

CHANGES THAT MAKE US #NOWINLIFESTYLE



A trekker's guide to Bangladesh

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The trekker should be well prepared with all necessary gear, including proper footwear, first aid kit, hats, insect repellents, etc. If there are plans to camp during the night, equipment like tents and sleeping bags should be taken. Dry food, water and water bottles are absolutely necessary.

The trail is best avoided in the rainy season as there is a chance of flash floods and the hills are extremely difficult to trek. The waterfall, however, is the most beautiful during monsoon, so calculative chances can be taken by experienced trekkers.

BOGA LAKE AND KEOKRADONG PEAK

This is probably one of the most famous treks in Bangladesh that take you up steep hills, through tribal villages, to a magical lake, passing incredible landscapes and all the way up to one of the highest peaks of Bangladesh. The Boga Lake-Keokradong trek, in Bandarban, is most certainly one of the most exciting and picturesque treks with expansive vistas and layers of green hills extending all the way to the horizon.

The trek will let you experience some

local army check post and hire a local guide and get all the food and other provisions for the night at Boga Lake. These days, you can take two chander gari rides from Bandarban town all the way to Boga Lake. However, if you wish to trek to Boga Lake from Ruma Bazar, you will have to trek through the Jhiri Poth trail along the hilly streams.

The Jhiri Poth will lead you to the small tribal settlement at Boga Lake where you will have to stay the night. Staying the night at Boga Lake, the hike uphill begins for Keokradong, which usually takes three hours. Along the way, you will come across small tribal villages like Darjeeling Para, where you can take a break, have tea, chat with the locals and just admire the view all around. From Darjeeling Para, the trail gets steeper, and finally, will take you to the peak of Keokradong.

The hike itself is long and inexperienced trekkers might find it a bit challenging. It is important to carry all necessary items and sufficient food. Winter is the best time to trek but the rainy season will give you the lushness of nature.

Mosquito repellent is a MUST as the hills are notorious for malaria borne mosquitoes. Wear full-sleeve shirts and trousers to avoid mosquito bites, wear socks, and comfortable shoes. The trek itself is not very difficult and can be completed by inexperienced trekkers. It is advisable to hire a guide.

THE BREATHTAKING NAFAKHUM AND AMIAKHUM TREK

This takes you through some of the most pristine natural landscapes of the country, across hills and rivers and streams, climaxing into the cascading waterfalls of Nafakhum and Amiakhum. The magic of the place is indescribable and best to find out for oneself.

It is an entire adventure on its own just reaching the trail, for which you have to find your way to Thanchi from Bandarban town. A chander gari trip will take you there through some hair-raising roads with blind herringbone turns.

At Thanchi, you will have to find yourself a guide, who will get a boat ready for you which can take you through some of the most beautiful sections of the hilly river Sangu, filled with massive boulders and sheer rock faces on both sides. The river will take you all the way to Remakri Bazar passing Tindu Bazar, where you will have to stay the night. From Remakri, the trek finally begins.

From there a short 2-hour trek will take you to Nafakhum waterfall, an epitome of calmness and reflective beauty of nature. The water, coming down in steps from the rock is mesmerizing and one can really spend hours and hours just imbibing the beauty of the place.

From there, trek further to small hamlets and villages or 'paras' where you can get accommodation and food. You can stay at one of these villages and then the next day you will have to embark on a demanding 2-hour trek that will take you to possibly the most stunning Amiakhum Waterfall.

The walk is long and sections are arduous, but the beauty of the place will be worth every bit of it. It is to be noted that the place is very remote and trekking must be done very carefully. Mosquito

repellent is essential to avoid malaria and all other probable precautions should be taken.

All across Bangladesh, there are places hidden, waiting to be explored and blazed a trail through. These are just a handful of them, all of which are stunning in their diversity and the experience they provide. A community of trekkers has been established in Bangladesh and are active on social media, arranging treks regularly. One

can easily look them up and tag along.

The most important thing when we go out trekking or travelling is that we are respectful to nature. We should be extra careful not to litter or degrade the natural environment in anyway. We should also show respect towards the local communities of those places, especially the indigenous and tribal communities. We must remember that we are there as

guests and it is their home.

Lastly, we have to ensure that these places of magic are kept safe, not only for us to enjoy in our lifetime but also for future generations to come so that they too can enjoy the thrills that only a long winding trek can provide.

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PHOTO: SAYAM U. CHOWDHURY

breath-taking views, especially the beautifully blue Boga Lake nestled among the deep green hills. You can even take a dip in the clear water of the lake, go fishing using traditional methods or just take a calm walk along its bank, absorbing the beauty of the place.

The walk through the narrow hilly streams or jhiri will allow you to spend some intimate moments with nature and be lost in your thought. The trek is adventurous and uphill but one that has the ability to provide some amazing moments. Staying in local tribal villages will let you experience the lifestyle of the locals in the area as you mingle and chat with them. Following the trail will take you further uphill and finally on to the peak of Keokradong. The sight from the top is amazing, with deep green hills stretching all around and layers of cotton candy clouds floating by below.

The journey really starts at Ruma Bazar and this path can take you all the way to Boga Lake and Keokradong peak. You can reach Ruma Bazar from Bandarban town by catching a ride on a chander gari. Once you reach Ruma, you will have to register your name at the

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