



# Western Nepal

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## Why Go?

The allure of Western Nepal is the immense scale of the landscape; extensive forests and alpine meadows give way to wave after wave of stark, khaki ridges that spread through the rain shadow of the Himalaya, all framed by snowcapped peaks. Touched lightly by the 2015 earthquakes, this remote expanse hides some of the country's best trekking secrets, including spectacular turquoise lakes, timeless Tibetan monasteries and breathtaking high passes. With language and traditions quite different from the rest of the country, western Nepal feels very much like the frontier it is.

All treks in Nepal's Wild West are seriously off the beaten track – these aren't teahouse-and-apple-pie treks. If you're not put off by the logistical difficulties of securing flights, fuel, permits and food, or the relatively higher costs of trekking far from Kathmandu, then the west is the place for you. This is one corner of Nepal where you need a reliable trekking agency on your side.

## When to Go

- Most of western Nepal is either outside the monsoon's influence or in the rain shadow of the Dhaulagiri Himal.
- Summers (June to August) tend to be drier here than in the rest of Nepal, and there are few leeches, although one problem with summer treks in the west is the inordinate number of flies.
- The trekking season, therefore, is from late spring and throughout summer until late October, though the best time to visit the high valleys is from late August to September, when the wildflowers are in bloom.
- Snow blocks passes in winters and many higher villages are deserted.

