



ALEMAARI ADHYAYA

By TrekNomads

VOL 2 Edition 4, April 2026

TREK *Travel* ADVENTURE

Welcome to the **April edition of Alemaari Adhyaya by TrekNomads.**

Every April, India collectively loses its mind over the heat. ACs get bought. Mangoes get eaten. And somewhere a travel agent sells a Goa package to someone who will regret it immediately.

And honestly? I get it. I was sitting at my desk last week at 7 PM, fan on full blast, wondering if I should just move to a hill station permanently.

But here's what's actually funny while we're all doing this, while the entire country is melting and complaining in group chats, the mountains are just quietly getting on with it. Snow turning to water. Grass coming back. Trails opening up one by one like nothing happened all winter.

No drama. No announcement. They just - begin.

And if you time it right, if you catch that gap between the last of the cold and the first of the rains, you get to walk through a version of this country that most people never see. Because they were too busy buying ACs.

This edition is about that gap.

EDITOR'S DESK – ALEMAARI ADHYAYA



I'll be honest with you.

I wrote half of this edition sitting under a ceiling fan at full speed, drinking my third glass of cold water, watching the temperature app on my phone say things I refuse to accept as reality.

April in India is not a season. It's a personal attack. And yet and this is the part I keep coming back to while the rest of the country was bulk-ordering ACs and panic-eating mangoes, our trekkers were somewhere above 3,000 metres breathing air so clean it almost feels illegal.

Standing on Himalayan trails in the kind of silence that makes you realise how much noise you've been carrying around without noticing.

April was full for us. Nepal season was in full swing EBC batches, Langtang Valley, Manaslu Circuit, one after another. We took Morgan Stanley to Nandi Hills for a corporate morning that reminded a room full of very serious people what a sunrise looks like when you've earned it with your feet.

And we opened Hampta Pass for our very first batch, a trail we've been wanting to run for a long time and it filled up faster than almost anything we've done. But what I really want to talk about this month is what's coming.

Because while everyone is buying ACs, the mountains are quietly preparing for their best season yet.

— Arshalakshmi
Editor, Alemaari Adhyaya

Stories from April



Everest Base Camp Trek via Gokyo Ri - 4 April 2026



Everest Base Camp Premium - 4 April 2026



Everest Base Camp Heli Return - 4 April 2026



Langtang Valley - 4 April 2026



Manaslu Circuit Trek - 11 April 2026



Mardi Himal & Annapurna Base Camp - 11 April 2026

Stories from April



Everest Base Camp Trek Premium - 18 April 2026



Everest Base Camp Trek Premium (Private Departure) - 22 April 2026



Everest Base Camp Trek Premium (Private Departure) : 25 April 2026



Sandakphu and Phalut Trek - 18 April 2026



Skandagiri Trek - 26 April 2026



HAMPTA PASS & CHANDRATAL

The Trek That Didn't Need Much Introduction



Last year we ran on Hampta Pass for the very first time. We didn't know what to expect, not fully. A new trail always has that uncertainty, no matter how well you've planned it.

It felt like exactly the right call. And this year, the batches filled before we had to say much.

Here's what the trail actually is, for those who haven't heard of it yet.



Hampta Pass & Chandratal is a 6 nights, 7 days trek starting from Manali in Himachal Pradesh. It crosses the Hampta Pass at 4,268 metres which sounds straightforward until you're standing on it, looking back at the lush green Kullu valley you walked through for two days and then forward into the stark, almost barren landscape of Lahaul and Spiti that stretches out in front of you.

Along the way you walk with views of Mt. Indrasan at 6,220 metres and Mt. Deo Tibba at 6,001 metres keeping you company on the ridge lines. And then there's Chandratal.



The Moon Lake sits at 4,300 metres in the middle of the Spiti plateau, a crescent shaped body of water so impossibly clear and still that it looks like someone placed it there as a reward for finishing the hard part.

HAMPTA PASS & CHANDRATAL

The Trek That Didn't Need Much Introduction



Did you know Chandratal is one of only two Ramsar wetland sites in Himachal Pradesh? A protected lake, a high-altitude ecosystem, and one of the most photographed places in the Indian mountains, all on the same trail.

Our batches run from June through July — 20th June, 4th July, 18th July and more. A few spots are still open. If you've been sitting on this one, now is the time.

If you've been sitting on an EBC or ABC plan and waiting for "the right time" — this is genuinely it.

KASHMIR GREAT LAKES

Seven Lakes. Nine Days.



KashmirGL didn't happen for us last season. Due to unforeseen circumstances, it had to wait.

And honestly, it made us want it more. Here's what the trail actually delivers, because it deserves to be described properly.

Kashmir Great Lakes is a 9-day, 70-75 kilometre trek starting from Srinagar, crossing from Sonamarg to Naranag through some of the most untouched alpine terrain in the country. It visits seven high-altitude lakes: Vishansar, Krishansar, Gadsar, Satsar, Gangabal, Nundkol, each a completely different shade of blue-green, each in a different valley, each with its own particular silence.

The trek crosses three high-altitude passes: Nichnai Pass at 4,080 metres, Gadsar Pass at 4,206 metres which is the highest point, and Zajibal Pass which means almost every single day involves crossing into a completely new landscape. You don't just see the same valley from different angles. You walk into a genuinely different world each morning.

KASHMIR GREAT LAKES

Seven Lakes. Nine Days.



What makes KGL special as a monsoon trek is something most people don't realise Kashmir sits in a rain shadow zone. While the rest of India is getting drenched, the Kashmir valley receives significantly less rainfall. Which means you get clear skies, blooming meadows, and turquoise lakes during the same window that makes every other part of the country miserable.

Did you know that trekkers walking this route pass through army checkpoints where original ID is mandatory?

This trail passes through sensitive terrain near Gadsar and Satsar which is also part of what keeps it genuinely remote and relatively uncrowded compared to most popular Indian treks. The trek is rated moderate to difficult not because of technical difficulty, but because of the distances. Around 12 kilometres a day at altitude, for 7 days. That demands real fitness and real preparation. We'll tell you exactly what that preparation looks like when you reach out.

This season, we're going. No more waiting.

[**Kashmir Great Lakes Best Time To Visit**](#)

VALLEY OF FLOWERS AND HEMKUND SAHIB

150 People Told Me. I'm Telling You.



I haven't walked the Valley of Flowers myself.

But I've heard it described 150 times. And what's strange is that I keep noticing that every single person finds completely different words for the same feeling. Some call it overwhelming. Some go quiet and just show you their phone. Some say it didn't look real.

Some say its the [best beginner-friendly Himalayan Trek](#).

150 trekkers. 150 different ways of saying the same thing. That's how I know this trail is something else.

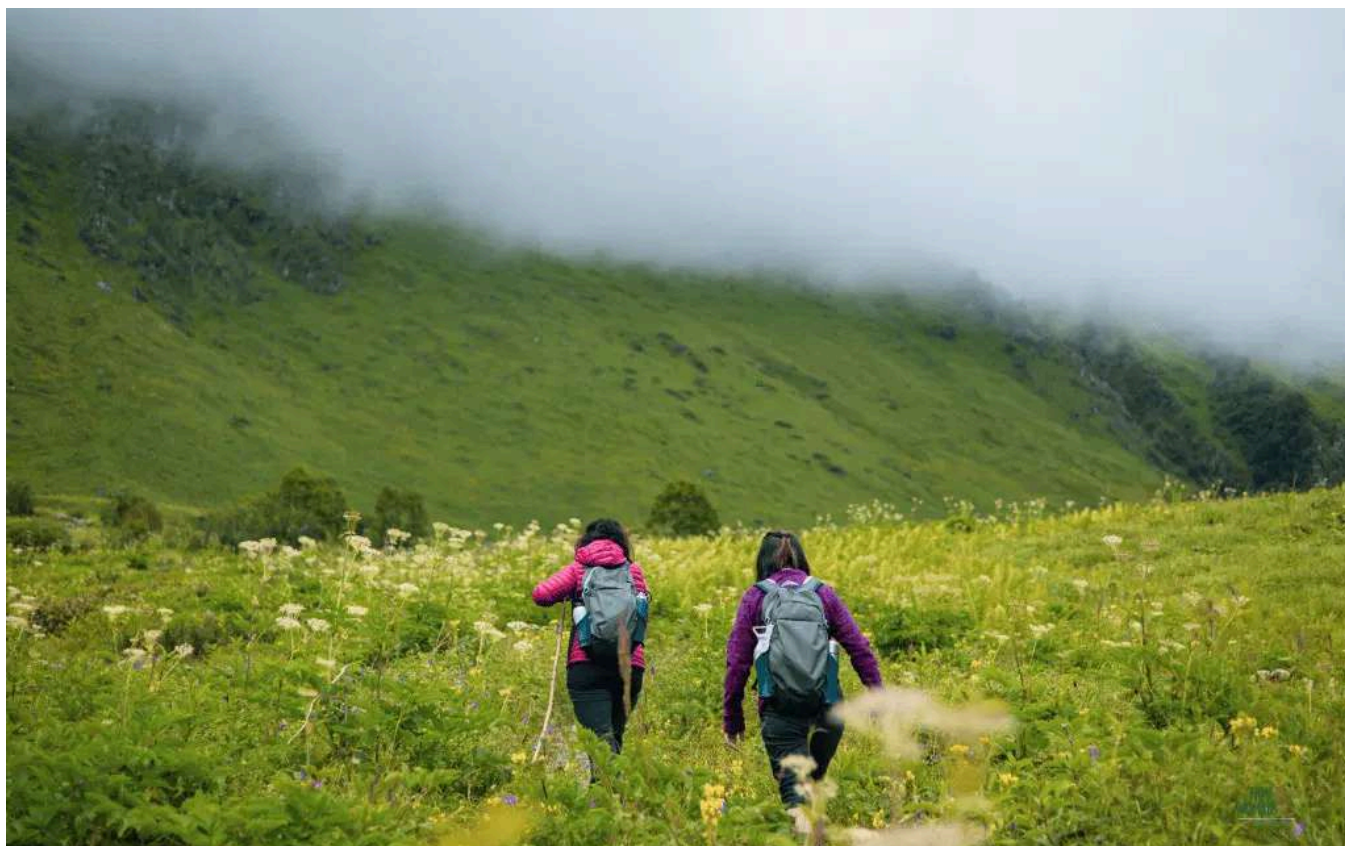
Here's what the numbers actually say. **Valley of Flowers is a 9-day trek from Rishikesh** into the Nanda Devi Biosphere Reserve, a **UNESCO World Heritage Site sitting at 3,600 metres** with over [500 species of wildflowers blooming](#) simultaneously between **July and September**. Not a few flowers along the trail. An entire valley carpeted in colour, end to end, with snow peaks on every side.

The trek also takes you to Hemkund Sahib, the world's highest Gurudwara at 4,329 metres, surrounded by seven peaks and a glacial lake that sits so still it mirrors all of them.



VALLEY OF FLOWERS & HEMKUND SAHIB

150 People Told Me. I'm Telling You.



The climb to get there is steep and takes most people 8-9 hours. [Want to know about Valley of Flowers trek difficulty? Check here.](#)

Did you know this valley was completely unknown to the outside world until 1931? A British mountaineer stumbled upon it and couldn't stop writing about it. India made it a national park in 1980. UNESCO recognised it in 2002. And still every person who walks into it says nothing prepared them.

The best time is mid-July to the end of August. Our batches are open. [Best Time to Trek to the Valley of Flowers](#)

If 150 people coming back with that look on their faces means anything – this is the one.

TREKKER'S JOURNEY

We All Came as Nomads. We Left as Something More.



That's how Swamy put it. Not dramatically, not with any performance, just simply, the way people talk when they're still carrying a journey and haven't quite put it down yet.

Swamy was part of one of our EBC batches this year, and when he came back he did something that stopped me for a moment. He didn't just send a thank you. He sat down and wrote about every single person who touched that journey by name, with specifics, with the kind of detail that only comes from someone who was genuinely paying attention the whole time. He wrote about Dr. Eash, a fellow trekker whose presence alone changed the group's energy, not just because having an experienced doctor on trail meant everyone

breathed a little easier, but because of who he was as a person. Someone who cracked jokes, taught group photography, shared stories from his own travels, and quietly made sure everyone was hydrated, eating right, and mentally okay at altitude.

Swamy said he learnt something from him that had nothing to do with trekking, how to live in the moment, spend on yourself, be comfortable when you can.

Then came the guides: Tenzing, Ngawang, Chauhan and Dawa who Swamy said went beyond every expectation. Not just leading the group from Lukla all the way to Base Camp and Kala Patthar, but making each person feel like they could actually do it. Checking pace, watching what people ate, managing the group's energy across days of altitude and doing all of it in a way

that made the group feel held rather than managed. And then Swamy wrote about the porters. He called them the fuel. Said that without them, 90% of trekkers simply wouldn't make it, that they carry everything the team needs, arrive ahead of the group every single day, and do their work quietly and completely without asking for recognition. Every time I read something like that I'm glad, because the porters are almost always the most invisible part of any EBC story and it matters deeply when someone actually sees them.

Behind all of this, Pasang was handling logistics for a group that split three ways after Gorak Shep, one returning to Lukla, one heading to Gokyo Ri, and Swamy himself taking a helicopter from Periche before flying to Kathmandu. Three plans, three timelines, all of it executed without a single hiccup.

TREKKER'S JOURNEY

We All Came as Nomads. We Left as Something More.

That kind of seamless doesn't happen by accident, it's an entire backend team being alert and taking nothing for granted, and Swamy noticed every bit of it.

Back in Bangalore, long before any of this, it was Suresh who prepared him, answered every question, sorted the

gear list, and gave him one piece of advice that Swamy carried all the way to the top: that EBC is as much mental as it is physical. Hemanth ran the pre-trek orientation, patiently answered every doubt across a 90-minute call, and Naveen held the whole journey together from the front, making sure every person in the group was comfortable, fed, and moving.

What stays with me most from Swamy's message isn't any single name or moment. It's the fact that he felt the entire team behind him from that first orientation call in Bangalore to the helicopter ride out of Periche and that feeling of never doing it alone is exactly what got him to Base Camp. That's what we're here for. Not just the summit. Everything that makes the summit possible.



WHAT'S UPCOMING

on the Trails

| | | |
|--|--|--|
| 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 | 20 th June 2026 Hampta Pass & Chandratal Lake | 11 th July 2026 Valley of Flowers & Hemkund Sahib |
| 18 th July 2026 Valley of Flowers & Hemkund Sahib | 25 th July Kashmir Great Lakes | 22 nd August 2026 Markha Valley Trek |
| 5 th September 2026 Kashmir Great Lakes | 26 th September 2026 Everest Base Camp | 3 rd October 2026 Annapurna Base Camp |

- Monsoon Treks - Open Now [Valley of Flowers](#) | [Kashmir Great Lakes](#) | [Hampta Pass & Chandratal Tarsar Marsar](#)
- Ladakh Treks - Open Now [Markha Valley](#) | [Sham Valley](#) | [Lasermo La](#)
- Expeditions - [Kang Yatse II](#) | [Mt.Elbrus](#) | [Mt.Kilimanjaro](#)

Write to us at info@treknomads.com or call **+91 9886444809**.

We're always happy to have an honest conversation about which trek makes sense for where you are right now.

[Know More About Treks](#)



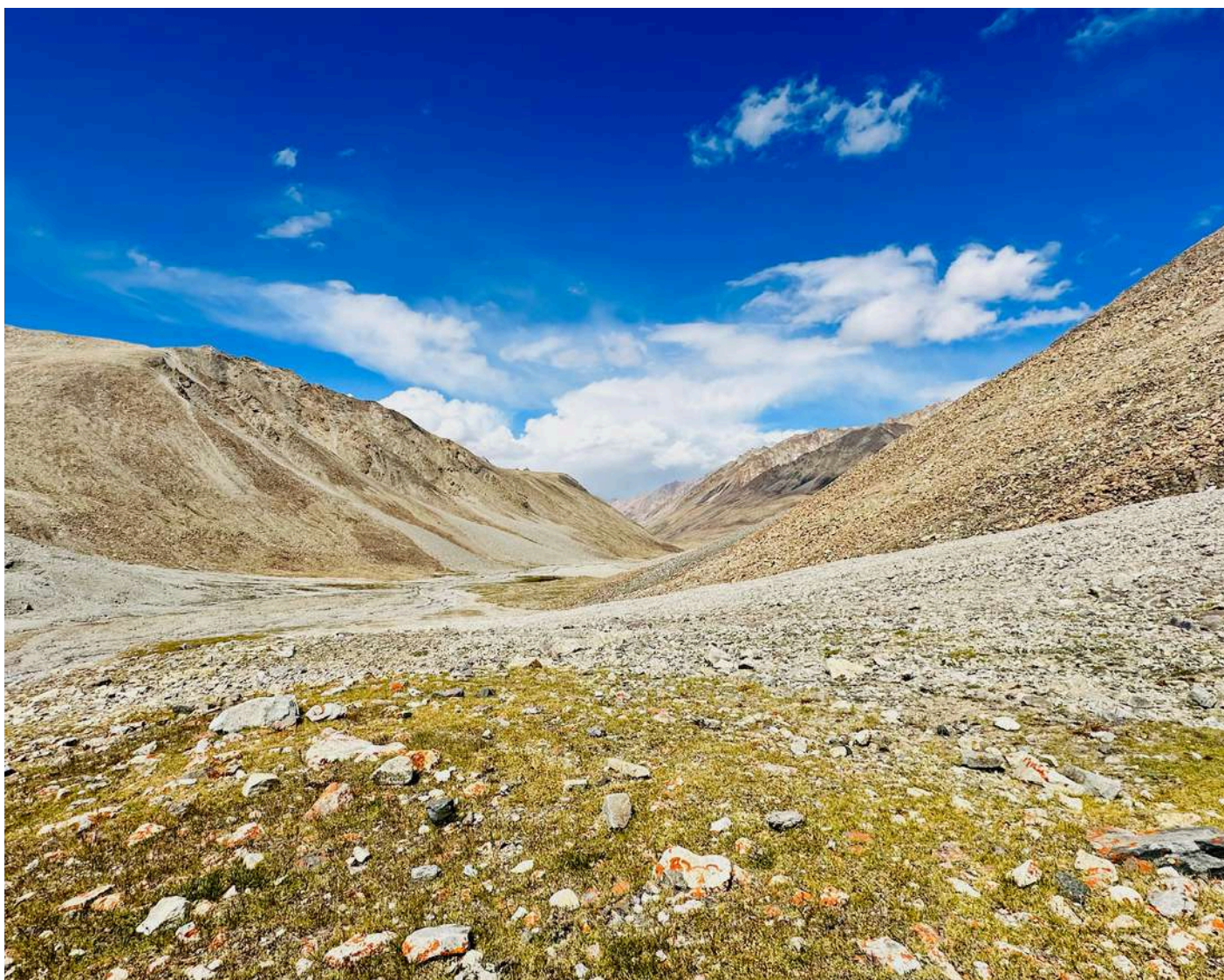
LADAKH – IT'S NOT JUST THAT PANGONG SCENE

I'll be honest. When someone says Ladakh, my brain goes straight to 3 Idiots. That blue. That lake. That ending. And I think most of us carry that image somewhere, not just as a film memory but as a feeling. The feeling of wanting to drop everything, get in a car, and drive until the landscape looks exactly like that.

Here's what I've learned from everyone who's actually gone though. Pangong is beautiful. But it almost never ends up being the moment.

The moment was somewhere else. On a trail most tourists never take. In a valley with no phone signal and nobody else in sight. Crossing a cold river with no bridge at 7 AM, boots in hand, laughing because there was nothing else to do. That's the Ladakh we take people into.

And the good news? You don't have to choose between the two. Our Ladakh treks build in a leisure day in Leh, which is your window for Pangong Tso, the Nubra Valley sand dunes and double humped Bactrian camels, Khardung La, one of the world's highest motorable passes Hemis Monastery, the Zaskar river confluence at Nimmu, or just sitting in a rooftop café in Leh watching the mountains do what they do. Get the postcard. And then walk into the real thing. Here's what the real thing looks like:



LASERMO LA – NUBRA VALLEY | 8 NIGHTS, 9 DAYS

This one is in a different category entirely.

Lasermo La crosses a pass at 5,400 metres 17,716 feet which puts it above Everest Base Camp. The [trek moves through Nubra Valley](#), a region that feels less like the India you know and more like a different country altogether. Snow leopards live here. Tibetan foxes. Ibex on the ridgelines. Glaciers that have been there longer than any human settlement in the valley below.

The landscape transitions from barren high-altitude terrain to surprisingly lush green valleys in a way that doesn't feel gradual it feels sudden, like the mountains changed their mind about what they wanted to be.

This trek is not for everyone. The altitude is serious, the terrain demands real fitness, and the remoteness means you need to be genuinely comfortable with being far from everything familiar.

But for the right person, the one who's done Markha or Sham Valley and felt that quiet pull upward, Lasermo La is exactly where that pull is pointing.

The season is open. Leh is waiting. And somewhere behind that Pangong scene you've been carrying in your head since 2009- there's a trail that goes further in.



SHAM VALLEY – 6 NIGHTS, 7 DAYS

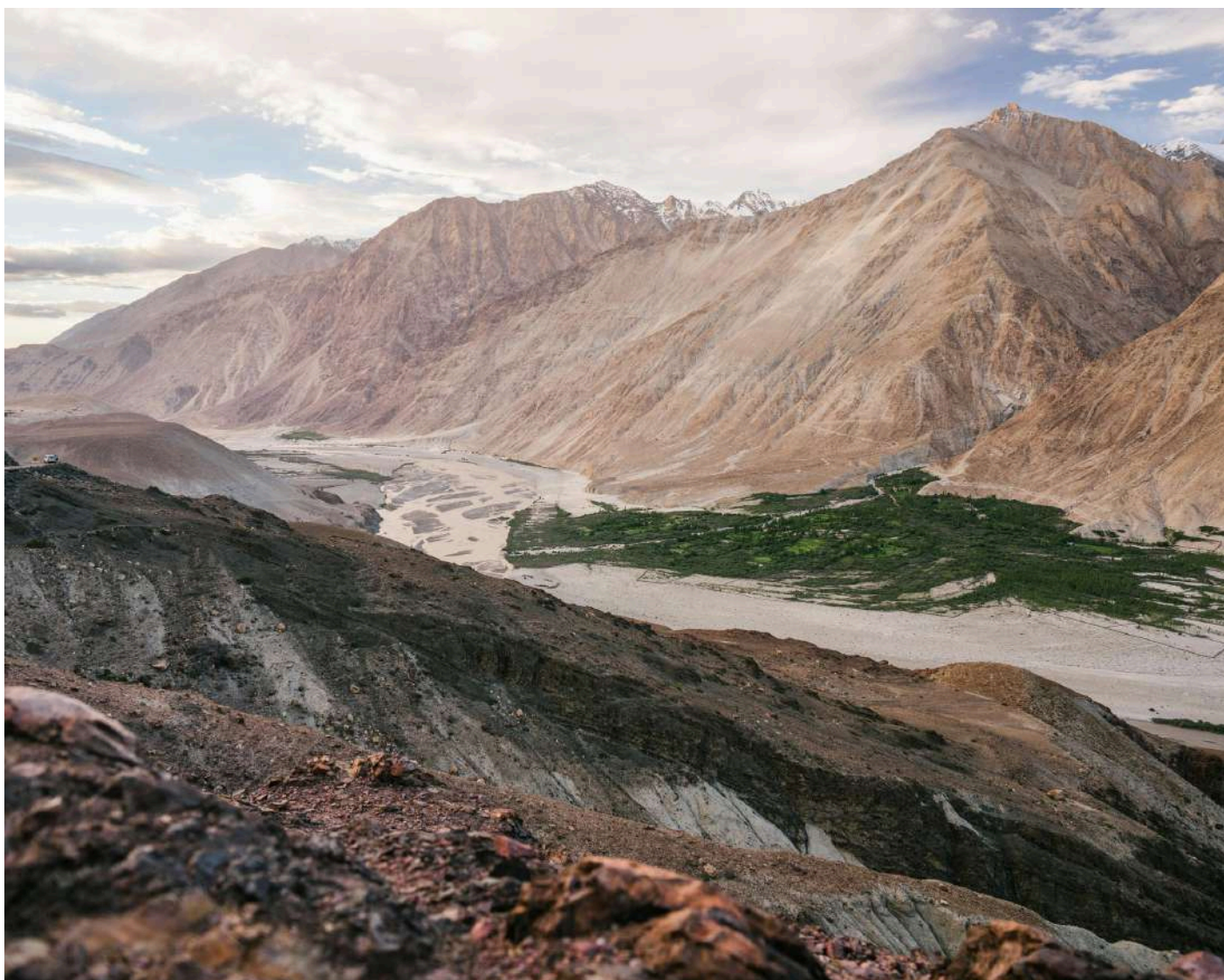
Sham Valley is known locally as the [Baby Trek of Ladakh](#) and I want to be careful about how that's understood, because it's not easy. It's accessible. There's a difference.

6 nights, 7 days from Leh through the Indus Valley past charming villages like Likir, Yangthang and Hemis Shukpachan, through apricot orchards and willow groves that look almost impossibly green against the barren Ladakhi mountains around them, alongside ancient monasteries that have been sitting on cliffside for centuries watching everyone pass below.

The altitude is manageable. The terrain is varied. The cultural access is genuinely deep you're walking through villages where people live, not past monuments.

If you've never been to Ladakh and you want to understand what the place actually feels like before committing to something bigger Sham Valley is exactly where you start. And it builds in the leisure day in Leh for Pangong and everything else that comes with it.

[Best Time to visit Sham Valley.](#)



MARKHA VALLEY – 8 NIGHTS, 9 DAYS

[Markha Valley](#) is where you go when you want Ladakh without the tourist infrastructure around it. Starting from Leh, the trail takes you deep into a remote valley where ancient villages sit at the foot of dramatic peaks, where the only locals you meet are farmers and shepherds who've lived here for generations, and where [Kang Yatse, a 6,250 metre](#) peak follows you for days along the ridgeline.

The trail crosses high mountain passes, walks through gorges that took millions of years to form, and drops you into campsites so quiet you can hear your own breathing.

Did you know the Markha Valley was completely off-limits to foreigners until 1974? The Indian government only opened this region to tourism relatively recently which is part of why it still feels the way it does. Untouched isn't a marketing word here. It's just accurate.

[Check Markha Valley Itinerary.](#)

EVEREST BASE CAMP HONEST REVIEW

ft. Thippeswamy Gangadharappa



[▶ Watch now](#)

EVEREST BASE CAMP TREK REVIEW 2026

ft. Rajesh & Narendra



[▶ Watch now](#)

TWO FRIENDS AT GOKYO RI - EVEREST BASE CAMP

ft. Tanvi & Jelena



[▶ Watch now](#)

Subscribe to our channel to stay updated with the latest updates.



until MAY

Outside, India is doing what it always does in April. Sweating. Complaining in family WhatsApp groups. Discovering that the AC they bought last summer has stopped working. And somewhere in the middle of all of that, someone is looking at their leave balance and finally doing the maths.

Maybe that someone is you.

Until the next edition – may the mountains stay somewhere in your thoughts.