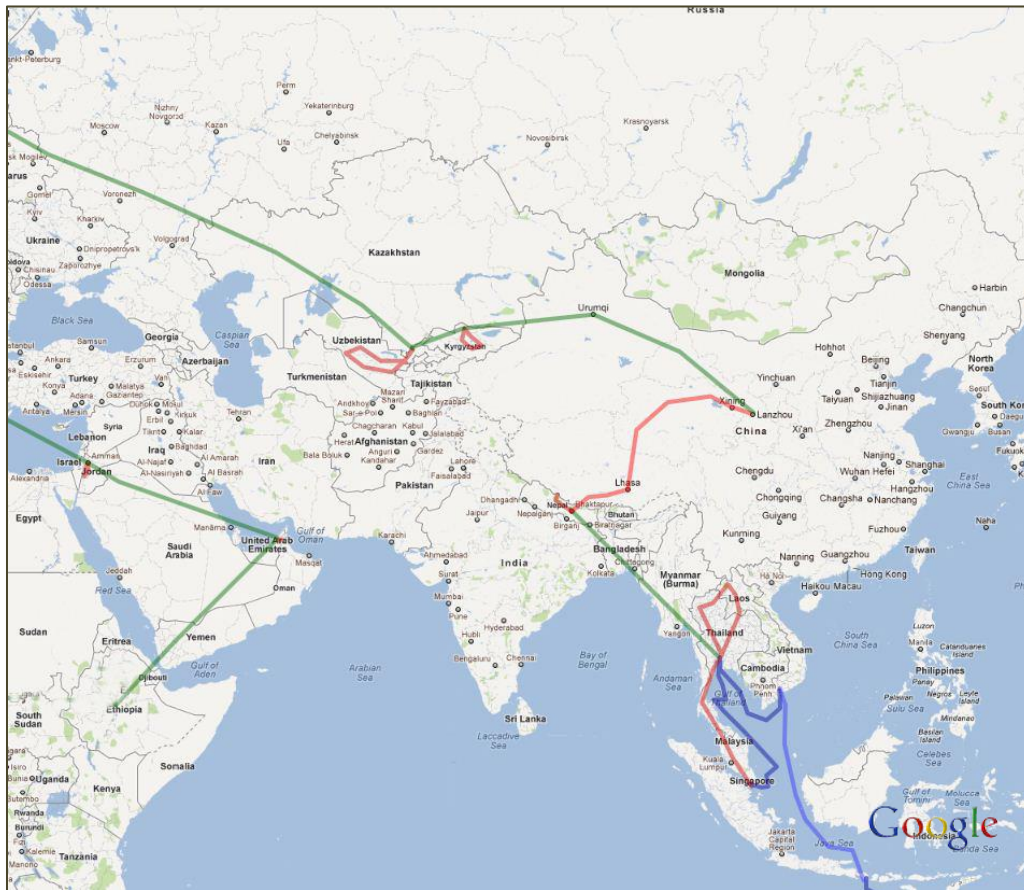




# Trekking the Planet

Discovering the Cultural and Natural Significance of the World



## Asia – An Overview

- Darren and Sandy plan to spend about 100 days, or roughly 25% of our journey, in Asia. Above is a map of Asia and our planned route. See page 4 for our plans.
- Asia is primarily in the Northern and Eastern Hemispheres. This continent is so large and diverse that it is typically divided into several regions.
- We have traveled approximately 16,223 miles (26,108 kilometers) from our starting point in California.

## People and Culture

- There are 48 countries in Asia with a total estimated population of 3.9 billion people. It is the most populated continent in the world, with about 60% of our total global inhabitants. Asia's population has nearly quadrupled in the last hundred years.
- Asia is home to China and India, countries with over one billion people each. Seven of the world's 10 largest cities are located in Asia: Tokyo (Japan), Seoul (South Korea), Mumbai (India), Jakarta (Indonesia), Delhi (India), Osaka (Japan) and Shanghai (China).
- Famous Asian landmarks include the Great Wall in China and the Taj Mahal in India.
- The major world religions of Christianity, Judaism, Islam, Hinduism and Buddhism originated in Asia.
- Hundreds of languages are spoken throughout Asia. Most countries have more than one native spoken language. For example, there are more than 600 languages spoken in Indonesia, greater than 800 dialects spoken in India and over 100 languages spoken in the Philippines.

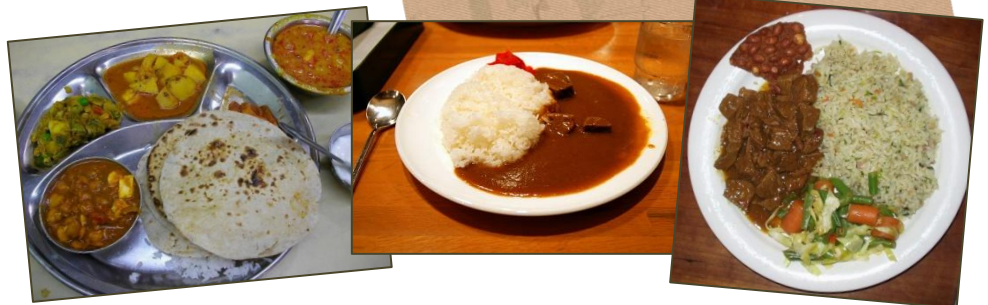


*The Great Wall in China and Taj Mahal in India  
(source: personal pictures)*

### Did you know?

Asia has a wide variety of food throughout the continent. One common ingredient in many Asian countries is curry. Typically three spices (turmeric, coriander and cumin) form the power. Curry dishes can be found in throughout India, in China, Japan, Malaysia, Thailand, Burma, the Philippines, Vietnam, as well as Afghanistan and Nepal.

*Indian, Japanese and Indonesian  
curry dishes (source: [Wikipedia.org](http://Wikipedia.org))*





source: [Traveller-now.com](http://Traveller-now.com)

## The Giant Panda

The giant panda is one of the most recognizable animals in Asia. It is an endangered species with only about 1,000 left in the wild. Pandas can grow up to 5 feet (1.5 meters) and weigh up to 300 pounds (136 kilograms). They spend up to half their waking hours each day eating. They love bamboo and it can take up to 28 pounds (12.5 kilograms) of it to satisfy a panda's daily needs. They are also great tree climbers and swimmers. Those pandas left in the wild live in China.



sources: personal pictures,  
[Animals.nationalgeographic.com](http://Animals.nationalgeographic.com)

## Nature and Environment

- Asia is typically divided into six regions (see the map). These are Northern Asia (pink), Central Asia (blue), Western Asia (brown), Southern Asia (green), Southeast Asia (red) and Eastern Asia (gold).
- Asia borders the European and African continents. It is the only continent to border two others. Asia's boundary with Europe is generally defined as occurring at the Ural Mountains and Ural River, the Caucasus Mountains and the Caspian and Black Seas.
- With almost 30% of the world's land area, Asia is the largest continent in the world. About two-thirds of the continent is either too dry or too cold to support significant population.
- The earth's highest elevation (Mt Everest at 29,029 feet / 8,848 meters) and lowest point below sea level (Dead Sea at - 1,388 feet / - 423 meters) are both located in Asia.
- The continent has a variety of natural resources, including fish, copper, silver, timber and petroleum.
- Being such a large continent, the climate of Asia includes permafrost tundra in the north, alpine cold and snow in the mountain ranges, such as the Himalayas, hot and dry deserts in the interior and hot and wet rainforests in the south.

## Our Plans

- We plan to travel to 12 countries while we are in Asia. We will visit countries from five of the continent's six regions. From Central Asia we will visit Kyrgyzstan and Uzbekistan. From Eastern Asia we will visit China. From Southern Asia we will visit Nepal. From Southeast Asia we will visit Indonesia, Singapore, Malaysia, Thailand, Vietnam and Laos. From Western Asia we will visit Jordan and the United Arab Emirates (UAE).
- We will be taking four treks in Asia. The first will be to hill tribes in Laos. Then we will trek in the Mustang Kingdom in Nepal and the Tian Shan Mountains in Kyrgyzstan. The final trek will be in Jordan after we visit Europe and Africa.
- While we visit the diverse continent of Asia, send us your questions via Twitter, Facebook or by email.

## Six or Seven Continents?

Depending where you live you may be taught that there are six or seven continents in the world. Some students are taught that the Americas are a single continent or that Europe and Asia are one Eurasia continent, due to the fact that they share the same landmass. *Trekking the Planet* is assuming that there are seven continents. To learn more about continent debate, click the picture to watch a video (1:22).



source: [About.com](http://About.com)

## More Information

- <http://www.ducksters.com/geography/asia.php>
- <http://www.facts-about.org.uk/facts-about-asia.htm>
- <http://www.worldatlas.com/citypops.htm>
- <http://geography.howstuffworks.com/asia/geography-of-asia.htm>
- <http://en.wikipedia.org/wiki/Asia>
- <http://www.naturalhistoryonthenet.com/Continents/asia.htm>
- <http://www.infoplease.com/ce6/world/A0856734.html>

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