Pass & Chandratat Lake](#), & [Tarsar Marsar](#).

Know More About Treks

LEARNING BEYOND *the school gates*



Watch Now



until NEXT WEEK

The weeks ahead will move us closer to new trails and longer journeys. Before that, there's planning, waiting, and listening to weather, to people, to the mountains themselves.

We'll see you again in a few weeks, with stories shaped by that time in between.