

THE HISTORY OF TREKKING



The meaning of trekking must be sought in the English verb to trek, which means taking a long journey, walking slowly.

Trekking, the meaning of the term originated in South Africa in the nineteenth century, after the English conquest of the territory. The Dutch, defeated, had to leave and cross thorny paths; hence the word trekking.



In 1965 Colonel Jimmy Roberts introduced the trekking to the world . The first trekker in Nepal was Bill Tilman, who somehow wrangled permission from the maharaja in 1949 to make several treks, including the Kali Gandaki, Helambu and Everest. His Exploits are described in Nepal Himalaya, a mountaineering classic that has been reprinted by the Seattle Mountaineers as part of a Tilman collection, the Seven Mountain-travel Books. Another early visitor was Maurice Herzog, who led a French expedition to Annapurna in 1950.



In the last decade this sport activity is very popular in Italy and in Trentino it has spread like wildfire, especially in summer. Walking in the mountains and in the middle of nature is the healthiest choice you can make. Fresh and pure air helps you relax and take away the stress of the work week.



It is advisable to be in good physical shape to face the slopes of the paths, the high altitude, the dirt roads and steep slopes. There are different types of trekking, itinerant and residential. The first provides a ring tour where every night you change shelter, the second provides to always sleep in the same place and to discover every morning a new path to go. Trekking is an activity that can be carried out alone or in groups. If the routes you will face will be particularly impervious, it is advisable to organize yourself with other people.

THE END

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