

Package Detail for Trekking in Nepal



Trekking in Nepal - the great journey in to the Himalaya, stunning views of beautiful highest mountains, an amazing landscapes, adventurous walk, the nomadic place and people, the largest glaciers, the full of cultural diversity, the birthplace of Buddha and the some of the toughest, most friendly mountains people in the world- that is the adventure trekking in Himalaya Nepal.

There are many choices of trekking: **Alpine trekking zone, sub - alpine Zone and sub - tropical zone** where you can enjoy on walking. There is no age barriers to trekking all that really matters is your travel of fitness, experiment, motivation and ability to Pay.

Mainly we have categorized 4 level of Trekking:

Easy Trekking (Elevation below 3500m)

Moderate Trekking (Elevation below 4500m)

Strenuous Trekking (Elevation below 5500m)

Very Strenuous Trekking (Elevation above 5500m):

The best seasons to do trek in Nepal are:

Spring season (February-March-April):

The second finest trekking season. The temperature is quite moderate; especially the rhododendrons are in complete blossom and the mountain views are excellent.

Summer season (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.

Autumn season (September to November):

The best season offering excellent weather and outstanding mountain views in this season.

Winter season (December & January):

Suitable season for trekking at lower altitude, generally below 3000m.



Trekking in Nepal

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Nepal the treks are lunched in 3 style:

Style Lodge trekking (accommodation in small lodge or guest house, menu based foods items)

Style camping trekking (sleeping in tents but delicious foods) also known as organized trek and

Style Homestay Trekking (Sleep and eat in simply local houses with friendly atmosphere, Please do not expect comfortable rooms but sure for local organic foods)

There are the most popular Trekking region with normal trekking permit can covered; [Annapurna Region](#), [Everest region](#), [Langtang region](#) Likewise the most famous but restricted trekking are [Mustang trekking](#), [Manaslu trekking](#), [Naar and Phu valley trekking](#), [Mustang via Terila Pass Trekking](#), [Dolpa trek](#), [Kanchenjunga trek](#), [Jumla with Rara lake trekking](#) & [Ganesh Himal region](#). We Asian Expedition Pvt Ltd confidently organize all these treks throughout Nepal.

Nepal Information

How do you get Nepal Visa ?

Foreign visitors for entering to Nepal can be obtained visa from the Nepalese Embassies, Consulate offices in your countries, at the point of entry from the Immigration Office at the Tribhuvan International Airport for the tourist arriving by air and tourist arriving by road can obtain visa at the immigration offices at the border with India and China. Similarly, the government has also revised existing tourist visa fee from 16th July 2008 AD. As per the new fee structure: • # US \$ 25.00 or equivalent foreign currency for 15 Days Tourist Visa with Multiple Entry. • # US \$ 40.00 or equivalent foreign currency for 30 Days Tourist Visa with Multiple Entry. • # US \$ 100.00 or equivalent foreign currency for 100 days Tourist Visa with Multiple Entry. Likewise, the government has also revised fee required to extend days of stay and visa renewal. As per the revise fee structure, Tourist Visa can be extended by paying US \$ 2 or equivalent Nepalese currency per day. Likewise, Multiple Entry facility can be obtained only for the extension period by additional US \$ 20 and visa fee for the extended period. Similarly, tourists can renew their visa by paying Nepalese currency equivalent to US \$ 3 on the regular visa extension fee.

Trekking Permits:

Any foreigners interested to do trek in any part of Nepal should have obtained a Trekking permit from the Department of Immigration, Government of Nepal and other concerned authorities through any authorized Trekking companies of Nepal.

Climate:

Nepal's climate is best described as Sub-Tropical Monsoon general predictable and pleasant. The monsoon is approximately from the end of June to the middle of September. 80 percent of rainfall is by this durations and remaining of the year is dry. Spring and autumn are the best seasons for the trekking, peak climbing, expedition and others. It has been classified into between four and six seasons, which are as follows: # Winter Season (December to February) # Autumn Season (September to November) # Summer Season (June to August) # Spring Season (March to May)

Banks & Money Exchanger:

Banks and Money exchanger are open between 09:00 A.M. to 5:00 PM, Sunday to Friday. ATM services are available most of major cities.

Food and Drinking in Nepal:

Nepalese cuisine comprises a variety of cuisines based upon ethnicity, soil and climate relating to Nepal's cultural diversity and geography. Dal-bhat-tarkari is eaten throughout Nepal. Dal is a soup made of lentils and spices, served over boiled grain, bhat—usually rice but sometimes another vegetable curry, tarkari. Condiments are



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usually small amounts of extremely spicy pickle which can be fresh or fermented. The variety of these is staggering, said to number in the thousands. Other accompaniments may be sliced lemon or lime with fresh green chili. Much of the cuisine is variation on Asian themes. Other foods have hybrid Tibetan, Indian and Thai origins. Momo—Tibetan style dumplings with Nepalese spices—are one of the most popular foods in Nepal. They were originally filled with buffalo meat but now also with goat or chicken, as well as vegetarian preparations. Special foods such as sel roti and patre are eaten during festivals such as Tihar. Chow mein is a Nepali favorite in modern times based on Chinese-style stir fried noodles. It is one of the most beloved everyday staple lunch in Nepalese household today. Drinking water is safe if you drink the sealed mineral water wherever you get. In mountain region, where as possible either you can drink mineral water or boiled water. In main trekking route you will get the boiled water at water station in every village of trek route. It is strongly suggested you that to have the water purification micro tablets or micro water filter with you. Drinking Tea, coffee and milk, soft beer and hard drinks are mostly available.

Meals on Trekking / Climbing:

In a lodge to lodge (tea house) trek you can expect to get mostly local foods and can choose it from the menus. You can also get some Tibetan, Chinese, Nepalese and even Indian and Italian dishes on the tea houses trek. The food is good and well enjoyed by the trekkers. In higher altitudes near the base camps of the mountains, you get less variety of the food item than in the lower altitudes. We provide three meals with tea or coffee. Wherever possible we try to offer you fresh vegetables from the village, fresh fruits etc. You are allowed to choose the food you like but it is wiser not to order different dishes for each person as cooking so many dishes takes a long time. Some lodges do not have many ovens and may be they have only one cook. Making a combined order saves time, especially in lunch time.

Trekking trails difficulty?

In Nepal trekking trails are easy except the basecamp of height above 5 thousand meters. Normally trails are wider and steps and sideways are clear. You do not need to walk in snow all the time. You can walk through the villages, forests and plains but above 4 thousand meters the trail will be narrow and stones will not be stable.

Where to stay?

At trekking, there are many lodges/hotels and homestays in popular trekking region like Everest, Annapurna, Langtang and Manaslu. Most of lodges has hot shower, bathrooms, lights, clean toilets, Dining hall and nice kitchen room. You can sleep very well and it is quiet. Sleeping bag should be with your own always though there are some blankets available at lodges.

Please view the [Nepal Trekking photos here](#)

Trip Itinerary:

activity

Cost Details:

package cost

Cost Include:

cost include

Cost Include:

cost exclude

Package Url:<http://www.adventuremountains.com/home/detail/26>



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