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Care to take an exciting; adventurous journey on foot where there is no transportation, then trekking is the answer to it. This adventurous journey is going to spell bound you that you will never forget the exhilarating experience.

You should not think trekking as mountaineering as there is a great difference between them. Mountaineering involves climbing a mountain and reaching to the topmost point. It is a kind of physical endurance where you don't get the chance to explore the pristine beauty and scenery. Trekking is a kind of enjoyable activity as you get to explore a lot of hidden valleys and places.

Last summer, I had the jubilant experience of trekking in the Ladakh region in India. It was an awesome experience and unforgettable one. The enchanted mountainous regions, flora and fauna were a delight to my eyesight. Seriously, nestled between the Himalayan and Karakoram mountains, this place; Ladakh is surely a heaven on Earth. I never thought my trekking experience was going to be captivating. It is indeed an asset of the Mother Nature.

Ladakh is endowed with fabulous geographical beauties that it is one of the best trekking destinations in the world. Extreme conditions like weather or geography, the mere idea of trekking at this destination thrills an adventure lover. It's often said that trekkers get bewildered by the enchanting beauty of this place and are compelled to trek here often.

Trekking in Ladakh will be an amazing experience for you as the steep valleys and rivers at this destination brings out the best of your trekking skills. Whether you are an experienced trekker or not; you will experience the adventurous feeling in you.

Frankly, trekking is not just an adventure but a journey of learning and understanding. You will get to explore several cultures, lifestyles and cuisines. The learning experience is seriously amazing. You get to understand more about the place and its people. Their hospitality will sweep you from your feet. While interacting with the nature and the people, you will come to know more about life. The proper understanding and meaning of life can be known if one does trekking. It is a kind of a self-realization journey.

While trekking in Ladakh, you will be tempted with peaks and Ladakh and Zaskar series. Spiti to Markha dale, Lamayuru Gompa to Chilling and Likir to Temisgam, Stok Kangri trek, Nubra Valley hike, Trans Zaskar ramble, Rupshu vale trail are some new additions to Ladakh trekking prospects. If you go for trekking, you are sure to explore some of the incomparable valleys, sceneries, lakes, caves, animals etc.

Your physical stamina and endurance will be tested to a great extent that you will truly believe the proverb "Survival of the fittest". At every look and corner you will be tested by Mother Nature. Your courage, ability to deal with unique conditions and other challenges ensure that you will have a blast of a time in trekking. But don't think that trekking is a dangerous activity. It will naturally enlighten you and give you a sense of peace of mind. As you frequently go for trekking, you will become experienced in it. With a long-term experience, you will have the deepest craving to go for more trekking. That is why trekking is a contagious recreational activity. Once you get hooked to it, it is like using Xfinity services. You will continue to go for trekking irrespective of the various stages in your life.

To have an enjoyable and tension free trekking experience, it is advisable to hire a good tour and

travel operator. A proficient operator will ensure that you have a good trekking experience. They will provide end-to-end guidance along with perhaps the amenities you will require during the trekking. It will also be good if you researched about the place you are going for trekking as it will help to get prepared about the various scenarios you will have to face.

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Mark is a freelance writer and columnist. He has written multiple articles on recreational activities, trekking, camping, etc. Most of the free time, he spends on watching TV and surfing the web to collect information about gadgets, tourist destinations, and telecom service providers like a [Xfinity](#).

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