



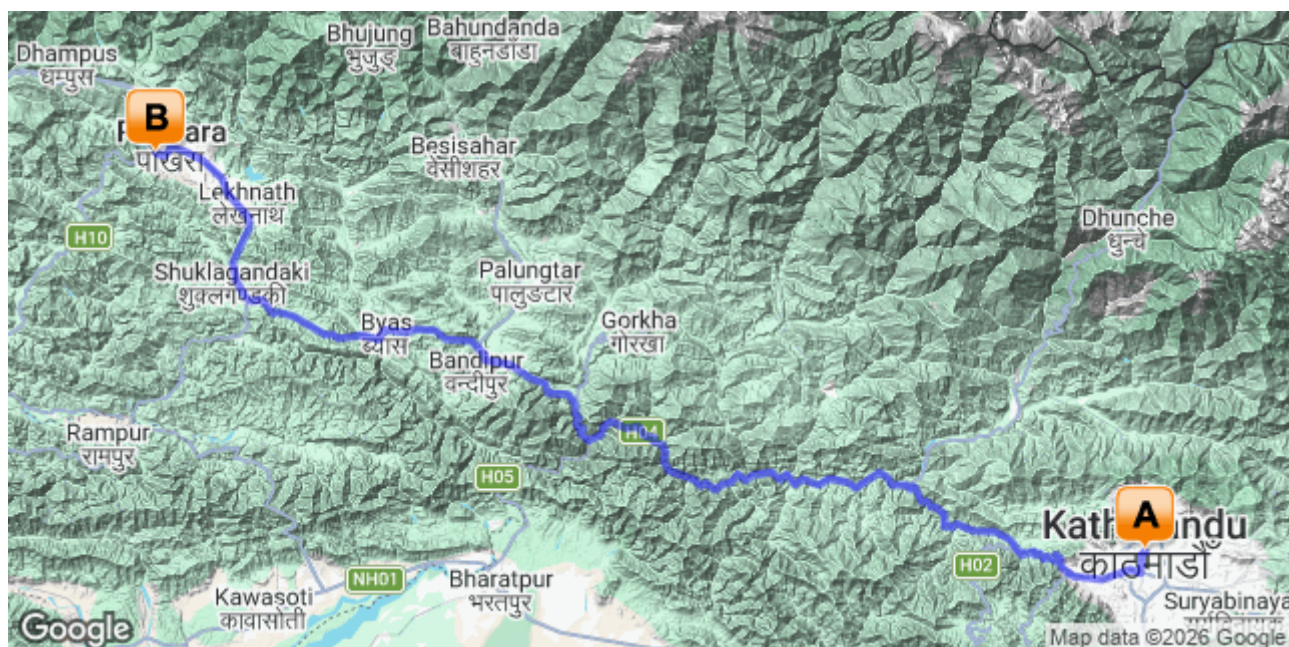
Beyond Manaslu: Nepal's Ultimate Himalayan Odyssey



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Kathmandu - Pokhara

15 Days / 14 Nights



Introduction

Start	Accommodation	Destination	Basis
Day 1	Dusit Princess Kathmandu	Kathmandu	D,B&B
Day 3	Local Lodge	Trek	AP
Day 14	Fish Tail Lodge	Pokhara	B&B

Key

B&B: Bed and Breakfast

D,B&B: Dinner, Bed and Breakfast

Included

- Assistance at the airport.
- 02 Nights' accommodation at Hotel in Kathmandu on MAP plan.
- 12 Days Manaslu Circuit Trek on AP plan using local lodges' en-route.
- 01 Night accommodation at Hotel in Pokhara on MAP plan.
- Trek Guide and necessary porters as per the group size (including salary, food, accommodation, transportation, and insurance).
- Manaslu special permit fee.
- Annapurna Conservation Area Project fee.
- Tsum Valley rural municipality entrance fee.
- Trekking pole, and duffle bag (if required).
- First AID box.
- Trek transfer Kathmandu-Machha Khola, Tilji village-Besishar-Pokhara.
- Airfare for the sector Pokhara/Kathmandu with airport transfers.
- Sightseeing tours as per the itinerary with our local Chinese speaking guide in Kathmandu.
- Monumental entrance fees as per the itinerary.
- All airport transfers as per the itinerary.
- Water in the vehicle.
- All currently applicable taxes including Service tax.

Excluded

- International airfares.
- Nepal Visa fee.
- Personal Trekking gears such as sleeping bag, down jacket, trekking stick (you can hire in Kathmandu), sun glass, sunscreen, trekking shoes, gloves and personal medication.
- Any beverages including mineral water, soft drinks, alcoholic drinks etc. unless otherwise specified. It is more cost effective for us to bill you for all beverages based on actual consumption.
- Any items of a personal nature such as laundry, telephone calls etc.

- The prices do not include: undue escalation in fuel prices, new taxes levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with prior notice.
- Any other items not mentioned in the cost inclusion section.
- Insurance.

Day 1

Dusit Princess Kathmandu, Kathmandu

Kathmandu

Nepal's capital city serves as the departure point for treks into the Himalayas, including Mount Everest and Annapurna, and as a result, it is a major travel and tourism hub. Besides its proximity to these world-class hiking trails, the city also features many charms of its own, including an exquisite setting amidst snow-covered mountain peaks, friendly locals, several UNESCO World Heritage Sites and a series of ornate stone temples dating back hundreds of years. Don't miss a visit to the sacred Boudhanath Stupa, the ancient tree-swathed site of Swayambhunath, or Kathmandu Durbar Square with its 12th-century temples.

Day Itinerary

ARRIVE KATHMANDU

Meals: Dinner

Welcome to Kathmandu, the vibrant capital of Nepal. On a clear day, your flight offers breathtaking aerial views of the majestic Himalayan range, providing a spectacular introduction to this enchanting destination.

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed by our local representative and chauffeur, who will assist you with your transfer to your designated hotel. After completing the check-in formalities, you will receive a detailed briefing on your upcoming tour program and daily sightseeing schedule.

The remainder of the day is at leisure, allowing you to relax and unwind after your journey.

Dinner and Overnight Stay at the Hotel.

Overnight: Dusit Princess Kathmandu

The Dusit Princess Kathmandu is conveniently located in upmarket Lazimpat in the heart of Nepal's vibrant capital. The guest rooms and suites are light, modern and elegantly decorated, equipped with heating/air conditioning, Wi-Fi, TVs, sitting areas, mini-bars, tea/coffee facilities, hairdryers and well-thought-out private bathrooms. Guests can enjoy dining at the on-site restaurants serving delectable Thai and artisanal dishes or relax at one of the comfortable bars with a creative cocktail. The additional amenities and services include a rooftop infinity pool with expansive sitting areas and a bar, meeting facilities, event hosting, a spa, a lobby lounge and a reception. Guests can enjoy exploring Kathmandu Durbar Square, Swayambhunath Stupa and the Narayanhiti Palace Museum.



Basis

Dinner, Bed and Breakfast

Day 2**Dusit Princess Kathmandu, Kathmandu**

Day Itinerary**KATHMANDU SIGHTSEEING TOUR**

Meals: Breakfast & Dinner

After breakfast at the hotel, embark on a full-day guided sightseeing tour of Kathmandu, exploring three of the valley's most iconic UNESCO World Heritage Sites: **Kathmandu Durbar Square**, **Swayambhunath Stupa**, and **Bhaktapur Durbar Square**.

Kathmandu Durbar Square

Located in the historic heart of Kathmandu at Basantapur, Kathmandu Durbar Square is a remarkable complex of ancient palaces, temples, courtyards, and monuments that once served as the royal residence of Nepal's Malla and Shah kings. Highlights include the historic **Hanuman Dhoka Royal Palace**, the towering **Taleju Temple**, the sacred **Kumari Ghar**, home to Nepal's Living Goddess, the **Ashok Vinayak Temple** dedicated to Lord Ganesha, and the imposing shrine of **Kal Bhairav**. The square is also home to the historic **Kasthamandap**, a legendary wooden pavilion believed to have been constructed from the timber of a single tree, from which the city of Kathmandu derives its name.

Swayambhunath Stupa

Perched atop a hill overlooking the Kathmandu Valley, the ancient **Swayambhunath Stupa**, also known as the Monkey Temple, is one of Nepal's oldest and most revered Buddhist monuments, dating back nearly 2,000 years. Its magnificent white dome, gilded spire, and the iconic all-seeing eyes of Buddha symbolize wisdom and compassion. Surrounded by numerous shrines, prayer wheels, and monasteries, the site also offers spectacular panoramic views of Kathmandu.

Bhaktapur Durbar Square

Continue to **Bhaktapur**, the "City of Devotees," located approximately 12 km east of Kathmandu. Renowned for its exceptionally preserved medieval architecture, Bhaktapur Durbar Square showcases Nepal's rich cultural and artistic heritage. Explore the magnificent **55-Window Palace**, the intricately crafted **Golden Gate**, the **Lion Gate**, the statue of **King Bhupatindra Malla**, the elegant **Vatsala Devi Temple**, and the historic **Bell of Barking Dogs**, installed by King Ranjit Malla in 1737. The square is a living museum of traditional Newari craftsmanship and architecture.

Following the sightseeing tour, return to your hotel.

Dinner and Overnight Stay at the Hotel.

Basis

Dinner, Bed and Breakfast

Day 3

Trek Day

Day Itinerary

DRIVE TO MACHHA KHOLA (890M/157KM/9-10 HRS.).

Meals: Breakfast, Lunch & Dinner

After an early breakfast, depart by road for **Machha Khola**, the gateway to the Manaslu trekking region. The scenic journey takes approximately **9–10 hours**, travelling via **Arughat** and **Soti Khola** through picturesque countryside.

As you leave Kathmandu behind, the drive follows the winding **Trishuli** and **Budhi Gandaki Rivers**, passing charming villages, terraced rice fields, lush hillsides, waterfalls, and vibrant rural settlements. The route offers an authentic glimpse into Nepal's traditional countryside and gradually transitions into the lower Himalayan foothills of the **Gorkha District**.

Upon arrival in **Machha Khola (890 m)**, check in to your local lodge and relax after the day's journey.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 4

Trek Day

Day Itinerary

TREK TO JAGAT (1410M/14KM/7-8 HRS.).

Meals: Breakfast, Lunch & Dinner

After breakfast, begin your trek by following the **Budhi Gandaki River** upstream through beautiful Himalayan landscapes. The trail passes through the small village of **Khorla Besi** before continuing along a scenic route surrounded by terraced fields, forested hills, and traditional settlements.

En route, arrive at **Tatopani**, meaning "Hot Spring," where, time permitting, you may enjoy a relaxing soak in the natural hot springs. After a refreshing break, continue the trek to **Yaru Phant**, following the river and crossing a suspension bridge before reaching **Jagat**.

Situated at an elevation of **1,410 metres**, Jagat is a charming stone-paved village and an important checkpoint on the Manaslu Trek. The village features traditional houses, small shops, and stunning views of the surrounding hills, making it an ideal place to rest and experience the warm hospitality of the local community.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 5

Trek Day

Day Itinerary

TREK TO DYANG (1800M/20KM/7-8 HRS.).

Meals: Breakfast, Lunch & Dinner

After breakfast, continue your trek deeper into the scenic **Manaslu region**, following trails that wind through picturesque valleys, terraced farmland, and traditional Himalayan villages.

The route passes through **Sirdibas Bazaar**, a charming settlement known for its traditional stone houses and peaceful surroundings. From here, the trail descends to a suspension bridge before gradually ascending through **Nagjet** and the large village of **Philim**, one of the region's most important Gurung villages. Enjoy spectacular views of cultivated terraces filled with seasonal wheat and barley, along with glimpses of the surrounding Himalayan peaks.

Beyond Philim, the trail climbs steadily along a rocky ridge and enters a tranquil bamboo forest before reaching the peaceful village of **Dyang (1,800 m)**, nestled amidst the mountains.

Upon arrival, check in to your local lodge and relax after another rewarding day on the trail.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 6

Trek Day

Day Itinerary

TREK TO NAMRUNG (2660M/19KM/7-8 HRS.).

Meals: Breakfast, Lunch & Dinner

After breakfast, continue your ascent through the spectacular **Budhi Gandaki Valley**, trekking along scenic forest trails and through traditional Himalayan settlements. Today's route offers a wonderful blend of natural beauty and rich Tibetan Buddhist culture.

The trail passes through dense forests and alongside numerous **Tibetan Mani Walls**—beautifully hand-carved stone walls inscribed with sacred Buddhist prayers and mantras. As the journey progresses, the path winds through narrow canyons before opening into a broad alpine valley, revealing increasingly impressive mountain scenery.

Continue through enchanting forests of **fir, oak, and rhododendron**, enjoying the peaceful surroundings before arriving at the picturesque village of **Namrung (2,660 m)**. This traditional settlement serves as an important gateway to the upper Manaslu region and offers magnificent views of the surrounding Himalayan peaks.

Upon arrival, check in to your local lodge and spend the remainder of the day at leisure.

Overnight Stay at a Local Lodge.**Basis**

Dinner, Bed and Breakfast

Day 7**Trek Day**

Day Itinerary**TREK TO SHYALA (3500M/18KM/7-8 HRS.).**

Meals: Breakfast, Lunch & Dinner

After breakfast, continue your trek towards the picturesque village of **Shyala**, ascending gradually through one of the most scenic sections of the Manaslu Trek. As you gain altitude, the landscape transforms into a spectacular alpine environment with breathtaking mountain panoramas.

En route, pass through the traditional village of **Lho**, renowned for its rich Tibetan Buddhist heritage. Explore its authentic stone houses, ancient monasteries, colourful prayer flags, and impressive **Buddhist Chortens**, while enjoying magnificent views of **Mount Manaslu (8,163 m)** and several surrounding Himalayan peaks.

The trail then continues through peaceful forests and open valleys before reaching **Shyala (3,500 m)**, a beautiful Himalayan village set amidst towering snow-capped mountains. Surrounded by the majestic Manaslu range, Shyala offers some of the finest close-up views of **Mount Manaslu**, creating an unforgettable Himalayan experience.

Upon arrival, check in to your local lodge and enjoy the serene mountain atmosphere.

Overnight Stay at a Local Lodge.**Basis**

Dinner, Bed and Breakfast

Day 8**Trek Day**

Day Itinerary**TREK TO SAMAGAUN VIA PUNGYEN MONASTERY (3585M/17KM/6-7 HRS.).**

Meals: Breakfast, Lunch & Dinner

After breakfast, begin today's scenic trek with a visit to the revered **Pungyen Monastery**, one of the most significant spiritual landmarks in the Manaslu region. Nestled amidst the mountains, this peaceful monastery reflects the rich cultural heritage and deep-rooted traditions of Tibetan Buddhism. Surrounded by prayer flags and breathtaking Himalayan scenery, it offers a tranquil setting for reflection and an opportunity to experience the region's unique spiritual atmosphere.

Following your visit, continue trekking towards **Samagaun**, passing through picturesque alpine landscapes adorned with pine and juniper forests. Throughout the journey, enjoy spectacular views of the surrounding snow-capped peaks, including the magnificent **Mount Manaslu**, as the trail gradually leads into the heart of the upper Manaslu Valley.

Upon arrival in **Samagaun (3,585 m)**, check in to your local lodge and relax while taking in the stunning mountain surroundings.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 9

Trek Day

Day Itinerary

ACCLIMATIZATION DAY HIKE TO MANASLU BASE CAMP (4800M/14KM/5-6 HRS.).

Meals: Breakfast, Lunch & Dinner

Today is dedicated to acclimatization, an essential part of your journey to ensure a safe and enjoyable high-altitude trekking experience. After breakfast, embark on a rewarding hike to **Manaslu Base Camp (4,800 m)**, situated at the foot of the world's **eighth-highest mountain, Mount Manaslu (8,163 m)**.

The round-trip hike takes approximately **5–6 hours** and includes a visit to the beautiful **Birendra Lake**, a pristine glacial lake renowned for its crystal-clear turquoise waters and spectacular mountain backdrop. As you ascend, you'll be rewarded with breathtaking panoramic views of towering snow-capped peaks, glaciers, and the dramatic Himalayan landscape.

Reaching **Manaslu Base Camp** is one of the most memorable highlights of the trek, offering an unforgettable close-up view of the majestic mountain and its surrounding glaciers. Although the hike is more demanding than the excursion to **Pungyen Monastery**, it provides excellent acclimatization while allowing you to fully appreciate the pristine natural beauty and rich cultural heritage of the Manaslu region.

For your comfort and safety, it is recommended to carry a packed lunch, sufficient drinking water, trekking poles, warm clothing, gloves, sunglasses, and other essential high-altitude gear.

Return to **Samagaun** after the hike.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 10

Trek Day

Day Itinerary

TREK TO SAMDO (3860M/5KM/5-6 HRS.).

Meals: Breakfast, Lunch & Dinner

After breakfast, continue your gradual ascent towards **Samdo**, the last permanent settlement before crossing the **Larkya La Pass**. Although today's trek covers a relatively short distance, the higher altitude calls for a steady pace, allowing your body to acclimatize naturally.

Situated at an elevation of **3,860 metres**, **Samdo** is a traditional Tibetan-influenced village located close to the Nepal–Tibet border. Home to a small community of Tibetan descendants, the village offers a fascinating insight into the region's unique culture, customs, and way of life. Explore its ancient monasteries, stone-built houses, colourful prayer flags, and experience the warm hospitality of the local people.

Surrounded by spectacular Himalayan scenery, Samdo offers magnificent views of **Mount Manaslu** and the surrounding snow-capped peaks. Owing to its proximity to the Tibetan border, the village has long served as an important trading settlement, where locally traded goods from Tibet can often be found.

Upon arrival, check in to your local lodge and spend the remainder of the day relaxing and acclimatizing.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 11

Trek Day

Day Itinerary

TREK TO DHARMASALA/LARKYA LA PHEDI (4460M/6KM/4-5 HRS.).

Meals: Breakfast, Lunch & Dinner

After breakfast, begin a short but important trek to **Dharmasala (Larkya La Phedi)**, the final stop before crossing the spectacular **Larkya La Pass**. Although the day's distance is relatively short, the significant gain in altitude requires a slow and steady pace to aid acclimatization.

The trail crosses glacial streams and traverses a rugged alpine landscape, gradually leaving behind the greener valleys for the stark beauty of the high Himalayas. Surrounded by dramatic mountain scenery, the route offers magnificent views of snow-covered peaks and the pristine wilderness of the Manaslu Conservation Area.

Upon arrival at **Dharmasala (4,460 m)**—also known as **Larkya La Phedi**, meaning the base of the pass—check in to your local lodge. The afternoon is at leisure to rest and prepare for the challenging pass crossing the following day. To further assist with acclimatization, a short hike of approximately **200 metres** above the lodge is recommended before returning for the evening.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 12

Trek Day

Day Itinerary

CROSS LARKYA LA 5106M, DECENT TO BHIMTHANG (3790M/16KM/8-9 HRS.).

Breakfast, Lunch & Dinner

Begin your day before sunrise for the most challenging and rewarding stage of the **Manaslu Circuit Trek**. Today's journey takes you across the spectacular **Larkya La Pass (5,106 m)**, the highest point of the trek, before descending to the picturesque alpine village of **Bhimthang**.

The ascent to the pass is long and demanding, but the effort is richly rewarded with breathtaking panoramic views of the surrounding Himalayan giants, including **Mount Manaslu**, **Larkya Peak**, **Bouddha Himal**, **Himalchuli**, and **Peak 29 (Ngadi Chuli)**. Upon reaching the summit, you'll be welcomed by colourful Buddhist prayer flags fluttering against a backdrop of snow-covered peaks—an unforgettable highlight of the expedition.

After spending time enjoying the magnificent scenery, begin the steep descent towards **Bhimthang (3,790 m)**. The trail can be rocky, icy, and slippery in places, particularly during colder months, so the use of **trekking poles** and **crampons (when conditions require)** is strongly recommended for added stability and safety.

Upon arrival in Bhimthang, check in to your local lodge and relax after an extraordinary day in the high Himalayas.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 13

Trek Day

Day Itinerary

TREK TO TILJE VILLAGE (2300M/13KM/4 HRS.)/DRIVE TO BESISAHAR (4 HRS.).

Meals: Breakfast, Lunch & Dinner

After breakfast, begin a pleasant descent from **Bhimthang**, leaving the high alpine landscapes behind as the trail winds through lush forests of **rhododendron**, **pine**, and **oak**. Following the demanding crossing of **Larkya La Pass**, today's trek is comparatively easy and offers a relaxing walk through beautiful Himalayan scenery.

The trail passes charming villages, seasonal grazing pastures, and crosses the **Phurke Khola**, before joining the renowned **Annapurna Circuit Trail** near **Dharapani**. Continue through the picturesque village of **Gho** and descend gradually to the traditional village of **Tilje (2,300 m)**, known for its stone houses and warm local hospitality.

Upon arrival in Tilje, board your waiting jeep for a scenic drive to **Besisahar**, enjoying views of terraced hillsides, rivers, and rural villages along the way.

On arrival, check in to your local lodge and relax after the day's trek and drive.

Overnight Stay at a Local Lodge.

Basis

Dinner, Bed and Breakfast

Day 14

Fish Tail Lodge, Pokhara

Pokhara

The second-largest city in Nepal, Pokhara sits on the shores of Phewa Lake in the central region of the country. Often called the 'Adventure and Leisure Capital of Nepal', and known as the gateway to the Annapurna Circuit, Pokhara is a popular hub offering plenty to see and do. The range of activities on offer is impressive, with lakes and waterfalls to admire; yoga, reiki, and meditation classes to attend; caves (such as Mahendra) to explore; boating, canoeing, and whitewater rafting on the waterways surrounding the Lake to enjoy; and a number of challenging hikes to test your fitness (the viewpoint of Sarangkot is particularly rewarding). Meanwhile, serious trekkers can access the Annapurna Base Camp from Pokhara, the first stop for a number of stunning trails through the spectacular mountain range.

Day Itinerary

DRIVE TO POKHARA – APPROX. 5–6 HOURS

Meals: Breakfast, Lunch & Dinner

After breakfast at the lodge, depart by road for the picturesque lakeside city of **Pokhara**. The scenic drive of approximately **5–6 hours** winds through beautiful river valleys, terraced hillsides, traditional villages, and lush countryside, offering a relaxing conclusion to your Himalayan adventure.

Upon arrival, check in to your hotel and enjoy the remainder of the day at leisure. Nestled beside the tranquil **Phewa Lake** and surrounded by spectacular Himalayan peaks, Pokhara provides the perfect setting to unwind after completing the unforgettable **Manaslu Circuit Trek**.

Dinner and Overnight Stay at the Hotel.

Overnight: Fish Tail Lodge

Fish Tail Lodge boasts a spectacular location on the peninsula of Phewa Lake in Nepal. The property has a panoramic view of the Annapurna Mountain Range and Mt. Machhapuchhre. Spacious and comfortable, each of the accommodation options feature modern amenities such as a TV, bathroom, wireless internet and tea and coffee making facilities. Guests may enjoy a tasty meal at the on-site restaurant and a refreshing drink at the hotel bar. Leisure facilities include a spa with numerous beauty and body treatments, a swimming pool and a gym.



BasisBed and Breakfast

Day 15**End of Itinerary**

Day Itinerary**FINAL DEPARTURE****Meals:** Breakfast

After breakfast, check out from the hotel and transfer to **Tribhuvan International Airport** for your onward flight.

Our representative will assist you with your departure arrangements and ensure a timely transfer to the airport for a smooth and comfortable journey home.

As your unforgettable journey through Nepal comes to an end, depart with cherished memories of its majestic Himalayas, vibrant culture, ancient heritage, and the warm hospitality of its people. We wish you a safe journey and look forward to welcoming you back for another remarkable adventure.

End of Services.**Basis**Bed and Breakfast

Travel Information

Tucked away in the Himalayan Mountains, this enchanting nation's natural landscape is dominated by eight of the world's tallest peaks, including the iconic Mount Everest. In addition to the numerous ambitious climbers who flock here to face the challenge of climbing this majestic peak, Nepal attracts large numbers of eco-tourists eager to experience this intriguing country's virtually untouched natural wonders including lush subtropical forests home to a range of exotic wildlife. Nepal's cultural landscape is just as diverse as its natural one, playing host to an array of distinct ethnic groups. Other popular tourist highlights include: the capital city of Kathmandu with its exquisite temples and palaces; the sheer magnificence of Patan's Golden Temple; Chitwan National Park, for its impressive scenery; and, of course, Bodnath, the nation's most sacred Buddhist monument.

Banking and Currency**Currency**

Local currency: Nepalese Rupee

Symbol: ₹

ISO code: NPR

Subunit: Paisa (1/100)

Banknotes: ₹5, ₹10, ₹20, ₹50, ₹100, ₹500, ₹1000

Coins: ₹1, ₹2, ₹5, ₹10, ₹20, ₹50, ₹100

Banking

Card Transactions: Limited

ATMs: Yes

Mastercard: Yes

Visa: Yes

American Express: Limited

Diner's club: Limited

Banking Hours:

Weekdays: 9:00 AM - 4:00 PM

Weekends: Limited hours in some locations

Public Holidays: Yes (limited hours)

Foreign exchange services: Yes

Travel, Transport and Getting Around**Air:**

Main airlines: Nepal Airlines, Himalaya Airlines

International Airports: Tribhuvan International Airport (KTM)

Domestic Airports: Pokhara Airport, Bharatpur Airport, etc.

Road:

Driving on the: Left

Tar roads: Yes

Gravel roads: Yes

Valid International Driver's License needed: Yes

Car hire available: Yes

Taxis: Yes

E-hailing services: No

Bus:

Inter-city bus services: Yes

Local city bus networks: Yes

Rail:

Railway system: Limited

Subway System: No

Water:

Ferries: No

Water taxis: No

Leisure cruises: No

Food, Drink and Cuisine Advice

Food and water safety:

Can you drink the tap water: No

Fresh fruit and veg: Yes

Ice: No

Meat: Yes

Street food: Yes

Local cuisine: Nepali cuisine offers a variety of flavors influenced by its diverse ethnic groups. Dal Bhat, a lentil soup served with rice and vegetable curry, is a staple. Momo, dumplings filled with meat or vegetables, are a popular street food. Other notable dishes include Sel Roti, a sweet, deep-fried rice bread, and Dhido, a traditional Nepali dish made from buckwheat or millet flour.

Drinks: Chyang (traditional millet-based beer), Raksi (traditional distilled liquor), and Chiya (Nepali milk tea).

Tipping: Tipping is not expected but appreciated, typically rounding up the bill.

Climate and Weather

Annual rainfall: Varies

Average temperature: 15°C

Summer:

Average highs: 25°C

Average lows: 15°C

Winter:

Average highs: 20°C

Average lows: 5°C

Best time to visit: The best time to visit Nepal is during the spring (March to May) and autumn (September to November) when the weather is mild and favorable for trekking and outdoor activities. These seasons offer clear skies, stunning mountain views, and vibrant festivals.

Clothing and Dress Recommendations

Spring and Summer

Cool, light, breathable and comfortable: Yes

Lightweight warm clothes: Yes

Winter and Autumn

Jerseys, cardigans, sweaters, jackets: Recommended

Heavyweight clothing and boots: Yes

General

Umbrella and raincoat: Yes

Warm gloves, hat and scarf: Yes

Swimming costume (bathing suit): Yes

Hat, sunglasses and sunblock: Yes

Walking shoes: Yes

Casual: Yes

Smart-casual attire: Yes

Internet Availability

Internet cafes: Limited

Accommodation options: Yes

Restaurants: Limited

Cafes: Yes

Shopping malls: Limited

Public parks: Yes

Libraries: Limited

Electricity and Plug Standards

Plug Type: Type C, Type D, Type M

Voltage (V): 230

Frequency Hertz (Hz): 50

*Travel plug adapter and voltage converter might be necessary depending on your appliances.
