



The Greatest Expedition Partner

Best Seasons Chart

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Nepal Trekking Seasons at a Glance

Season	Months	Weather	Pros	Cons
Spring	March-May	Warm & Stable	Clear skies, rhododendron blooms, moderate temperatures	Can be crowded, occasional afternoon showers
Summer/Monsoon	June-August	Hot & Wet	Lush landscapes, fewer trekkers, unique cultural experiences	Leeches, limited mountain views, risk of landslides
Autumn	September-November	Cool & Clear	Best visibility, stable weather, festive atmosphere	Most popular time, higher prices, crowded trails
Winter	December-February	Cold & Snowy	Solitude, crisp air, stunning snow-capped peaks	Extremely cold, high passes may be closed, risk of heavy snowfall

Route-Specific Recommendations

Everest Base Camp (EBC)

- **Best:** Spring & Autumn
- **Avoid:** Winter (Extreme cold), Summer (Monsoon)

The classic trek. Spring and Autumn offer the best balance of weather and visibility. Winter is exceptionally cold, and the monsoon brings heavy rain and obscured views.

Annapurna Circuit & Base Camp (ABC)

- **Best:** Spring & Autumn
- **Avoid:** Winter (Pass closures), Summer (Landslides)

Spring offers rhododendron blooms, while Autumn provides clear skies. The Thorong La pass can be challenging in winter due to snow. The monsoon season brings landslides and leeches.

Manaslu Circuit

- **Best:** Spring & Autumn
- **Consider:** Winter (If experienced), Summer (Less crowded)

A less crowded alternative to Annapurna. Spring and Autumn are ideal. Winter treks are possible with proper gear and experience. Summer offers lush landscapes but expect rain.

Langtang Valley

- **Best:** Spring & Autumn
- **Avoid:** Winter (Heavy Snow), Summer (Monsoon)

Easily accessible and stunning views. Spring and Autumn are the best times. Winter brings heavy snow, and the monsoon can make trails slippery.

Upper Mustang & Upper Dolpo

- **Best:** Spring & Autumn (Rain Shadow)
- **Consider:** Summer (Dry, but hot)

Located in the rain shadow, these regions are trekable even during the monsoon. Spring and Autumn offer pleasant temperatures. Summer can be hot and dusty, but the scenery is still spectacular.

Pro-Tips for Timing Your Trek

- **Book in advance:** Especially for peak seasons (Spring and Autumn).
- **Check weather forecasts:** Weather in the Himalayas can change rapidly.
- **Consider festivals:** Trekking during festivals like Dashain or Tihar can be a unique cultural experience.
- **Acclimatization:** Build in acclimatization days to avoid altitude sickness.
- **Hire a guide/porter:** Especially for less crowded routes or during challenging seasons.
- **Pack appropriately:** Gear up for all types of weather.

Summary

This chart provides a comprehensive guide to planning your trek in Nepal, considering the best seasons for different routes. By understanding the weather patterns, pros, and cons of each season, you can optimize your trekking experience and create unforgettable memories in the Himalayas.