

MAJOR TREKKING REGIONS

1. Annapurna Region

Annapurna region is one of the most popular trekking regions in the country. Some of the popular trails in the Annapurna region are Annapurna Circuit, Annapurna Sanctuary, Ghorepani-Poon Hill Trek, Dhaulagiri Circuit, Upper Mustang, Tilicho Trek and Nar and Phu Valleys Trek among others. The trails in Annapurna Region span from a minimum of 10 days to as much as 25 days. The major attractions of trekking trails in Annapurna Region are magnificent mountain peaks in the Annapurna Range, fast flowing rivers like Kali Gandaki and Marshyangdi, dense rhododendron forests and beautifully rural villagers among others.

a. Annapurna Circuit (20-25 days)

The trail starts from Besishahar and progresses through Bahundada, Chemche, Bagarchap, Chame, Lower Pisang, Upper Pisang, Manang, Yak kharka, Thorongla Phedi, Thorongla pass, Muktinath, Kagbeni, Marpha, Kalopani, Sikha Deurali, Ghorepani, Poon Hill, Banthati, Ghandruk and ends at Pokhara.

b. Annapurna Sanctuary Trek (Approx. 20 days)

The trail begins from Phedi near Pokhara and progresses through Landruk, Chomrong, Dobhan, Deurali, Machhapuchhre Base Camp, Bomboo, Gurjung Khola, Banthati, Ghorepani, Poon Hill, Ulleri Village, Nayapul and ends at Pokhara.

c. Ghorepani Poonhill Trek (Approx. 10 days)

Ghorepani-Poon Hill trek is famous for dense rhododendron forest at Ghorepani and excellent mountain views from the top of Poon Hill. The trek begins from Naya Pul near Pokhara and progresses through Hile, Ghorepani, Poon Hill, Banthati, Ghandruk, Landruk, Potana, Dampush Phedi and ends at Pokhara.

d. Dhaulagiri Circuit Trek (Approx. 20 days)

Dhaulagiri Circuit Trek starts from Beni in Myagdi district and passes through Babiyochoor, Dharapani, Muri, Baga Village, Dobhan, Bhadoure Kharka, Italy Camp, Glacier Camp, Dhaulagiri Base Camp, France Pass, Hidden Valley, Dhampus Peak, Yak Kharka, Marpha Village Jomsom and fly back to Pokhara.

e. Upper Mustang Trek (Approx. 25 days)

Upper Mustang Trek is one of the most fascinating experiences that you can have in Nepal. Culture and lifestyle of people in Upper Mustang or Lo Manthang resembles to that of Tibet and the area is home to ancient arts and monasteries dating back to many centuries. The trekking begins with a flight to Jomsom from Pokhara and progresses through Chaile, Charang, Lo Manthang, Choser, Dhi Surkhang Village, Yara Gara, Tetang, Muktinath and fly back to Pokhara via Jomsom.

f. Nar and Phu Valley Trek (20-25 days)

Nar and Phu villages in Manang district are two of Nepal's newly opened trekking areas. It lies in northern part of Manang and borders with Tibet. The unique art, culture and lifestyle of the people are the major attractions in Nar and Phu. The trek begins from Besisahar in Lamjung district and passes through Bahundada, Bagarchap, Dharmasala, Metta, Phu Village, Junakhang, Nar Village, Ngawal, Manang, Thorong Phedi Thoron Pass Muktinath, Jomsom and fly back to Pokhara.

2. Everest Region

Everest Region is another famous trekking region in the country. Home to high mountains peaks, including the majestic Everest, the Everest Region is home to Sherpas, the finest mountain climbers in the world. Beautiful villages like Namche Bazaar, Thame and Khumjung, lakes like Gokyo and rivers like Dudhkoshi and Bhotekoshi and beautiful monastery like Tengboche monastery are the major attractions of Everest region. Majority of the trail passes through Sagarmatha National Park, a UNESCO World Heritage site. There are plenty of popular trekking trails in the Everest region and they span from 10 to as much as 25 days. Some of the popular trekking trails in the Everest Region are:

a. Everest Base Camp Trek (Approx. 18 days)

Trek to Everest Base camp starts from Lukla airstrip. The trek then progresses through Phakding, Namchebazaar, Tengboche Monastery, Pheriche, Lobuche, Gorak Shep, Kalapather, Everest Base camp and returns via Dingboche Tengboche Monastery, Namche Bazar and fly back to Kathmandu via Lukla. The major attractions of this trail are magnificent mountain peaks,

beautiful Sherpa village, monasteries and culture and lifestyle of the Sherpa people.

b. Jiri to Everest Base Camp Trek (Approx. 25 days)

This is the old route to Everest Base Camp. The route was used to reach Everest region before the Lukla airstrip was constructed. The trek begins from a beautiful Sherpa village of Jiri in Dolakha district and progresses through Shibalaya, Bhandar, Junbeshi Village, Nunthala, Ghatta Gaon, Namche Bazar, Thame, Khunde, Tengboche, Dingboche, Lobuche, Gorak Shep, Everest BC and back to Lobuche, Pheriche, Tengboche, Namchebazar, Lukla and fly back to Kathmandu.

c. Gokyo Chola Pass Trek (Approx. 20 days)

This trek takes you to the beautiful Gokyo Lake and the demanding Chola Pass. The trek begins from Lukla airstrip and progresses through Phakding, Namchebazaar, Kumjung Village, Tengboche Monastery, Porchethaga, Mochermo, Gokyo Lake cross Chola Pass to reach Dozongla, Lobuche, Gorak Shep and Everest BC. The trail then descends to Gorak Shep, Dengboche, Tongbuche, Namchebazaar, Lukla and fly back to Kathmandu.

d. Rolwaling Trek (Approx. 20 days)

The trek takes you to the Everest region through beautiful Rolwaling Valley in Dolakha district. It begins from Dolakha and progresses through Biguti, Suri Dobhan, Jagat Simi Gaon Village, Gairi Kharka Beding, Tsho Rolpa Lake, Tashilapcha Base Camp, Thame, Khumjung, Namche Bazar, Lukla and fly back to Kathmandu.

3. Langtang Region

The Langtang region is situated on the north of the Kathmandu Valley and it borders Tibet in the north. The major inhabitants in the Langtang region are Sherpas and Tamangs. Though very close to Kathmandu Valley, this is one of the less trekked trekking regions. Some of the popular attractions in the Langtang Region are Langtang Valley, Gosai Kunda Lake, Helambu Valley and Kenjing Monastery among others. Some of the popular trekking options in the Langtang Region are:

a. Langtang Valley Trek (Approx. 15 days)

Langtang Valley trek is the most popular trekking trail in the Langtang Region. The trekking begins from a drive to Dhunche, a beautiful Tamang village. The trek then progresses through Thulo Syabru, Lama Hotel, Langtang Village, Kenjing Monastery, Chorkori Peak, Lang Sisa, Ghoda Tabela, Sano Syabru and back to Kathmandu. The trekking passes through Langtang National Park, beautiful villages and fast flowing Trishuli River.

b. Langtang Gosainkunda Trekking (Approx. 20 days)

This trek takes you to Gosainkunda Lake, a sacred glacier-fed lake. The trek begins from a drive to Sano Syafru and passes through Bamboo hotel Godatabela Langtang Village Kyangjing gompa Langsisa Kyangjing gompa Godatabela Thulosapru Sing Gompa Gosai kunda Gopte Odar Tarkegyang Sermathang Melamchi and drive back to Kathmandu.

c. Helambu Valley Trek (Approx. 10 days)

Helambu Valley Trek is an easy trek and is mostly frequented by students and older people. The trek passes through beautiful villages, deep forests and offers magnificent views of mountains in Annapurna and Langtang ranges. Yolmo Sherpas are the major inhabitants in the Helambu Valley. The trek begins from a drive to Melamchi in Sindhupalchowk district and passes through Sermathang, Tarke Ghyang, Yangri Monastery, Melamchi Vilage, Thadepati, Kutumsang, Chisapani, Sundarijal and drive back to Kathmandu.