

# TREKKING IN NEPAL

A Complete Independent Guide



## ABOUT THIS GUIDE

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This page contains all the free and independent trek information you need for trekking in Nepal. We believe a good article should be long enough to cover the subject and short enough to create an interest.

We have summed up itineraries from the Great Himalaya Trail high and low routes. We have shortlisted thirty six individual trek routes in Nepal with a general description, picture and summary table for each individual trekking route.

Use our exclusive filter to find the trek best suited to your requirements. It is best to re apply an individual filter value each time, to ensure you get an exclusive result each time! Also, check what trek experts had to say about the route.

**Enjoy your trekking in Nepal!**



# 1 WEEK TREK

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- › [Everest Panorama](#)
- › [Trek Helambu Trek](#)
- › [Ghorepani Poonhill Trek](#)



# 2 WEEK TREK

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- › [Gokyo Lake Trek](#)
- › [Everest Base Camp Trek](#)
- › [Langtang Trek](#)
- › [Gosaikunda Lake Trek](#)
- › [Tamang Heritage Trek](#)
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- › [Annapurna Base Camp Trek](#)
- › [Mardi Himal Base Camp Trek](#)
- › [Jomsom Muktinath Trek](#)
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- › [Upper Mustang Trek](#)
- › [Rara Lake Trek](#)

## 3 WEEK TREK

- › [Kanchenjunga Trek](#)
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- › [Everest Three Pass Trek](#)
- › [Everest Classic Trek](#)
- › [Rolwaling Trek](#)
- › [Rolwaling to Langtang Trek](#)
- › [Ganesh Himal Base Camp > Trek](#)
- › [Tsum Valley Trek](#)
- › [Manaslu Circuit Trek](#)
- › [Annapurna Circuit Trek](#)
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- › [Dhaulagiri Circuit Trek](#)
- › [Guerrilla Trek](#)
- › [Upper Dolpo Trek](#)
- › [Lower Dolpo Trek](#)
- › [Limi Valley Trek](#)
- › [Rara to Khaptad Trek](#)

## 4 WEEK TREK

- › [Lumba Sumba Pass Trek](#)
- › [Makalu to Everest](#)
- › [Upper Dolpo to Mustang Trek](#)



# TREK HISTORY

Blessed with enchanting landscapes and heavenly mountain ranges, Nepal has a lot to offer people who seek adventure and experience. Trekking in Nepal allows you to explore the beautiful nature, flora and faunas residing on the highs and lows of trekking trails. The heavenly mountains and snow peaked Himalayas residing in Nepal provide your soul and body with both a positive spark and with divinity. Trekking in mountainous regions and adventure are synonymous with each other, as you get an adventure of a lifetime on the trail leading to the Himalayas. Nepal is also sometimes referred to as a trekker's paradise.

Trekking adventures in Nepal started in 1949, when a British adventurer, Bill Tilman, made treks to various regions of Nepal, including Kali Gandaki, Helambu and the Everest Region. His exploits of these treks are described in 'Nepal Himalaya', a mountaineering classic that has been reprinted by the Seattle Mountaineers as a part of the Tilman Collection. Another visitor was Maurice Herzog, who led a French expedition to the base of Mount Everest.

After opening its frontiers to the outside world in 1949, ten out of fourteen peaks ranging above 8000 m were ascended within eight years of opening. Annapurna (8091 m) was the first peak to be climbed in 1950, which was followed by Everest (8848 m) in 1953 by Edmund Hillary and Tenzing Norgay (the latter often referred to as Sherpa Tenzing) and Nanga Parbat (8125 m). The number of expeditions multiplied every year and, by 1964, all giant mountains had been ascended.

In 1965, Colonel Jimmy Roberts, a former Gurkha Officer and Military Attaché, realized that establishing trekking company in Nepal would appeal to tourists and so he launched the first trekking company, 'Mountain Travel Trekking Agency' in Nepal, which remained as the solo trekking agency for the next four years. He made Nepal and the Himalayas available to a wide community and trekking became an immediate success. 'Mountain Travel' prospered and became an inspiration to other Nepalese tourism entrepreneurs. Today, trekking agencies are mushrooming, helping the adventure of trekking in Nepal. Today, you will find more trekkers than climbers, due to the lifetime experience and adventure which trekking on the mountainous regions provides.



# EVEREST PANORAMA TREK

This is the shortest trekking itinerary in Khumbu. It can be done in a week so, If you don't have much time or stamina, you can choose this trek. The main idea behind this view trek is to witness the beauty of Tengboche Monastery and Mount Everest. Tengboche is the largest monastery in Everest. You have to return back to Lukla from Tengboche, which is a part of the regular Lukla Everest Base Camp Trek.

Everest Panorama Trek is the same way in and out. If you can spare another five days, you can make it to Everest Base Camp. So this trail is not normally recommended, unless you are short of time! Also, consider contingency days in Lukla, as flights are frequently cancelled in between Kathmandu and Lukla.



## TRIP FACTS



Start & End Point  
Lukla



Maximum Elevation  
3987 m



Number of Days  
7 days



Permit  
Sagarmatha National  
Part Entry Permit & TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Moderate



Transportation  
Fly in to Lukla and fly  
out from Lukla



Pricing  
\$\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# HELAMBU TREK

Helambu is the home of the Hyolmo people. Helambu Valley is very close to Kathmandu, which is only about 30 kilometers north east. The region is famous for its apples, artistic monasteries and it is a pilgrimage site for Buddhists. If you do not have much time, this is a good trek for you. You can also continue toward Langtang Valley and Gosaikunda from Helambu. The regular starting point of the trek is Sundarijal.

You can start this trek in Sundarijal and end in Melamchi, or vice versa. There is no significant difference in a clockwise or anti-clockwise Helambu Trek. However, it is recommend to start the trek in Sundarijal. At the end, you can either drive back from Melamchi, or hike back to Sundarijal.



## TRIP FACTS



Start & End Point  
Sundarijal & Melamchi



Maximum Elevation  
3650 m



Number of Days  
7 days



Permit  
Langtang National Park  
Entry Permit and TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Gentle



Transportation  
Drive in Sundarijal  
and drive out from  
Tumlingtar



Pricing  
\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# GHOREPANI POONHILL TREK

Ghorepani is the biggest village in the Annapurna region, from where you can have excellent views of the Annapurna and Dhaulagiri ranges. Ghorepani Poonhill is a classic teahouse trek and you can trek independently! Also, this is the busiest trekking route in Nepal. You can trek Ghorepani Poonhill all year round. There are no teahouses in Poonhill, so you have to spend the night in Ghorepani and rise before dawn, to trek to Poonhill for the amazing sunrise.

Naya Pool is the most convenient starting point for the trek. Some trekkers also hike up from Tatopani, to enrich their Annapurna Circuit experience. You can continue toward Annapurna Sanctuary or trek back to Naya Pool, via Ghandruk Village. It is recommended you make a mini Annapurna Circuit, i.e. Naya Pool - Ghorepani - Poonhill - Tadapani - Ghandruk - Naya Pool.



## TRIP FACTS



Start & End Point  
Naya Pool



Maximum Elevation  
3210 m



Number of Days  
7 days



Permit  
Annapurna Conservation  
Area Project Entry  
Permit and TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Easy



Transportation  
Drive in and out from  
Naya Pool



Pricing  
\$\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# GOKYO LAKE TREK

With a high alpine series of lakes, Gokyo Valley is a perfect alternative to Everest Base Camp. There are six different lakes in Gokyo Valley and you will follow other trekkers heading to Everest Base Camp up to Namche, a major gateway to the Khumbu Valley. Onward from Namche, the trail follows the riverbed of Dudh Koshi, straight north of the valley. There is a hotel area in front of Gokyo Third Lake. You can hike to Gokyo RI, where there is a famous viewpoint, which offers a magnificent view of Makalu, Everest, Lhotse and Choyou.

Further north of Gokyo Third, you can hike up to Choyou Base Camp but make sure you head out early in the morning with a packed lunch for this trip. You can also extend your trip toward Everest Base Camp, via Chola Pass or Thame via Renjo La Pass.



## TRIP FACTS



Start & End Point  
Lukla & Lukla



Maximum Elevation  
5324 m



Number of Days  
11 days



Permit  
Sagarmatha National  
Park Permit, TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Demanding



Transportation  
Fly in Lukla and fly  
out from Lukla



Pricing  
\$\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# EVEREST BASE CAMP TREK

[Everest Base Camp Trek](#) is the busiest trail in Khumbu and, after a short flight from Kathmandu, you can start your trek. A first acclimatization day is normally set at Namche, during which you can explore the Sherpa Museum, Syangboche Airport, Everest View Hotel and Edmund Hillary Memorial, as well as the historic twin villages of Khumjung and Khunde. There is a dramatic rise in altitude, so it is recommended to have at least two acclimatization days. Dingboche is the highest settlement in Everest and it is also a gateway to Island Peak, a famous peak for climbing in Nepal.

This is the same way in and out and, starting from Lukla, people need eight days to reach base camp though, on the way down, you can make it in as little as four days. Every year, there will be a trail running event, which is the highest marathon in the world. Runners go from Everest Base Camp to Namche in approximately seven to eight hours only. Wow!



## TRIP FACTS



Start & End Point  
Lukla & Lukla



Maximum Elevation  
5545 m



Number of Days  
13 days



Permit  
Sagarmatha National Park Permit, TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Demanding



Transportation  
Fly in Lukla and fly out from Lukla



Pricing  
\$\$\$



Best Season  
March to May & September to November



Restricted Region  
No

# LANGTANG TREK

Langtang is the nearest Himalayan range from Kathmandu and is straight north from the capital. Langtang is a very popular trek among the backpackers! Also, if you decide to trek in Langtang Valley, do not forget to hike to Chirku RI, a famous viewpoint in Langtang, similar to Kalapatthar in Khumbu! Also, you can try yak cheese straight from the factory in Kyanjing. Without an additional permit, you can combine the trek with Gosaikunda Lake or Tamang Heritage Trail.

You can even start your trek from Kathmandu! From the Sundarikal trail, pass by Gosaikunda Lake and continue toward Langtang Valley. A regular start and end point of this trek is Syafru Beshi, offering the same way in and out.



## TRIP FACTS



Start & End Point  
Shyafrubeshi



Maximum Elevation  
5000 m



Number of Days  
8 days



Permit  
Langtang National Park  
Entry Permit & TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Moderate



Transportation  
Drive in Shyafrubeshi  
and drive out from  
Shyafrubeshi



Pricing  
\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# GOSAIKUNDA LAKE TREK

Gosaikunda Lake is a holy lake on the east of the Langtang Valley and is famous for Hindu devotees. Avoid trekking during a monsoon, as there are too many leeches! You can trek further past Gosaikunda toward Surya Kunda. There are many lakes and you can hike to the viewpoint next to the lakes. There is a cheese factory in Chandanbari and you may consider staying an additional night there, as it is a very beautiful place.

You can start your Gosaikunda trek right from the countryside of Kathmandu i.e. Sundarijal. Further west of the lake, you can also continue toward Langtang Valley. The regular starting point of Gosaikunda Lake Trek is Dhunche, approximately seven hours drive from Kathmandu.



## TRIP FACTS



Start & End Point  
Dhunche



Maximum Elevation  
4460 m



Number of Days  
8 days



Permit  
Langtang National Park  
Entry Permit & TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Moderate



Transportation  
Drive in to Dhunche  
and Drive out from  
Dhunche



Pricing  
\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# TAMANG HERITAGE TREK

Langtang is the land of the Tamang, an ethnic group of Nepal. This trek is about exploring the life and culture of Tamang people in Langtang and, in certain villages, homestay facilities are also available. Tamang Heritage Trek is more about a cultural journey in the land of Tamang. Also, there is a natural hot spring in Timure, which is part of the trail. You can soak in the natural hot spring, which local people believe helps you get rid of skin diseases.

The starting point of Tamang heritage trek is Syafrubesi. You can either take a local bus from Kathmandu, or rent your own private 4WD vehicle. Alternatively, you can extend your trek, merging with Langtang Valley and Gosaikunda Lake. If you decide to extend, you can also start your trek right from the Sundarijal in Kathmandu.



## TRIP FACTS



Start & End Point  
Shyafrubeshi



Maximum Elevation  
3870 m



Number of Days  
11 days



Permit  
Langtang National Park  
Entry Permit and TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Moderate



Transportation  
Drive in and out from  
Shyafrubeshi



Pricing  
\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# LOWER MANASLU TREK

Lower Manaslu Circuit Trek begins at Ghairung and is very close to the Manakamana Temple. Trekkers pass through the main Gorkha market area and then head toward Siran Danda, Barpak, Larpak, Lambai Kharka and Dharche Danda. Commercial teahouses are available in only a few places but you can make use of homestay or camping. The number of tourists trekking the Lower Manaslu Circuit is limited.

You can either start this trek in Ghairung or in Gorkha Bazar. Also, from Barpak, you can either take a bus back to Kathmandu, or descend down to the regular Manaslu Circuit Trek via Lapubeshi, then terminate your trek in Arughat or Soti Khola.



## TRIP FACTS



Start & End Point  
Gorkha Bazar



Maximum Elevation  
2930 m



Number of Days  
10 days



Permit  
No permit required



Accommodation  
Teahouse and homestay



Independent Trek  
Allowed



Difficulty  
Easy



Transportation  
Drive in and out from  
Gorkha Bazar



Pricing  
\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# ANNAPURNA BASE CAMP TREK

Annapurna Base Camp is a high glacial basin surrounded by mountains and you can access the sanctuary via a narrow pass in between Hiunchuli and Machhapuchhre. Locals believe that this sanctuary is the home of several Hindu and Buddhist Deities. You are not allowed to take meat or eggs into the sanctuary. This restriction is from Deurali onwards. You will get a chance to explore Machhapuchhre Base Camp, which is the south base camp of Annapurna. There is another base camp on the northern side, which is used by climbers.

This is a same way in and same way out route. You can start your trek either in Naya Pool or Phedi. Depending on the route chosen, your trip could be as long as two weeks. You can also make a small circuit, by starting your trek in Naya Pool and ending in Phedi, or vice versa.



## TRIP FACTS



Start & End Point  
Naya Pool



Maximum Elevation  
4140 m



Number of Days  
12 days



Permit  
Annapurna Conservation  
Area Project Entry  
Permit and TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Moderate



Transportation  
Drive to Naya Pool  
and drive out from  
Naya Pool



Pricing  
\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# MARDI HIMAL BASE CAMP TREK

Mardi Himal Base Camp is a good alternative to Annapurna Sanctuary. You will meet few trekkers but it is now possible to take this trek as a teahouse trek, as there are several newly-built teahouses and homestays. This is a new Annapurna Base Camp Trek! Mardi Himal Trek can be a unique experience with local villages, wildlife and panoramic views of the mountains. The starting point of the trek is Phedi, which is a short drive from Pokhara and you have to follow the regular Annapurna base camp trek trail up to Pitam Deurali.

You can have a beautiful view of Annapurna Base Camp from a higher viewpoint. It is a long day trip from High Camp to Mardi Himal Base Camp and back. You can either trek back to Phedi, or take a different route via Siding village down Mardi Himal Valley. There is a shared jeep facility from Lumre to Pokhara, which departs every hour.



## TRIP FACTS



Start & End Point  
Phedi & Lawang Village



Maximum Elevation  
4450 m



Number of Days  
10 days



Permit  
Annapurna Conservation  
Area Project Entry  
Permit and TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Gentle



Transportation  
Drive in to Phedi and  
drive out from  
Lawang Village



Pricing  
\$\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

# JOMSOM UKTINATH TREK

The Annapurna region is without doubt the most popular trekking area in Nepal. Jomsom Muktinath Trek embraces diversity at its finest, starting from subtropical jungle and ending high in the dry landscape which touches the edge of Tibetan Plateau. This is the final leg of the famous Annapurna Circuit and, because of road constructions, many trekkers choose to avoid trekking this section of the Annapurna Circuit. Recently, Andrew and Prem Rai marked the entire Annapurna Circuit with red, blue and white signs, to avoid the road.

This is a same way in and same way out trek route. You can either trek in and fly out, or the reverse. You can also trek via Ghorepani Poonhill. The highly recommended route is trek in and fly out. Trek in through the medieval villages of Marpha, Jomsom, Kagbeni, Jharkot and Muktinath and, at the end, you can choose to fly back from Jomsom.



## TRIP FACTS



Start & End Point  
Naya Pool & Jomsom



Maximum Elevation  
3700 m



Number of Days  
10 days



Permit  
Annapurna Conservation  
Area Project Entry  
Permit and TIMS



Accommodation  
Teahouse



Independent Trek  
Allowed



Difficulty  
Gentle



Transportation  
Drive in to Naya Pool  
and fly out from  
Jomsom



Pricing  
\$\$\$



Best Season  
March to May &  
September to  
November



Restricted Region  
No

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