

Nepal Trekking Guide

A Comprehensive Guide to Popular Trekking Routes in Nepal

By NepalsBest.com

Introduction

Nepal, home to eight of the world's fourteen highest peaks, is a trekker's paradise. This guide covers the most popular trekking routes in Nepal, providing essential information for planning your adventure in the Himalayas.

Popular Trekking Routes

1. Everest Base Camp Trek
2. Annapurna Circuit
3. Langtang Valley Trek
4. Manaslu Circuit Trek
5. Upper Mustang Trek

Best Time to Trek

Spring (March-May): Rhododendron blooms, clear mornings, occasional afternoon clouds

Autumn (September-November): Clear skies, stable weather, excellent visibility

Winter (December-February): Cold but clear, fewer trekkers

Summer/Monsoon (June-August): Rainy, muddy trails, limited visibility

Essential Gear

- Quality hiking boots
- Layered clothing
- Sleeping bag
- Water purification
- First aid kit

For more detailed information, visit www.nepalsbest.com