Best Trek in Nepal for Beginners

Trekking in Nepal can be classified into many categories, with respect to their level of difficulty. All the beginner treks are intended especially for inexperienced trekkers, and destinations are considered based on terrain, the duration of the trek, and relative comparison to all the other trekking destinations. There are many best trek in Nepal for beginners, among them some are listed below.

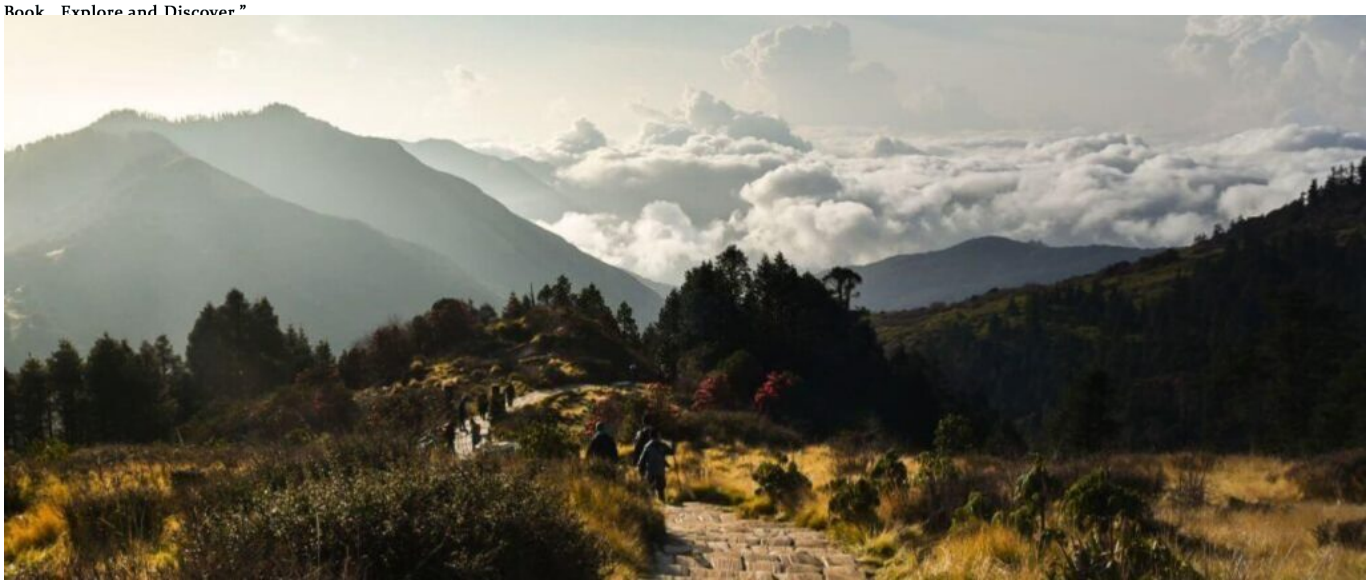
The listed destinations below are suitable for anyone, regardless of their age, experience, or unfamiliarity with the whole trekking field. For anyone just starting out for the first time and those who are a little hesitant in their abilities—these destinations are the perfect choice for an easy, laid back, and effortless trekking experience.

Given below are the names of the best treks in Nepal for beginners, with brief descriptions of them:

1. Ghorepani/Poon Hill/Ghandruk Trek:

Table of Contents

- 1. Ghorepani/Poon Hill/Ghandruk Trek:
- 2. Royal Trek:
- 3. Pikey Peak:
- 4. Dhampus/Sarangkot:
- 5. Dhorpatan:
- 6. Helambu:
- 7. Lower Mustang:
- 8. Ruby Valley:
- 9. Khopra Ridge:
- 10. NamoBuddha:
- 11. Panchase:
- 12. Narphu Valley:
- 13. Mardi Himal:
- Conclusion on Beginner Treks
- Frequently Asked Questions
    - What items must I pack while trekking?
    - How do I choose the right trekking boots?



Positioned in the northern part of central Nepal, Ghorepani lies within the site of the Annapurna Conservation Area. It is strategically located near the viewpoint of Poon Hill. This place is a pit stop for its fellow travelers. Ghorepani/Poon Hill/Ghandruk Trek is considered to be one of the best trek in Nepal for beginners.

Poon Hill is a very popular destination for sightseeing, and it has gained quite a cult following over the years. Due to these reasons alone, the guest houses and lodges here have specialized development in providing hospitality in the form of excellent meals for travelers.

This serene hill station gets its name from two Nepali words, ‘ghora’ and ‘pani’ (horse+water). Blooming with rhododendrons in springtime, striking features of the village include its stone paved pathways and houses of tin roofs with patina finishes.

Ghorepani is a major trail route to the Annapurna Base Camp, and the hike is really fetching,

with lots of waterfalls, greenery, and scenic views of the Himalayan ranges. You can hike to Poon Hill from here in the early morning to watch the sunrise. If you're feeling adventurous, you also have the additional option to trek to Ghandruk for a day, which is all very rewarding.

2. Royal Trek:

The Royal trek was named after King Charles III after he trekked this path in the early 1980s. This route is suitable for Beginners as it has a steadily ascending slope, perfect for a relaxed walk along the foothills of the Annapurna. A reasonably short trek, the areas alongside this route are home to many authentic ethnic tribes with rich cultural traditions.

About a half-hour drive from Pokhara is a locality called Bijapur, and this is the starting point of your Royal Trek. Unique viewpoints in this trek are the Syaglung Danda and the Pachabhaya Danda at its end, surrounded by the Begnas and Rupa Lake.

3. Pikey Peak:



Popularly believed to be Sir Edmund Hillary's favorite view of Everest, this trail presents its hikers with many Buddhist Monasteries sprawled across the trail. The trek lies in the Lower Khumbu region of Nepal.

And because of this, you will witness a considerable amount of Sherpa Culture during your Trip to Pikey Peak**.** Pikey Peak has two summits, with a mere difference of twenty meters between the two. It stands at an altitude of 4065 meters above sea level.

4. Dhampus/Sarangkot:

Dhampus is a Village Development Committee in the Kaski district of North Central Nepal. A trek to this region of Nepal gives visitors alluring views of the Annapurna, Hiunchuli, and Machhapuchhare ranges.

Here, you can observe traditional farmhouses and the native culture of the tribes residing in these hills. Many species of migratory birds are also observed flocking to this region at certain times of the year. In addition to your Dhampus hike, you can also opt to visit the Sarangkot hill nearby, which features paragliding.

5. Dhorpatan:

In the southern part of Dhaulagiri Mountain lies the only hunting reserve in Nepal, the Dhorpatan Hunting Reserve. You can trek to Dhorpatan from Pokhara, and the trail is a satisfactorily pleasant hike.

The incredible biodiversity of this region will leave you enthralled. In case you're interested, you are left with the option of participating in some hunting, too (once all your permits are in order, of course).

6. Helambu:



Helambu is a highland village less than 100 kilometers from the Kathmandu Valley. Famous for its many monasteries and apples, this is a short trek you can complete within a week.

It is a precursor to the Langtang National Park, and you should seriously consider extending your trip if you have the luxury of time.

7. Lower Mustang:

The barren landscape and the rich Tibetan culture of Mustang build up to a truly authentic experience, in case you're considering a visit to this region.

Trekking to Lower Mustang is quite easy, and the landscapes are quite contrasting compared to what you will get to see anywhere else in Nepal. Jomsom, Marpha, Muktinath, and Tatopani are some of the examples of exotic places along this route that you can opt to visit.

8. Ruby Valley:

Located in the Ganesh Himal Region, trekking to the Ruby Valley gives you the privilege of witnessing a newly opened trek with hot springs, waterfalls, suspension bridges, stone mills, and ruby mines.

Take a chance to trek to this region, and you will get to observe the unique Tamang and Gurung Cultures, both of which are culturally rich mountain tribes of the Himalayas.

9. Khopra Ridge:

The Khopra Ridge is a popular trek to the center of the Annapurna Region. It has a glorious views of the Himalayan ranges like Annapurna I, Machhapuchhre, Nilgiri, Dhaulagiri, etc. During this trek, you will also come across the Baraha Tal, or the Khayer lake. All of this are situated at an altitude of 4660 meters above sea level.

Twenty-two notable mountains are observed from the Khopra Ridge, the most prominent of them—Mt. Dhaulagiri I, and Mt. Annapurna I. It is one of the best high-altitude, short treks that you can choose from this list.

10. NamoBuddha:



Within the confines of the Kathmandu Valley, this is one of the best hiking spots situated close by. The ancient city, culture, and people, along with the great monastery here—an important Buddhist Pilgrimage site, is a great hike for a comprehensive cultural exploration.

The trek starts from the Panauti Village, an ancient town that is a former merchant hub for the Tibet Trade Route. This trail is covered by magnificent greenery, which engulfs the entire hill. This trek is considered to be one of the best trek in Nepal for beginners.

‘Thrangu Tashi Yangtse’ is a Karma Kagyu Buddhist Monastery, a center of spiritual growth for school monks of all ages.

11. Panchase:

Panchase is an intersection of five hills on a mountain top, with many temples and a lake,

situated very close to the city of Pokhara. You can find many species of medicinal herbs that grow in the fertile soil of this area.

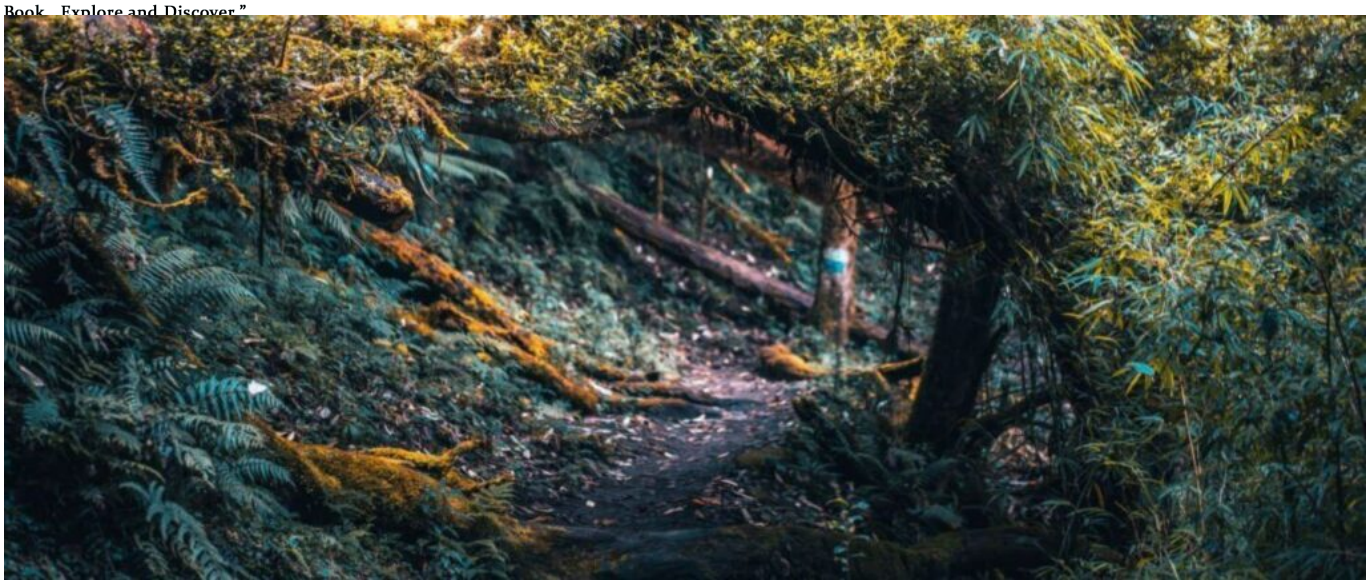
The view of the Annapurnas from this place is considered the best one from anywhere near Pokhara. Three different routes are available for this trek, and it is an extremely easy, short trek, yet very rewarding beyond measure. This three-day hike requires no permits or a TIMS card either.

12. Narphu Valley:

Your trip to the Narphu Valley will leave you amazed, given the range of geographical diversity—with narrow canyons, gorges, beautiful villages, and striking rock formations. This route was only opened after the early 2000s and showcased new, rare Tibetan culture.

The unfrequented routes of this region are a tribute to nomadic lifestyles. Also wandering along the trails of this region undoubtedly invokes the same sentiment in travelers.

13. Mardi Himal:



Although people deem this Annapurna Base Camp side-trail challenging, **nevertheless**, it offers a chill and casual hike. **Indeed**, it provides a wholesome and gratifying experience. **Furthermore**, trekkers view extravagant Himalayan ranges directly from the Mardi Base Camp. **Thus**, you can reach the base camp leisurely while indulging in local teahouses. **Ultimately**, the Mardi Himal Trek takes about a week, representing a physically demanding journey you should save for last.

Conclusion on Beginner Treks

Therefore, these beginner-friendly Nepal treks offer great options for your first hiking adventure. **Ideally**, you should complete these routes in serial order. **Consequently**, this preparation equips you for more demanding future treks requiring greater effort. **Even though** these paths are easier, they never compromise on natural or cultural beauty. **Indeed**, we wish you the best on your upcoming journey.

Frequently Asked Questions

What items must I pack while trekking?

Unless you go backpacking, you only need to carry essential items like clothing, water, snacks, and cameras. **Meanwhile**, your accompanying porter or guide will carry all extra personal gear and emergency equipment.

How do I choose the right trekking boots?

Clearly, good boots make a major difference on any trail. **Therefore**, choose comfortable footwear with strong grip, ankle support, and durable materials, breaking them in before your trip starts.

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Inclusions

Exclusions