

- [Trekking seasons](#)
- [Trekking Grade](#)
- [Trekking Permit](#)
- [Trekking Equipments](#)
- [Visa Information](#)

Trekking seasons

Since Nepal is a country of diversification with its geography and climate, a nature lover can always make it as his destination of trekking year round. Normally four seasons are considered in Nepal, each of which has its own particular attraction to offer.

Autumn (Sep-Oct- Nov): - The best season offering excellent weather and outstanding mountain views.

Spring (March-April- May): - The second finest trekking season. The temperature is quite moderate; especially the rhododendrons are in complete blossom and the mountain views are excellent.

Summer (June- July-August): - This is the most preferable season to trek in the rain shadow areas like Mustang, Upper Manang and Dolpo. These places are out of reach of the rain clouds because of the huge mountains and are unaffected by the monsoon. This season is also recommended for forest researchers and botanist. Warning-raincoats and insect repellents are strictly necessary in this period.

Winter (December- January- February): - suitable season for trekking at lower altitude, generally below 3000m.

Trekking Grade !

[Top](#)

While trekking in Nepal, you can choose between staying in tea-house or camping. A tea-house is a local run guest house, but standards vary enormously. In popular areas such as Annapurna, tea houses are more like hotels, with hot water, Western food and private rooms, whereas in remote areas, they are far simpler and more authentically Nepali.

Tea-house trekking is less expensive than camping, and is suitable for small groups. With large groups, irrespective of the area, it is more practical to camp. A team of guides, porters and cooks mean you trek in comfort and provide international-style food of a high standard.

Grade 1

Trekkers with no previous experience, we offer a diverse range of easy treks. By easy, we mean that trek involves no difficult climbing or ascents to high altitudes, takes usually no more than a week and is suitable for anyone. However, you should not think that loss of height means loss of interest; while our more challenging treks get you closer to a small number of mountain ranges; lower altitude treks often provide colorful horizons of a whole series of ranges. High or low, mountain villages reachable only by several days walk from the road brim with character.

The tea-house along these routes offers hot water and Western-style food. Of course, these treks are not popular without reason and you will find the terrain and views superb. The Ghorepani and Jomsom treks follow well-trodden trails. If the idea of tea-house trekking appeals to you, but you would prefer to escape from the crowds, then the Helambu trek could be your ideal choice. You trek up to within sight of enormous snowy mountains, and then wind at a leisurely pace through a spectacular green valley. The tea-house is simpler here, but you will benefit from the peace of the unspoilt villages and the friendly welcome of your hosts. To really get away from it all, try the Shivapuri trek, Sikkim trek or the Royal Trek. Whilst you will still pass through many remote villages, these regions are so unspoilt as to have no tea-houses, and you will need to camp. Again, the range of mountains you can view on these treks is superb.

Grade 2

Trekking in grade 2 is more difficult than grade 1 and are suitable for any walker looking for something a little more energetic. They are longer (10-20 days), involve more walking up and down and climb to higher altitudes, where you will be rewarded with close-up views of big mountains. For a well-trodden route with good tea-house facilities, you could choose the Annapurna Base Camp Trek, which gets you close to glaciers and affords spectacular houses; try a trek in the beautiful Langtang region.

For a moderate trek out in the wilds, Ganesh Himal would be a good choice. With only 100 visitors a year to this region, the local cultural traditions are still very much intact. On this trek, you cross the high Singla Pass (4600m.) The Rara Trek is similarly remote and is a good option for the summer season as rainfall is low. As tourists are relatively unknown in these last two regions, you need to camp.

Grade 3

Grade 3 treks should only be undertaken by those with some previous mountain walking experience. They ascend to altitudes of up to 5000m and involve some steep climbing, although it is necessary to use ropes. Treks at this level can be arranged for periods of 7-21 days.

For a popular and spectacular trek, with the possibility of staying in well-developed tea houses, the Annapurna circuit is a good choice. A gradual ascent through a green river valley will lead you up to a number of high passes, where you will reach the altitude of 5416m. This trek will give you a close insight into Tibetan culture. Another understandably popular trek, with good tea house facilities, is the Everest Base camp. The goal of this trek speaks for itself, but in achieving it, you cross a glacier, see Mt. Everest and a whole variety of soaring peaks and experience the rich Sherpa culture. For a real adventure in wild and Makalu Base Camp the Makalu trek traverses many high passes before reaching the Base Camp at 5000m. The Tibetan plateau of Mustang is a wild, treeless desert. The last two treks are possible only if you camp.

Grade 4

Grade 4 treks are only for real adventurers. They involve steep ascents to high altitudes with the possibility of some rope climbing. You'll need stamina to complete one of these treks, as it can take 20-28 days to journey to the heart of the wildernesses that they cross. All are camping expeditions. The exception is the Simikot trek, which is very remote with a truly undeveloped culture (quite a shock.) This can be accomplished in a shorter time (7-14 days.) However, you can also use the little-visited Simikot as the starting point for a trip to Mount Kailash (20 days.)

A trek through the isolated Dolpo region is one of the few good possibilities for the summer months, as the area gets little rain. Manaslu, like Annapurna, is a circuit trek and passes through Tibetan villages in a little-visited, restricted area. A trip to Kanchenjunga, the third highest mountain in the world, will take you into the remote Far East region of Nepal. Here, Sherpa, Rai and Limbu culture happily co-exist. If you want the ultimate challenge, the Dhaulagi trek is the most difficult of our featured treks. This wild trek involves challenging trekking on rough high terrain, perhaps with a ropes pitch or two.

Trekking Permit

[Top](#)

All trekkers require a trekking permit to visit Nepal's interior regions, which are not connected

by highways. Recently the Annapurna, Langtang and Everest regions have been declared "permit free" areas; but National Park or Conservation Area fees are still applicable. We process the trekking permits and national park entrances at immigration offices from N.K's Trekking & Expedition office in Katmandu.

A trekking permit is a must to visit restricted areas mentioned below. To visit normal trekking areas, no permission is required restricted areas which have been opened for Group Trekking.

The following restricted areas are open only for group trekkers. And a trekking permit will not be issued to individual trekkers for such areas.

The areas and required fees are as follows:

1. Areas of lower Dolpa For the first 4 weeks per week per person US\$ 10 and after 4 weeks per week per person US\$ 20.

2.

Taplejung District (Kanchenjanga Region):- Areas of Olangchunggola, Lelep, Papung and Yamphudin Village Development Committee.

Sankhuwasabha District (Makalu Region):- Areas of Kimathanka, Chepuwa, Hatiya and Pawakhola Village Development Committee.

Solukhumbu District (Everest Region):- All north-west area way from Thame to Nangpala of Namche Village Development Committee.

For the first 4 weeks per week per person US\$ 10 and After 4 weeks per week per person US\$ 20

3. Rasuwa District: - Thuman and Tingure per week per person US\$ 10
4. Manang District: - Areas of Nar, Phu, and Northern area of Tilche Village of Thochhe Village Development Committee for September to November per week per person US\$ 90 and December to August per week per person US\$ 75.
5. Mugu District: - Areas of Mugu, Dolpu, Pulu and Bhangri. For the first 7 days per person US \$90 and After 7 days per day per person US \$15.
6. Bajhang District: - Areas of Kanda, Saipal, Dhuli. For the first 7 days per person US \$90 and After 7 days per day per person US \$15.
7. Darchula District :- Areas of Byas Village Development Committee. For the first 7 days per person US \$ 90 and After 7 days per day per person US \$ 15.
8. Upper Mustang and Upper Dolpa District: - For the first 10 days per person US \$700 and After 10 days per day per person US \$ 70.
9. Gorkha District (Manaslu Area): - For September to November per week per person US\$ 90 and December to August per week per person US\$ 75.
10. Humla District (Simikot and Yari): - Areas of Limi and Muchu village Development Committee, and area way to Tibet via Tangekhola of Darma Village Development committee. For the first 7 days per person US \$ 90 and After 7 days per day per person US \$ 15.

Trekking Equipments

[Top](#)

For trekking in Nepal in the following equipments are necessary. For your personal use you need to have these equipments.

Personal necessary

1. Fleece jacket or pullover
2. Fleece Wind-Stopper jacket (optional)
3. Waterproof (preferably breathable fabric) shell jacket
4. Down vest and/or jacket (optional)
5. Lightweight gloves
6. Heavyweight gloves or mittens with a waterproof shell outer
7. Sun hat or scarf
8. Light balaclava or warm fleece hat
9. Sunglasses with UV protection
10. T-shirts (2)
11. Underwear (4)
12. Hiking shorts (2)
13. Lightweight cotton long pants
14. Light and expedition weight thermal bottoms
15. Fleece or wool pants
16. Sun Cream, Sun Glass, Torch Light and other your necessary equipment

17. Thin, lightweight inner socks (4)
18. Thick, warm wool hiking socks (4)
19. Hiking boots with spare laces
20. Camp shoes (sneakers and/or sandals)
21. Gaiters

Other necessary equipments

1. Sleeping bag rated to zero degrees F
2. Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
3. Small pad or combination lock-to-lock trek bag
4. Basic First Aid Kit (see Health and Medicinal)
5. Large plastic bags - for keeping items dry inside trek bag
6. Daypack (approximately 2500 to 3000 cubic inches)
7. Thermarest sleeping pad
8. Water bottles (2)
Toiletries
9. Small wash towel

Visa Information

[Top](#) A . Entry:-

Tourist entry visa can be obtained for the following duration from Royal Nepalese Embassy or Consulate or other mission offices or at the following immigration offices in Nepal.

1. Immigration Office, Tribhuvan International Airport, Kathmandu
2. Immigration Office, Kakarvitta, Jhapa (Eastern Nepal)
3. Immigration Office, Birganj, Parsa (Central Nepal)
4. Immigration Office, Kodari, Sindhupalchowk (Northern Border)
5. Immigration Office, Belahia, Bhairahawa (Rupandehi, Western Nepal)
6. Immigration Office, Jamunaha, Nepalgunj (Banke, Mid Western Nepal)
7. Immigration Office, Mohana, Dhangadhi (Kailali, Far Western Nepal)
8. Immigration Office, Gadda Chauki, Mahendranagar (Kanchanpur, Far Western Nepal)

I) Visa fee for visitors who enter Nepal for the first time in a visa year (Jan-Dec): Duration Fee

II) Single entry 60 days from the date of entry US\$ 30 or equivalent convertible foreign currency.

III) Multiple entry facility can be obtained paying additional US\$ 50 or equivalent convertible foreign currency. The facility will be valid for a visa year (Jan-Dec) if the visa period is valid.

B. Tourist Visa Extension:-

A tourist visa can be extended up to 120 days from the Department of Immigration in Kathmandu and Pokhara Immigration Office on request. Thereafter an additional 30 days can be extended from Department of Immigration ensuring that tourist visa cannot be extended more than 150 days.

Visa Extension Fee:

1. Tourist visa extension fee for 30 days: -

US\$ 30 in equivalent Nepalese currency.

2. Tourist visa extension with multiple entry facility: -

Multiple entry facility can be obtained paying additional US\$ 50 or equivalent convertible foreign currency. The facility will be valid for a visa year (Jan-Dec) if the visa period is valid.

3. Late fee for not applying extension in time :-

- US\$2 in equivalent Nepalese currency per day for the first 30 days.
- US\$3 in equivalent Nepalese currency per day for the next 31 to 90 days.
- US\$5 in equivalent Nepalese currency per day for more than 90 days.

4. Gratis visa: -

- Children below 10 yrs.
- Dependants up to the age of 16 years, holding foreign passports of Nepalese parents or either of their parent being a Nepalese citizen.
- Citizen of Nepali origin, after having obtained passport for the first time from a Nepal based foreign mission, until the period of his departure to a foreign country.
- Citizens of member countries of South Asian association for Regional Cooperation (SAARC) and the People's Republic of China.
- Any foreigner, who has lived in Nepal up to fifteen (15) days continuously, re-entering

Nepal during the same visa year.

- Any foreigner, tourist entering into Nepal for three days or less than that.

Some Important information to tourist: Don't or Do's [Top](#)

- A tourist may stay in Nepal up to 150 days in a visa year.
- A tourist must extend his/her visa before expiry of the visa validity period. A tourist who does not comply with these regulations may be liable of fine and other prosecution as provided in Immigration Act and Rules.
- A Foreigner having obtained tourist visa shall not be allowed to work with or without receiving remuneration.
- A foreigner shall not be allowed to carry out any work other than that for which purpose s/he has obtained the visa.

For more information, please [contact us](#) .