PACK LIGHTLY

WHERE THE TRAIL STARTS DECIDING FOR YOU

Nepal

Which trek suits your fitness and your days, how to climb without altitude sickness, and what to book before you fly.



p. 12 The trek matrix: Everest, Annapurna or a teahouse walk

p. 15 Altitude and AMS, the one page that keeps you safe

p. 41 What a day costs, printed as a teahouse receipt

44 PAGES USD PRICES VISA ON ARRIVAL EDITION 2026.06

photo: Wikimedia Commons / Shedeur

Start here

the shape of a Nepal trip, what it costs, what to sort first



Most Nepal trips are built around one decision: which trek. The rest of the country arranges itself around it. Kathmandu valley for temples and the flight in, Pokhara as the gateway to the Annapurna, the Khumbu for Everest, and the Chitwan lowlands when you want the jungle instead of the snow. This guide leads with the trek, then the altitude that decides whether it goes well, then everything around it. All of it offline, in your pocket.

The shape of a trip

Land in Kathmandu, see the valley, fly or drive to Pokhara, walk one of the Annapurna treks, then drop to Chitwan for the jungle. Two to three weeks covers it without rushing the trail.

What a day costs

Backpacking runs about 20 USD a day, mid-range around 50, captured 2026-06. The full receipt, teahouse bed to evening dal bhat, is itemised on page 41.

Sort before you fly

The visa is on arrival, paid in USD cash. The bookings that matter are travel insurance with helicopter evacuation, your trek permits, and a guide if you trek. Page 38 lists the order.





HOW THE LINKS WORK

Some booking links earn Pack Lightly a commission, at no extra cost to you. Full disclosure is on the last page.

photos: Wikimedia Commons

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Your trip on one page

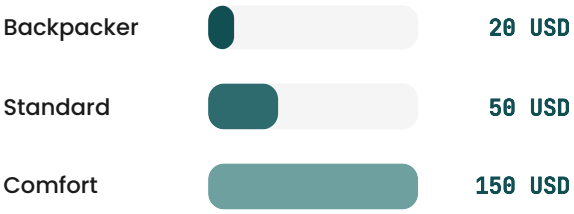
14 to 21 days · 20 to 150 USD/day · best Oct-Nov and Mar-Apr

If you read nothing else, this page is the trip. The classic first-timer arc runs Kathmandu to Pokhara to a trek to Chitwan, two to three weeks, post-monsoon. Budget from the bars below, not from heli-tour rates. Lock the three things at the bottom right before you fly. The trek permit and insurance are the ones that matter; everything else is cheaper and easier once you are in the country.

THE ROUTE



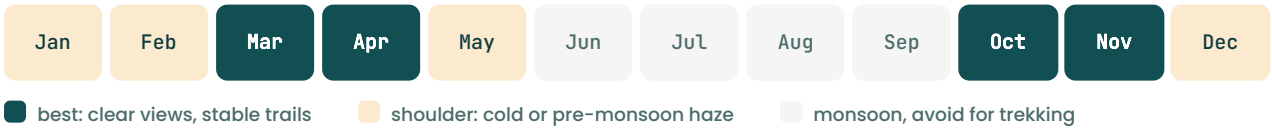
BUDGET PER DAY



BOOK FIRST

01	International flights, 6 to 8 weeks out	Aviasales
02	Insurance with helicopter evacuation, 4 weeks out	Compare
03	eSIM, install before departure	Saily

BEST MONTHS



Nepal at a glance

scores 0-100 · pack-lightly country-comparison data

SCORECARD

Nature	95
Active vacation	95
Budget friendly	90
Friendliness	90
Culture	85
Safety	65

Budget travel	20 USD/day
Mid-range	50 USD/day
Luxury	150 USD/day

TREKKING · ADVENTURE · NATURE · CULTURE · WILDLIFE

source: country-comparison tool, 2026-06

SIX FRAMES OF THE TRIP













01

The country

What Nepal is, who comes, and the five regions you actually need to know before you choose a trek and a season.

IN THIS CHAPTER

One country, five regions, three readers 07

What Nepal is

30M people · 8 of the 14 highest peaks · trekking-first

A federal republic of about 30 million people, wrapped along the Himalaya between India and Tibet. Kathmandu is the capital and the entry point for almost every trip: the international airport, the visa desk, and the domestic flights that put you at the foot of a trek in under an hour. Nepal climbs from jungle lowlands at 100 metres to the summit of Everest at 8,849, and eight of the world's fourteen highest peaks sit inside its borders. That vertical range is the whole proposition. You come for the mountains, and the rest of the country is the approach. It is cheap, the people are among the warmest you will meet on the road, and the infrastructure is thin once you leave the two main cities. This guide is built to choose a trek that fits you and walk it without getting hurt.

CAPITAL	POPULATION	CURRENCY	BEST MONTHS
Kathmandu	**30M**	**NPR**	**Oct-Nov**
~1.5M people	Hindu + Buddhist	1 USD = ~133 rupee	+ Mar-Apr

FIVE REGIONS, FIVE CHARACTERS



Kathmandu valley

three royal cities · 1,400m · year-round

Where every trip lands. Boudhanath, the Durbar Squares, and Bhaktapur pack centuries of Newari craft into one valley. Two or three days is enough.



Pokhara and the Annapurna

lakeside · trek gateway · 820m

The launch pad for the country's most accessible big treks. Lakeside is where you rest your legs before and after, with the Annapurna wall on the skyline.



Everest and the Khumbu

the big one · Lukla flight in · 2,800m+

The Everest Base Camp trail and the Sherpa towns that supply it. Higher, harder, and reached by the white-knuckle flight into Lukla.



Chitwan and the lowlands

jungle · rhino + tiger · 150m · hot

The Terai plains, where the country trades snow for sal forest. One-horned rhino, the odd tiger, and a warm down-shift after a trek.

WHO THIS GUIDE IS WRITTEN FOR

Trekker-first
Here for the trail. EBC or the Annapurna Circuit, two to three weeks, the mountain is the trip.

Culture plus an easy trek
Valley temples, Pokhara, and the short Poon Hill walk that needs no altitude experience.

Wildlife and culture
Kathmandu, a few days of Chitwan jungle, no high passes. The non-trekker's Nepal.

Solo backpacker
20 USD a day, teahouses, three to four weeks before crossing into India or Tibet.

photos: Wikimedia Commons

02

The treks

The heart of the trip. Which trek for your fitness and your days, the two giants up close, and the altitude page that keeps the whole thing safe.

IN THIS CHAPTER

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The trek-choice matrix 12

Everest Base Camp 13

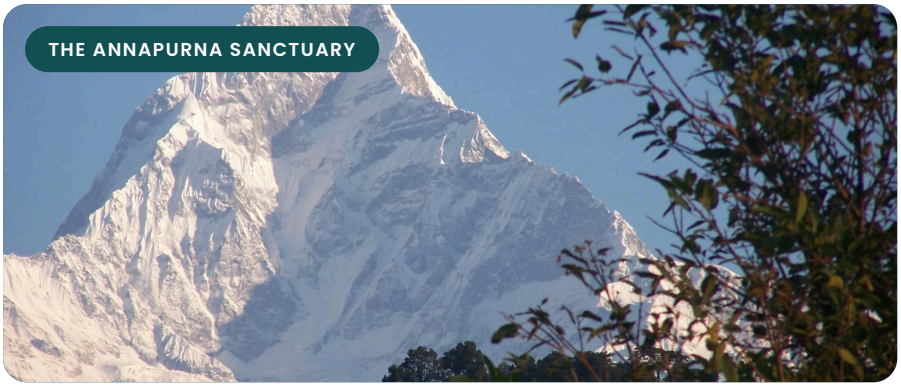
The Annapurna treks 14

Altitude and AMS 15

Permits and the guide rule 16

How to choose your trek

fitness, days, and altitude tolerance decide it, in that order



Three numbers pick your trek: how many days you have, how fit you are, and how high you are willing to sleep. Everything else is detail. The verdict for most first-timers: Annapurna Base Camp over Everest Base Camp. ABC tops out around 4,130 metres against EBC's 5,364, costs less because there is no Lukla flight, and packs more changing scenery into fewer days. EBC wins on one thing only, and it is the obvious thing: standing at the foot of the highest mountain on earth.

If you have a week and no altitude experience, the Poon Hill trek is the honest answer. It is the gentlest of the famous walks, a teahouse loop under 3,210 metres with the same sunrise wall of peaks the longer treks chase. Langtang, north of Kathmandu and quieter since rebuilding after the 2015 earthquake, is the underrated middle option.

A

Fitness matters less than acclimatisation. Slow walkers who respect altitude finish; fit athletes who rush get sick. The mountain rewards patience, not pace.

Add buffer days for the Lukla flight. It cancels for weather, sometimes for two or three days running, so never book EBC against a tight return.

Have 7 days, no altitude history

Poon Hill from Pokhara. Teahouses, under 3,210m, the sunrise without the risk.

Have 10–12 days, reasonably fit

Annapurna Base Camp. The best scenery-per-day in the country, manageable height.

Have 14+ days, want the name

Everest Base Camp. The headline trek, the Lukla flight, the 5,364m payoff.

Have 16–20 days, want the loop

The Annapurna Circuit over the Thorong La pass at 5,416m. The classic long walk.

GO DEEPER

The fourteen named peaks and what sits below them in the mountains rundown, the trekking-park network in the national parks page, and the remote routes in the off the beaten path write-up.

The trek-choice matrix

five famous treks · days, difficulty, max altitude, permits, season

This matrix replaces three pages of trek prose. Read across your row: the days you can give, the difficulty you can take, and the altitude you are willing to sleep at narrow the field fast. Difficulty and altitude are the two that hurt if you ignore them. Pair this page with the altitude page that follows.

TREK	DAYS	DIFFICULTY	MAX ALTITUDE	PERMITS	BEST SEASON
Poon Hill (Ghorepani)	4-5	●○○	3,210m	ACAP + TIMS	Oct-Nov, Mar-Apr
Annapurna Base Camp	7-11	●●○	4,130m	ACAP + TIMS	Oct-Nov, Mar-Apr
Langtang Valley	7-10	●●○	4,985m	Park + TIMS	Oct-Nov, Mar-May
Everest Base Camp	12-14	●●●	5,364m	Park + local	Oct-Nov, Mar-Apr
Annapurna Circuit	12-18	●●●	5,416m	ACAP + TIMS	Oct-Nov, Mar-Apr

● filled dots = harder (3 = serious altitude and long days)

assessment: pack-lightly trekking cluster, 2026-06

Days shown are walking only. Add two for Kathmandu, one or two for Pokhara, and weather buffer for any trek that needs the Lukla flight.

Anything in the 3-dot difficulty column sleeps above 4,000m. That is AMS territory: read the altitude page before you commit.

READ ON Trail-by-trail timing and teahouse stages in the national parks page, and the trail towns in the Namche Bazaar rundown and the Ghandruk write-up.

Everest Base Camp

Khumbu · 12-14 days · 5,364m · fly into Lukla



The walk starts with the flight. The 25-minute hop to Lukla lands on a 527-metre runway pitched against a mountainside, and the weather cancels it without notice, so the first rule of EBC is buffer days. From Lukla the trail climbs through Namche Bazaar, the Sherpa trading town where everyone stops two nights to acclimatise, past Tengboche monastery to the moraine, ending at base camp itself and the Kala Patthar viewpoint for the actual Everest sightline. Base camp does not see the summit; Kala Patthar at 5,545m does.

It is harder than its reputation lets on. The altitude is the real work, not the distance, and the standard 12-day itinerary is built around two acclimatisation days you must not skip. Most people who turn back do so because they rushed Namche.

Two nights in Namche is not optional. The day hike to the Everest View Hotel and back is the acclimatisation, not a rest day to skip.

A helicopter out from Lukla or Gorak Shep is a common Plan B for tight returns. It only works if your insurance covers heli-evac.

02

GUIDED EBC TRIPS FROM KATHMANDU

The most beautiful 1-day Kathmandu experience

from 20 USD

5.0 (93 reviews)

9 hours

Kathmandu World Heritage day, pre-trek

from 50 USD

5.0 (84 reviews)

full day

Kathmandu heritage half-day

from 35 USD

5.0 (69 reviews)

4 hours

Live Viator tours, prices captured June 2026, ratings from verified bookings. Tap a card to book.

photo: Wikimedia Commons

The Annapurna treks

from Pokhara · Circuit, ABC, or Poon Hill · 4 to 18 days



The Annapurna region runs three treks off one base. Poon Hill is the short one, four or five days of teahouse walking under 3,210m to a sunrise terrace facing the whole wall, no altitude experience needed. Annapurna Base Camp climbs into the Sanctuary, a glacial amphitheatre ringed by peaks, in seven to eleven days topping out at 4,130m. The Annapurna Circuit is the long classic: twelve to eighteen days around the massif and over the Thorong La pass at 5,416m, the highest of the famous walks.

All three start from Pokhara, and all three put you in teahouses each night, so you carry a daypack rather than camp. The road has crept into parts of the lower Circuit, which is why ABC and the Sanctuary have overtaken it as the photographer's pick.

The Sanctuary is avalanche-prone in late winter and spring snow. Check conditions in Pokhara; the lodges close the gorge when it is loaded.

Poon Hill suits families and first-timers. The 3,210m high point is low enough that AMS is rare if you walk it at a steady pace.

GUIDED TREKKING FROM POKHARA

Annapurna, Langtang and Everest region trekking

from 40 USD
5.0 (167 reviews)
multi-day

Sarangkot sunrise over the Annapurna wall

from 25 USD
5.0 (18 reviews)
2 hours

Sarangkot village coffee and local life day

from 60 USD
5.0 (31 reviews)
6 hours

Live Viator tours, prices captured June 2026, ratings from verified bookings. Tap a card to book.

Altitude and AMS: the page that keeps you safe

the number-one risk on every high trek · read before you climb

Altitude is the single biggest danger in Nepal, ahead of trail accidents and weather. Acute mountain sickness (AMS) starts when you climb faster than your body can adjust to thin air, and it can turn into fluid on the brain (HACE) or lungs (HAPE), both of which kill. The good news: AMS is almost entirely preventable by climbing slowly, and almost entirely survivable by descending early. The rules below are not optional reading for any trek that crosses 3,000 metres.

HOW ACCLIMATISATION WORKS

Your body needs days, not hours, to make the extra red blood cells that move oxygen at altitude. The trekking rule is climb high, sleep low: walk up to a higher point during the day, then come back down to sleep. Above 3,000m, raise your sleeping altitude by no more than 300 to 500 metres per night, and build in a rest day every 1,000 metres of gain. The standard EBC and Circuit itineraries already bake this in. The danger is shortcutting it to save a day.

DIAMOX AND THE DESCENT RULE

Acetazolamide (Diamox) speeds acclimatisation and is widely used; a doctor sets the dose, and it is a tool, not a licence to climb faster. The rule that overrides everything: if symptoms get worse, go down. A few hundred metres of descent reverses AMS where nothing else will. Never ascend with symptoms, never leave a sick trekker alone, and never sleep higher on a bad day.

READ THE SYMPTOMS

MILD AMS, WATCH IT

Headache, nausea, poor sleep

Common above 3,000m. Stop climbing, rest at the same altitude, hydrate. If it clears, continue. If it worsens, descend.

HACE, BRAIN, DESCEND NOW

Confusion, loss of balance

Cannot walk a straight line, drowsy, behaving oddly. A medical emergency. Descend immediately, day or night, and call for evacuation.

HAPE, LUNGS, DESCEND NOW

Breathless at rest, wet cough

Cannot catch your breath sitting still, gurgling chest, blue lips. Also an emergency. Descend at once and get a helicopter if you can.

⚠

Helicopter evacuation from 5,000m can cost 5,000 USD or more. This is exactly why the insurance line on page 38 is non-negotiable.

✓

A pulse oximeter weighs nothing and many guides carry one. A reading below 80 percent at altitude with symptoms means stop climbing.

Permits and the guide rule

TIMS, ACAP, park fees · and the 2023 guide requirement

Every trek needs paperwork, and since 2023 most need a guide. The system is simpler than it looks: a TIMS card that registers you for safety, plus an area permit for wherever you walk. You arrange both in Kathmandu or Pokhara in a morning, or your trekking agency does it for you. Carry the originals; checkpoints on the trail ask for them.

PERMIT	COVERS	COST (APPROX)
TIMS card	Trekker registration, most regions	USD 17
ACAP	Annapurna Conservation Area (Poon Hill, ABC, Circuit)	USD 23
Sagarmatha National Park	Everest region (EBC)	USD 23
Khumbu rural municipality	Local Everest-area fee, paid at Lukla	USD 15
Langtang National Park	Langtang valley trek	USD 23

fees: Nepal Tourism Board and park offices, indicative, captured 2026-06

THE 2023 GUIDE REQUIREMENT

Since April 2023, independent solo trekking is banned in Nepal's national-park trekking areas. You must trek with a licensed guide or as part of a registered group on the main routes, including Annapurna and Everest. A guide runs roughly 25 to 35 USD a day plus their costs, a porter-guide a little less, and beyond the rule they are worth it: they read the weather, spot early AMS, and book teahouse beds in peak season when lodges fill. The Poon Hill short loop and the lower valleys are the most relaxed about enforcement, but the law is the law, and a guide on a high trek is a safety measure first.

MORE ON THE SITE How the parks split between trekking and safari in the national parks rundown, and the road and transport rules for reaching trailheads in the getting around page.

03

Cities and valley

The Kathmandu valley before the trail and the jungle after it. Tight by design: two cities and one safari town carry most of a Nepal trip.

IN THIS CHAPTER

Kathmandu 18

Bhaktapur and Patan 19

Pokhara 20

Chitwan 21

Kathmandu

capital · 2-3 nights · year-round · 1,400m





Thamel is the trek-gear bazaar. Rent a sleeping bag and down jacket here for a few dollars a day rather than flying yours in.

Kathmandu is loud, dusty, and worth two days before you escape to the hills. Three sites carry it. Boudhanath is the largest stupa in the country, a white dome under painted eyes ringed by Tibetan monasteries and the best momo in the city. Swayambhunath, the hilltop monkey temple, gives you the valley laid out below. The Durbar Square in the old town is a plaza of pagoda temples and the former royal palace, parts still propped after the 2015 quake. Thamel, the tourist warren, is where you sleep, hire a guide, and rent the down jacket you forgot.

Skip the urge to linger. The valley is the prelude; the mountains are why you came. Two nights covers the three sites with an evening for trek logistics.

Boudhanath Stupa

Walk the kora clockwise at dusk with the monks; rooftop cafes for the view.

Swayambhunath

365 steps up the monkey temple; go early before the haze and the crowds.

Durbar Square

The royal plaza and the Kumari house. Buy the heritage ticket at the gate.

Pashupatinath

Hinduism's riverside cremation ghats; respectful distance, no close photos.

Kathmandu (Thamel)

hostel 6 USD **mid 22 USD** **comfort 70 USD**

Thamel for the gear shops and trek agencies, quieter Boudhanath if you want monasteries over neon. Most trekkers base in Thamel for the logistics. See what a room near Thamel costs tonight, or find a dorm bed through Hostelworld.

TOURS WORTH PAYING FOR

Bhaktapur and Patan

the valley's other two royal cities · day trips from Kathmandu

Local women lead a Nepali cooking class

Kathmandu World Heritage tour

Kathmandu heritage half-day



ook.

Bhaktapur's entry ticket runs about 15 USD and is valid for several days. Keep it; the gate checks on re-entry.

Try the king curd (juju dhau) in Bhaktapur, a thick set yoghurt served in clay bowls. It travels nowhere; eat it here.

The Kathmandu valley held three kingdoms, and the other two are the better-preserved. Bhaktapur, an hour east, is a medieval town of brick and carved timber, traffic-free in the core, with the five-tiered Nyatapola temple and a pottery square where the wheels still turn. The 2015 quake hit it hard and the rebuilding is visible, which is part of the story. Patan, just across the river from Kathmandu, has the finest of the three Durbar Squares and the Newari metalwork tradition that still supplies the country's temples.

Either is a half-day; together they make a full one. Bhaktapur rewards staying for the evening, when the day-trippers leave and the squares belong to the town again. Both charge a foreigner entry fee that funds the heritage upkeep.

Nyatapola temple

The five-storey pagoda that rode out two big earthquakes; the postcard of Bhaktapur.

Patan Durbar Square

The best-kept of the three royal plazas, plus the Patan Museum in the old palace.

Pottery Square

Bhaktapur's working potters; clay drying in rows, wheels spinning by hand.

KEEP READING

The full city picks in the Bhaktapur rundown and the Patan write-up, and the square itself in the Patan Durbar Square page.

Pokhara

lakeside · the trek gateway · 2 nights either side of a walk · 820m


PHEWA LAKE, POKHARA

Pokhara is where you rest your legs and stage the trek. Lakeside, the strip along Phewa Lake, is all guesthouses, gear shops and slow cafes facing the water, with the Annapurna wall and the fishtail summit of Machhapuchhre filling the skyline on a clear morning. Row out to the temple island, walk up to the Peace Pagoda for the lake-and-mountains view, and watch the paragliders come off Sarangkot, which is one of the world's best places to fly tandem.

It is also where most Annapurna treks begin and end. Two nights before you walk, to sort permits and rent gear, and one or two after, to recover. The lake-town pace is the perfect down-shift from the trail.

Tandem paragliding from Sarangkot runs about 70 to 90 USD for 30 minutes. Morning flights are calmer and have the clearest peaks.

The 25-minute Kathmandu to Pokhara flight beats the 6-to-8-hour tourist bus on a tight trip. Sit on the right for the Himalaya.

Pokhara (Lakeside)

hostel 6 USD mid 20 USD comfort 65 USD

Lakeside puts the cafes, the gear shops and the water on your doorstep, with quieter rooms a block back from the strip. Backpackers fill the dorms on Hostelworld; for a lake-view room with walls, check what Lakeside is charging tonight.

TOURS WORTH PAYING FOR

Best sunrise tour from Sarangkot

from 25 USD

5.0 (18 reviews)

2 hours

Half-day Tibetan settlement trip with breakfast

from 60 USD

5.0 (29 reviews)

4 hours

Annapurna and Langtang region trekking

from 40 USD

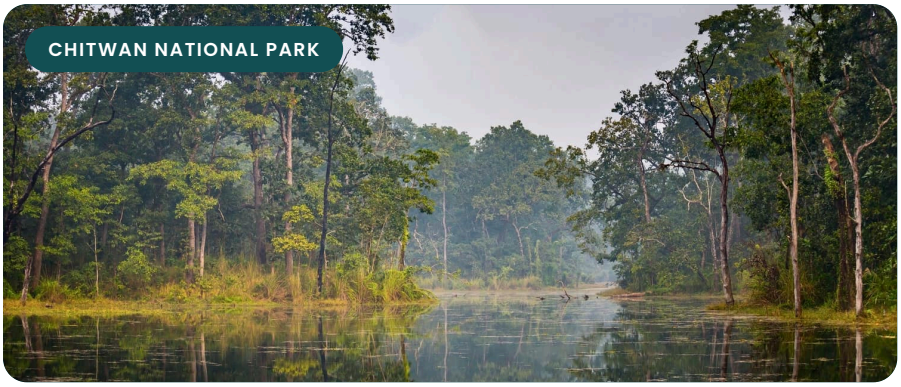
5.0 (167 reviews)

multi-day

Live Viator tours, prices captured June 2026, ratings from verified bookings. Tap a card to book.

Chitwan

the lowland jungle · rhino + tiger · 2 nights · 150m, hot



Pick a lodge that runs jeep and walking safaris, not elephant rides. The walking safari with a trained guide is the better wildlife experience anyway.

Rhino sightings are near-certain in the right season; tigers are rare and a bonus. Set expectations and the day delivers.

Chitwan is the other Nepal, the hot lowland plain where the snow gives way to sal forest and grassland. The national park holds one of the densest populations of one-horned rhino anywhere, plus Bengal tigers, gharial crocodiles, sloth bears and more than five hundred bird species. You explore on foot with a guide, by jeep, and by dugout canoe down the Rapti River. Sauraha, the gateway village, is where the lodges cluster and the elephant-breeding centre sits.

Two nights is the right length: a full day of jungle activities plus the arrival and departure. Choose a lodge that does walking and jeep safaris rather than elephant-back rides, which the ethical operators have phased out. It is the natural warm finish after a cold trek.

Chitwan (Sauraha)

hostel 8 USD **mid 30 USD** **comfort 90 USD**

Sauraha is the gateway village where lodges, jeep operators and the river canoes all sit within a short walk. Most rooms bundle the safari activities, so compare the all-in lodge rate. Pull up live Sauraha lodge prices, or for the cheaper end check Hostelworld.

Jungle lodges across Sauraha and the park edge, most with free cancellation while your trek dates are still moving.

Find Stays on Booking.com

04

Beyond trekking

Culture, jungle, adventure, and food. What fills the days that are not on the trail, and what to eat when they are.

IN THIS CHAPTER

Culture and temples 24

Wildlife and the jungle 25

Adventure: raft, fly, fall 26

Food: the dishes that matter 27

Culture and temples

a living faith, not a museum · Hindu and Buddhist, side by side



PRAYER FLAGS ON THE PASS

Nepal is where Hinduism and Tibetan Buddhism overlap rather than compete. The same family may light a butter lamp at a stupa and offer at a Hindu shrine the same week. The temples here are working sites: monks walk the kora at Boudhanath at dusk, pilgrims bathe at Pashupatinath, and the Kumari, a living child goddess, still appears at her window in Kathmandu. Lumbini, in the southern plains, is the birthplace of the Buddha and a quiet pilgrimage rather than a tourist set-piece.

Watch the etiquette and the doors open. Walk clockwise around stupas and mani walls, remove shoes where signs ask, and never point your feet or your camera lens at someone mid-prayer. A little respect changes how the country meets you.

Always pass stupas and prayer wheels on your left, walking clockwise. It is the one rule that signals you understand where you are.

At Pashupatinath's cremation ghats, keep distance and put the phone away. It is a funeral, not a photo opportunity.

Boudhanath kora

The dusk circuit of the great stupa, monks and pilgrims, butter lamps, prayer wheels.

Pashupatinath

The riverside Hindu complex and cremation ghats; observe from the far bank.

Lumbini

The Buddha's birthplace in the Terai; the Maya Devi temple and the monastic gardens.

THE LONG VERSION

Traditions, religion and etiquette in the culture write-up, the fourteen key sites in the religious landmarks page, and the Buddha's birthplace in the Maya Devi temple page.

Wildlife and the jungle

the lowland parks · rhino, tiger, gharial · a different Nepal



Trade the snow for grassland and the country reads completely differently. The Terai parks protect some of Asia's best wildlife. Chitwan is the accessible one, three hours from Pokhara, with near-guaranteed one-horned rhino and a real chance of Bengal tiger. Bardia, further west and harder to reach, has the higher tiger density and a fraction of the crowds, which is why serious wildlife travellers go there instead. Both run jeep, walking and canoe safaris with trained guides.

This is the chapter for travellers who do not trek, or for the warm down-shift after one. Two or three days in the jungle is the natural counterweight to the cold and altitude of the hills.

Bardia in the far west has the better tiger odds and almost no crowds. Worth the extra travel day if wildlife is the reason you came.

Best wildlife season is the dry months either side of the trekking window. The grass is shorter and the animals come to the water.

Chitwan safari

The accessible park; jeep, walking and canoe, rhino almost certain.

Bardia tiger trail

Remote western park; the best tiger odds in the country, few other jeeps.

Koshi Tappu birds

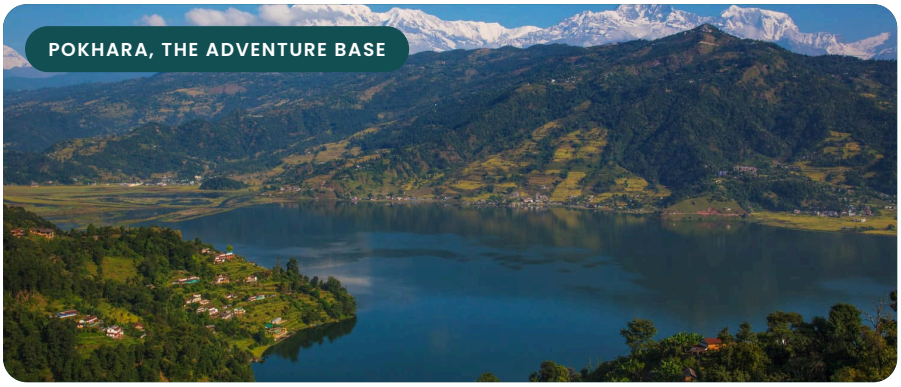
The eastern wetland reserve; a serious birding stop, hundreds of species.

ON THE WEBSITE The tigers and rhinos in the wildlife write-up, the Chitwan day in the jungle safari page, and the remote west in the Bardia safari rundown.

photo: Wikimedia Commons

Adventure: raft, fly, fall

when walking is not enough · whitewater, paragliding, bungee, the scenic flight



River grade swings with the season. The post-monsoon high water is the big whitewater; spring is gentler and better for first-timers.

The Everest scenic flight guarantees every passenger a window seat by rotating the plane, so any side works.

The same rivers and ridges that feed the treks make Nepal one of Asia's best adventure countries. The Trisuli and Bhote Koshi run reliable whitewater within a few hours of Kathmandu, with multi-day trips on bigger rivers for the committed. Pokhara is the paragliding capital, tandem flights off Sarangkot among the most scenic on earth. The Bhote Koshi gorge near the Tibet border holds one of the world's highest bungee jumps off a suspension bridge.

The one most people skip and should not: the Everest scenic flight. An hour out of Kathmandu, a small plane runs the Himalayan skyline so close to the giants that everyone gets a window seat. It is the trek payoff without the altitude, for travellers who cannot walk it.

Whitewater rafting

Trisuli for a day trip, Bhote Koshi for steeper water, big rivers for multi-day.

Paragliding, Pokhara

Tandem off Sarangkot over Phewa Lake; 30 minutes, ~70 to 90 USD.

Bungee, Bhote Koshi

A 160-metre drop off a gorge bridge near the Tibet border, a day from Kathmandu.

Everest scenic flight

The hour-long mountain flight from Kathmandu; the giants without the trek.

MORE DETAIL

Where the flights save trek time in the domestic flights write-up, and the lake-town activities in the Pokhara rundown.

Food: the dishes that matter

teahouse staples · 0.50 to 5 USD a plate · dal bhat power

Nepali food is built for the trail. The national plate, dal bhat, is rice with lentil soup and curried vegetables, refilled until you are full, which is exactly what a long walking day needs. Off the trail the Newari kitchens of the valley get more interesting, and the Tibetan border influence brings momo dumplings to every corner. Order these early; they are your bar for the rest of the trip. Prices below are from the food-and-drinks dataset.



Dal bhat dal bhat

USD 2-4 · everywhere

Rice, lentil soup, curried veg, free refills. The trekker's fuel and the test of a teahouse. The line on the trail is real: dal bhat power, 24 hour.



Momo momo

USD 1.50-3 · everywhere

Tibetan-style dumplings, steamed or fried, buffalo or veg, with a fiery tomato achar. The street snack that never disappoints; buffalo momo is the local default.



Sel roti sel roti

USD 0.50 · festival mornings

A sweet rice-flour ring, deep-fried, crisp outside and soft within. Festival and breakfast food, sold from baskets at the bus parks. Eat it warm.



Newari samay baji samay baji

USD 2.50-5 · the valley

The Newari feast platter: beaten rice, spiced meat, egg, soybeans and pickle, eaten with the fingers. The valley's real food, best in a Bhaktapur or Patan kitchen.

ALSO TRY: CHOW MEIN, USD 1.50-3

photo: chow mein

☺

On a trek, order what the kitchen cooks most, and that is dal bhat. The high-turnover dish is the freshest and the refills make it the best value.

WORTH A READ Dal, momos and the local drinks like raksi explained in the food and drinks rundown, and what the same plate costs by region in the budget breakdown.

05

Routes

Trek-and-culture combos, the loop drawn on a real map, and two itineraries: a two-week first trip and the three-week trekker's version.

IN THIS CHAPTER

Pick your trip, 6 paths 30

The route as a map 31

14 days, day by day 32

21 days, the trekker's trip 33

Pick your trip

how long you have and which trek you want decide the rest

Your trek choice and your number of days set the whole route. Find your row below; the two itineraries that follow cover the first two paths in full, day by day.

NO TREK · 7D · CULTURE

Valley and Chitwan

USD 450 · mid-range, no altitude

- Kathmandu 3: valley temples
- Drive to Chitwan
- Chitwan 2: jungle safari

EASY TREK · 10D · CULTURE + WALK

Valley, Pokhara, Poon Hill

USD 700 · teahouses, under 3,210m

- Kathmandu 2 · Pokhara 2
- Poon Hill 5: the easy classic
- Pokhara 1: recover

TREK · 14D · ABC

Kathmandu, Annapurna Base Camp, Chitwan

USD 1,200 · guided, to 4,130m

- Valley 2 · Pokhara 2
- ABC 7: the Sanctuary
- Chitwan 2: warm finish

TREK · 16D · EBC

Everest Base Camp, classic

USD 1,600 · guided, to 5,364m

- Kathmandu 2 · Lukla flight
- EBC 12: 2 acclimatisation days
- Buffer for weather

TREK · 21D · CIRCUIT

The Annapurna Circuit over Thorong La

USD 1,800 · guided, to 5,416m

- Valley 2 · Besisahar start
- Circuit 16: over the pass
- Pokhara 2: recover

TREK + WILDLIFE · 21D · ABC

The full first-timer loop

USD 1,700 · guided, balanced

- Valley 3 · Pokhara 2
- ABC 9 with side trips
- Chitwan 3: jungle close

SEE ALSO The seven-day version in the 7-day itinerary, the two-week plan in the 14-day itinerary, and the long trek in the 21-day itinerary.

The route on a real map

Kathmandu valley to Pokhara, the trek, then down to Chitwan

The classic loop in one picture. Land in Kathmandu, fly or drive west to Pokhara, walk an Annapurna trek from there, then drop south to the Chitwan lowlands before flying home. Book the Kathmandu to Pokhara flight and any internal legs ahead in peak season through 12Go; the trail itself is walked, not booked.



flight drive / bus trek

Plan the legs on 12Go

WHAT EACH LEG COSTS

Kathmandu to Pokhara flight · 25min ~110 USD	**Kathmandu to Pokhara** tourist bus · 6-8h ~12 USD	**Kathmandu to Lukla** flight · 25min ~190 USD
Pokhara to Chitwan jeep / bus · 5h ~10 USD	**Chitwan to Kathmandu** bus · 5-6h ~10 USD	**Pokhara trailhead** jeep to Nayapul · 2h ~8 USD

fares: 12Go and airline snapshot, high season 2026 · indicative one-way per person

14 days: valley, Poon Hill, Chitwan

the balanced first trip · culture, an easy trek, the jungle

Built for a first Nepal trip with limited altitude appetite. The trek is Poon Hill, low enough to skip the AMS risk, with the same sunrise wall the big walks chase. Book the Pokhara flight and the trek guide through your agency a few days ahead; everything else can flex on the ground.

1-2	**Kathmandu valley** Boudhanath · Durbar · Swayambhunath	Land, sleep off the jetlag, then two days for the three valley sites and trek logistics in Thamel.
3	**Bhaktapur day** medieval city · juju dhau	The best-preserved royal city, traffic-free core, the Nyatapola temple, the king curd. Stay for the empty evening.
4	**Fly to Pokhara** 25min · Lakeside	Morning flight, afternoon on the lake. Sort the ACAP and TIMS permits, rent any gear you are missing.
5-9	**Poon Hill trek** teahouses · to 3,210m	Jeep to Nayapul, up through Ghorepani, the pre-dawn climb to Poon Hill for the Annapurna-Dhaulagiri sunrise, down via Ghandruk.
10	**Pokhara, recover** lake day · paraglide optional	A rest day on Lakeside. Row to the temple island, or fly tandem off Sarangkot if your legs are willing.
11	**Drive to Chitwan** jeep · 5h south	Down from the hills to the Terai. The temperature climbs as you descend; arrive Sauraha by mid-afternoon.
12-13	**Chitwan safari** jeep · walk · canoe	A full day of jungle: jeep safari at dawn, river canoe, walking safari with a guide. Rhino near-certain.
14	**Back to Kathmandu** bus + flight home	Morning bus or short flight back to the capital, evening international departure.

NEPAL

21 days: the trekker's trip

Everest Base Camp, or swap in the Annapurna Circuit

ROUTES

Swap Poon Hill for Annapurna Base Camp if you have 17 days and want the classic trek. Drop to unchanged.

Short on time? Drop Bhaktapur and run the valley in two days. The trek and the jungle are the parts you came for.

Three weeks is enough for one of the two big treks with buffer days built in. This version walks Everest Base Camp; the Annapurna Circuit slots in the same place if you prefer a loop over an out-and-back. The two acclimatisation days are not negotiable, and the Lukla buffer is what saves the trip when the flight cancels.

1-2	**Kathmandu** valley + trek prep	Land, see Boudhanath and the Durbar Square, finalise the guide, permits and gear. An extra day here is the Lukla weather buffer.
3	**Fly to Lukla, walk to Phakding** 25min flight · gentle start	The mountain runway, then an easy downhill afternoon to Phakding to start low and steady.
4	**Up to Namche Bazaar** the Sherpa hub · 3,440m	The big climb to the trading town that anchors the Khumbu. First proper altitude.
5	**Namche acclimatisation** climb high, sleep low	Day hike to the Everest View Hotel and back. Do not skip this; it is the day that gets you to base camp.
6-9	**Tengboche to Dingboche** monastery · second rest day	Through the great monastery, up the valley, with a second acclimatisation day at Dingboche around 4,400m.
10-11	**Base camp + Kala Patthar** 5,364m · 5,545m viewpoint	Gorak Shep, then base camp itself, and the pre-dawn climb up Kala Patthar for the true Everest sightline.
12-15	**Descend to Lukla** faster down · fly out	The descent is quicker than the climb. Fly back to Kathmandu; keep a buffer day for a cancelled Lukla flight.
16-21	**Chitwan + buffer** jungle finish · spare days	Use the spare days for a Chitwan safari, a Pokhara stop, or as insurance against trail or weather delays.

06

When to go

Two prime windows, one season to avoid entirely, and the trade-offs in between. Plus what a day on the trail actually costs.

IN THIS CHAPTER

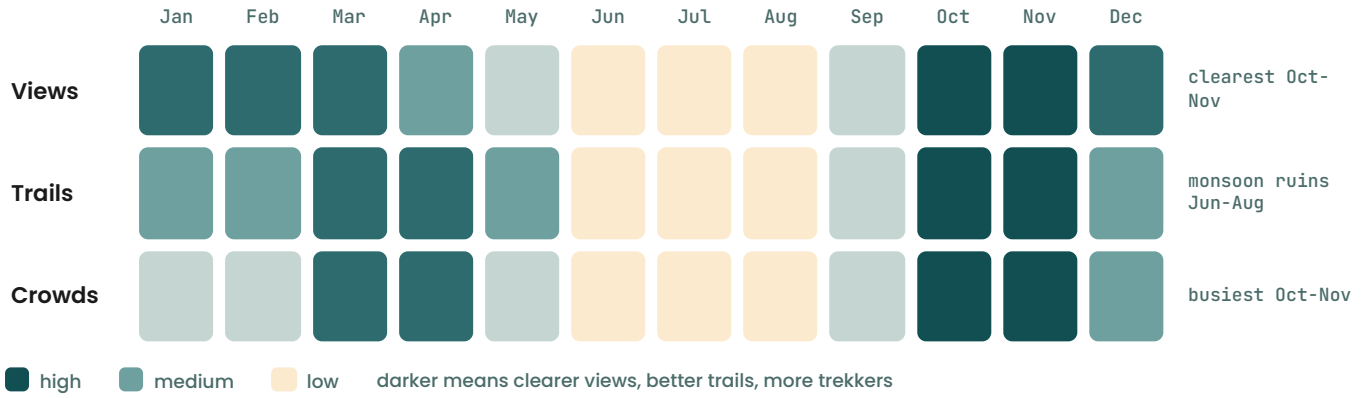
The trekking season, month by month 36

What a day costs 37

The trekking season, month by month

12-month calendar · weighted for the high treks

Nepal's trekking year has two clear windows and one closed door. Post-monsoon October and November is the prime season: the rain has washed the haze out, views are at their clearest, and the trails are stable. Spring March and April is the close second, with rhododendron in bloom but more afternoon haze. The June to September monsoon makes high trekking pointless, leeches and cloud and washed-out trails. December to February is clear but cold, and the high passes can close under snow.



source: best-travel-time dataset and trekking-season norms, captured 2026-06

December and January trek fine on the lower routes like Poon Hill, but the high passes such as Thorong La can shut under snow. Check before committing.

For the jungle it is the reverse logic. The dry months either side of the trekking window give the best Chitwan and Bardia wildlife.

06

What a day costs

three travel styles · printed the way the day spends it

Daily budgets hide in averages, so here is the day itemised instead: a bed, three meals, a permit slice, and the things that fill the hours. Three real versions of the same day on a Nepal trip, captured June 2026.

A DAY IN NEPAL

* backpacker *

teahouse bed	3.00
dal bhat, twice	6.00
tea + snacks	2.00
permit, per day	2.00
local bus hop	1.50
hot shower / charge	2.00
water purification	0.50
guide split, group	3.00
TOTAL / DAY	**~20 USD**

country-comparison data · 2026-06

A DAY IN NEPAL

* standard *

guesthouse double, half	11.00
cafe breakfast	4.00
lunch + dinner	10.00
private guide, split	15.00
jeep transfer	5.00
permit + entry	3.00
evening drink	2.00
TOTAL / DAY	**~50 USD**

country-comparison data · 2026-06

A DAY IN NEPAL

* comfort *

lodge or hotel, half	75.00
hotel breakfast	incl.
restaurant lunch	10.00
dinner, good table	18.00
private guide + porter	30.00
internal flight, split	incl. above
activity or spa	15.00
TOTAL / DAY	**~150 USD**

country-comparison data · 2026-06

Run the same numbers for your own dates, group size and currency in the free budget calculator on pack-lightly.com.

Open the Budget Calculator

On the trail, prices climb with altitude. A bottle of water or a snack at base camp costs several times what it does in Pokhara; the porters carry it up.

Carry enough cash for the whole trek. There are no ATMs once you leave the towns, and teahouses are cash only.

07

Practical

What to book and in what order, how to move around a country with thin roads, money and connectivity, and how to trek responsibly.

IN THIS CHAPTER

Book in this order 39

Getting around 40

Money, connectivity, entry 41

Etiquette and responsible trekking 42

Book in this order

the few things that reward planning · the rest waits

Nepal rewards arranging the trek itself on the ground, where agencies and guides are cheaper and you can read the weather. Only a handful of things genuinely reward booking ahead, and the order matters. The visa is on arrival, so that step is a five-minute check, not an application. The insurance line is the one nobody should skip.

8 wk before

International flights

Fares into Kathmandu bottom out six to eight weeks ahead for the October-November peak. There is one airport, so book early in high season.

Compare fares on Aviasales

4 wk before

Insurance with heli-evac

This is the non-negotiable one. Buy travel insurance that explicitly covers high-altitude trekking and helicopter evacuation to the altitude of your trek. A rescue off a high trail can cost 5,000 USD or more, and the policy is the only thing that pays it.

Compare insurance

2 wk before

Trek agency and first nights

Book your guide or trek package and your first two Kathmandu nights. Internal flights to Pokhara or Lukla can be reserved through your agency or a transport platform.

Plan internal legs on 12Go

1 wk before

eSIM

Install before departure and activate on arrival. Coverage is good in the cities, patchy on the trail. 10 to 15 GB covers two weeks of maps and messages off the high routes.

Set up a Saily eSIM

Passport rule: six months validity beyond arrival, plus a blank page. Bring a passport photo and exact USD cash for the visa on arrival.

Read the insurance small print for the altitude cap. A standard policy may stop covering you above 4,000 metres, which is below base camp.

Getting around

fly to save trek days · buses and jeeps for the rest

The roads are slow and the mountains are in the way, so domestic flights do more work here than almost anywhere. The Kathmandu to Pokhara hop saves most of a day over the bus, and the flight into Lukla is the only sensible way to start an Everest trek. Beyond that it is tourist buses between the main towns, jeeps to the trailheads, and your feet from there.

LEG	MODE	TIME	COST
Kathmandu to Pokhara	Flight	25 min	~110 USD
Kathmandu to Pokhara	Tourist bus	6-8 h	~12 USD
Kathmandu to Lukla	Flight	25 min	~190 USD
Pokhara to Chitwan	Jeep / bus	5 h	~10 USD
City rides	Pathao app / taxi	short	~2-4 USD

fares: airline and 12Go snapshot, indicative, captured 2026-06

THE LUKLA FLIGHT REALITY

The flight into Lukla is famous for a reason: a short uphill runway hemmed by mountains, flown only in good weather. Cancellations are routine and can stack up for two or three days, which is why every Everest plan needs buffer days at both ends. In peak season some Lukla flights shift to a road-and-helicopter combination via Ramechhap to beat the Kathmandu congestion; your agency will tell you which applies. For everything else, book combined bus and jeep tickets through 12Go, and use the Pathao app for rides in Kathmandu and Pokhara. Taxis are unmetered, so agree the fare before you climb in.

Tourist buses are slow but safer than the cheapest local services on mountain roads. Pay the small premium for the better operator.

Airlines and bus firms are named without links in this guide where no partner relation exists. Book those direct.

DIG IN

Which flights save which trek days in the domestic flights write-up, the road and driving rules in the traffic page, and the cheapest air routes in the flight tips rundown.

Money, connectivity, entry

cash-heavy country · visa on arrival in USD · trail signal is patchy

MONEY

Nepal runs on cash. The rupee is closed, so you change money in the country, and ATMs exist only in the cities and a few large towns. There are none on the trekking trails, so draw the full cost of your trek before you leave Kathmandu or Pokhara. ATM withdrawal limits and fees are low per transaction, so pull the maximum each time. Carry small notes for teahouses and tips. Bring clean USD cash for the visa.

ENTRY: VISA ON ARRIVAL

Almost every nationality gets a visa on arrival at Kathmandu airport and the main land borders, paid in USD cash. The tiers are 30 USD for 15 days, 50 USD for 30 days, and 125 USD for 90 days. Bring exact dollars and a passport photo to skip the longer queue, or fill the form online in advance at the official immigration portal. Your passport needs six months of validity.

Signal. Buy an eSIM before you fly and activate on landing. City coverage is good; the high trails are patchy to none, so do not rely on it for safety above the towns. A local Ncell SIM from a city shop is the cheaper option for longer stays. The alternative eSIM is Airalo if you want a backup provider.

Set up a Saily eSIM

07

THE FULL PICTURE

The full visa breakdown in the visa write-up, rupee basics in the currency rundown, and the data options compared in the eSIM page.

Etiquette and responsible trekking

first four are cultural · last four protect the trail and the people on it

Eight things that matter. The first four keep you respectful in a deeply religious country; the last four keep the mountains and the people who work them in good shape. None of it is hard.

DO

Walk clockwise around stupas

Keep mani walls and prayer wheels on your right. It is the basic sign you know where you are.

DO NOT

Touch anyone on the head

The head is sacred. Avoid pointing your feet at people, food, or shrines too.

DO

Greet with namaste

Palms together, slight bow. It works everywhere and warms every interaction.

DO NOT

Photograph cremations or people without asking

Pashupatinath's ghats are a funeral. Ask before pointing a lens at anyone.

DO

Pay and treat porters fairly

Fair wage, a weight limit, proper gear for the cold. They carry your trip on their backs.

DO NOT

Buy bottled water on the trail

Plastic litters the high routes. Use a filter or purification and refill at teahouses.

DO

Give way to uphill traffic

On narrow trails, step to the mountain side and let yaks and porters pass; never the cliff side.

DO NOT

Push a sick trekker to keep going

Altitude beats ego. If someone in the group has AMS, the group goes down with them.

A few words of Nepali go a long way. Namaste on the trail, dhanyabad for thank you, and a smile carry most exchanges.

Carry your rubbish out, including used batteries. The teahouses have no way to dispose of it at altitude.

GO DEEPER Religion, traditions and the full context in the culture write-up, and the dress norms for temples and the trail in the dress code page.

08

Safe and smart

The one risk that matters most, the tools this guide was built from, the cards for your pack, and the sources behind every number.

IN THIS CHAPTER

Staying safe: altitude first 44

Take the live tools with you 45

Print cards: cut, fold, take 46

Sources and methodology 47

A note on the links 48

Staying safe: altitude first

altitude is the number-one risk · then trails, weather, and the quake reality

Nepal is friendly and low on crime against tourists. The dangers here are physical, not human, and they rank in a clear order. Altitude is first by a distance, which is why it has its own page on 15. After that come trail accidents on steep ground, mountain weather that turns fast, and the earthquake risk in a country that sits on an active fault. The insurance line on page 39 is the single most important booking you make, and it must include helicopter evacuation.

THE FOUR RISKS, IN ORDER

- [ ] **Altitude (AMS, HACE, HAPE):** the killer. Climb slowly, sleep low, descend at the first sign it is getting worse. See page 15.
- [ ] **Trail accidents:** steep, exposed ground and loose footing. A guide, decent boots, and trekking poles cut the risk; do not rush tired.
- [ ] **Weather:** storms and snow close passes and ground the Lukla flight. Build buffer days and never push a high pass in bad weather.
- [ ] **Earthquake:** the 2015 quake killed thousands. The risk is real but rare; know your building's exits in Kathmandu and follow local guidance.

POLICE	AMBULANCE	TOURIST POLICE
100	102	1144
nationwide	urban areas	English line

CIWEC CLINIC	HRA AID POST	YOUR INSURER
+977 1 442 4111	Himalayan Rescue	write it down
Kathmandu · travel medicine	Manang + Pheriche, in season	24/7 evac line

READ ON

The full risk breakdown in the safety write-up, the recommended jabs in the vaccinations page, and where to be treated in the hospitals and pharmacies rundown.

Take the live tools with you

scan to open · data updates after this PDF was printed

This guide is a snapshot; the tools behind it keep updating. Scan a code or type the short URL. Each one is preloaded with the same Nepal data this guide was built from.



Trip Budget Calculator

Nepal: about 20 USD/day backpacker, 150 USD/day comfort.

pack-lightly.com/
tool/budget-calculator/



Country Map

Nepal spots mapped, from Lukla to Lumbini.

pack-lightly.com/
tool/country-map/



Best Time to Travel

Best: Oct-Nov and Mar-Apr. Month-by-month for 140+ countries.

pack-lightly.com/
tool/best-travel-time-worldmap/



Travel Insurance Comparison

Filter for high-altitude trekking and helicopter evacuation cover.

pack-lightly.com/
tool/travel-insurance-comparison/

Print cards: cut, fold, take

print at 100% scale · credit-card size, 85 x 54 mm

Print this page on A4 or US Letter at 100 percent (no fit-to-page), cut along the dashed lines, and the two cards live in your pack for the trip. The first is a Nepali phrase card; the second is the altitude and emergency card that matters most on the trail.

NEPALI · ESSENTIALS

Hello / goodbye	namaste
Thank you	dhanyabad
Yes / No	ho / hoina
How much?	kati ho?
Where is...?	...kaha cha?
Water	pani
Help!	guhar!
Slow down	bistarai

pack-lightly.com

ALTITUDE + EMERGENCY · NEPAL

Police	100
Ambulance	102
Tourist Police	1144
AMS rule	worse = go down
HACE/HAPE	descend + evac now

Guide: _____

Insurer evac line: _____

Policy #: _____

Left card front, right card back: print double-sided on the short edge and they fold into one.

Lost the guide, kept the card? The QR opens the live Nepal hub with every page this guide links to, plus updates published after this edition went to print.

pack-lightly.com/nepal/

Photograph both cards before you cut. A phone copy of the altitude card still works when the pack is back at the teahouse.

Write your insurer's 24-hour evacuation number on the card before you fly. At altitude, that number is the most important one you carry.

Sources and methodology

every number traces to a dated source

WRITTEN BY

Wouter van Kemenade

Founder of Pack Lightly. Twenty-plus countries on the ground, with a research process built for the Himalaya: trail data, altitude medicine, and live pricing rather than tour-operator copy. Every number in this guide is verified against a source listed below; if a price or a permit fee moves more than 15 percent, the next edition flags it.

SOURCES USED IN THIS EDITION

1. Country scores and cost tiers: Pack Lightly country-comparison dataset, captured 2026-06.
2. Permit and park fees: Nepal Tourism Board and park-office schedules, retrieved 2026-06.
3. Visa policy: Nepal Department of Immigration portal, retrieved 2026-05-15.
4. Trekking-season norms: best-travel-time dataset plus Himalayan trekking-season records, 2026-06.
5. Altitude medicine: standard AMS, HACE and HAPE prevention guidance (climb-high-sleep-low, descend on worsening symptoms).
6. Food pricing: Pack Lightly food-and-drinks dataset, 2026-06.
7. Pack Lightly Nepal cluster pages, retrieved 2026-06: visa · safety · best travel time · national parks · insurance

Methodology. Pack Lightly's country scores aggregate eleven dimensions into the 0-100 scorecard on page 5, re-scored every six months. Budget figures come from the country-comparison dataset, climate verdicts from the best-travel-time dataset and Himalayan trekking-season records, both stamped with their capture date where they appear. Permit fees are indicative and set by Nepali authorities, so confirm the current figure on arrival.

What changed in edition 2026.06: first release on the v2 design standard, built trekking-first with a dedicated altitude-safety page. Next planned update: December 2026. Not covered here: peak climbing and expeditions, the far-western circuits beyond Dolpo, and winter mountaineering.

Photo credits. Every photograph is sourced from Wikimedia Commons under a Creative Commons or public-domain license. The full per-image list, with each photographer and license, is on the next page. The cover shows the Annapurna peaks above Ghorepani. Tour data and prices come from the Viator Partner API, captured June 2026.

Image credits

every photo, its author and license

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9. **Namche Bazaar terraced mountain town, Khumbu**. Wikimedia Commons contributor, CC BY 2.0.
10. **Nepali momo dumplings plate of steamed**. Wikimedia Commons contributor, CC BY-SA 3.0.
11. **Newari food meat chatamari**. Wikimedia Commons contributor, CC BY-SA 4.0.
12. **Phewa Lake, Pokhara**. Wikimedia Commons contributor, CC BY-SA 3.0.
13. **Poon Hill sunrise**. Wikimedia Commons contributor, CC BY-SA 4.0.
14. **Sel roti Nepali fried ring bread**. Wikimedia Commons contributor, CC BY-SA 4.0.
15. **Swayambhunath hilltop stupa complex, Kathmandu**. Wikimedia Commons contributor, CC BY-SA 4.0.
16. **Tibetan prayer flags**. Wikimedia Commons contributor, CC BY-SA 3.0.

Tour data and prices: Viator Partner API, captured June 2026. Author portrait and brand marks: Pack Lightly.

A note on the links in this guide

disclosure · why this guide is free

This guide is free because some of the booking links inside it are affiliate links. When a reader books a stay, a transport leg, an eSIM, or compares insurance through one of those links, the merchant pays Pack Lightly. The reader pays the same price either way.

The pick comes before the partner. A trek, a stay area, or a transport platform is chosen for the trip it makes, and where a partner link exists for it that link is used; where none does, the plain link still points there. An overrated detour is still called a detour, and the cheaper trek that suits more people keeps the slot. The commission funds the guide, it does not choose for it.

Questions, corrections, or a trail you walked that belongs in the next edition: write to hello@pack-lightly.com.

Partners linked in this edition: **Aviasales** · **Booking.com** · **12Go Asia** · **Saily** · **Airalo** · **Hostelworld** · **Stay22** · **Viator** · via **Travelpayouts**

Links can outlive a print run. If one stops working, the live version of every page in this guide sits under pack-lightly.com/nepal.

This file is versioned; the edition is on the cover. The next planned update lands December 2026 and replaces this file at the same download.