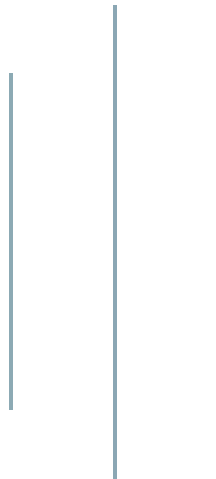




**fromeverest**  
*more than your average nepali*

# All in One Trekking Guide for Nepali [Updated]

05/17/2023



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# Introduction

Nepal is a trekkers' paradise, renowned for its stunning Himalayan mountains, diverse landscapes, and unique culture. Every year, thousands of trekkers from around the world flock to Nepal to experience the adventure, beauty, and spirituality that the country has to offer.

Spring is a particularly special time to visit Nepal, as the weather is mild, the skies are clear, and the scenery is at its most spectacular. Springtime in Nepal offers trekkers a unique opportunity to witness the Himalayan mountains in all their glory, with vibrant rhododendron forests, blooming wildflowers, and snow-capped peaks that glisten in the sun. Another special time to trek in Nepal is during the month of October through November.

Whether you are a seasoned trekker or a beginner, Nepal has a wide range of trekking destinations to suit your needs and preferences. From short and easy treks to challenging and advanced treks, there is something for everyone in Nepal. Trekking in Nepal offers an incredible opportunity to experience the local culture and traditions, interact with friendly locals, and explore some of the world's most breathtaking landscapes.

In this document, we have compiled a list of some of the popular trekking destinations along with lesser-known destinations. We've added points to help you prepare well for any trek, places where you can buy trekking gears, cost that might be associated with your trekking gears and 10 travel hacks that'll help you make the most out of your trip. Each trek offers its own unique experience, from stunning mountain views to vibrant culture and traditions. So, whether you are looking for a short and easy trek or a challenging adventure, we've got you covered. Get ready to explore the beauty of Nepal and embark on an unforgettable trekking adventure!

## Let's explore some of the popular treks in Nepal

### 1. Khumai Danda Trek

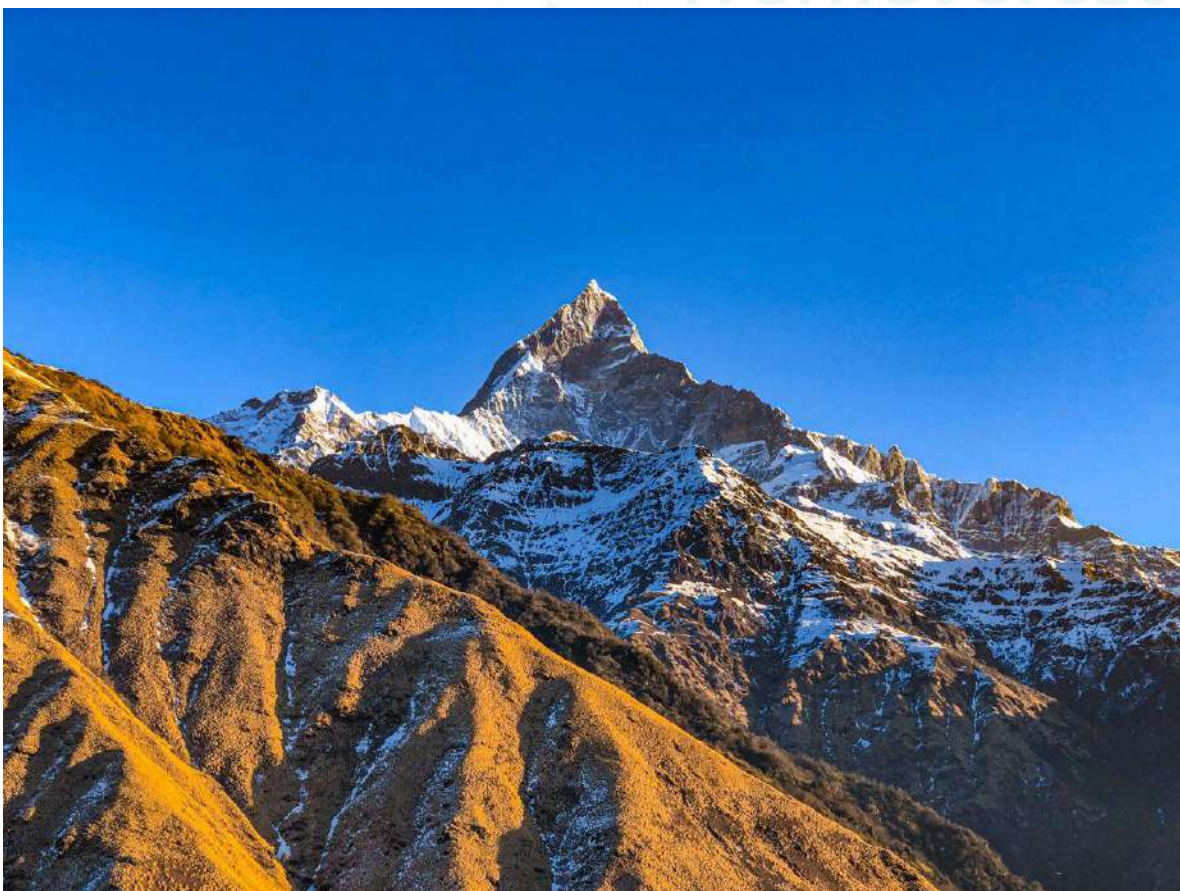
**Duration:** 3-4 days

**Difficulty level:** Beginner friendly

**Maximum elevation:** 3,245 meters

**Cost:** 5,000 NPR to 7,000 NPR

The Khumai Danda Trek is a short and easy trek, perfect for those who are new to trekking or have limited time. The trek offers stunning views of the Himalayan mountains, including the Annapurna and Dhaulagiri ranges, the Machhapuchhre Mountain, as well as the opportunity to experience the local Gurung culture. The trail passes through lush forests, rhododendron groves, and traditional villages, before reaching the Khumai Danda viewpoint, which offers panoramic views of the surrounding mountains.



Khumai Danda Trek

## **Khumai Danda Trek Itinerary**

Night 1: Drive from Kathmandu to Pokhara

Day 1: Drive from Pokhara to Saripakha and trek to Khumai Danda (3245m)

Day 2: Trek from Khumai Danda to Korchan Danda (3682m) and return to Pokhara

Night 3: Drive from Pokhara to Kathmandu





## 2. Mardi Base Camp Trek

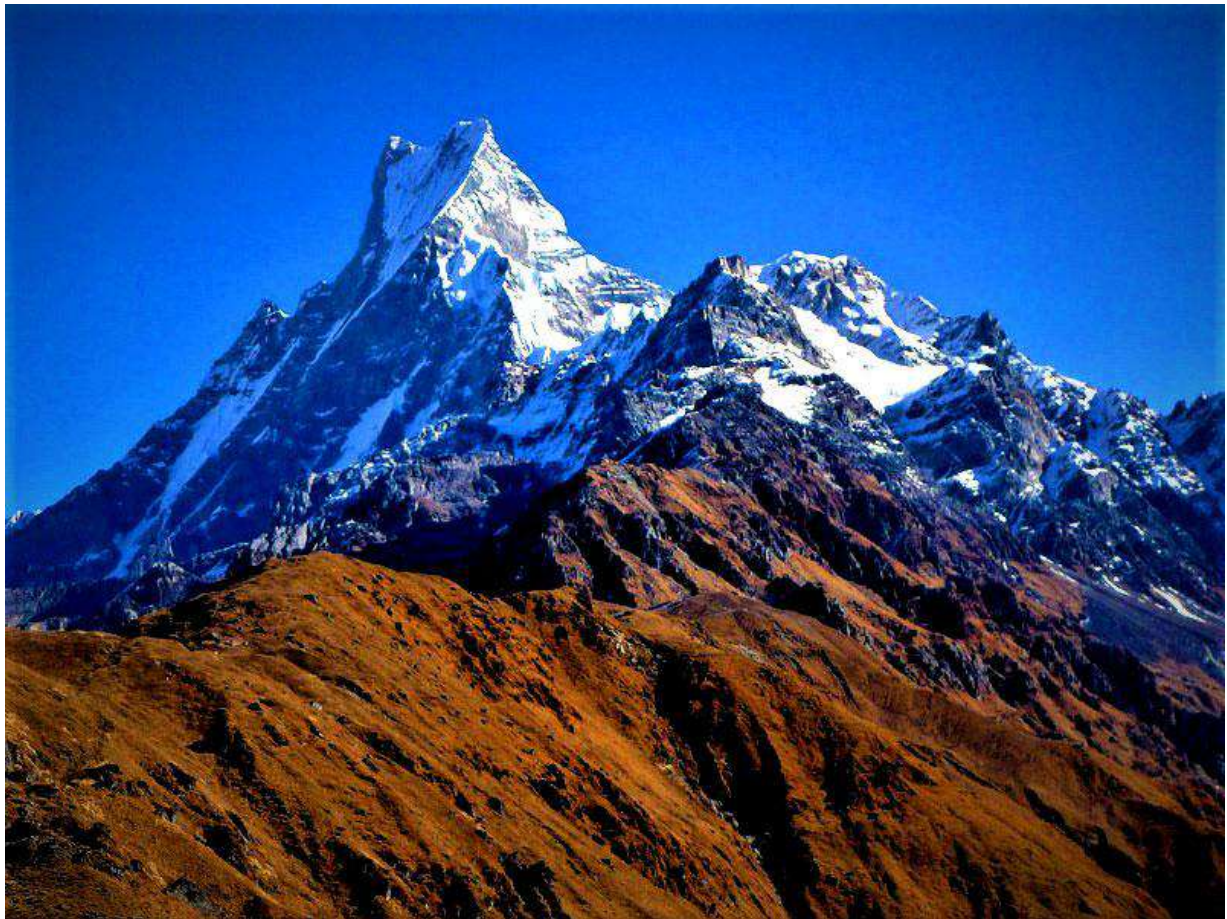
**Duration:** 4-5 days

**Difficulty level:** Beginner friendly

**Maximum elevation:** 4,500 meters

**Cost:** 7,000 NPR to 10,000 NPR

The Mardi Base Camp Trek is another short and easy trek that offers stunning views of the Himalayan mountains. The trek takes you through dense forests, terraced fields, and traditional villages, before reaching the Mardi Himal Base Camp, which offers spectacular views of the Annapurna and Machhapuchhre (Fishtail) peaks. The trail is relatively less crowded than other popular treks in the region, making it a great choice for those looking for a quieter and more peaceful trekking experience.



Mardi Base Camp Trek

## Mardi Base Camp Trek Itinerary

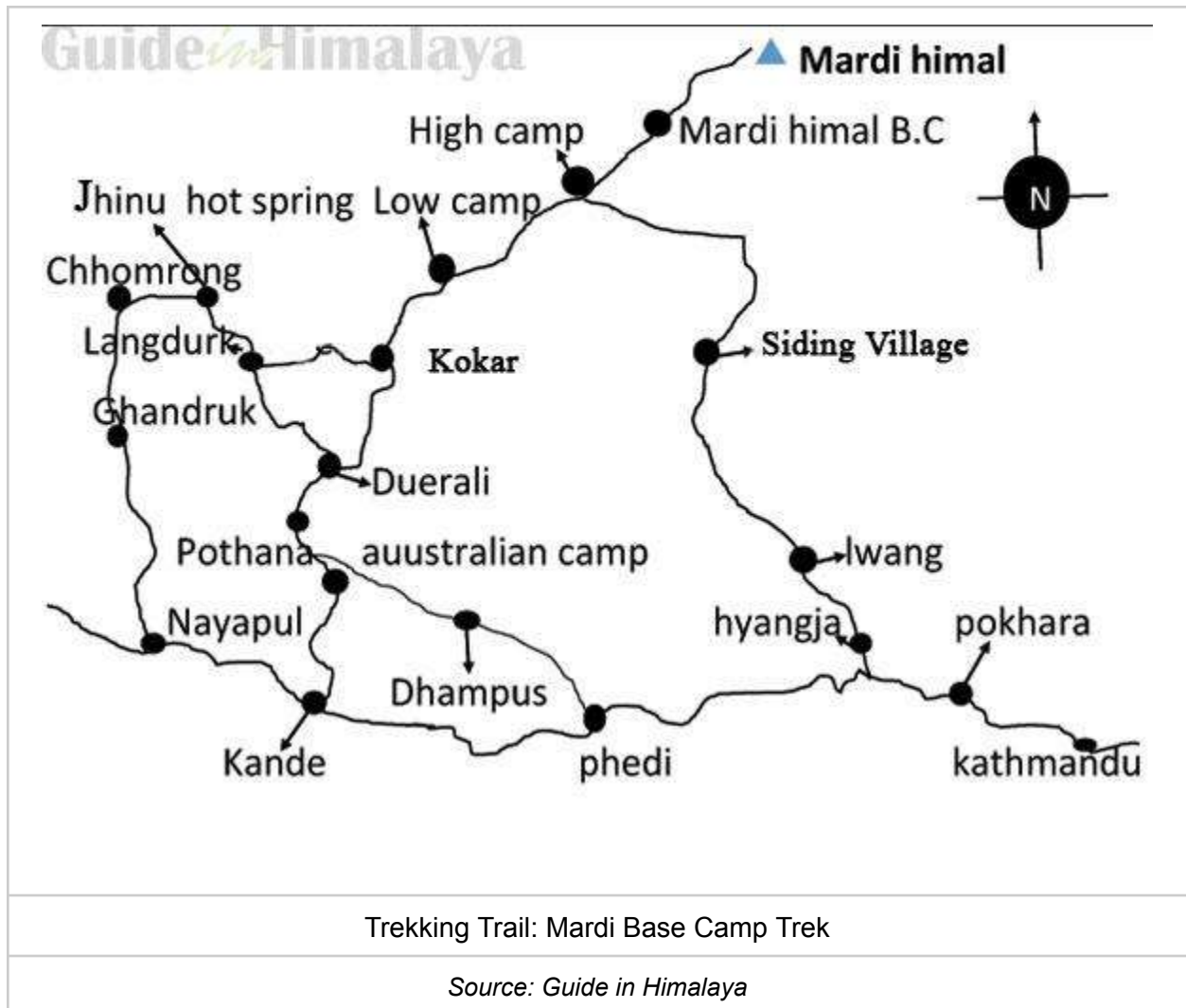
Night 1: Night bus from Kathmandu to Kande

Day 1: Trek from Kande to Forest Camp/Low Camp

Day 2: Trek from Forest Camp/Low Camp to High Camp

Day 3: Trek from High to Mardi Base Camp and Return Trek to Siding

Night 4: Return night bus from Pokhara to Kathmandu



### 3. Ama Yangri Trek

**Duration:** 3-4 days

**Difficulty level:** Beginner friendly

**Maximum elevation:** 3,771 meters

**Cost:** 4,000 NPR to 6,000 NPR

The Ama Yangri Trek is a short and easy trek that takes you to the summit of Ama Yangri, a holy mountain in the Helambu region. The trek offers stunning views of the Himalayan mountains, including Langtang Lirung and Ganesh Himal, as well as the opportunity to experience the local Tamang culture. The trail passes through rhododendron forests, traditional villages, and Buddhist monasteries, before reaching the summit of Ama Yangri, where you can witness the breathtaking sunrise over the Himalayas.



Ama Yangri Peak Trek

#### Ama Yangri Peak Trek Itinerary

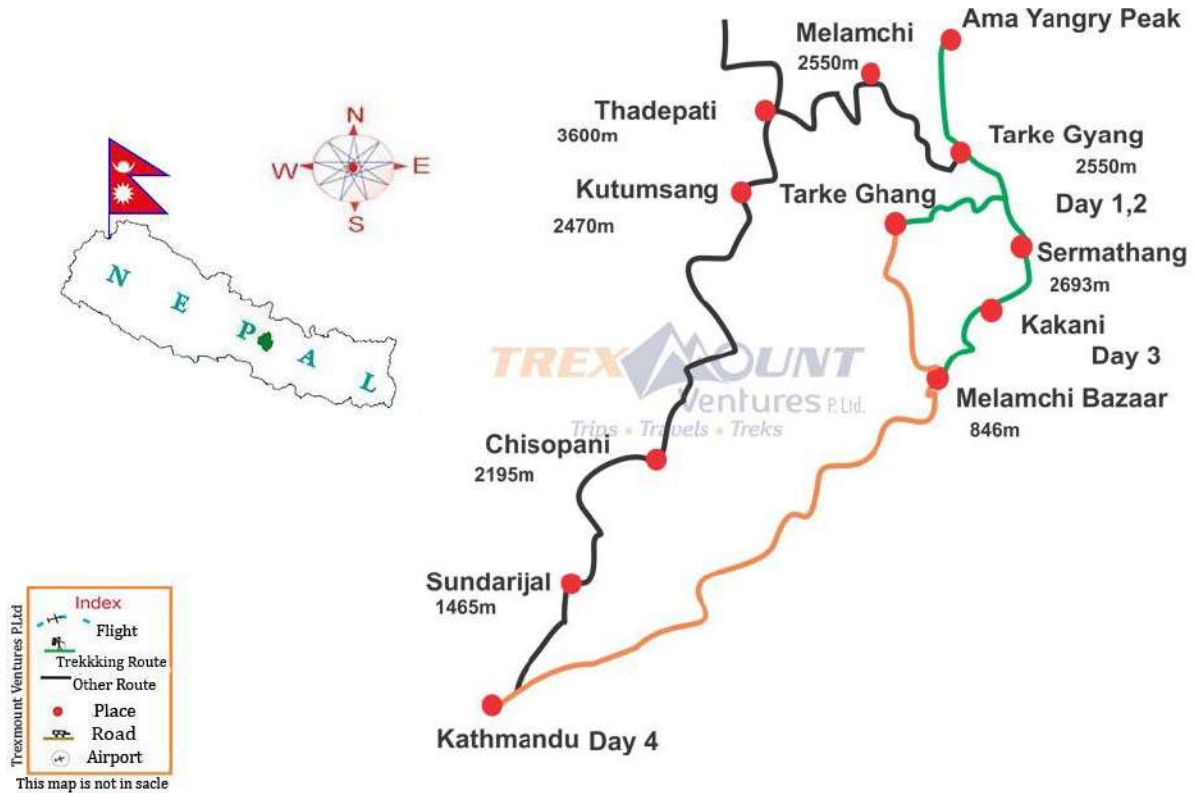
Day 1: Drive to Sermathang and Trek to Tarke Gyang

Day 2: Trek to Ama Yangri Peak and Return Trek to Sermathang

Day 3: Drive Back to Kathmandu

# Ama Yangry Trekking

[www.trexmoun.com](http://www.trexmoun.com)



Trekking Trail: Ama Yangri Peak Trek

Source: Trex Mount Ventures



## 4. Langtang Gosaikunda Trek

**Duration:** 7-9 days

**Difficulty level:** Intermediate and beginner friendly

**Maximum elevation:** 4,773 meters (Kyanjin Ri Peak)

**Cost:** around 10,000 NPR

The Langtang Gosaikunda Trek is an intermediate-level trek that takes you through the beautiful Langtang Valley, before reaching the sacred Gosaikunda Lake. The trek offers stunning views of the Himalayan mountains, including Langtang Lirung, Ganesh Himal, and Dorje Lakpa, as well as the opportunity to experience the local Tamang and Sherpa cultures. The trail passes through dense forests, traditional villages, and yak pastures, before reaching the Gosaikunda Lake, which is considered holy by both Hindus and Buddhists.



### Langtang Gosaikunda Trek Itinerary

- Day 1: Drive from Kathmandu to Syabrubesi, Trek to Bamboo
- Day 2: Trek from Bamboo to Langtang Village
- Day 3: Langtang Village to Kyanjin Gompa, Climb the Kyanjin Ri Peak, Trek back to Langtang Village

- Day 4: Return Trek from Langtang Village to Pahiro
- Day 5: Pahiro to Lauribina (Towards Gosaikunda Lake)
- Day 6: Cholenpati to Gosaikunda Lake, return trek to Singompa
- Day 7: Trek to Dhunche and Drive from Dhunche to Kathmandu



## 5. Tilicho Lake Trek

**Duration:** 5-7 days

**Difficulty level:** Intermediate

**Maximum elevation:** 4,919 meters

**Cost:** 10,000 NPR to 12,000 NPR

The Tilicho Lake Trek is an intermediate-level trek that takes you to the beautiful Tilicho Lake, one of the highest lakes in the world. The trek offers stunning views of the Himalayan mountains, including Annapurna and Dhaulagiri, as well as the opportunity to experience the local culture. The trail passes through dense forests, traditional villages, and high-altitude landscapes, before reaching Tilicho Lake, which is situated at an elevation of 4,919 meters. The lake is considered sacred by the local people and is surrounded by stunning snow-capped peaks, making it a truly breathtaking sight.



Tilicho Lake Trek

### Tilicho Lake Trek Itinerary

Day 1: Drive from Kathmandu to Chame

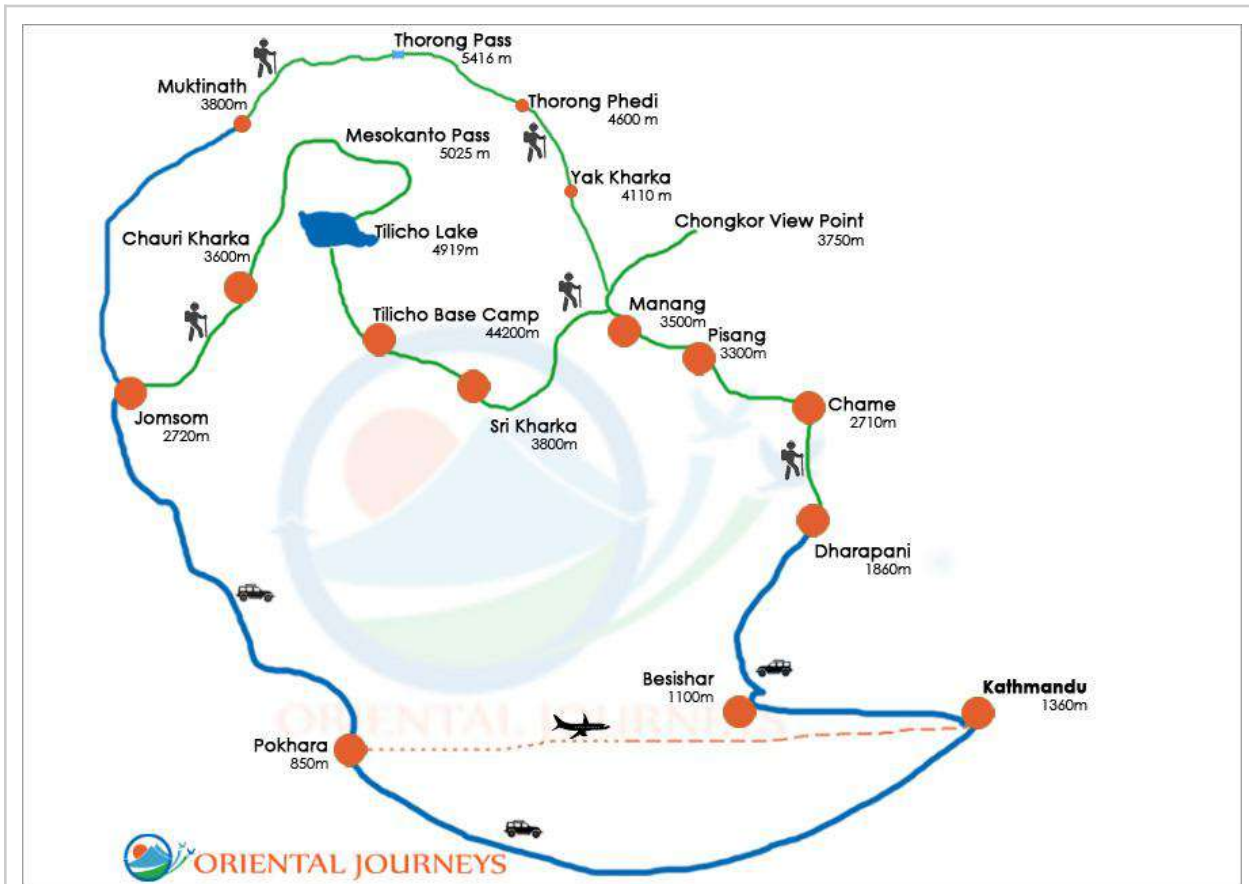
Day 2: Drive from Chame to Khangsar

Day 3: Trek from Khangsar to Tilicho Base Camp

Day 4: Trek to Tilicho Lake and back to Tilicho Base Camp

Day 5: Trek to Khangsar or Manang Village

Day 6: Drive back to Kathmandu



Trekking Trail: Tilicho Lake Trek

Source: Oriental Journeys



## 6. Annapurna Base Camp Trek

**Duration:** 7-10 days

**Difficulty level:** Intermediate and beginner friendly

**Maximum elevation:** 4,130 meters

**Cost:** 10,000 NPR to 15,000 NPR

The Annapurna Base Camp Trek is an intermediate-level trek that takes you through the stunning Annapurna region, before reaching the base camp of Annapurna, one of the highest peaks in the world. The trek offers stunning views of the Himalayan mountains, including Annapurna, Machhapuchhre (Fishtail), and Dhaulagiri, as well as the opportunity to experience the local culture. The trail passes through dense forests, traditional villages, and hot springs, before reaching the base camp, which offers panoramic views of the surrounding peaks.



Annapurna Base Camp Trek

### Annapurna Base Camp Trek Itinerary

Day 1: Drive from Kathmandu to Nayapul and jeep drive to Ghandruk

Day 2: Trek from Ghandruk to Bamboo

Day 3: Trek from Bamboo to Deurali

Day 4: Trek from Deurali to Annapurna Base Camp

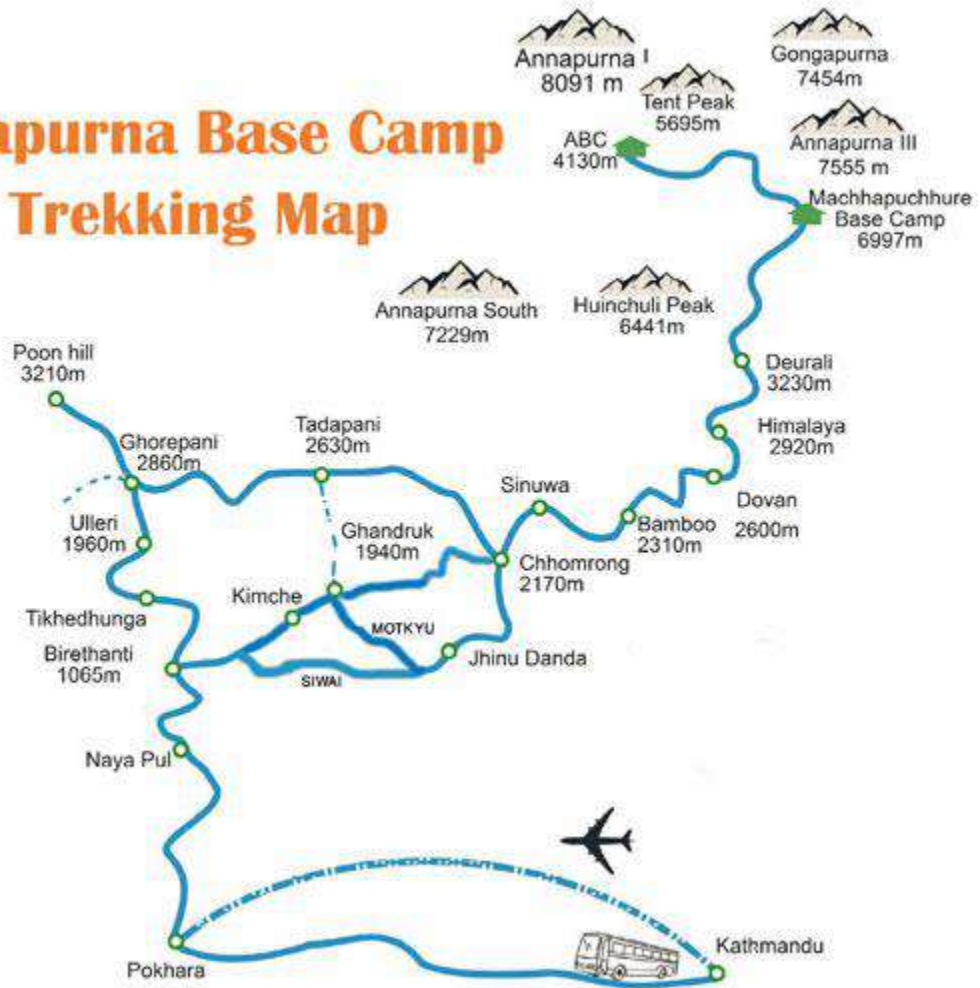
Day 5: Return trek to Dovan

Day 6: Return trek to Jhinu Danda

Day 7: Jeep drive to Pokhara and Bus Drive to Kathmandu



# Annapurna Base Camp Trekking Map



Trekking Trail: Annapurna Base Camp Trek

## 7. Panch Pokhari Trek

**Duration:** 3-4 days

**Difficulty level:** Beginner friendly

**Maximum elevation:** 4,100 meters

**Cost:** Around 6,000 NPR

The Panch Pokhari Trek is a beginner friendly, short trek that takes you to the sacred Panch Pokhari (Five Lakes) located in the Sindhupalchowk district of Nepal. This off-the-beaten-path trek offers a unique blend of natural beauty, cultural exploration, and spiritual significance. The trek allows you to immerse yourself in the serene and untouched landscapes of the Langtang region. These five sacred lakes are revered by both Hindus and Buddhists and are a significant pilgrimage site during the Janai Purnima festival in August. The lakes are surrounded by snow-capped peaks, offering a breathtaking panoramic view of the Himalayas, including Dorje Lakpa, Jugal Himal, Rolwaling Range, and Langtang Himal.



Panch Pokhari Trek

### Panch Pokhari Trek Itinerary

Day 1: Drive from Kathmandu to Bhotang and Trek to Tuppi Danda

Day 2: Trek from Tuppi Danga to Panch Pokhari  
 Day 3: Return Trek from Panch Pokhari to Bhotang  
 Day 4: Return drive to Kathmandu





## 8. Pikey Peak Trek

**Duration:** 3-4 days

**Difficulty level:** Beginner friendly

**Maximum elevation:** 4,065 meters

**Cost:** Around 6,000 NPR

The Pikey Peak Trek is a beginner friendly trek that takes you to the breathtaking Pikey Peak in the Solu-Khumbu region of Nepal. This trek is named after the local Sherpa deity, "Pikey," and offers stunning panoramic views of the Himalayan mountain range, including Mount Everest, Mount Numbur and Mount Lhotse. The highlight of the Pikey Peak Trek is reaching the summit of Pikey Peak, which offers breathtaking sunrise and sunset views over the majestic Himalayas and also trekking through lush Rhododendron forest during the blooming season. From the summit, you can witness a panorama of snow-capped peaks, deep valleys, and picturesque landscapes, providing a sense of awe and accomplishment.



Pikey Peak Trek

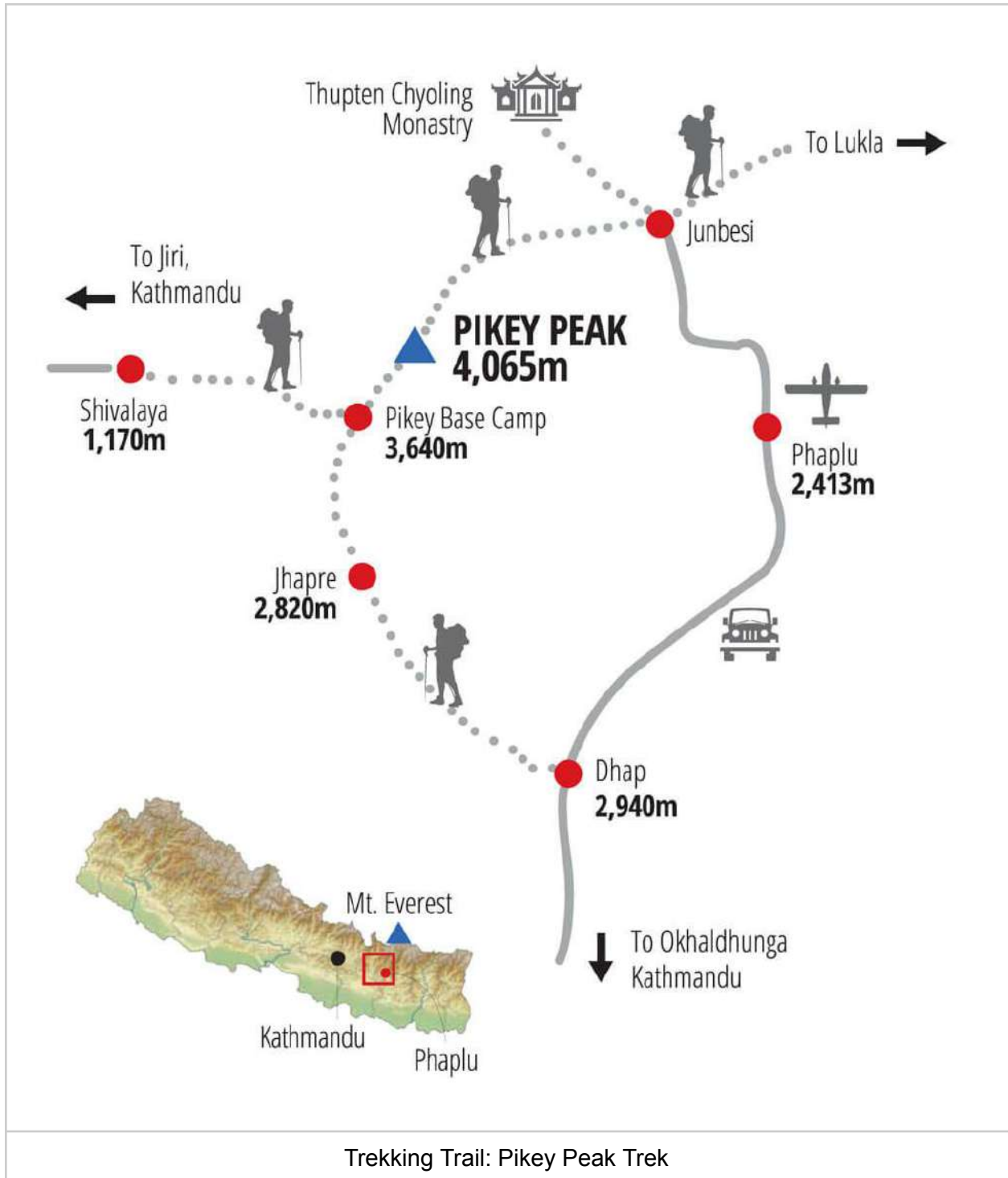
### Pikey Peak Trek Itinerary

Day 1: Drive from Kathmandu to Dhap and Trek to Japre

Day 2: Trek from Japre to Pikey Peak Base Camp

Day 3: Sunrise at Pikey Peak and return trek to Dhap

Day 4: Return drive to Kathmandu





## 9. Kapuche Lake Trek

**Duration:** 4 days

**Difficulty level:** Beginner friendly

**Maximum elevation:** 2,450 meters

**Cost:** Around 7,000 NPR

Kapuche Glacier Lake is a beautiful high-altitude lake located in the Annapurna region of Nepal popular for its uniqueness and pristine natural water. It is situated at an altitude of 2,546 meters and is surrounded by snow-capped peaks, glaciers, and beautiful landscapes. The lake is fed by the Kapuche glacier and is a popular destination for trekkers who want to experience the natural beauty of the Himalayas. It is a hidden gem that recently came into the limelight after the team of Ghumante visited and made a trek popular. Less crowded, isolated, remoteness are some of the features of Kapuche Lake trek. The starting point of Kapuche Lake trek is Pokhara and also ends in Pokhara.



### Kapuche Lake Trek Itinerary

Day 1: Bus ride from Kathmandu to Pokhara and Jeep ride from Pokhara to Sikles

Day 2: Trek from Sikles to Hugu Goth

Day 3: Trek from Hugu Goth to Kapuche Lake and return trek to Sikles

Day 4: Return drive to Pokhara and Kathmandu



## 10. Annapurna Circuit Trek

**Duration:** 6-10 days

**Difficulty level:** Moderate to Advanced

**Maximum elevation:** 5,416 meters

**Cost:** 15,000 NPR to 20,000 NPR

The Annapurna Circuit Trek is one of the most popular treks in Nepal, offering a diverse range of landscapes, from lush subtropical forests to high-altitude desert terrain. This moderate to advanced-level trek takes you through traditional Gurung and Thakali villages, as well as stunning mountain scenery, including the majestic Annapurna Massif and Thorong La Pass. The trail also offers the opportunity to experience the local culture and traditions of the people living in the region, making it a unique cultural experience as well as a breathtaking trek.



Annapurna Circuit / Thorang La Trek

### Annapurna Circuit / Thorang La Trek Itinerary

Day 1: Drive from Kathmandu to Chame

Day 2: Jeep ride from Chame to Manang Village and Trek to Shree Kharka

Day 3: Trek from Shree Kharka to Thorang Phedi Base Camp



- Day 4: Trek from Thorang Phedi to Muktinath via Thorang La Pass (5,416m)
- Day 5: Drive from Muktinath to Pokhara
- Day 6: Drive from Pokhara to Kathmandu



Trekking Trail: Annapurna Circuit / Thorang La Trek

## 11. Manaslu Circuit Trek

**Duration:** 10-12 days

**Difficulty level:** Advanced

**Maximum elevation:** 5,106 meters

**Cost:** 15,000 NPR to 20,000 NPR

The Manaslu Circuit Trek is an advanced-level trek that takes you around the stunning Manaslu peak, one of the highest peaks in the world. The trek offers stunning views of the Himalayan mountains, including Manaslu, Ganesh Himal, and Annapurna, as well as the opportunity to experience the local Gurung and Tibetan cultures. The trail passes through dense forests, traditional villages, and high-altitude landscapes, before reaching the Larkya La Pass, which offers panoramic views of the surrounding peaks.



Manaslu Circuit Trek

### Manaslu Circuit Trek Itinerary

Day 1: Drive from Kathmandu to Machha Khola

Day 2: Trek from Machha Khola to Jagat

Day 3: Trek from Jagat to Deng

Day 4: Trek from Deng to Namrung

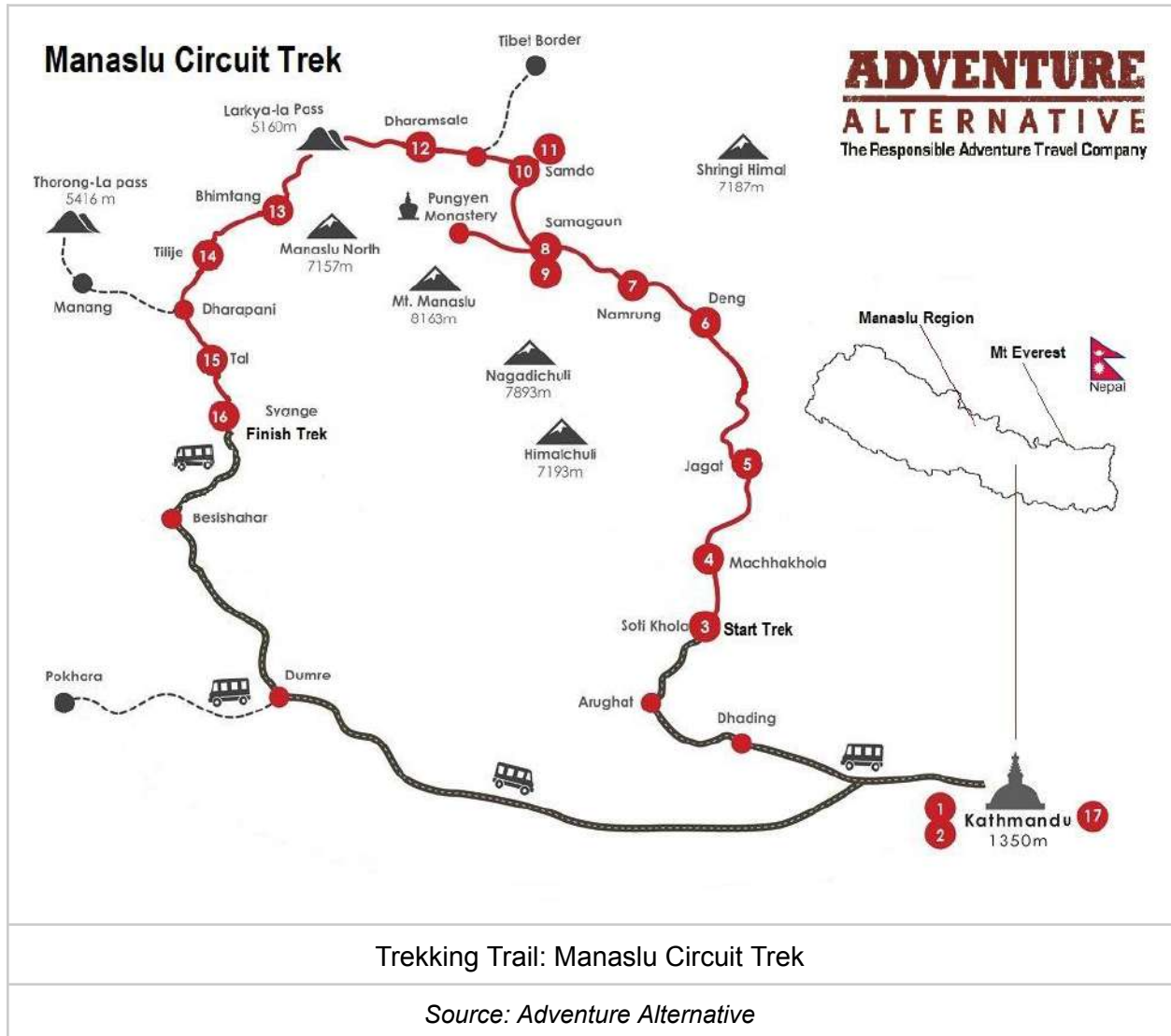
Day 5: Trek from Namrung to Sama Gaun

Day 6: Trek from Sama Gaun to Samdo

Day 7: Trek from Samdo to Dharmasala



Day 8: Trek from Dharmasala to Bhimtang via Larke La Pass (5,160m)  
 Day 9: Trek from Bhimtang to Dharapani  
 Day 10: Return Drive to Kathmandu via Besisahar



## 12. Everest Base Camp Trek

**Duration:** 10-14 days

**Difficulty level:** Advanced

**Maximum elevation:** 5,364 meters

**Cost:** 30,000 NPR to 50,000 NPR

The Everest Base Camp Trek is an advanced-level trek that takes you through the stunning Khumbu region, before reaching the base camp of Mount Everest, the highest peak in the world. The trek offers stunning views of the Himalayan mountains, including Everest, Lhotse, and Nuptse, as well as the opportunity to experience the local Sherpa culture. The trail passes through dense forests, traditional villages, and high-altitude landscapes, before reaching the base camp, which offers a close-up view of the majestic Mount Everest. This trek is challenging, but the sense of accomplishment and awe-inspiring views make it a once-in-a-lifetime experience.

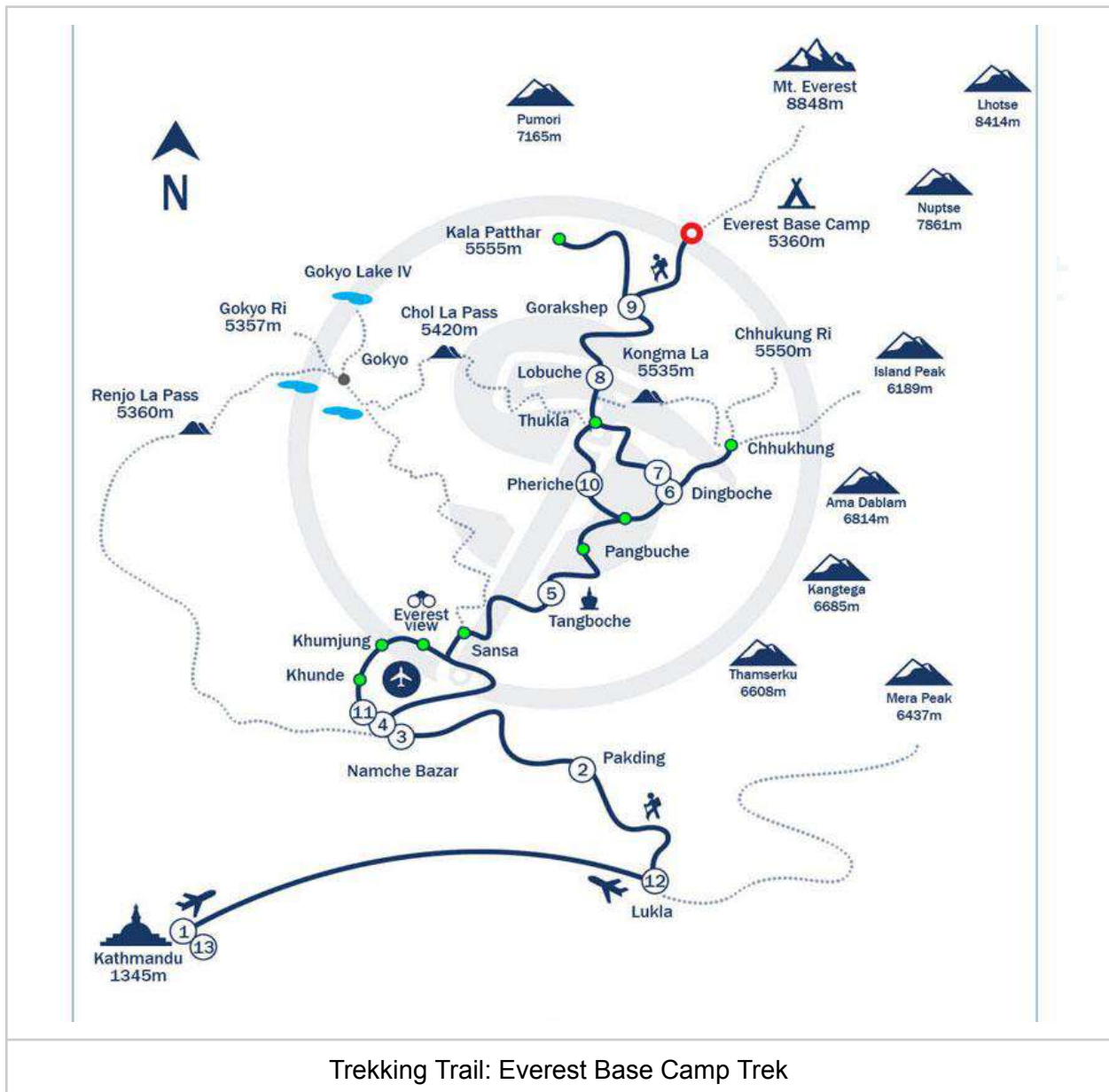


Everest Base Camp Trek

### Everest Base Camp Trek Itinerary

Day 1: Flight from Kathmandu to Lukla and Trek to Phakding

- Day 2: Trek from Phakding to Namche Bazaar
- Day 3: Trek from Namche Bazaar to Tengboche
- Day 4: Trek from Tengboche to Dingboche
- Day 5: Trek from Dingboche to Lobuche
- Day 6: Trek from Lobuche to Gorak Shep and Trek to Everest Base Camp (5,364m)
- Day 7: Trek to Kala Pathar and back to Pheriche
- Day 8: Return trek to Namche Bazaar
- Day 9: Return trek to Lukla
- Day 10: Return flight from Lukla to Kathmandu



Trekking Trail: Everest Base Camp Trek

## Here is a list of some of the lesser-known treks in Nepal

### 1. Upper Dolpo Trek

**Duration:** 3 weeks - 4 weeks

**Difficulty level:** Advanced

**Maximum elevation:** 5,115 meters

**Cost:** 60,000 NPR to 80,000 NPR

The Upper Dolpo Trek is an advanced-level trek that takes you through remote villages and stunning landscapes in the Dolpo region of western Nepal. This trek offers a glimpse into the traditional Bon culture of the Dolpo people, as well as the chance to explore the Phoksundo Lake, the deepest lake in Nepal. The trail passes through high passes, barren landscapes, and traditional villages, making it a unique and challenging experience for trekkers looking to go off the beaten path.



Upper Dolpo Trek

#### Upper Dolpo Trek Itinerary

Day 1: Flight from Kathmandu to Nepalgunj, Second Flight to Jhuphal and Trek to Dunai

Day 2: Trek from Dunai to Chhekpa

Day 3: Trek from Chhekpa to Jharana Hotel

Day 4: Trek from Sulighat to Phoksundo Lake

Day 5: Trek from Phoksundo Lake to River Bed Camp

Day 6: Trek from River Bed Camp to Nando La High Camp

Day 7: Trek from Nando La High Camp to Shey Gompa via Kang La Pass



- Day 8: Trek from Shey Gompa to Numagung via Shey La (5,000m)
- Day 9: Trek from Numagung to Saldang
- Day 10: Trek from Saldang to Yangtser Gompa
- Day 11: Trek from Yangtser Gompa to Rapa Gaun
- Day 12: Trek from Sibu to Jeng-la Phedi
- Day 13: Trek from Sibu to Tokyu via Jeng La Pass (5,170m)
- Day 14: Trek from Tokyu to Dho Trapa
- Day 15: Trek from Dho Trapa to Serkam
- Day 16: Trek from Serkam to Sahara Tara
- Day 17: Trek from Sahara Tara to Dunai
- Day 18: Trek to Jhuphal
- Day 19: Flight to Nepalgunj and Second Flight to Kathamndu



Trekking Trail: Upper Dolpo Trek

Source: Third Rock Adventures



## 2. Kanchenjunga Base Camp Trek

**Duration:** Around 3 weeks

**Difficulty level:** Advanced

**Maximum elevation:** 5,143 meters

**Cost:** 40,000 NPR to 50,000 NPR

The Kanchenjunga Base Camp Trek is an advanced-level trek that takes you to the base of the third highest mountain in the world. This trek offers stunning views of the Himalayas, as well as the chance to experience the unique culture of the eastern region of Nepal. The trail passes through pristine forests, high passes, and authentic villages, making it a challenging and rewarding experience for trekkers looking to explore the less-traveled parts of Nepal.



Kanchenjunga Base Camp Trek

### Kanchenjunga Base Camp Trek Itinerary

Day 1: Flight from Kathmandu to Bhadrapur, Drive to Taplejung

Day 2: Drive from Taplejung to Sukathum/Japantar

Day 3: Trek from Sukathum to Gyabla

Day 4: Trek from Gyabla to Ghunsa

Day 5: Trek from Ghunsa to Khambachen (4050m)

Day 6: Trek from Kambachen to Lhonak (4,780m)

Day 7: Trek from Lhonak to Pangpema (5,143m) / Kanchenjunga North BC (5388m) back to Khambachen

Day 8: Trek from Khambachen to Ghunsa

Day 9: Trek from Ghunsa to Sele La High Camp (4130m) via Sele La Pass (4,290m)

Day 10: Trek from Sele La Camp to Cheram (3,870m) via Sinion La (4,440m), Mirgin La (4,480m) & Sinelapche Bhanjyang (4,646m)

Day 11: Trek from Tseram to Yalung Base Camp/South Base Camp (4500m) via Ramche (4620m), Oktang, and return to Ramche (4620m)

Day 12: Trek from Ramche to Tortong/Toranden

Day 13: Trek from Tortong/Toranden to Yamphudin

Day 14: Drive Yamphudin to Ilam from 1 hour walk

Day 15: Drive from Ilam to Bhadrapur and Flight back to Kathmandu



### 3. Makalu Base Camp Trek

**Duration:** Around 2 weeks

**Difficulty level:** Advanced

**Maximum elevation:** 4,870 meters

**Cost:** 20,000 NPR to 30,000 NPR

The Makalu Base Camp Trek is one of the most challenging treks in Nepal, taking you to the base of the fifth highest mountain in the world. This trek is known for its diverse flora and fauna, as well as the stunning views of Mount Everest and other peaks. The trail passes through high passes, remote villages, and unique landscapes, making it a true adventure for trekkers who are up for a challenge.



Makalu Base Camp Trek

#### Makalu Base Camp Trek Itinerary

Day 1: Flight from Kathmandu to Biratnagar, Drive from Itahari to Num via Khandbari

Day 2: Trek from Chamla Kharka to Tashi Gaun

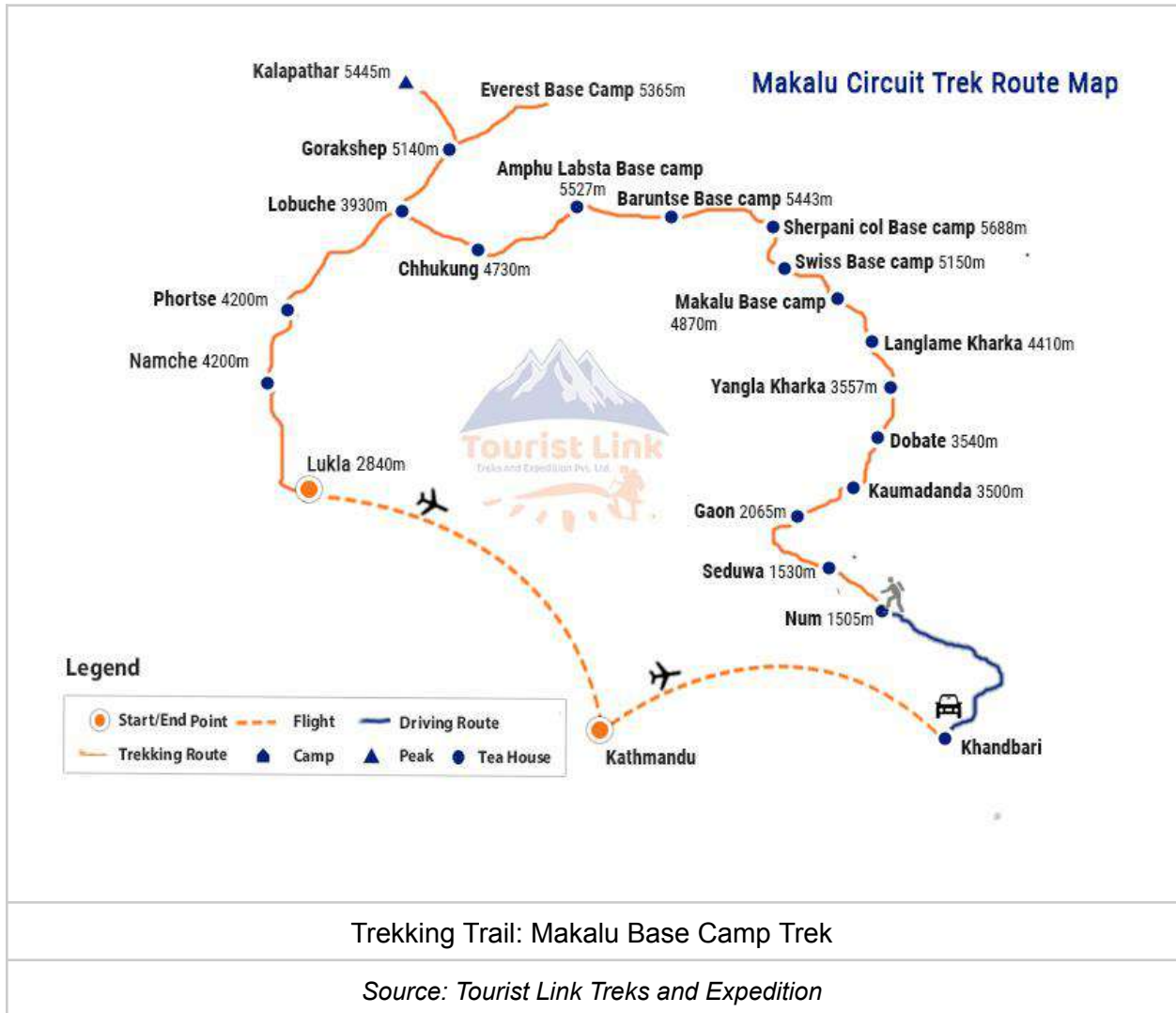
Day 3: Trek from Tashi Gaun to Khungma

Day 4: Trek from Khungma to Yangle Kharka

Day 5: Trek from Yangle Kharka – Shivadhara – Langmaale Kharka



Day 6: Trek from Langmale – Makalu base camp (5,250 m) (Setopokhari) – Phemathang  
 Day 7: Trek from Phemathang – Tashi Gaun  
 Day 8: Trek from Tashi Gaun – Num – Khadbari  
 Day 9: Khandbari – Itahari – Kathmandu





## 4. Api Base Camp Trek

**Duration:** Around 9-14 days

**Difficulty level:** Advanced

**Maximum elevation:** 4,273 meters

**Cost:** Around 30,000 NPR

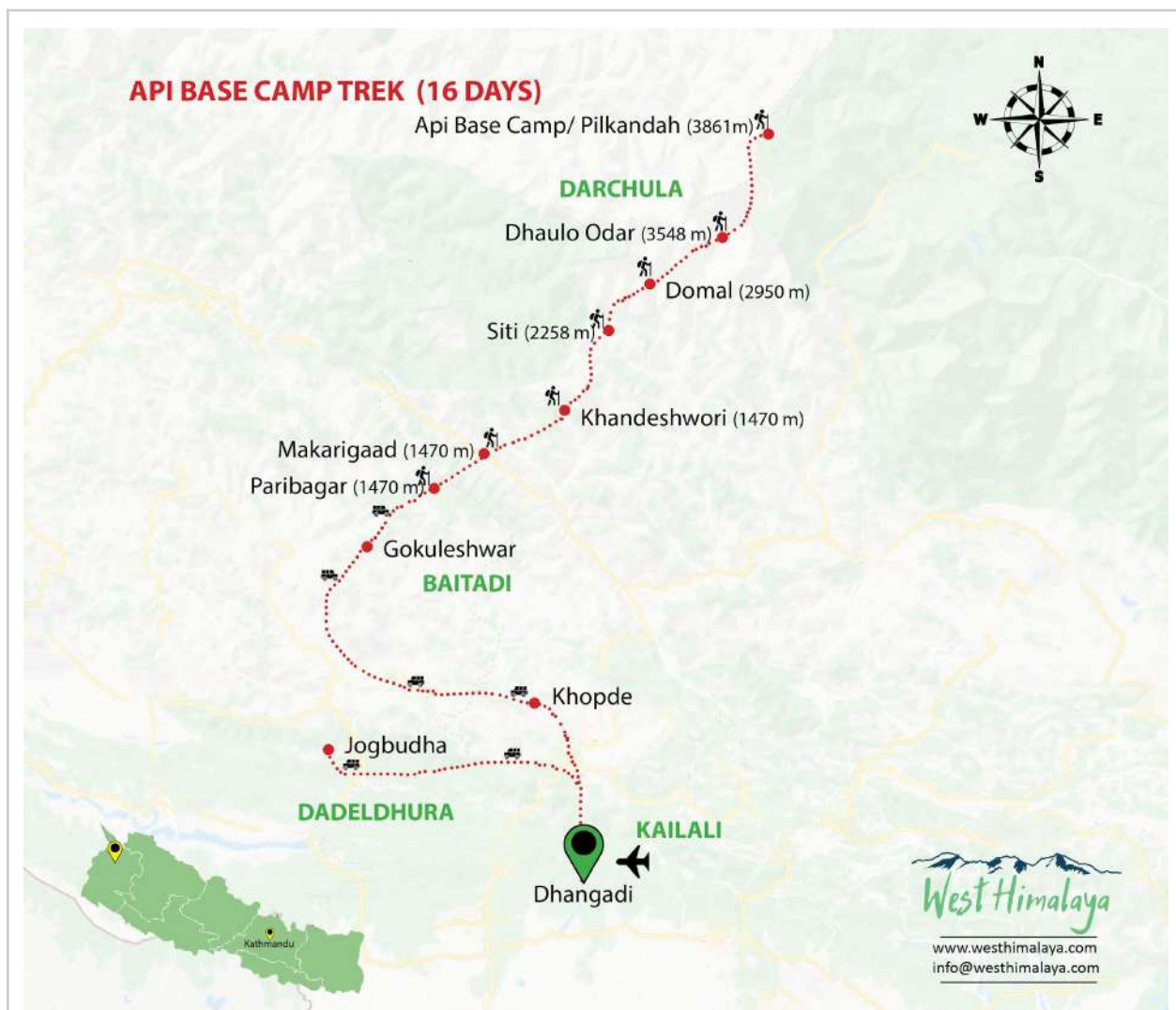
The Api Base Camp Trek is a lesser-known trek that takes you through the remote and pristine landscapes of western Nepal, offering stunning views of the Api Himal range. This advanced-level trek is a true adventure, taking you through dense forests, traditional villages, and high-altitude landscapes, before reaching the base camp of Mount Api. The trail also offers the opportunity to experience the unique culture and traditions of the local people, including the indigenous Raute people, who are known for their nomadic lifestyle and hunting-gathering traditions. Overall, this trek is a unique and challenging experience for trekkers looking to explore the unspoiled wilderness of Nepal.



Api Base Camp Trek

## Api Base Camp Trek Itinerary

- Day 1: Night bus ride from Kathmandu to Attariya, Dhangadhi
- Day 2: Drive to Ganna, Darchula
- Day 3: Drive and Trek to Ghusa
- Day 4: Trek to Dhauli Odar
- Day 5: Trek to Api Base Camp and Back
- Day 6: Return trek to Khaikot
- Day 7: Return trek to Ghusa
- Day 8: Return trek and Drive to Ganna
- Day 9: Return drive to Attariya, Dhangadhi and night bus to Kathmandu



Trekking Trail: Api Base Camp Trek

Source: West Himalaya

## 5. Nar Phu Valley Trek

**Duration:** Around 9-12 days

**Difficulty level:** Moderate to Advanced

**Maximum elevation:** 5,416 meters

**Cost:** 20,000 NPR to 30,000 NPR

The Nar Phu Valley Trek is a hidden gem in the Annapurna region, taking you through remote Tibetan villages, high passes, and stunning landscapes. This trek offers a unique cultural experience, as well as the chance to explore the off-beaten path of the Annapurna region. The trail passes through beautiful forests, traditional villages, and high-altitude landscapes, offering a moderate to advanced-level trek for adventurous trekkers.



Nar Phu Valley Trek

### Nar Phu Valley Trek Itinerary

Day 1: Drive from Kathmandu to Koto via to Besisahar

Day 2: Trek from Koto to Meta (3560m)

Day 3: Trek from Meta to Phu (4050m)

Day 4: Trek from Phu to Nar Phedi (3750m)

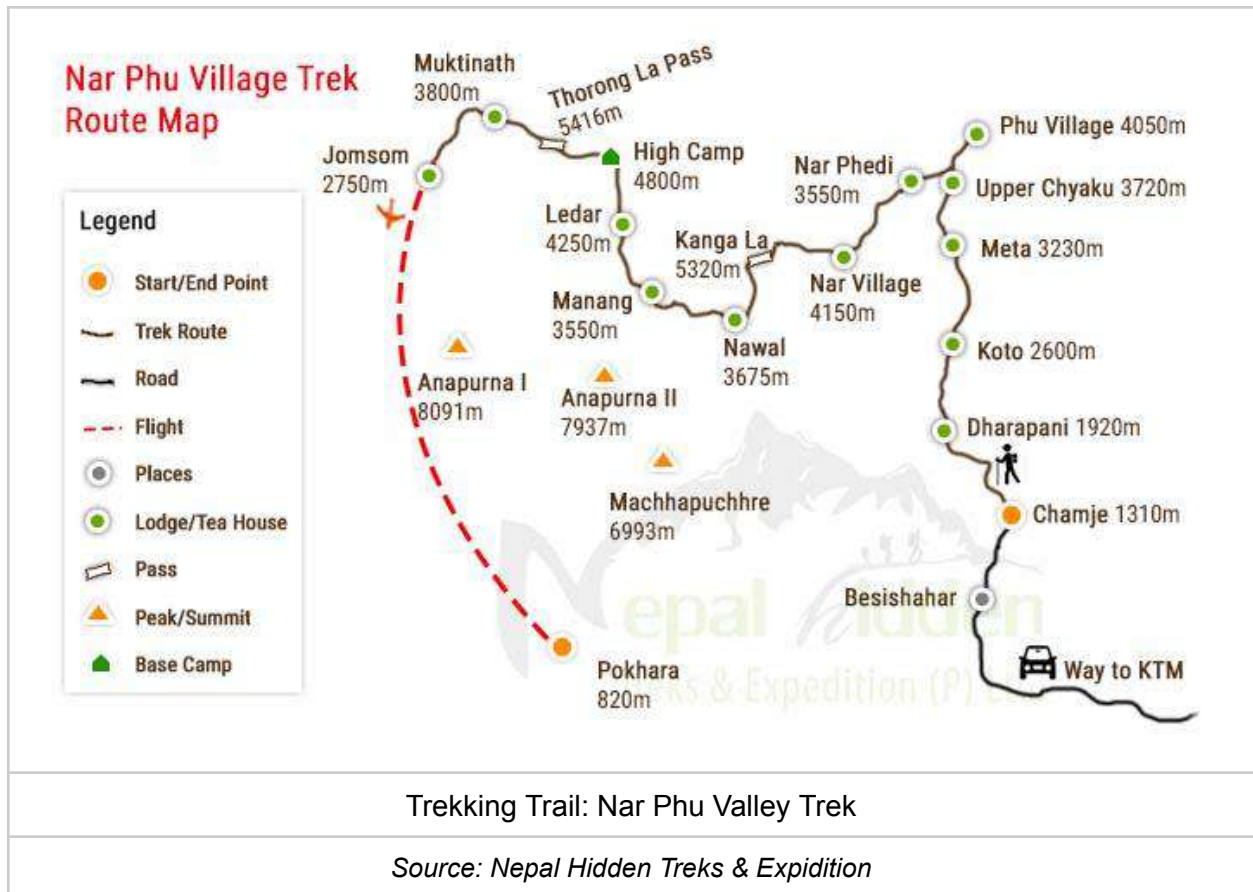
Day 6: Trek from Nar Phedi to Nar (4150m)

Day 7: Trek from Nar to Ngawal (3675m) via Kang La pass (5306m)

Day 8: Trek from Ngawal to Chame



Day 9: Drive from Chame to Besisahar and Drive from Besisahar to Kathmandu





## 6. Dhaulagiri Circuit Trek

**Duration:** 2 weeks to 3 weeks

**Difficulty level:** Advanced

**Maximum elevation:** 5,360 meters

**Cost:** 30,000 NPR to 40,000 NPR

The Dhaulagiri Circuit Trek is a challenging trek that takes you through the wild and remote western region of Nepal, along the Dhaulagiri range. This trek is known for its stunning views of the Himalayas, as well as the unique culture of the Thakali people, who are known for their hospitality and delicious food. The trail passes through high mountain passes, glaciers, and remote villages, making it a true adventure for trekkers who are up for a challenge.



Dhaulagiri Circuit Trek

### Dhaulagiri Circuit Trek Itinerary

Day 01: Drive from Kathmandu to Beni and Drive to Darbang

Day 02: Trek to from Darbang to Boghara

Day 03: Trek from Boghara to Pine Forest

- Day 04: Trek to Italian Base Camp (3,660m)
- Day 05: Trek to Japanese Base Camp (4600)
- Day 06: Trek to Dhawalagiri Base Camp (4700m)
- Day 07: Trek to Yak Kharka
- Day 08: Drive back to Kathmandu



Trekking Trail: Dhaulagiri Circuit Trek

Source: Himalaya Discovery

## 7. Rolwaling Valley Trek

**Duration:** 8-12 Days

**Difficulty level:** Advanced

**Maximum elevation:** 5,755 meters

**Cost:** 20,000 NPR to 30,000 NPR

The Rolwaling Valley Trek is an off-the-beaten-path trek that takes you through the remote and pristine Rolwaling Valley, nestled between the Everest and Langtang regions. This trek offers stunning views of the Gauri Shankar Himal and Tashi Lapcha pass, as well as the chance to explore the unique culture of the Sherpa and Tamang people. The trail passes through high mountain passes, glaciers, and traditional villages, making it a challenging and rewarding experience for adventurous trekkers.



Rolwaling Valley Trek

### Rolwaling Valley Trek Itinerary

Day 01: Drive from Kathmandu to Jagat

Day 02: Trek from Jagat to Simigaun

Day 03: Trek from Simigaun to Dongang

Day 04: Trek to Beding

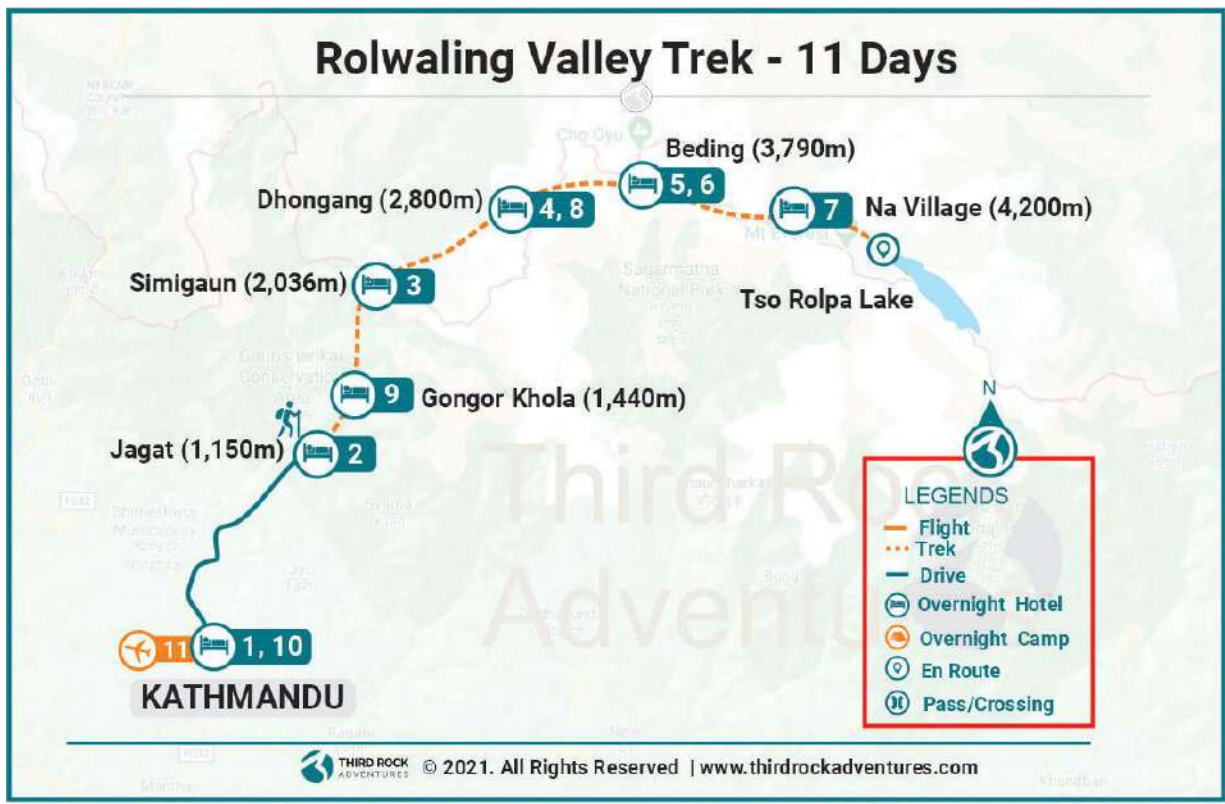
Day 05: Trek from Beding to Na (4200) and Tso Rolpa (4500m)

Day 06: Return Trek to Dongang

Day 07: Trek from Dongang to Gongar Khola

Day 08: Drive back to Kathmandu





Trekking Trail: Rolwaling Valley Trek

Source: Third Rock Adventures



## 8. Ruby Valley Trek

**Duration:** 7-10 days

**Difficulty level:** Moderate

**Maximum elevation:** 3,800 meters

**Cost:** 15,000 NPR to 20,000 NPR

The Ruby Valley Trek is a hidden gem in the Ganesh Himal region, offering a unique cultural and natural experience for trekkers looking for a moderate-level trek. This trek takes you through traditional Tamang villages, ancient monasteries, and beautiful landscapes, offering stunning views of the Himalayas. The trail also offers the opportunity to learn about the unique culture and lifestyle of the Tamang people, making it a perfect blend of adventure and cultural experience.



Ruby Valley Trek

### Ruby Valley Trek Itinerary

Day 01: Drive from Kathmandu (1,400m/4,592ft) to Syabrubesi

Day 02: Trek to Gatlang

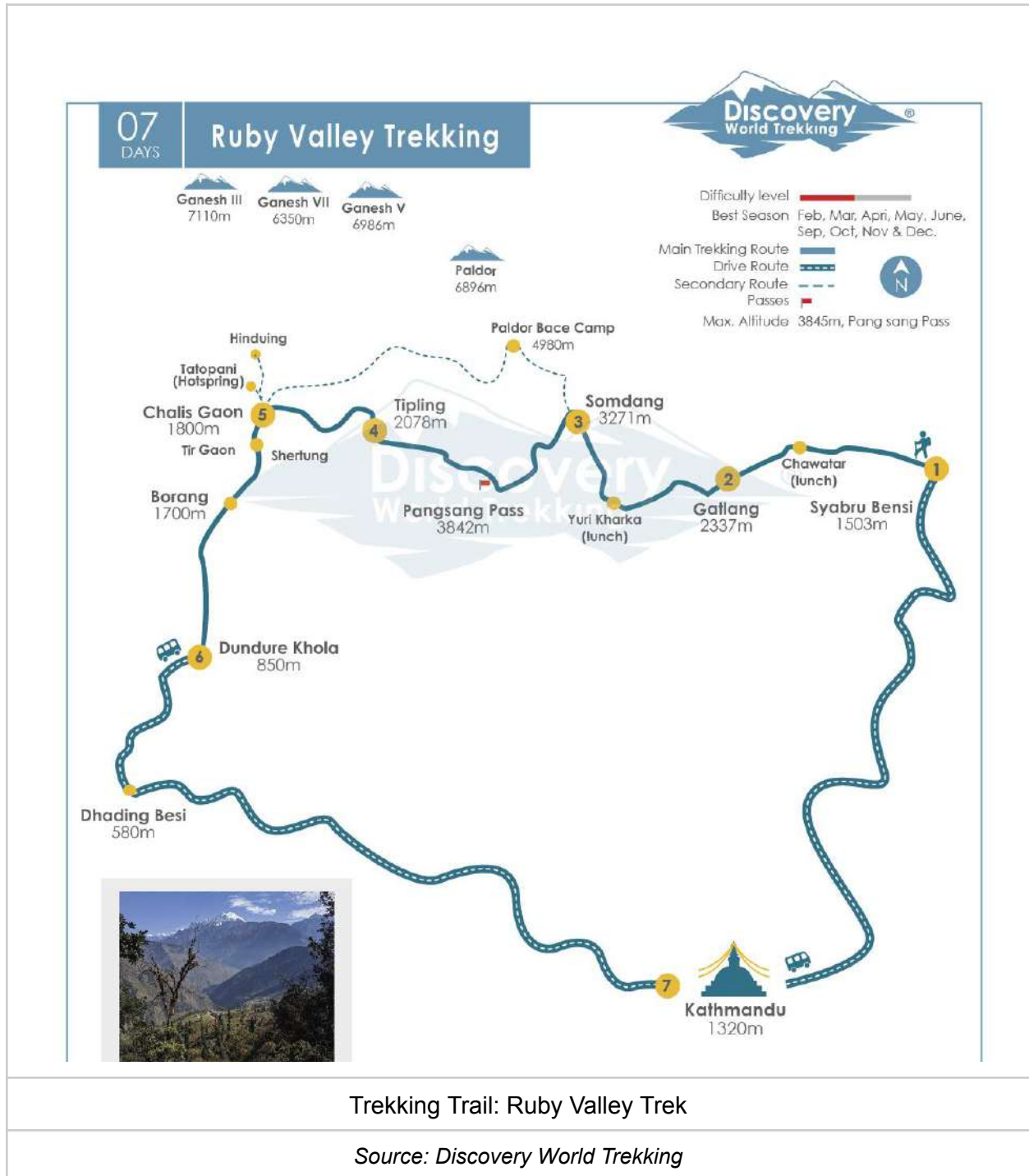
Day 03: Trek to Somdang (3,271m) via Parvati Kunda

Day 04: Trek to Tipling via Pangsang Pass (3,842m)

Day 05: Trek to Chalis Gaun

Day 06: Trek to Darkha Gaun

Day 07: Drive from Darkha Gaun to Kathmandu



## 9. Guerilla Trek

**Duration:** Around 2 weeks

**Difficulty level:** Moderate to Advanced

**Maximum elevation:** 3,000 meters

**Cost:** 15,000 NPR to 20,000 NPR

The Guerilla Trek is a historic trek that takes you through the remote and rugged landscapes of Rukum and Rolpa districts, where the Maoist guerillas fought against the government forces during the civil war in Nepal. This trek offers a unique cultural and historical experience, as well as stunning views of the Himalayas. The trail passes through dense forests, traditional villages, and high-altitude landscapes, making it a moderate to advanced-level trek for trekkers looking for a unique and challenging experience.



Guerilla Trek

### Guerilla Trek Itinerary

Day 01: Drive from Kathmandu to Beni

Day 02: Trek to Takam

Day 03: Trek to Lamsung

Day 04: Trek to Gujarghat (3020m)

Day 05: Trek to Dhorpatan

Day 06: Trek to Niseldhor

Day 07: Trek to Tallo Sera

Day 08: Trek to Rajhi Khola

Day 09: Trek to Thabang

Day 10: Trek to Jaljala

Day 11: Trek to Jelbang

Day 12: Trek to Sulichour

Day 13: Drive to Kathmandu



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## 10. Saipal Base Camp Trek

**Duration:** 12 days

**Difficulty level:** Advanced

**Maximum elevation:** 4,200 meters

**Cost:** Around 30,000 NPR

The Saipal Himal Trek is a beautiful but challenging trek in the far western region of Nepal. The trek starts in Sanfebagar and takes you through lush forests, rocky terrain, and alpine meadows, with stunning views of mountains and valleys. You'll cross high passes, including the Nagma La and Khyala Lagna passes, which offer breathtaking views. You'll also have the opportunity to experience the unique culture and hospitality of the people who live in this remote region. The Saipal peak, western Nepal's second highest mountain, is the main attraction of this trek. The trek leads through pristine conifer forests to the base camp for Saipal, which is located at an altitude of 7,031m. It's important to note that there are no facilities for trekkers along the way, so it's recommended to bring everything you might need from Kathmandu.



Saipal Base Camp Trek

### Saipal Base Camp Trek Itinerary

Day 1: Night bus ride from Kathmandu to Attariya, Dhangadhi

Day 2: Drive from Dhangadi to Chainpur

Day 3: Drive from Chainpur to Panalta via Ruptola and trek to Kuwa

Day 4: Trek from Kuwa to Dhalaun

Day 5: Trek from Dhalaun to Jima

- Day 6: Trek from Jima to Dodale
- Day 7: Trek from Dodale to Aulagaad
- Day 8: Trek from Aulagaad to Saipal Base Camp and Back to Dodale
- Day 9: Return trek from Dodale to Kuwa
- Day 10: Trek to Panalta and drive back to Chainpur
- Day 11: Drive from Chainpur to Dhangadhi
- Day 12: Drive from Dhangadhi to Kathmandu

### Saipal Base Camp Trek



**Trekking Trail: Saipal Base Camp Trek**

*Source: West Himalaya*

## 11. Badimalika Trek

**Duration:** 7-8 days

**Difficulty level:** Advanced

**Maximum elevation:** 4,214 meters

**Cost:** Around 20,000 NPR

Located in Bajura district, this trek takes you to the Badimalika Temple, which is situated at an altitude of 4,200 meters and is dedicated to the Hindu goddess Bhagwati. The trek starts from the village of Jadga and the trail offers stunning views of the Saipal Himalayan range. Bajura is one of the lesser-known regions of Nepal that conveys normal, strict, and recorded significance. The major highlight of this trek would be the broad green meadows brimming with cattles and various types of blossoms that will, for sure, cause anybody to overlook the hardships of the journey. Different ethnic gatherings living here praise celebrations like Fagu, Deval Jatra, Sain Kande Jatra.



Badimalika Trek

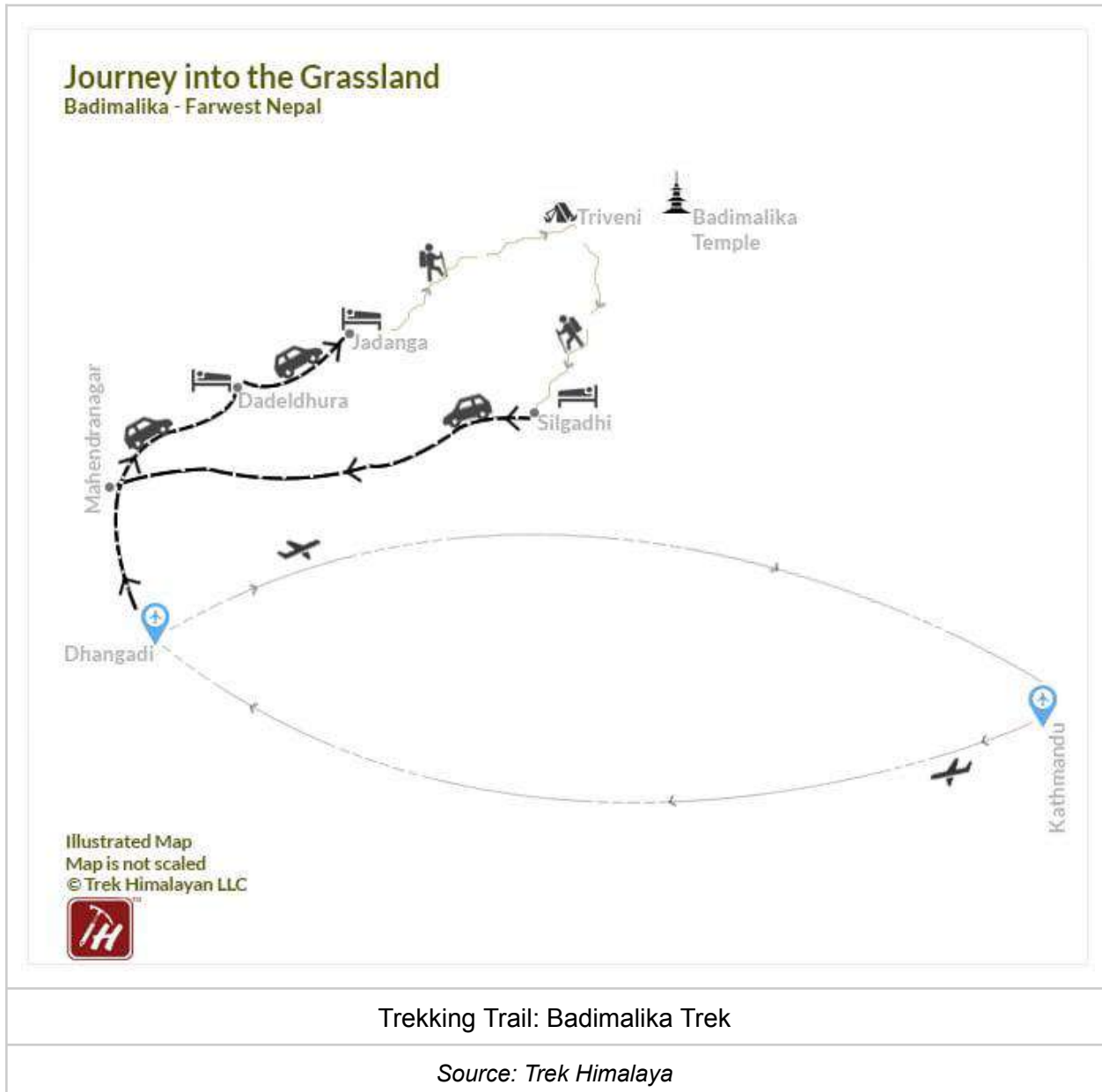
### Badimalika Trek Itinerary

Day 1: Night bus ride from Kathmandu to Attariya, Dhangadhi

Day 2: Drive by jeep to Jadga. Overnight in Tent Camp

Day 3: Trek from Jadga to Karala

- Day 4: Trek from Jadga to Tribeni Badimalika
- Day 5: Trek from Tribeni Badimalika to Nateshwori
- Day 6: Trek from Nateshwori to Dhangadhi via Mourya
- Day 7: Return Bus ride from Dhangadhi to Kathmandu





## Best time to Trek in Nepal

After going through this exhaustive list of trekking destinations in Nepal, you might be wondering when is the best time to trek in Nepal. There are two particularly best times you can trek in Nepal.

### 1. Spring Season (April through May)

- This is an excellent time to go trekking in Nepal. The weather is usually mild, and the days are generally clear and sunny. The spring season is also a great time to see the beautiful flowers and blossoming trees in the lower elevations of the trekking routes. This time of year is also known for its rhododendron blooms, which add a splash of color to the landscapes.

### 2. End of Autumn (October through November)

- The autumn season in Nepal typically runs from September to November. During this time, the weather is generally clear, dry, and stable, making it an ideal time to go trekking. The temperatures are also moderate, with warm days and cool nights, making it comfortable for trekking. The autumn season is also a great time to see the stunning views of the Himalayan mountains, as the skies are clear and visibility is high.

## Here are a few things that you should be prepared with before starting any trek:

- **Physical fitness**

Trekking in Nepal can be physically demanding, so it's important to be in good physical shape before starting the trek. Regular exercise, such as walking, running, or hiking, can help build endurance and stamina.

- **Acclimatization**

Many trekking routes in Nepal involve high altitude, which can lead to altitude sickness. It's important to acclimatize gradually by taking rest days and ascending slowly.

- **Proper gear**

Good trekking gear is essential for a comfortable and safe trek. Clients should bring proper hiking boots, warm clothing, waterproof gear, and a backpack to carry their belongings.

- **Hydration and nutrition**

Staying hydrated and well-nourished is important during the trek. Clients should bring a water bottle, and consider bringing energy bars or snacks.

- **Trekking permits**

Some trekking routes in Nepal require trekking permits. It's important to obtain the necessary permits before starting the trek.

- **Travel insurance**

Trekking in Nepal can be unpredictable, and accidents or injuries can happen. Clients should consider getting travel insurance to cover medical expenses or emergency evacuations.

- **Respect local customs**

Nepal is a culturally rich country, and clients should respect local customs and traditions during the trek. Clients should also respect the natural environment and take care not to damage it.

## Where to buy trekking essential gears:

Here's a list of some popular places in Kathmandu where one can buy trekking gear along with their contact information:

### Thamel

Thamel is a popular tourist district in Kathmandu and has numerous shops selling trekking gear. Some popular shops include Kala Patthar, Dolpo, The North Face Store, Shona's Alpine, and Himalayan Equipment. Contact information for these shops can be found below:

- Kala Patthar: +977-9841263414
- Dolpo: +977-1-5360937, [dolpogear@gmail.com](mailto:dolpogear@gmail.com)
- The North Face Store: +977-1-4412855, [info@thenorthface.com.np](mailto:info@thenorthface.com.np)
- Shona's Alpine: +977-1-4700302, [shonasalpine@gmail.com](mailto:shonasalpine@gmail.com)
- Himalayan Equipment: +977-1-4418826, [info@himalayanequipment.com](mailto:info@himalayanequipment.com)

### Durbar Marg

Durbar Marg is another popular shopping area in Kathmandu and has some high-end stores selling trekking gear. Some popular stores in Durbar Marg include Sherpa Adventure Gear and Yeti Mountain Home. Contact information for these stores can be found below:

- Sherpa Adventure Gear: +977-1-4258554, [info@sherpaadventuregear.com](mailto:info@sherpaadventuregear.com)
- Yeti Mountain Home: +977-1-4256212, [info@yakandyeti.com.np](mailto:info@yakandyeti.com.np)

### Boudha

Boudha is a popular area among trekkers and has numerous shops selling trekking gear. Some popular shops include Boudha Gear Shop and Himalayan Threads. Contact information for these shops can be found below:

- Boudha Gear Shop: +977-1-4916194, [boudhagearshop@gmail.com](mailto:boudhagearshop@gmail.com)
- Himalayan Threads: +977-1-4911979, [info@himalayanthreads.com](mailto:info@himalayanthreads.com)


## Basantapur

Basantapur is a popular area in the heart of Kathmandu and has some shops selling trekking gear. Some popular shops include Everest Hardwear and The Summit Shop. Contact information for these shops can be found below:

- Everest Hardwear: +977-1-4233334, [everesthardwear@gmail.com](mailto:everesthardwear@gmail.com)
- The Summit Shop: +977-1-4226238, [info@thesummitshop.com.np](mailto:info@thesummitshop.com.np)

Please note that this is not an exhaustive list and there are many other shops in Kathmandu that sell trekking gear. It's always a good idea to do some research beforehand and compare prices and quality before making a purchase.

## Here is our best estimated price range for trekking essential gears for a beginner trekker:

- 
1. Trekking Backpack (40+5L): 3,000 NPR
  2. Trekking Boot (Goldstar): 2,500 NPR
  3. Down Jacket: 3,500 NPR (*you can use the one you already have at home*)
  4. Rain Coat: 600 NPR (*you might already have this at home*)
  5. Warm Trousers: 1,500 NPR (*you might already have this at home*)
  6. Sweater: 1,500 NPR (*you might already have this at home*)
  7. Thermocoat Set (Inners): 1,000 NPR (*you might already have this at home*)
  8. Trekking Stick: 500 NPR
  9. Warm Gloves: 300 NPR
  10. Winter Cap: 300 NPR (*you might already have this at home*)
  11. Warm Socks: 300 NPR (*you might already have this at home*)
  12. Scarf/Muffler: 500 NPR (*you might already have this at home*)
  13. Water Bottle: 300 NPR (*you might already have this at home*)

If you buy everything from this list, the total will come around **15,800 NPR**, which is quite expensive for beginner trekkers. If you exclude the things that you might already have at home with you, the total will be around **6,300 NPR**.



## Finally, we'd like to wrap up this content with 10 Travel Hacks that'll help you out immediately in your next trek.

1. Use the data-saving maps available offline for navigation. Like with google maps you can download a portion of area for offline use, located in my maps function.
2. Pack a portable power bank to stay charged while on the go. If you are thinking of getting one, try getting the one with at least 20,000mAh capacity.
3. Respect the environment by properly disposing of waste and practicing eco-friendly tourism and get free good karma, how lucky.
4. Take advantage of local homestays for a more authentic and affordable travel experience. We know that there is no place like home, with that said homestay culture is growing in Nepal. More professional homestays with separate rooms and toilets are being opened. Try homestay for your next travel plans and maybe it will be just right for you.
5. Travel for a music festival or some kind of event, while your main purpose of travel may not be sightseeing, you can take the benefit of enjoying the location because you are already there.
6. Consider contacting some local friend or guide to show you around and give you insider tips. Oftentimes we travel to awesome destinations but don't go to the best places in the area. If you have someone who knows the places, it will really elevate your experience.
7. Collect the group expenses/money before starting to travel. With that you don't have to worry about asking for money every time. Making your experience more seamless and worry less about the expense.
8. Use a Fanny Pack or Money Belt to store all your money close to yourself. Not only is your money safe. You also don't have to always search for your purse when you need to pay for something.
9. Be open to new experiences and embrace the unexpected. Focus on the experience, not just the destination. Often, it's more of the journey than the destination.
10. Remember that travel is about creating memories and having new experiences, not just ticking items off a checklist.

## Conclusion

Nepal is a trekkers' paradise with a plethora of stunning destinations to explore. From the iconic Everest Base Camp trek to the off-the-beaten-path routes like the Manaslu Circuit and the Upper Mustang Trek, Nepal has something to offer for every type of trekker. While trekking in Nepal can be challenging, the rewards are well worth it, from breathtaking mountain vistas to encounters with local cultures and traditions.

When planning a trekking trip to Nepal, it's important to consider the cost of trekking gears and equipment, as well as travel hacks tips to make your trip more affordable and enjoyable. By following the tips and tricks we've shared, you can save money without sacrificing comfort or safety.

Ultimately, trekking in Nepal is an unforgettable experience that should be on every adventure-seeker's bucket list. So, pack your bags, grab your hiking boots, and get ready to embark on an incredible journey through the stunning landscapes and rich cultures of Nepal.