



ALEMAARI ADHYAYA

By TrekNomads

VOL 2 Edition 2, February 2026

TREK *Travel* ADVENTURE

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

February in the mountains always carries a certain anticipation.

If you've spent time on Himalayan trails around this period, you start noticing small changes in the forests. The air feels slightly different, days grow a little longer, and in some regions, the first rhododendrons begin to appear along the trail. These bursts of colour, especially across parts of Nepal, have always been one of those quiet seasonal moments trekkers look forward to.

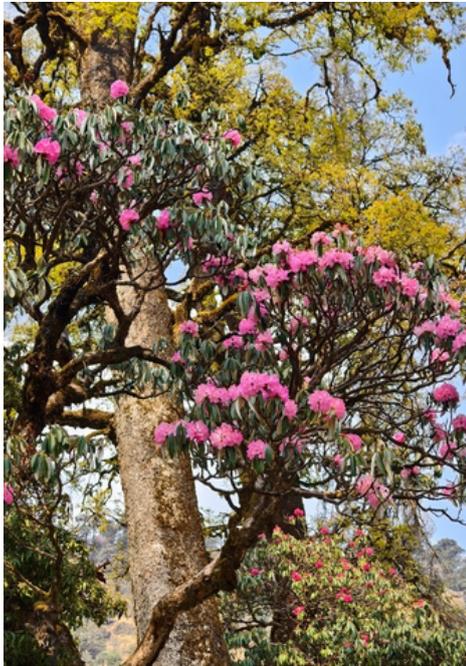
I've always found it interesting how closely trekking experiences are tied to seasons. The same trail can feel completely different depending on when you walk it. Snow, flowers, monsoon valleys, autumn skies — each season brings its own character to the journey.

This month, that thought kept coming back while we looked ahead at the trails many of us will soon be walking.

Alemaari Adhyaya continues to be our space to pause between those journeys.

If you've been on a trek recently and carried back a thought, a lesson, or even a small moment that stayed with you, we'd be glad to hear it.

EDITOR'S DESK – ALEMAARI ADHYAYA



Over the past few weeks, one thought has stayed with me quite often.

The rhododendrons are almost here.

If you've walked Himalayan trails around this time of the year, you'll know what I mean. Slowly, almost without announcement, the forests begin to change. What was once a stretch of quiet green suddenly starts showing flashes of pink and red along the trail.

I've always found that moment exciting.

In parts of Nepal especially along routes like **Annapurna Base Camp** or around **Ghorepani Poon Hill** the rhododendron forests completely transform the landscape when they bloom.

Entire hillsides turn pink, and suddenly the journey feels different. For trekkers, that bloom quietly marks the arrival of the Nepal trekking season. It's a small thing, just a flower on the trail. But every year, it reminds me how closely trekking is tied to seasons. The mountains don't look the same all year round, and the experiences we carry back from them often depend on when we choose to walk.

February always feels like the moment when that anticipation starts building. **Plans slowly turn into departures, conversations move from ideas to preparations, and somewhere along those Himalayan trails, the first rhododendrons begin to appear.**

And somehow, that always makes the journeys ahead feel a little more real.

— Arshalakshmi
Editor, Alemaari Adhyaya

STORIES FROM THE LAST MONTH

Last month didn't sit still, and neither did we.

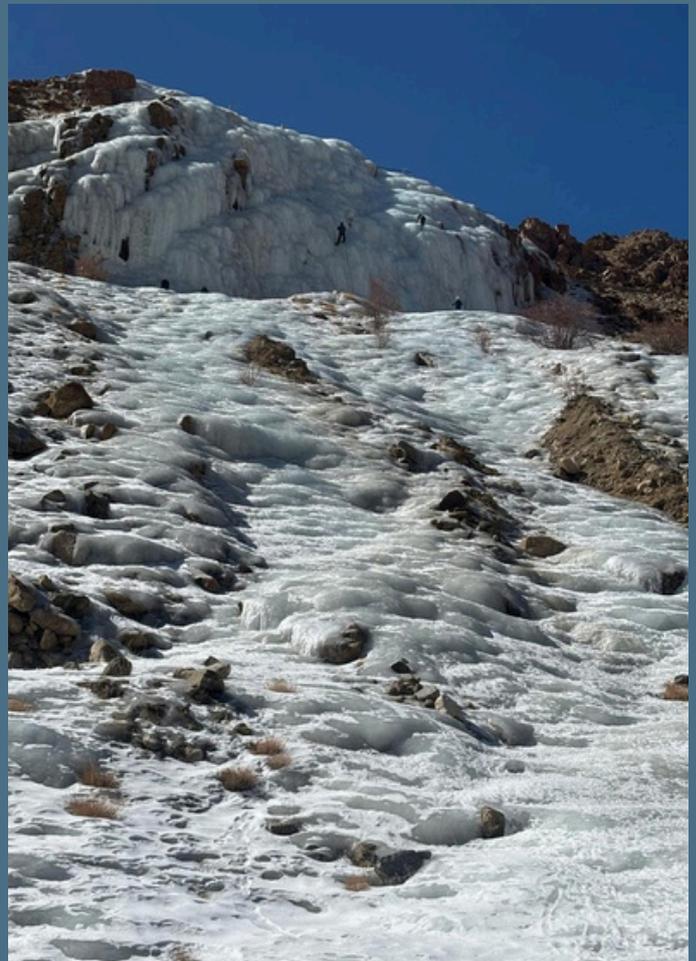


February felt less about covering distance and more about understanding the mountains differently.

In Ladakh, the ice climbing course reminded us that winter landscapes demand patience. Ice isn't something you simply climb — it has to be read, tested, and respected.

Each day on frozen walls became less about reaching the top and more about learning how the surface itself changes.

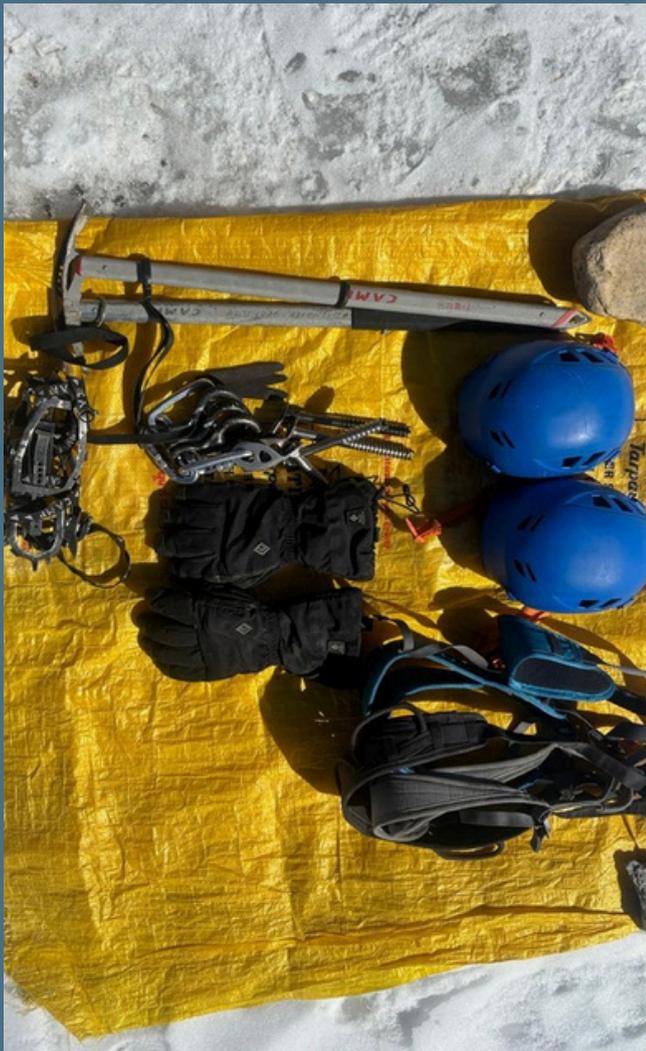
The Basic Ski Course carried a similar spirit. Sliding across snow may look effortless from afar, but the first few days are often filled with falls, laughter, and small breakthroughs. Slowly, balance replaces hesitation, and the mountains begin to feel a little more familiar.



Around the same time, the trail to Brahmatal Trek reminded us what winter trekking really asks for — steady pace, careful movement, and respect for snow-covered terrain that behaves differently from summer trails.

Closer to home, Skandagiri brought a different kind of gathering. Shorter trails, night climbs, and the shared excitement of reaching the summit before sunrise showed us again that not every meaningful journey needs to be far away.

Looking back, February felt like a month where the mountains quietly taught us something — sometimes through skill, sometimes through snow, and sometimes through simple walks that brought people together.



February Moments



Basic Skiing Course Auli



Ladakh Ice Climbing Course



Brahmatal Trek



Skandagiri Trek



“Adventure should be purposeful.
The mountain will always remain; what matters is what you bring back from it.”
— Bachendri Pal



Nepal, in Many Ways This Season

What I've been thinking about lately is how differently people approach Nepal.

Some arrive with a very clear idea — a single goal that has lived in their mind for years. Often that journey leads them to [Everest Base Camp](#), where the trail becomes as much about understanding the Khumbu region as it is about reaching the base of the world's highest mountain.

Others are drawn to quieter valleys, places where the journey feels closer to everyday life in the mountains. Routes like [Langtang Valley](#) offer that kind of experience, where the rhythm of villages and the landscape move together.

Then there are trekkers who look for journeys that demand a little more patience and commitment. The long arc around [Manaslu](#) is one of those routes — a trek where the sense of distance and remoteness becomes part of the reward.





In the Annapurna region, the choices open up even further. Some travellers find themselves walking into the natural amphitheatre of [Annapurna Base Camp](#), while others prefer the longer passage of the [Annapurna Circuit](#), sometimes extending the journey toward the stark alpine setting of Tilicho Lake.

And then there are those who simply want a quieter ridge trail, which is where [Mardi Himal](#) often enters the conversation — a route that feels smaller in scale but remarkably close to the mountains. What I enjoy about this season is seeing these different intentions come together.

And for us as the team at TrekNomads, this season brings its own kind of responsibility. Behind every trek that takes shape, there is careful planning that often goes unnoticed — coordinating the right accommodations in remote villages, ensuring warm and reliable meals after long days on the trail, and keeping a close watch on trekkers' health as the altitude gradually increases. More than anything, what we value is the trust people place in us to walk these trails with them, and to help them experience the mountains in the best way possible.





**MANGALORE
EDITION**

INTRODUCTION TO TREKKING, MOUNTAINEERING & GEAR AWARENESS
COMMUNITY MEET UP

ABOUT THE SESSION

EVERY TREK BEGINS LONG BEFORE THE TRAIL OFTEN THROUGH CONVERSATIONS, STORIES, AND THE PEOPLE WE MEET ALONG THE WAY.

THIS MARCH, WE'RE BRINGING THE **TREKNOMADS COMMUNITY TOGETHER IN MANGALORE** FOR AN EXCITED YET RELAXED COMMUNITY MEETUP.

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

29

MARCH 2026

10:00 AM – 11:30 AM

DECATHLON, MANGALURU

REGISTER NOW FOR FREE



CONTACT US

CALL US: +91 9886444809

MAIL US: INFO@TREKNOMADS.COM

WHAT'S TRENDING

in the Mountains

- [Nepal Unveils Stricter Rules for Mount Everest Climbing in 2026](#)

Nepal has announced stricter regulations for Everest expeditions starting in 2026. Climbers may now need verified high-altitude climbing experience before receiving permits, and expedition logistics must meet stricter safety standards. The move aims to improve safety and reduce overcrowding on the world's highest mountain.

- [Icefall Doctors depart for Everest Base Camp as Spring 2026 season gets under way](#)

The annual Everest climbing season has officially begun as the Sherpa team known as the “Icefall Doctors” started preparing the route through the Khumbu Icefall. Their work fixing ladders and ropes marks the beginning of the spring expedition season for peaks across the Himalayas.

- [Possible Closure of Everest's North Side This Season](#)

Authorities are reportedly considering closing the northern approach to Everest (Tibet side) for the spring season after controversy surrounding a high-altitude promotional event on the mountain. If implemented, most climbers would have to approach Everest from the Nepal side.

- [Unusual Dry Spring Raises Concerns for Himalayan Rivers](#)

A prolonged dry spell this spring has raised alarms across the Himalayas, as reduced snowfall and rainfall begin to affect river flow. Scientists warn that changing weather patterns could impact glacier health, water availability, and ecosystems across the mountain region. The situation highlights the growing climate pressures facing Himalayan landscapes that millions depend on.

MEET NITHYA FROM MARATHONS *to the Snow Slopes*



Nithya, who comes from Bangalore, has always had movement as a part of her life. A **dedicated runner for nearly nine years**, she has completed multiple marathons and built a strong connection with endurance sports.

It was during one of these marathon events that she first met Naveen Mallesh, and that conversation quietly opened the door to the mountains.

Their first plan was to trek to **Everest Base Camp** together.

However, due to schedule clashes, Nithya eventually joined another organisation for the trek. Interestingly, that journey turned out to be a turning point.

During the trek, she happened to meet a group from TrekNomads along the trail and noticed the difference in the way the trek was being organised — **the pace, the attention to detail, and the care for trekkers on the mountain**. That experience stayed with her.

Not long after returning, she decided that her next adventure would be with the TrekNomads team. Being someone who enjoys trying new things and constantly challenging herself, she signed up for the **Basic Ski Course in Auli**, which she attended from **7th to 15th February** along with another participant.

For Nithya, the entire experience turned into a memorable one. She appreciated **how the course was organised with flexibility and attention to individual comfort**, ensuring participants could learn at their own pace while still enjoying the best of the mountain environment.

MEET NITHYA FROM MARATHONS *to the Snow Slopes*

She especially recalls the instructor's approach, who patiently guided her through each step without rushing the learning process. Every day on the snow brought something new to understand from balance and technique to simply getting comfortable on skis.

Beyond the learning itself, the experience extended to the little details that shape a mountain journey. From **good food and comfortable accommodation to staying at one of the top resorts in Auli**, she remembers waking up to stunning sunrise views over snow-covered mountains.

She was even fortunate to witness a **women's ski competition**, an event that happens only once a year.

Looking back, Nithya believes skiing may appear intimidating at first, but with **patience and the willingness to learn at your own pace**, it becomes an incredibly rewarding experience.

In fact, she has already begun encouraging members of her running community to consider trying the ski course during the winter season.

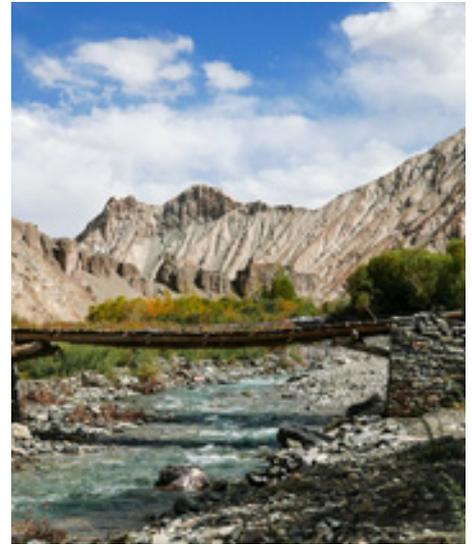
For someone who has already explored the Himalayas through trekking, Nithya's journey is far from over.

Her next big goal is to climb **Mount Kilimanjaro, Africa's highest peak** another step in what she sees as a lifelong adventure.

And if the slopes of Auli are any indication, this certainly won't be the last time she returns to the mountains.



WALKING HER WAY TO *Everest Base Camp*



Meet **Suganthi**, a trekker whose journey with the mountains began quite unexpectedly.

Trekking was never part of a larger plan for her. But once she began challenging herself on the trails, she discovered something she truly enjoyed – the process, the discipline, and the quiet sense of progress that comes with every step in the mountains. Over time, what started as a new experience slowly turned into a personal goal. Since then, she has **completed around 17 to 18 treks**.

Her first trek with TrekNomads was to the beautiful Valley of Flowers. The journey stood out not only for the stunning landscapes but also for the overall experience. From the organization of the trek to the hospitality of the team, everything added to making it memorable.

Like many trekkers, Suganthi also faced her own challenges on the trail. Being reminded that she was slower than others in the group was not always easy, but in many ways it became a turning point. Instead of discouraging her, it pushed her to work harder on her stamina and build stronger endurance.

Today, her long-term goal is to reach **Everest Base Camp**. With that in mind, every trek she chooses now becomes a step towards that larger dream. On Suresh's recommendation, she decided to take on the **Sandakphu and Markha Valley treks** as part of her preparation for the journey ahead.

For Suganthi, the Himalayas continue to be a source of motivation and learning. And as her trekking journey continues, she hopes that TrekNomads will remain an important part of the many trails that still lie ahead.

WHAT'S UPCOMING

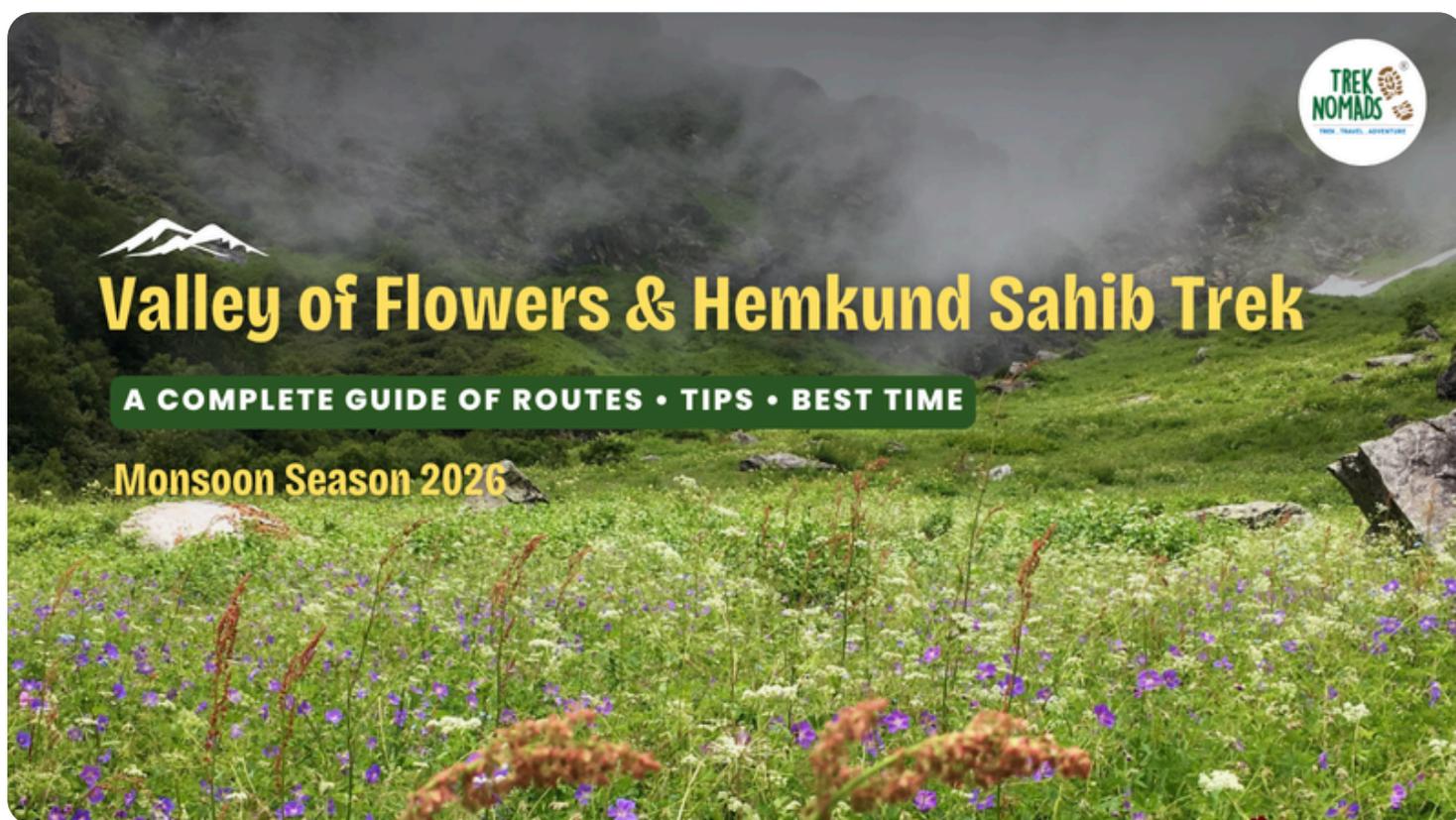
on the Trails

14 th March 2026 Everest Base Camp Trek	21 st March 2026 Brahmatal Trek	21 st 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 Everest Base Camp trek & Gokyo Ri
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
20 th June 2026 Hampta Pass & Chandratat Lake	25 th July Kashmir Great Lakes	22 nd August 2026 Markha Valley 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](#)

PLANNING FROM VALLEY OF FLOWERS TREK IN 2026?



 **Watch now**

TAKE A WALK THROUGH OF ANnapurna CIRCUIT TREK



 **Watch now**



until NEXT WEEK

Spring has begun to colour the higher trails in its own quiet way. Soon the routes will fill with footsteps again, and every journey will carry something worth writing about.

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