



## Above the Himalaya Trekking (P) Ltd.

Banasthali, Kathmandu, Nepal

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Nepal is a privilege with uncountable Himalayan ranges, sparkling villages, beautiful temples, and many more. Not only has this, but Nepal alone also possessed 8 mountains out of the top 10 mountains in the world. We are discussing here Nepal trek preparation and how to success the trip easily.

The name that comes immediately with Nepals mountain. Mount of Nepal is famous all over the world. People from all over the world dreams of visiting this country. They wish to lie in the lap of the world's tallest mountain. As a result of which, **Nepal trekking** one of the popular trekking destinations in the eye of travelers. Trek to Nepal always stands at the top position of the wish list of travelers.

Trekking in Annapuran and Everest are the most [popular trekking](#) destination is accessible to all people around the world. However, you need proper training and good physical fitness to accomplish this trek. Clearly speaking this trek is not for any novice trekkers. You should have enough preparation before heading to the trekking. Therefore, this article will help you to accomplish your dream journey with proper preparation.

Nepal trekking is a challenging and equally thrilling trekking destination. For a non-technical trekking person, it may be really arduous and challenging. Saying that doesn't mean this trek is impossible for those people. With the proper experience and full knowledge about how to train for the trek, this trek is definitely possible. The level of difficulty of this trek involves the number of people traveling, different age groups, time of travel, and the service provider.

### How to Prepare for Your First Trek

A challenging trek will require a great deal of strength, perseverance, and determination. To successfully finish a tough trail, you will need to be both mentally and physically strong. To ensure you are exactly that, read the following tips on how to prepare for your first trek.

*Caption: Nepal is mainly located in the Himalayas, so it is an ideal destination for adventure seekers.*

### Reduce Your Stress Levels

It is easy to feel more than a little stressed at the prospect of an upcoming trek. In addition to leaving behind your responsibilities at home or work, you must ensure you have packed the right gear for your adventure. What's more, you'll have to live a rather basic life on your travels while focusing on remaining both safe and healthy. It is, therefore, imperative to find ways to reduce your stress levels prior to a trek, which will ensure you adopt the right mindset when heading off on a trail. For this reason, you must mentally and physically prepare for a journey by looking for ways to unwind.

For example, you should relax in a hot bubble bath with a good book, which is a home comfort you could miss along the route. You could also use your free time to tune into your favorite sports while you can, especially as you might have limited access to a TV or game news when tackling a

challenging hike. For instance, you can distract your mind by placing a wager on an upcoming sporting event, such as the Grand National, Wimbledon, or Euro 2020.

Alternatively, you could relax in your comfortable bed by watching a Netflix series or YouTube videos on your smartphone. You'll feel a million miles away from these creature comforts when you're hiking the Himalayas, [traveling through Nepal](#) or tackling the Inca Trail.



*Caption: It is essential to be both mentally and physically strong prior to a trek.*

## Mentally Prepare for Basic Living Conditions

Comfortable beds, hot showers, and running water might be hard to come by on your trail. To avoid a culture shock, you would be smart to familiarise yourself with the basic living conditions you can expect during a trek, which could help you to mentally prepare for an adventure. It might also help to push through a challenge by taking a few home comforts with you, such as your favorite snacks.

## Enjoy a Healthy Diet is the best tips for how to prepare for your first trek.

The last thing you will want is to feel unwell during a trek, which could prevent you from completing a trail and ticking the challenge off your bucket list. To prevent illness, you must enjoy [a healthy diet](#) prior to trekking, which will ensure you are fit and well from day one of your adventure. You also can prevent sickness and muscle aches during a trek by drinking bottled or boiled water, regularly using a hand sanitizer, and monitoring your posture.



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So, if you want to feel both physically and mentally ready for an upcoming trek, you'd be wise to follow the above tips for how to prepare for your first trek.

### Training needed for Nepal trek preparation

Most importantly, training in trekking comprises physical fitness training, aerobic training, strength endurance training, etc. Aerobic training will help to adjust your body to less oxygen. Those who cannot cope with less oxygen must adopt this training and prepare well. Furthermore, physical fitness training comes under Strength endurance training. Another important training is Elevation training. This training helps to strengthen your muscles for better handling of elevation gain.

**Below are some of the points with a detailed description related to how to train for Everest's three pass trek?**

#### 1. Enough Acclimatization

The very crucial factor for accomplishing a high pass trek includes a maximum of acclimatization.

You should include enough acclimatization on your itinerary for your Nepal trek preparation. The proper acclimatization of 2 nights is recommended below 3500m height. The Namche Bazaar the gateway to [Mount Everest](#). Manang village gateway of Annapurna circuit treks is lies at the height of 35,00m/ 11,500 ft. Doing this would provide you enough time to adjust to the less oxygen elevation. Your journey would only be possible if your pace is slow. Furthermore, walking slowly will give you more time to spend with nature and observe it.

Interestingly, the additional time provided for you in acclimatization helps you to produce more red blood cells. The more red blood cells would assist in carrying more oxygen. Thus you can move safely to the lower elevations.

Lesser acclimatization may lead to altitude sickness problems. It is actually critical to acclimatize to the higher region. Thus the upwards journey would be extremely tough without proper acclimatization. High pass altitude sickness would surely grab you with having a lesser acclimation period.

#### 1. Specific Training to take

The very specific training you need to accomplish this for any trek is physical.

Walking continuously 6/7 hrs. per day is not a joke. Anyone must be physically fit and have enough strength to walk. I repeat this is not any kind of marathon competition.



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In fact, hiking up and down on the random trail would be your task. You know what the more challenging task is walking up by carrying the weight of a 6kg backpack on your back.

Isn't it scary? That is why your Nepal trek preparation is only suggested for those with good physical health and strength. Some days may be even longer than others.

Interestingly, your stamina training and leg strength are more valuable factors. In addition to this cardio training is another important training to be taken. You should be good enough to carry maximum weight. Thus, training at least 4 to 5 times a week is mandatory. You can also head on a short [hike around Kathmandu](#) valley or any other place. Doing this can be one measure of training.

### 1. Aerobic Training

Aerobic Training which is also known as cardio training is also important for preparing yourself for a strong person. Nevertheless, this training is regarded as horrible. The literal meaning of Aerobic is "requiring free oxygen". Aerobic training is the method in which the bodies will be prepared for producing oxygen. In the time of energy demand, the body will produce extra energy. Thus, it acts as an energy storage procedure. Avoiding breathless problems is the main objective of conducting Aerobic training.

Any normal person may not know the fact that the trek is at a very high altitude. Due to which the amount of oxygen is less there. Taking this exercise will help you to cope with less oxygen. It will prepare you for the cardiovascular system to deal with less oxygen area for a long period of time. Thus doing so would make your trip more pleasant. Long-distance jogging, swimming, walking, cycling, and skipping, etc are some of the great aerobic exercises for Nepal trek preparation.

To summarize, you should have at least 3-6 months of Everest Base Camp trek training plan. Running at least 6-12 km, three times a week would be the best option.

### 4. Strength Training

Train yourself to become Strength is another category of exercise, Everest high pass trek preparation plan includes.

Strength and positivity are equally important for trek preparation. However, increasing the strength of your muscles, particularly of the leg, will make you stress-free as well as make you strong enough to accomplish the journey. Hence, you can later enjoy your trip to the fullest. [Trekking](#) at least 5 hours a day requires lots of physical stamina and strength. Squats, Lunges, Mountain Climbing, Step aerobics, Front and reverse and leg curls, etc are the type of strengthening you should do.



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Most importantly, while doing these exercises you must consult a trainer or experts so that you can adopt the correct technique. Proper exercise would make you stress-free and happy. As a result, increasing the energy level. Doing the exercise in the wrong way would harm you instead of increasing strength.

Along with leg training, your upper body should also be strong enough to carry a heavy backpack.

You should do the following exercise to strengthen your upper body and core for your Nepal trek preparation :

- [Sit-ups](#)
- Planks
- Mountain Climbing
- Shoulder press
- Back and shoulder flyes

### **Mental preparation**

Nepal trekking is not only about physical strength. It is also about mental preparation. There are many challenges that you might face on the trail whether it is about cold weather, broken gear, and erupt. For tackling those problems you will have to have mental preparation. Your body might not face many problems. [Doing yoga](#), physical exercise can help to make your mind calm for Nepal trek preparation. You can take as much information as you can about any trek on various websites, online magazines, etc. Learn about the trails, and most importantly be alert about the unplanned things that may happen. It is very important both physically and mentally. So, prepare yourself with a positive mindset along with a healthy physical condition. This will make sure that you are ready to experience all the wonders of trekking in Nepal.

#### *Prepare for cold and wet weather*

Trekking in Nepal is one of the eminent places to visit in Nepal. the Himalayas falls in the Himalayan place so the cold weather is obvious. It falls on the moderate level trek. You will have to walk for about 6-7 hours a day. The air gradually gets thinner when you go higher. Since you will have to walk uphill to a higher altitude, the air on the high passes reaches thin and you would experience the coldest climate. Along with oxygen, the weather is unpredictable. You will have to prepare for the cold weather in such a region.

#### *Tips for preparation*

One of the important things that you will have to do drink lots of water, you may not find pure water everywhere so you should carry some filtering pills with you to keep dehydration away. Always avoid hard drinks such as alcohol and caffeine while trekking to high altitude places. Do not haste the trek, take your speed your body might need some time to adjust to that environment. While packing pack a lot of layer clothes and a pair of trekking boots to makes it comfortable to trek. Don't hesitate to tell your group members if you are having any problems and difficulties. Get as much information about



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the trek as possible. Be aware of the weather condition, sometimes the temperature may fall very low in the trek region.

### Additional tips for training for trekking

#### 1. About Elevation

You should all know about the sorts of elevation you can cover in your journey. So that you can train enough for that level of elevation. Another best part is, pre mindset about anything would make you easy to cope with.

#### 1. Adopt the right training plan

Undoubtedly, various training is a vital part of the Everest three pass trek. Doing training in the right way is only considered reliable and helpful. Hence, make a proper training plan, follow it strictly as mentioned by your mentor. Allocate at least 3 to 6 months for proper training before heading to the [mountain climb](#). Walking, cycling, swimming up to 15 km is highly recommended for the Nepal trek preparation. The right training plan is directly associated with the level of elevation you are gaining. No worry, our staff members are well experienced in providing such type of training. They have climbed many times.

#### 1. Right clothing

As we all know Everest three pass trekking is a challenging task and needs a long time duration to complete the journey. It can only be achieved if all the right gears are with you, along with proper training. Right clothing contributes to making the journey easy and comfortable. Right sleeping bag, merino layers, trekking boots are essential gear that comes under clothing. Enough acclimatization and a longer sleeping hour are what are most needed in the middle of your journey. The right clothing will make you comfortable and invigorate energy.

#### 1. Well Hydration

Drinking enough water and keeping well hydrated is another wise thing to do. Drink at least 4 to 5 liters of water per day [your trekking day](#). Keep well-hydrated before the climb. Hydration is extremely critical in the area of a low oxygen environment.

Besides being hydrated, you should stay out of the sun. Use a sun hat, to avoid sun burning. Drink 1 liter of water early morning and 2 liters before lunch. this is the best way for how to train for the Everest high pass trek.



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### 1. The pace of your walk

The pace of your walk determines how easily you complete your trip. You can always walk slow, Walking at the correct pace is another challenging task. The right pace of walking ensures energy saving and making your journey fruitful. Your aim of climbing mountains depends upon these factors. Descending the trail is much harder than climbing up. Thus you need actual training on how to walk.

Your walking pace will directly affect the heartbeat. As the high altitude consists of less oxygen amount which is below 50%.

High altitude sickness may easily attack you with a fast running pace.

Hence, acclimatize slowly, minimize your damage to your muscles to keep you healthy and strong.

### Final Thoughts on How to train for Nepal trekking

As a clear conclusion, the **Nepal trek** can be easily accomplished with the proper above-mentioned training. Otherwise, it may be difficult and challenging for non-technical people. Picturing this trek like any kind of marathon would not help to complete this journey. People with different age bar is restricted for this trek. Such as children under age 15 cannot go there. Similarly, people of higher age groups above 55 cannot go there.

Accepting the fact, this trek is real tough. But with the combination of the right positive attitude, enough preparation, a well-experienced travel team, the right pace, this trek is always possible. You should not oppose yourself from getting physically and mentally ready for this. Also, you don't need to be a marathon expert or any top-grade athlete for the trek. Good practice and proper preparation are all that this trek needs to make it successful.