

Human Activities for Fun, Adventure and achievements can Compromise the Nature

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Abstract

In Today's world everything has become a greed of Human kind as we can see many people roaming around to find a place to show their competence and courage but they tend to forget that it is the nature that makes the human being survive and not the human who survives the nature. We are seeing people travelling to different places for fun enjoyment and other activities but the question here is, are they following the nature's rule?. Every year we see articles that thousands of people have summited this mountain, and that mountain, but the question here is at what cost?

It is very clear that, apart from the personal achievement it has nothing to contribute to the Environment. Rather, it is making hard for those pristine and pure mountain to survive.

This article is about such questions and facts that may be an eye opener for humankind to see the true reality that the modern world is going through. Let's begin the tour to the modern world from the Environmental aspects.

Human activity

Human activity encompasses all the things people do, from daily routines like working and sleeping to broader actions like building infrastructure, manufacturing goods, and engaging in leisure activities.

Mountains

Mountains are formed through tectonic forces, erosion, or volcanism, which act on time scales of up to tens of millions of years. Once mountain building ceases, mountains are slowly leveled through the action of weathering, through slumping and other forms of mass wasting, as well as through erosion by rivers and glaciers.

Mountaineering, mountain climbing, or alpinism is a set of outdoor activities that involves ascending mountains. Mountaineering-related activities include traditional outdoor climbing, skiing, and traversing via ferratas that have become sports in their own right. Indoor climbing, sport climbing, and bouldering are also considered variants of mountaineering by some, but are part of a wide group of mountain sports.

Above we can see the definition of Mountaineering from wikipedia and it is clearly mentioned that mountaineering has become a sport in its own rights. But, is it true? As we have seen that our environment is already suffering because of human activity and mountains are one of the most crucial forms of nature and environment. It has been years that human kind are climbing mountains but in early days the reason for climbing the mountains used to be for sustaining livelihoods like food, water and other essentials, as we can still see those activities taking place in some remote part of the world but as we study them and their form of mountaineering it can be observed that they are much more responsible and more closer to nature while performing their activity. We can see them praying to the mountains as they consider the mountains to be a deity of god and they extract only amount of products from the nature as they require not depleting the nature's ecosystem.

Climate a crucial factor correlated to mountain and any activity performed in and around the mountains and environment at whole.

Climate change

Mountain environments are particularly sensitive to anthropogenic climate change and are currently undergoing alterations unprecedented in last 10,000 years. The effect of global warming on mountain regions (relative to lowlands) is still an active area of study. Observational studies show that highlands are warming faster than nearby lowlands, but when compared globally, the effect disappears. Precipitation in highland areas is not increasing as quickly as in lowland areas. Climate modeling gives mixed signals about whether a particular highland area will have increased or decreased precipitation.

Climate change has started to affect the physical and ecological systems of mountains. In recent decades mountain ice caps and glaciers have experienced accelerating ice loss. The melting of the glaciers, permafrost and snow has caused underlying surfaces to become increasingly unstable. Landslip hazards have increased in both number and magnitude due to climate change. Patterns of river discharge will also be significantly affected by climate change, which in turn will have significant impacts on communities that rely on water fed from alpine sources. Nearly half of mountain areas provide essential or supportive water resources for mainly urban populations, in particular during the dry season and in semiarid areas such as in central Asia.

Alpine ecosystems can be particularly climatically sensitive. Many mid-latitude mountains act as cold climate refugia, with the ecosystems occupying small environmental niches. As well as the direct influence that the change in climate can have on an ecosystem, there is also the indirect one on the soils from changes in stability and soil development.

Report in the article Dzongu

Local Practice

Dzongu is located in the northern Sikkim at an altitude ranging from 800m to 6000m above sea level. The area has a panoramic view of Mt. Kanchenjunga (the third highest peak of the world). Lepchas are the only tribe residing in Dzongu. Dzongu is the prominent pilgrimage place of superior importance. At this place almost all the ecosystems present are worshiped and has a sacred space.

This is one of the many examples in the world which shows that people respects the nature and importance of nature to the people.

but as we go further to the modernity we see people visiting places in the name of tourism and exploiting the nature. This examples shows that the primitive tribes are more educated and well knowledgeable in terms of environmental importance than the modern for of educated people.

Examples

Now let's take an example of Mt. Everest,

- In the year **2000s** the recorded number of climbers were between 200-300 who have successfully summited Mt. Everest.
- In the Year **2010s** record numbers were achieved, with 500-600 successful summits annually.
- In the year **2021-2023** about 400-600 successful summits each year.
- In the year **2024** Over 1,000 summit attempts were made.
- And as per **2025 record** As of late May 2025, there have been at least 213 successful summits reported from the Nepalese side alone.

So, what can we understand from the above statistics?

It is very clear that the summiting Mt. Everest the highest mountain on Earth in the Himalayas of Asia, whose summit is 8,850 m (29,035 ft) above mean sea level, is considered to be an achievement but on what cost? Have we ever considered the fragile Environment and ecosystem of Mt. Everest. Have we considered its importance to human kind. Mt Everest is more than a bucket-list checkoff, the highest point in the world is hugely important to scientists studying climate change. Scientists with the National Geographic and Rolex Perpetual Planet Everest Expedition are researching climate change, weather, water resources, and changes to plant, insect, and wildlife populations.

Mount Everest, while iconic for its height, faces significant environmental impacts from increasing tourism, climate change, and the lack of proper waste management. These impacts include pollution from human waste and litter, melting glaciers exposing hidden waste, and the introduction of microplastics. Climate change also exacerbates these issues by altering weather patterns, shrinking glaciers, and increasing the risk of avalanches.

Similarly, Many such mountains are being explored and exploited in the name of achievements in a recent development, the mountaineering team of the National Institute of Mountaineering and Adventure Sports (NIMAS) has set off to scale Kanchenjunga. As we all know, Kanchenjunga is considered a sacred abode, a hidden land, and a source of blessings by local populations, particularly the Lepchas and Buddhists.

- **Mythological Importance:**

The mountain is associated with deities and mythical creatures, such as Dorje Drakden in Tibetan Buddhism, and the Kangchenjunga Demon in local folklore.

- **Symbol of Unity:**

It represents a symbol of unity and cultural heritage for the people of Sikkim and the surrounding regions.



- **Forbidden Summit:**

Historically, the summit has been considered off-limits to climbers out of respect for the mountain's sacredness, as explained by Altitude Adventure India. Source wikipedia

Widescale protest has been made on the controversial summit.

Conclusion

It is true that we need to make scientific study the fast changing ecology of all the mountains and environment at whole but above mentioned summit expedition in the name of adventure should not be entertained and should be limited. Adventure and sports limiting to a certain ecosystem can be accepted but costing at the whole of human kind is not a very smart way of entertainment.

environment at whole itself is not for the exploitation.

the nature is a gift to us which keeps our life moving forward and it should be treated in a very high at the utmost priority if we want to leave in the beautiful place called Earth.

References

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