



ALEMAARI ADHYAYA

By TrekNomads

VOL 2 Edition 5, May 2026

TREK *Travel* ADVENTURE

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

“Can Ponchos and Crampons Get Along?”

Wandering why this edition has this theme? But, do you also honestly think — can they?

One is built for rain, mud, and trails that smell like wet earth and wildflowers. The other is built for ice, altitude, and the kind of silence that only exists above 5,000 metres. One belongs to someone doing their first ever trek slightly nervous, slightly unsure, poncho flapping in the wind. The other belongs to someone who has been building toward a summit for years crampons strapped, ice axe in hand, every previous trek leading to this one moment.

They don't exactly belong in the same sentence.

And yet in May, they shared the same calendar. The same team was simultaneously preparing first-timers for their very first monsoon trek and experienced trekkers for Himalayan summits.

That's what made us stop and think. Not just about what happened in May but about what it means that both of these people exist in the same world. Saying yes to something bigger than their comfort zone.

So — can ponchos and crampons get along?
After May, we think absolutely yes.

EDITOR'S DESK – ALEMAARI ADHYAYA



Months are just passing so soon. Season by season, before you even realise it; monsoon is already here.

But, I'm glad because our very own favourites are back. The trails we wait for all year. The ones that smell different, feel different, look different from everything else we do. For Valley of Flowers, Hampta Pass, Kashmir Great Lakes all the bookings have started coming in batch by batch and I can almost smell the rain in them if that makes any sense at all.

But here's what's been making May feel particularly full this year.

It's not just the monsoon excitement. It's the fact that at the exact same time – while people are

booking their first ever rain trek, nervous and excited and asking all the right questions – we're also seeing a completely different kind of person step forward. Someone who's been trekking for a while now. Someone who's done the valley trails, the base camps, the high passes. And who is now quietly, seriously asking about expeditions.

Because the expedition season has started too.

Mera Peak summited in May. Kilimanjaro batch is forming for August. Elbrus is on the table. And suddenly we're having two completely different kinds of conversations in the same week one about ponchos and rain covers, another about crampons and summit windows.

That's what gave us this theme. That's why this edition is called what it's called. Two seasons. Two kinds of trekkers. Both equally exciting. Both equally ours.

– Arshalakshmi
Editor, Alemaari Adhyaya

Stories from May



Mera Peak Expedition
1 May 2026



Langtang Valley
2 May 2026



Langtang Valley
9 May 2026



Skandagiri Trek
2 May 2026



BEFORE YOU PACK YOUR PONCHO – READ THIS FIRST



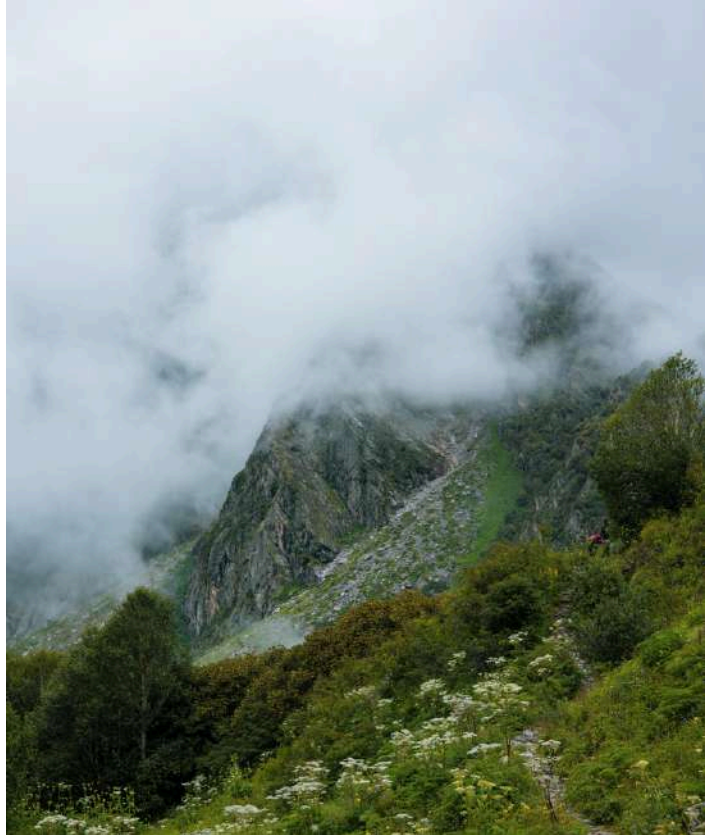
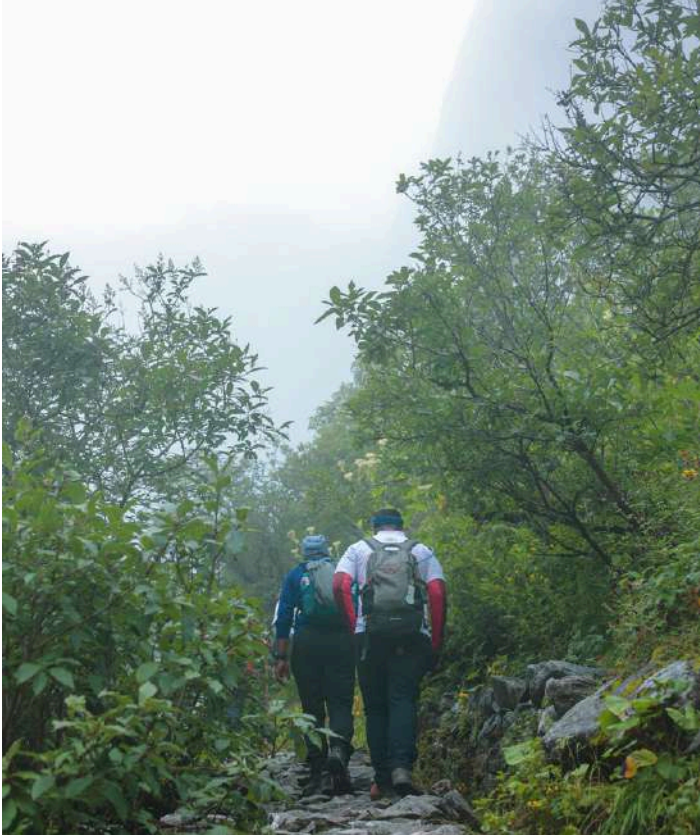
Let's get one thing straight first.

Monsoon trekking is not a compromise. It's not what you do when you couldn't get leave in October or couldn't afford the Himalayan spring season. It's not the backup plan.

It's a **choice. A very specific, very deliberate choice** made by people who know something that the rest of the trekking world hasn't fully figured out yet.

This season, the bookings have already started. Batch by batch, the monsoon trails are filling up. And if you've been sitting on the fence about whether rain season is really worth it; this section is my honest attempt to push you off it. But before that, we would like to take you through your days on the trail.

VALLEY OF FLOWERS & HEMKUND SAHIB [PREMIUM]



VALLEY OF FLOWERS & HEMKUND SAHIB

[PREMIUM]

- DAY 1** **Rishikesh | Arrival**
 You arrive in Rishikesh and for most people, this is the moment it becomes real. The city is loud, the Ganga is moving fast, and tomorrow morning everything changes. Tonight is for meeting the group, getting your gear sorted, and sleeping with that particular mix of excitement and nerves that only a first day can give you. [Want to know about Valley of Flowers trek difficulty? Check here.](#)
- DAY 2** **Rishikesh → Govindghat**
 A long drive through the Garhwal Himalayas through Devprayag, Rudraprayag, Karnaprayag, Nandaprayag, Chamoli. Five of the Panch Prayag – the sacred river confluences of Uttarakhand pass by your window one after another.
- DAY 3** **Govindghat → Ghangaria**
 14 kilometres from Govindghat up to Ghangaria, a steady climb through forests, alongside the Pushpavati river, with the trail getting quieter and greener with every hour. Your legs will know they worked by the time you arrive. Ghangaria sits at 3,048 metres and is your base for everything that follows
- DAY 4** **Ghangaria → Valley of Flowers → Ghangaria**
 This is the day. The trail from Ghangaria to the Valley of Flowers is only 4 kilometres – but what waits at the end of those 4 kilometres is something that genuinely doesn't prepare you no matter how many photographs you've seen. Over [500 species of wildflowers](#) in simultaneous bloom. A UNESCO World Heritage Site. [Best Time to Trek to the Valley of Flowers](#)
- DAY 5** **Ghangaria → Hemkund Sahib → Ghangaria**
 Surrounded by seven Himalayan peaks and a glacial lake that reflects all of them simultaneously. The climb from Ghangaria is steep 6 kilometres up, gaining nearly 1,300 metres. Taking upto 4-5 hours to reach the top. At the top, the Gurudwara sits beside a lake so it still looks painted.
- DAY 6** **Ghangaria → Badrinath → Govindghat**
 The route back passes through Badrinath one of the Char Dham pilgrimage sites, sitting at 3,133 metres with the Neelkanth peak directly behind it. Whether you visit the temple or simply pass through, the setting alone is worth pausing for. Drive back to Govindghat by evening.
- DAY 7** **Govindghat → Rishikesh**
 The same road you took on Day 2. The same mountains, the same river confluences, the same curves. But you're not the same person who drove this road a week ago. That's the quiet thing about these journeys – the landscape doesn't change. You do.
- DAY 8** **Rishikesh | Leisure**
 After everything, most people need this day. The ghats, the cafes, the river moving fast below Laxman Jhula. Some people sit quietly. Some explore. Everyone processes in their own way. Rishikesh has a particular talent for holding people gently after big journeys.
- DAY 9** **Departure**
 You go home. But somewhere between the wildflowers and the Gurudwara and the long drives through river valleys something stayed with you. Most people who do VOF once start planning their return before they've even unpacked.

HAMPTA PASS & CHANDRATAL LAKE [PREMIUM]



HAMPTA PASS & CHANDRATAL LAKE

[PREMIUM]

DAY 1

Manali in Arrival & Acclimatisation

Arrive in Manali (2,050m), the starting point for your Hampta Pass & Chandratal Lake trek. Check into your comfortable hotel and relax to acclimatise to the altitude. Explore the local attractions, including Mall Road, Hadimba Temple, and the picturesque markets.

DAY 2

Drive to Sethan & Trek to Chikka

After breakfast, drive to Sethan Village (2,700m) and begin your trek to Chikka (3,100m). This trek takes you through dense pine forests, wooden bridges, and open meadows. Arrive at Chikka campsite, nestled in a lush green valley, known for its waterfalls and serene surroundings.

DAY 3

Trek from Chikka to Balu Ka Ghera

Start your day with a scenic walk along the Hampta River, crossing several small wooden bridges. As you gain elevation, the trek will take you through alpine meadows with panoramic views of the Dhauladhar Peaks. Reach Balu Ka Ghera, a beautiful campsite surrounded by snow-covered peaks and enjoy the breathtaking surroundings.

DAY 4

Trek from Balu Ka Ghera to Hamta Pass

Begin your trek with a gradual ascent that steepens as you approach Hampta Pass (4,268m). As you reach the top, you will be rewarded with breathtaking views of Mt. Indrasan (6,220m) and Mt. Deo Tibba (6,001m). Descend into Shea Goru and witness the change in landscape from lush green valleys to the barren, rugged terrain of Spiti.

DAY 5

Trek from Shea Goru to Chhatru & Drive to Chandratal Lake

On this day, you'll descend towards Chhatru, crossing glacial streams. After reaching Chhatru, a scenic drive to Chandratal Lake .The Moon Lake. A crescent-shaped body of water so clear it has no colour of its own — it just reflects everything above it. Sky. Clouds. Mountains. Whatever the light is doing at that exact moment.

DAY 6

Drive from Chhatru to Manali

After breakfast, enjoy a scenic drive back to Manali via the Atal Tunnel, a major engineering marvel. The journey will offer stunning views of the rugged Himalayan ranges and the green valleys of Lahaul. Check-in to a comfortable hotel in Manali for a restful night.

DAY 7

Departure from Manali

You go home. But that moment on the pass standing between two landscapes, looking both ways belongs to you now. Nobody can take that one back.

WHAT'S UPCOMING

on the Trails

Our departures are filling up fast!

While most batches are already fully booked, the following departures still have limited slots available.

<p>13th June 2026</p> <p>Do Dham: Kedarnath & Badrinath</p>	<p>20th June 2026</p> <p>Hampta Pass & Chandratat Lake [Premium]</p>	<p>27th June 2026</p> <p>Valley of Flowers & Hemkund Sahib [Premium]</p>
<p>4th July 2026</p> <p>Valley of Flowers & Hemkund Sahib / Hampta Pass & Chandratat Lake [Premium]</p>	<p>11th July 2026</p> <p>Valley of Flowers & Hemkund Sahib [Premium]</p>	<p>18th July 2026</p> <p>Hampta Pass & Chandratat Lake [Premium] Kang Yatse II / Markha Valley Kang Yatse II + Dzo Jongo</p>
<p>25th July</p> <p>Kashmir Great Lakes Trek [Premium]</p>	<p>8th August 2026</p> <p>Valley of Flowers & Hemkund Sahib [Premium]</p>	<p>22nd August 2026</p> <p>Markha Valley Trek [Premium] Valley of Flowers & Hemkund Sahib [Premium]</p>
<p>5th September 2026</p> <p>Kashmir Great Lakes [Premium]</p>	<p>26th September 2026</p> <p>Everest Base Camp [Premium]</p>	<p>3rd October 2026</p> <p>Annapurna Base Camp [Premium]</p>

- Monsoon Treks - Open Now [Valley of Flowers](#) | [Kashmir Great Lakes](#) | [Hampta Pass & Chandratat 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](#)

WHILE THE PONCHOS ARE OUT... THE CRAMPONS ARE READY TOO!

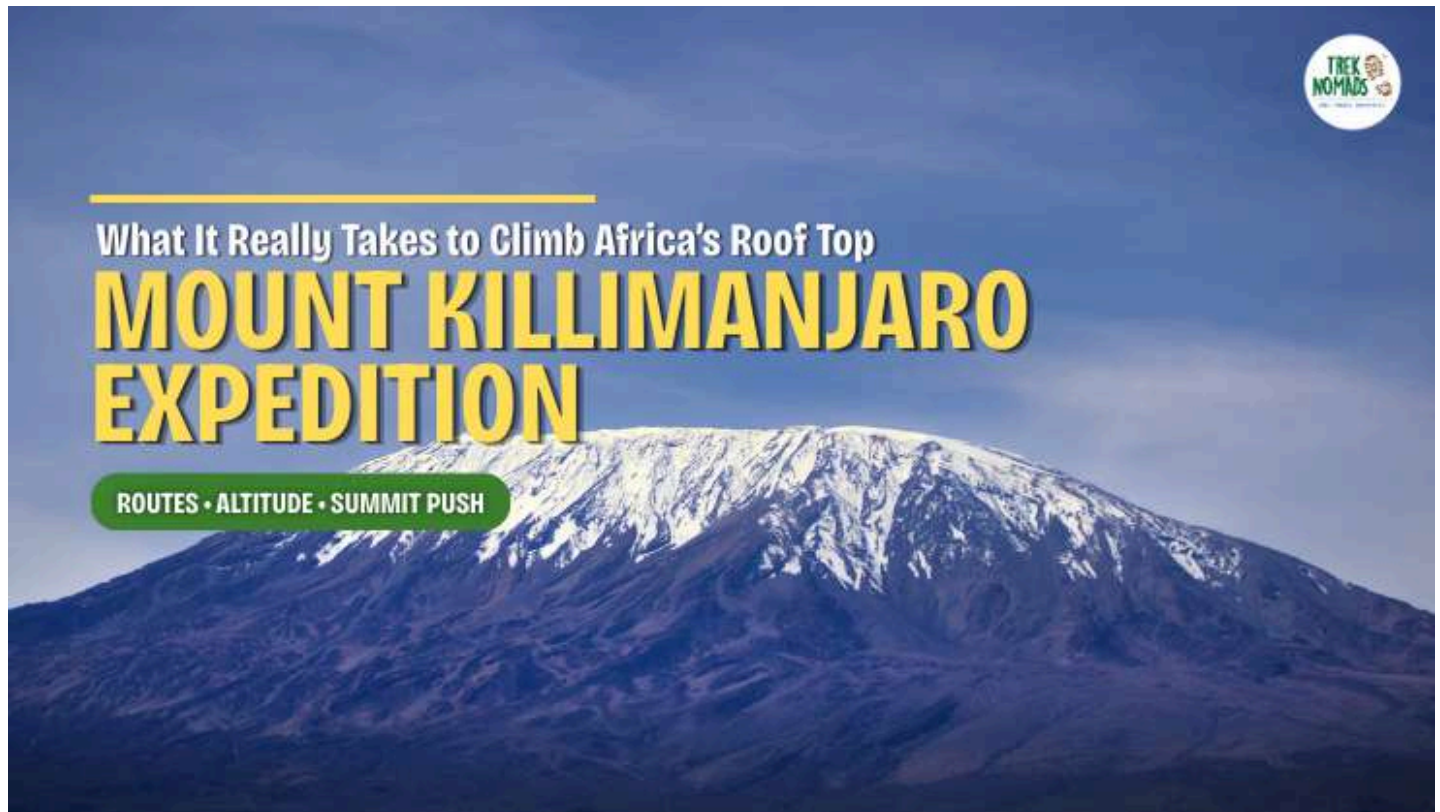


Here's something most people don't think about when they hear "monsoon season."

While one group of trekkers is lacing up for their first rain trail poncho packed, slightly nervous, wildflowers waiting another group is quietly preparing for something entirely different. Higher. Colder. More technical. The kind of objective that doesn't just test your fitness but asks something deeper of you.

May is when we started those conversations seriously.

And June is when they need to become decisions.



COULD YOU STAND ON THE ROOF OF AFRICA?

35,000 people attempt Kilimanjaro every year.

Not mountaineers. Not professional climbers. Just people from all walks of life, all fitness levels, all ages who decided that standing on the highest point in Africa was something they wanted to do before they ran out of reasons not to.

Here's what makes [Kilimanjaro](#) unlike any other summit in the world. You don't climb one mountain. You walk through five completely different worlds to get there.

We're forming our [10th August 2026](#) batch right now for a [summit on the 15th of August, Independence Day](#). The window is good, the route is the Lemosho, the most scenic approach on the mountain and the spots are filling. We also have a confirmed departure on [22nd January 2027](#) for a [summit on the 26th January, Republic Day](#).

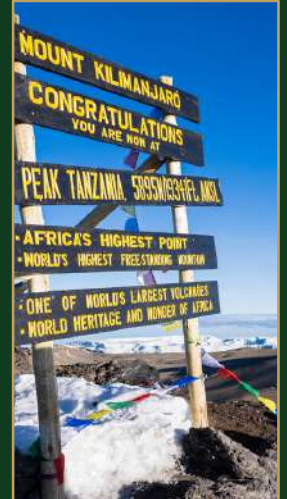
[Need guidance to understand about this expedition? Watch here.](#)

If Kilimanjaro has been on your list for longer than you'd like to admit — this is the batch. This is the year. **Reach out at info@treknomads.com or +91 9886444809 and let's talk about getting you to the roof.**

5 ECOLOGICAL ZONES

Every step on Kilimanjaro is a journey through a new world

Uhuru Peak



Arctic Zone



Alpine Desert



Moorland



Rainforest



800–2,800 m

2,800–4,000 m

4,000–5,000 m

5,000–5,500 m

5,895 m

Dense canopy, mist, colobus monkeys, orchids & moss-draped trees. Warm & humid.

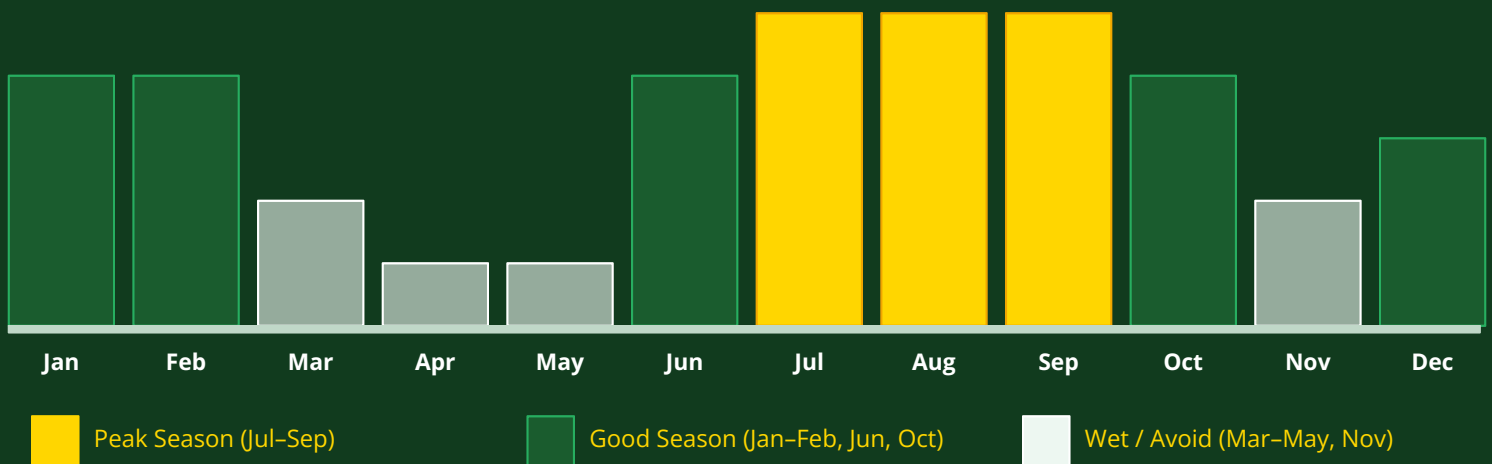
Giant lobelias & groundsels. Heather stretches to the horizon. Temperatures drop.

Rocky, arid, barren. The air thins noticeably. Stunning sunsets paint the sky orange.

Ice fields, glaciers, boulders of scree. Below -10°C. The hardest mental section.

The Roof of Africa.

BEST TIME TO CLIMB KILIMANJARO



Dry Season Tips

Jan–Feb & Jun–Oct are ideal. Clear skies, minimal rain, excellent summit visibility. Jul–Sep are the busiest but most reliable.

Full Moon Bonus

Summitting on a full moon means climbing by moonlight instead of a headlamp - glaciers glitter, stars blaze.



MT.ELBRUS – EUROPE'S HIGHEST SUMMIT.

For a lot of trekkers that question sits quietly for a while. You've done the base camps. You've done the high passes. You've maybe even done a summit or two. And somewhere in the back of your mind, a number keeps appearing. 5,642 metres. The Caucasus Mountains of Russia. The highest peak in Europe. The one that sits on the Seven Summits list right after Kilimanjaro and before everything gets seriously technical.

[Mount Elbrus.](#)

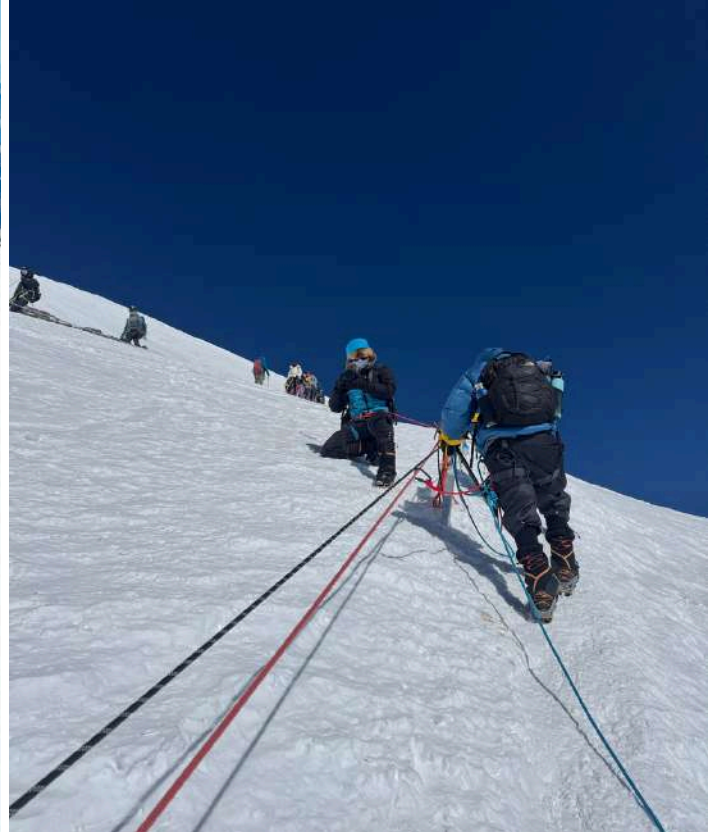
Here's what makes Elbrus different from every other mountain on the Seven Summits list – the standard route is technical, requires ropes, rock climbing, previous mountaineering experience. What it demands is altitude fitness, cold tolerance, and the right support on summit day when the weather on the upper mountain can change faster than you expect. [Need guidance to understand about this expedition? Watch here.](#)

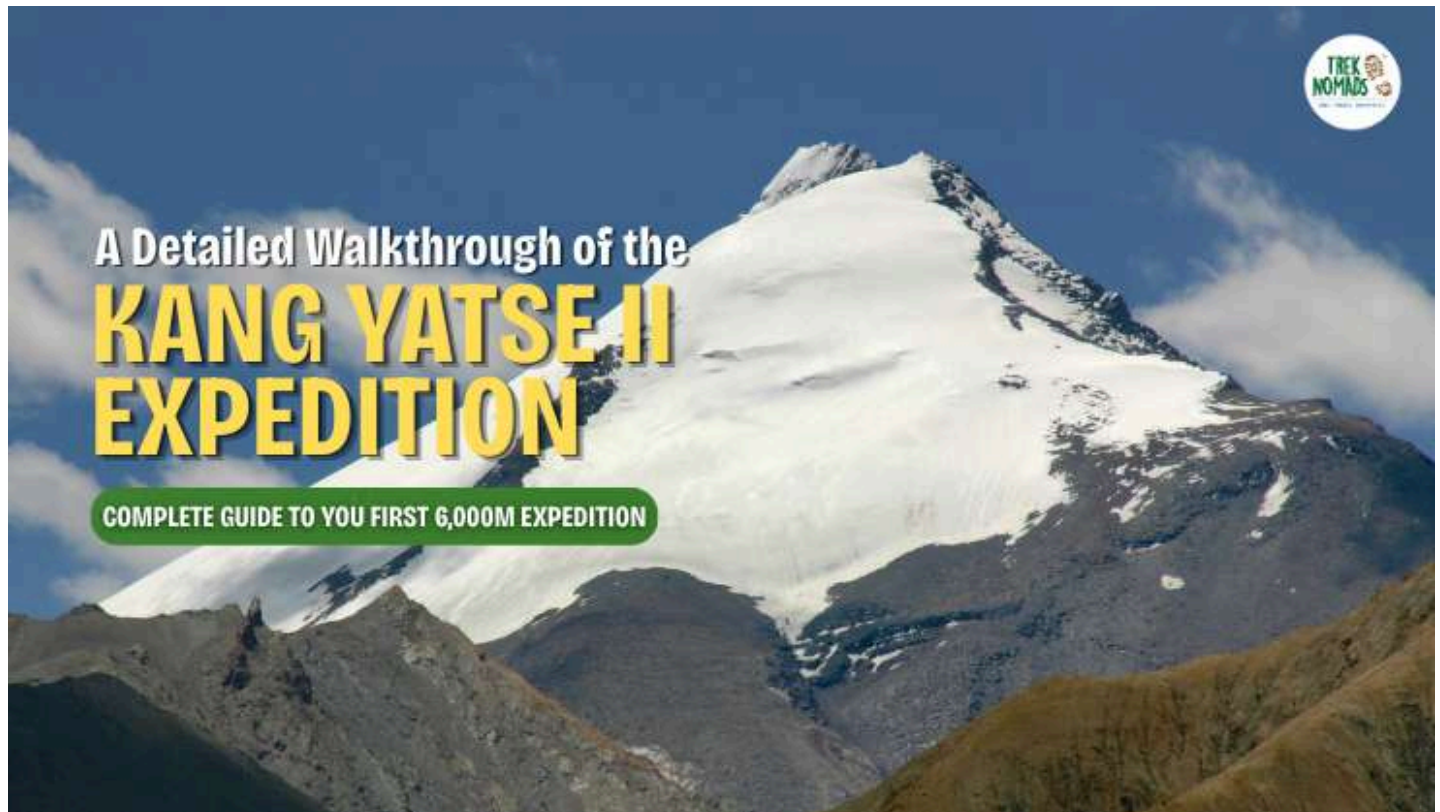
What it gives back is a summit at 5,642 metres higher than Mont Blanc, higher than anything in Western Asia, higher than anywhere most people will ever stand in their lives with views across the Caucasus that stretch into three countries simultaneously.

[Check our departure dates: 2nd Aug 2026; 10th Aug 2026 & 18th Aug 2026](#)

If Elbrus has been sitting in your head as a goal, as a next step, as the answer to that question of what's next – this is the conversation to have now, not later.

Reach out. We'll be honest about whether you're ready, what getting ready looks like, and why this might be the most important yes you say this year.





KANG YATSE II – WHAT COMES AFTER MARKHA VALLEY

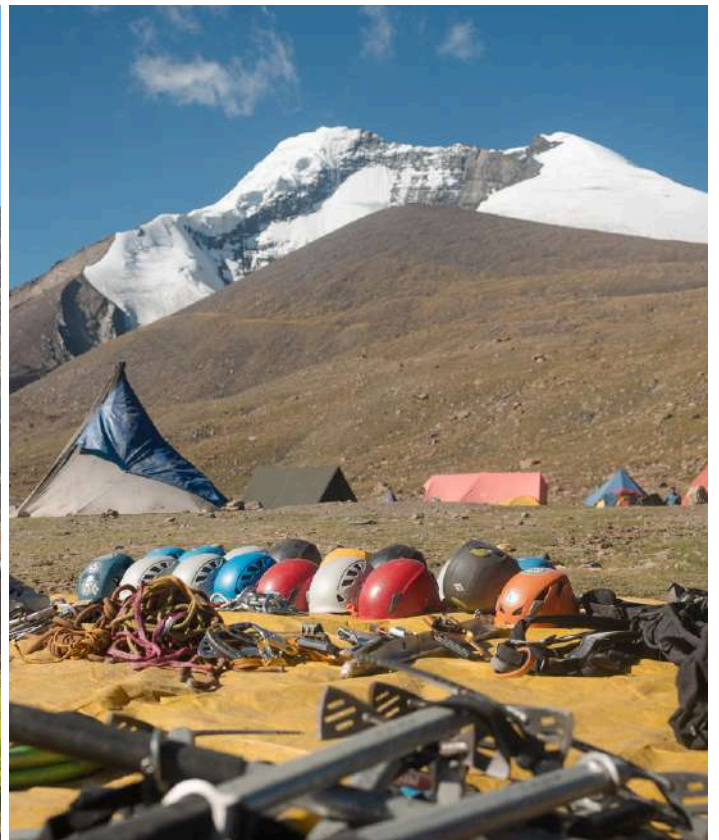
At 6,250 metres, it sits at the top of the same Markha Valley you already know which means the approach isn't just logistics, it's a return to a place that meant something. You walk back through those same barley fields and prayer flags and mud-walled villages, but this time the valley is leading you somewhere higher. To the base of a peak that has been visible on the horizon since day one of Markha, watching you the whole time.

Did you know that [Kang Yatse II at 6,250 metres](#) is higher than Mont Elbrus, the highest peak in Europe and higher than Kilimanjaro, the highest peak in Africa? You'd be standing, on Indian soil, above both of them.

From the summit on a clear day, you can see K2, Broad Peak, and the Gasherbrum massif the giants of the Karakoram laid out across the horizon. That view is available to exactly the people willing to do what it takes to get there.

This expedition runs over 11 days from Leh, two days of acclimatisation, the Markha Valley approach, base camp, summit push, and descent. It is not for everyone. It demands previous high-altitude trekking experience, real physical preparation, and the kind of mental commitment that doesn't waver on summit night when everything is cold and dark and the top still feels far away. [We have upcoming departures on 18th July 2026, 8th Aug 2026, 29th Aug 2026, 18th Sept 2026](#)

[Need guidance to understand about this expedition? Watch here.](#)



MONSOON TREKKING GUIDE

Before You Go

The Poncho Edition

01 — THE PONCHO DEBATE

Yes, bring one. But not a cheap plastic one that tears on the first branch and fails in a crosswind.

A proper rain poncho that covers both you and your pack — that's the one that works on a full day of Himalayan rain.

02 — THE BOOT TRAP

Waterproof boots sound obvious. They're not the right call. Water enters from the top — then stays there.

Mesh trail shoes that drain fast and dry overnight are far better on most monsoon trails with river crossings.

03 — THE COTTON PROBLEM

Pack cotton, and you will regret it.

Quick-dry synthetics and merino wool are what actually work. One wet cotton shirt is all it takes to learn this permanently.

04 — THE DRY BAG

One dry bag inside your pack. Non-negotiable.

Phone, documents, one set of dry clothes for camp. The difference between a comfortable evening and a miserable one.

05 — THE ONE THING NOBODY MENTIONS

KEY TIP

Your mood.

Monsoon trekking requires willingness to be wet, to laugh at being wet, and to find beauty in grey skies. The trekkers who struggle aren't underprepared physically — they're underprepared mentally.

EVEREST BASE CAMP HONEST REVIEW

ft. Dr Eash Hoskote



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WHAT DIFFERENT PROFESSIONALS FELT ABOUT THE MANASLU CIRCUIT TREK 2026



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MARDI HIMAL AND ANNAPURNA BASE CAMP

ft. Mr. Gursharan Singh Bahia



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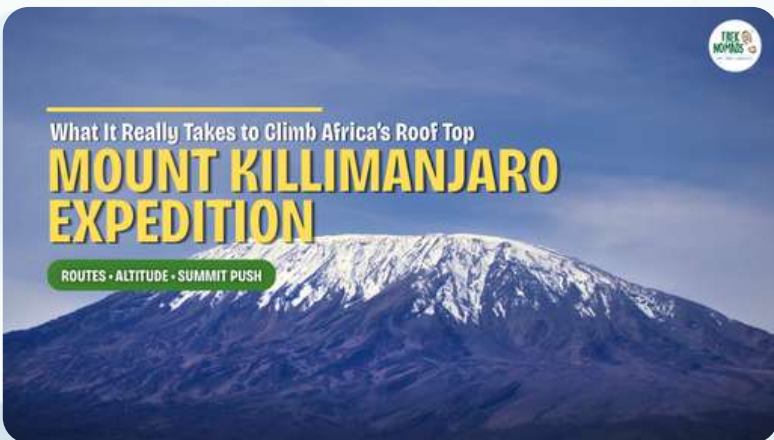
MARDI HIMAL AND ANNA PURNA BASE CAMP

ft. Hari Nirmal Honest Review



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EVERYTHING YOU NEED TO KNOW ABOUT KILIMANJARO



[▶ Watch now](#)

MOUNT ELBRUS EXPEDITION | EVERYTHING YOU NEED TO KNOW



[▶ Watch now](#)



TrekNomads Exclusive

For the Nomads Who Pack Smart

www.treknomads.com



You're on day three of a Himalayan trek. Your regular towel the one you optimistically packed is damp, heavy, taking up a third of your bag, and showing absolutely no signs of drying anytime soon. You drape it over your tent. It's still wet at dinner.

That's a problem Tisaana solved.

Tisaana's NanoLite towel is built specifically for people who move trekkers, travellers, anyone who needs a towel that earns its place in a 40-litre pack. Ultralight nanofiber technology that absorbs fast, dries in minutes, resists bacteria and odour, and folds down so compact you'll forget it's even there. We've been using it. We're recommending it. And we've got something for you.

As a TrekNomads community member, you get an exclusive discount on Tisaana's NanoLite towels the ones that have quietly become one of our most recommended pieces of kit before any monsoon or high-altitude trek.

Community Exclusive get **₹500 OFF** on all NanoLite towels.
Use code **TREKNOMADS500**

BUY NOW

Valid till 9th July 2026

Get **30% off** for first 100 customers
Use code **TREKNOMADS30**

BUY NOW

Valid till 9th July 2026

www.tisaana.com





until JUNE

May gave us two worlds running simultaneously. Someone putting on a poncho for the first time. Someone else strapping on crampons at 6,000 metres. Both of them nervous. Both of them ready. Both of them coming back different.

That's what this month reminded us that there's no single version of what a trekker looks like. No right way to start, no ceiling on how far it can take you. The person doing VOF this July and the person summiting Kilimanjaro in August are on the same journey. Just at different points on it.

Wherever you are on that journey right now there's a trail waiting for you. Poncho or crampons. Both are welcome here.

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