

ANNAPURNA CLASSIC FULL 17 day

Highlight information

- ✓ Classic trek through Nepal's most diverse landscapes — from rice terraces to alpine deserts
- ✓ Cross Thorong La Pass (5,416 m), one of the world's highest trekking passes
- ✓ Explore colorful villages of Manang, Mustang, and Muktinath, and meet Gurung, Thakali, and Tibetan communities
- ✓ Enjoy panoramic views of Annapurna, Dhaulagiri, Manaslu, and Tilicho Peak
- ✓ Optional side trips to Tilicho Lake, Ice Lake, Tatopani hot springs, and Lupra (Bön village), ending with a scenic drive or flight from Jomsom or Pokhara

Overview

The Annapurna Circuit is a legendary trek beloved by mountain lovers, known for its breathtaking views of the Annapurna and Dhaulagiri ranges and its remarkable diversity of landscapes and cultures. The journey begins in lush rice terraces and sub-tropical forests, then climbs through rhododendron-covered hills and alpine meadows before reaching the arid, high-altitude Mustang region.

Along the trail, trekkers enjoy stunning sunrise vistas from famous spots like Poon Hill and the quieter Mohare Danda, each offering sweeping panoramas of snow-capped peaks. A highlight of the adventure is crossing Thorong La Pass at 5,416 m—a challenging yet rewarding experience with unforgettable views across the Himalayan horizon.

From vibrant valleys to wind-swept plateaus, and from traditional Gurung villages to Tibetan-influenced hamlets, the Annapurna Circuit is a journey of constant discovery. Every step reveals new scenery and stories, making this trek one of Nepal's most varied and enriching experiences.

Trekking level

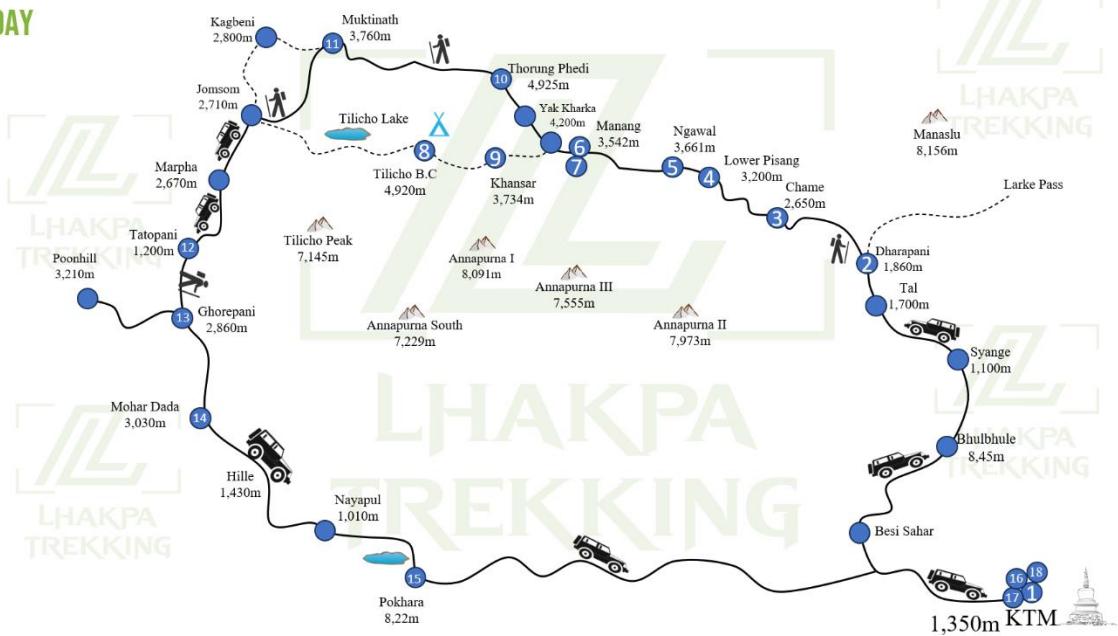
Grade 5: Very Strenuous/Challenging Treks

- ✓ Altitude: Above 6,000 meters
- ✓ Duration: 7–9 hours of walking per day
- ✓ Terrain: High-altitude passes, glaciers, and technical sections
- ✓ Experience Required: Suitable for seasoned trekkers with high-altitude experience
- ✓ Examples: Annapurna Circuit via Thorong La Pass, Makalu Base Camp Trek

Trekking Map

ANNAPURNA CLASSIC FULL

17 DAY



Itinerary & map

Day 1. Arrive Kathmandu 1350m. Transfer to the hotel

Your happy holiday starts in Kathmandu. From airport to hotel transferred included depending on arrival times, you will be able to have a freshen up before briefing with guide in the late afternoon. According to the time, you can walk/drive to Swayambhunath Stupa (Monkey Temple) and from here watch your first Nepali sunset over the Kathmandu Valley, from the oldest stupas in Nepal and is now an important centre for Buddhism. This is one of the most Important world heritage sites of Nepal.

Accommodation: Hotel. Meals excluded: Breakfast included, Transfer: 20 M drive

Day2. Kathmandu - Besi Sahar (760 m) - Dharapani (1860 m)

Early morning departure to Besisahar. This route main highway between Nepal and India, we allow till Mugling. Throughout passing numerous villages we arrive to Besisahar to change the jeeps. After Besisahar, the road then turns into a stony track, a little bumpy but bordered by beautiful landscapes of rice fields and traditional Nepalese villages. A few landslides can sometimes delay us or force us to change vehicles several times; Faced with these little daily adventures, it is wise to follow the example of the Nepalese who maintain a smile and good humor... We finally arrive at the Dharapani. Installation at the lodge.

Accommodation: lodge. Meals included: morning noon evening. Transfer: 6h drive (Besi Sahar) + 3 hours jeep

Day 3. Dharapani - Chame (2700 m)

After breakfast, the trail climbs steeply to Timang, which marks the end of the vast Marsyangdi Gorge. From there, it gradually levels out as the landscape shifts from dense pine forests to drier hillsides. Beyond Besisahar, Chame — the district headquarters of Manang — is the largest settlement in the area.

Accommodation: lodge. Meals included: morning noon evening.

Elevation gain: 750 m. Elevation loss: 340 m. 5 hours walking.

Day 4. Chame – Lower Pisang (3200 m)

After breakfast, the trail follows the Marsyangdi River through pine forests to Bhratang, known for its apple orchards. The valley then opens to the impressive curved rock face of Paungda Danda. After crossing a suspension bridge, you climb to Dukur Pokhari (3,240 m) for lunch with great mountain views, before gently descending to Lower Pisang (3,200 m). You can also visit Upper Pisang for its monastery and wider views. This stage combines forests, river views, and striking mountain scenery.

Accommodation: lodge. Meals included: morning, noon, evening.

Elevation gain: 830 m. Elevation loss: 350 m. 6 hours of walking.

Day 5. Pisang - Ghyaru (3720) - Tibetan village of Ngawal (3661 m)

Today, we climb steeply to Ghyaru, a small Tibetan village at 3,720 meters, known for its stunning mountain views and traditional stone houses. From Ghyaru, the trail crosses open hills to Ngawal (3,661 m), a larger village featuring a beautiful monastery and ancient stone buildings. This quieter route offers beautiful scenery and helps your body acclimatize to the higher altitude before continuing on to Manang.

Accommodation: lodge. Meals included: morning, noon, evening.

Elevation gain: 685 m. Elevation loss: 217 m. 6 hours of walking.

Day 6. Ngawal - Braga Monastery - Manang (3542 m)

After breakfast we follows a scenic, gradually descending trail. Leaving Ngawal, the path winds through open alpine terrain with scattered juniper trees, mani walls, and sweeping views of Annapurna III and Gangapurna. After about 1.5 hours, we reach the historic village of Braga,

home to a 600-year-old monastery perched on a cliff—well worth a short visit for its spiritual ambiance and amazing views. From Braga, the trail becomes easy and mostly flat, following the Marsyangdi River until we reach Manang, a vibrant village and key acclimatization stop on the Annapurna Circuit.

Accommodation: lodge. Meals included: morning, noon, evening.

Elevation gain: 140 m. Elevation loss: 273 m. 4 hours of walking.

Day 7. Ice Lake (4610 m) (Kicho Tal): Panorama of the Annapurnas / Rest and acclimatization day in Manang

Starting from Braga or the small hamlet of Manang, the trail climbs steeply through alpine meadows. Due to the high elevation and rugged terrain, the path can be difficult to follow. The highlight of this trek is a stunning glacier lake with crystal-clear turquoise waters that beautifully reflect the surrounding peaks. From here, you'll enjoy panoramic views of Gangapurna and the Annapurna range, including Annapurna II, III, and IV. As an option, Gangapurna Lake offers a shorter and easier alternative for a quick visit or acclimatization, requiring less effort to reach.

Accommodation: lodge. Meals included: morning, noon, evening

Elevation gain: 1100 m. Elevation loss: 1100 m. 7 hours of walking.

Day 8. Manang - Leather (4217 m)

Today is a short, easy trek to help your body adjust to the altitude. You'll walk through dry, rocky high-altitude desert land, very different from forests and meadows. Along the way, you might see eagles, marmots, yaks, and blue sheep. The slow pace lets you enjoy mountain views and rest before the next climb.

Accommodation: lodge. Meals included: morning, noon, evening.

Elevation gain: 720 m. Elevation loss: 56 m. 4.5 hours of walking.

Day 9. Leder - Thorung Phedi (4500m), at the bottom of Thorong La

Today is another short but important day on the Annapurna Circuit. This trek brings you closer to the challenging Thorong La Pass (5,416 m), one of the highest trekking passes in the world. Along the way, you'll enjoy stunning views of snow-capped peaks, glacial rivers, and the dry, high-altitude landscape. Mountains like Thorong Peak (6,144 m) and Khatung Kang (6,484 m) tower on the horizon, adding to the thrill of this stage.

Accommodation: lodge. Meals included: morning, noon, evening.

Elevation gain: 380 m. Elevation loss: 71 m. 3 hours of walking.

Day 10. Thorung Phedi - Thorong La pass (5416 m) - Muktinath (3760 m)

Starting very early, you'll climb steeply but steadily to Thorong La Pass at 5,416 meters, one of the highest trekking passes in the world. At the top, you'll see colorful prayer flags, a Buddhist stupa, and piles of stones made by trekkers. Take a break to enjoy the amazing views of snowy mountains and valleys. After the pass, the trail goes down sharply to Chabarbu, passing meadows and a deep gorge before going up a little again. Then the path gets wider as you reach Muktinath, a sacred place for both Buddhists and Hindus, known for its old temple and natural springs believed to have healing powers. This day is tough but very special. Elevation gain: 912 m.

Accommodation: lodge. Meals included: morning, noon, evening

Elevation loss: 1691m. 8 hours of walking.

Day11

Muktinath - Lupra (3000 m) – Drive to Tatopani (1200 m)

Today is an important day as you spend the morning near Mount Dhaulagiri. After leaving Muktinath, the trail goes to the small, old village of Lupra, avoiding the main road. This area has some of the last Bön monasteries, an ancient religion before Buddhism. To reach Lupra, you go down a steep path into a riverbed. From there, you take a three-hour jeep ride to Tatopani, a busy town by the Kali Gandaki River. Tatopani means “hot water” in Nepali because of its natural hot springs, where you can relax for a small fee of 150 rupees. Don’t forget your swimming gear !

Accommodation: lodge. Meals included: morning, noon, evening.

Transfer: 3 hours

Elevation gain: 200 m. Elevation loss: 1100 m. 5 hours of walking.

Day 12. Tatopani - Sikha (2000 m) – Ghorepani (2860 m)

The day starts with a short walk on a road and crossing a bridge. Then, you climb uphill through farms and small traditional villages. No need for heavy winter gear today—just a couple of t-shirts will be enough. Near the top, you'll enjoy stunning views of the Annapurna and Dhaulagiri mountains from Poon Hill.

Accommodation: lodge. Meals included: morning, noon, evening.

Elevation gain: 1200 m. Elevation loss: 150 m. 5 hours of walking.

Day 13. Ghorepani – Poonhil (3210 m) Phulbari (3000 m) – Mohare Danda (3030 m)

To see the beautiful sunrise from Poon Hill, you begin with a steep climb early in the morning over stone steps. On this lovely day, you walk through rhododendron forests, away from the busy trail. The views of the Annapurna and Dhaulagiri mountains are stunning. Then, you follow the ridge to Mohare Danda community lodge, where you can see many peaks, including Annapurna, Machapuchare, Hiunchuli, Mardi Himal, Lamjung Himal, and the towering Dhaulagiri on the other side.

Accommodation: lodge. Meals included: morning, noon, evening.

Elevation gain: 700 m. Elevation loss: 274 m. 5 hours of walking.

Day 14. Mohare Danda – Pokhara (850 m)

After enjoying the sunrise, the day continues along magnificent ridges filled with rhododendron and tropical forests before descending steeply toward the village of Ulleri via long stone steps. Following lunch in Ulleri, you will catch jeeps to Pokhara

Accommodation: Hotel. Meals included: morning.

3h hour transport.

Elevation up: 1260 m. Elevation down: 72 m. 4 hours of walking

Day 15. Pokhara - Kathmandu

After breakfast, you will drive back to Kathmandu. The scenic journey along the Prithvi Highway takes approximately six to seven hours.

Day 16. Kathmandu – souvenirs day, sightseeing day or free day.

If you choose the sightseeing option, this full-day cultural tour offers a well-rounded experience of Kathmandu's history, spirituality, and art. You will be guided by an expert, certified guide who will enrich your understanding of the city's unique heritage.

Below is a suggested itinerary and price that balances history, culture, and local experiences, visiting a maximum of three sites in one day.

Swayambunath

Bhaktapur

Boudhanath

Patan Darbar square

Kathmandu Darbar square

In this price, an expert and certified cultural and tour guide a vehicle reserved and a professional driver for whole during the sightseeing.

2-3 pp 70€

4-6 pp 50€

7-10 pp 35€

11-15+ 30€

Day 17

Back to the native land

According to your flight schedule the grand departure. We will come to drive you to the airport.

What's included

- ✓ Ground travel as specified in the programme.
- ✓ Domestic flights as described.
- ✓ Accommodation as described in the programme.
- ✓ Meals as described in the programme.
- ✓ Entrance permits to Annapurna National Park.
- ✓ Professional guide
- ✓ Assistance from a local team during the trek.
- ✓ A first aid kit.
- ✓ 1 porter for 2 clients

What's not included

- Travel Insurance
- International flight
- Tips for porters and other trek staff
- Drinks, souvenirs, Wifi internet, hot shower etc.

- Anything not listed under " price includes

Personal expenses

Trekking in Nepal includes most major costs, but personal expenses vary depending on individual spending habits. On average, €200 (\$200-250 USD) should cover:

- ✓ Beverages – Soft drinks, tea, coffee, and alcoholic drinks (prices increase with altitude).
- ✓ Snacks & Extras – Chocolates, energy bars, and personal food purchases along the trek.
- ✓ Souvenirs – Handicrafts, prayer flags, and traditional items from trekking villages.
- ✓ Tips for Guides & Porters – Tipping is customary in Nepal; recommended \$5-\$10 per day for guides, \$3-\$5 for porters.
- ✓ Visa fee on arrival
- ✓ Entrance & donation fees during visits to temples and monasteries
- ✓ Insurance

Tips and gratitudes

Tipping is a long-standing tradition in the adventure sector in Nepal and a meaningful way to show appreciation for the hard work of guides, porters, and trekking staff. While not mandatory, it is customary to tip at the end of the trek, usually as a group, to ensure a fair and organised distribution. Your trek guide will advise on an appropriate amount based on the trek duration and team size. Many groups present tips with a small farewell gathering or celebration on the last evening, marking the end of their trek. Additionally, trekkers often choose to donate equipment such as boots, gloves, hats, scarves, and trekking poles to the porters and crew. These items are highly valued and appreciated, especially by those working in the mountains. Tour leaders can be tipped separately during the final group dinner in Kathmandu or Pokhara. Though not obligatory, a small personal token of gratitude for their efforts enhances the spirit of mutual respect and appreciation.

Food and accommodation

Food (meal plan) and accommodation are among the most important things when in Nepal and in the course of the trek. Please make sure to let the booking agency know of your allergies if you have any and also let them know if you are on any personal medication and need special attention at any time during the trek. Accommodation in Kathmandu & Pokhara ♣ Hotel Standards – Most trekkers stay in 2-3 star hotels in Thamel (Kathmandu) or Lakeside (Pokhara) before and after trekking. ♣ Twin-Sharing Basis – Standard bookings are twin-sharing, but single

rooms can be arranged at an extra cost. ♣ Facilities – Hotels offer hot showers, Wi-Fi, laundry services, and 24-hour electricity.

Visa on arrival

Nepal offers Visa on Arrival for most nationalities at Tribhuvan International Airport (TIA) in Kathmandu and certain land border checkpoints. The process is straightforward:

- Fill out the visa application form (available online at Nepal Immigration or at the airport).
- Submit a passport-sized photo (carrying one is advisable).
- Pay the visa fee (preferably in USD).

Visa Fees (as of 2025)

1. 15 Days – \$30 USD
2. 30 Days – \$50 USD
3. 90 Days – \$125 USD
4. Multiple Entry – Additional \$20 USD (if you need to leave and re-enter Nepal)

Visa extension

- Available at the Department of Immigration in Kathmandu or Pokhara.
- Costs \$3 per day after the original visa expires.
- Minimum extension is 15 days (\$45 USD), and maximum is up to 150 days per calendar year.

Optional but useful

- Buff / Neck Gaiter – Protects against dust, sun, and cold.
- Lightweight Book / Journal – For downtime in teahouses.
- Snacks & Energy Bars – Available in cities but expensive in trekking areas.
- Duct Tape / Repair Kit – Useful for gear repairs on the trail. Remember, especially the body gears should be better tested for safety as you can't afford to have gears that malfunction in high altitude. So, avoid knockoff brands which might save you a bit initially but can eventually cost an entire adventure

Gear & equipment recommended for trekking

Pushing in thin air in the piercing wind, freezing cold is never an easy thing to undertake. Himalayan treks often demand a high level of strength and endurance and a similar level of

gears and equipment which can withstand the harshness of a mountain. Here is a complete list of gears and equipment we recommend for trekking in Nepal Himalaya:

Clothing (Layering System for Trekking)

Nepal's trekking regions experience temperature variations from 30°C (lower altitude) to -10°C (higher altitude). A proper layering system ensures adaptability to changing conditions.

Base Layer (Moisture-Wicking, Breathable)

- 2-3 Thermal tops (Merino wool or synthetic)
- 2-3 Thermal bottoms (leggings or long underwear)

Mid Layer (Insulation for Warmth)

- Fleece jacket or down jacket (for warmth)
- Softshell jacket or light insulated vest (for layering)

Outer Layer (Waterproof, Windproof Protection)

- Gore-Tex or equivalent waterproof shell jacket
- Waterproof hiking pants

Trekking Shirts & Pants

- 3-4 Quick-dry T-shirts (synthetic or Merino wool)
- 2-3 Convertible trekking pants (zip-off style preferred)

Cold Weather Gear (For High-Altitude Regions)

- Down jacket (800-fill recommended for subzero temperatures)
- Thermal gloves & mittens
- Insulated trekking pants

Rain Gear (Essential for Monsoon Season Treks)

- Lightweight rain jacket (Gore-Tex or similar)
- Rain cover for backpack

Trekking Boots

- Waterproof, high-ankle support boots (break them in before the trek) Camp Shoes / Sandals
- For walking around lodges and teahouses Socks (Moisture-Wicking, Warmth-Retaining)

- 3-4 pairs Merino wool trekking socks (for cold and warmth regulation)
- 2 pairs liner socks (to prevent blisters) Gaiters (For Snow & Muddy Trails)
- Recommended for Everest, Annapurna, and Manaslu treks in winter
- **Backpacks & Bags**
 - **50-70L Backpack (for self-supported treks)**
 - **Daypack (25-35L for guided treks with porters)**
 - **Dry bags or waterproof pouches for electronics and important documents**

Sleeping Gear

- Sleeping bag (rated -10°C to -20°C for high-altitude treks)
- Sleeping bag liner (for extra warmth & hygiene)

Hiking Accessories

- Trekking poles (collapsible, lightweight)
- Headlamp (with extra batteries)
- Sunglasses (UV protection, polarized)
- Water bottles (Nalgene or insulated flasks, 2L capacity minimum)
- Hydration bladder (optional but useful for easy access to water)

Navigation & Safety Gear

- Map & Compass (or GPS device if trekking solo)
- Multi-tool knife (Swiss Army or equivalent)

First Aid Kit & Medication

- Personal prescription medications
- Diamox (for altitude sickness, if advised by a doctor)
- Painkillers (ibuprofen or paracetamol)
- Blister treatment (Compeed, Moleskin patches)
- Bandages & antiseptic wipes

Personal Hygiene & Toiletries

- Biodegradable soap & shampoo
- Toilet paper & wet wipes
- Lip balm (SPF protection for dry, cold air)

- Sunscreen (SPF 50+)

Electronics & Communication

- Power bank (10,000–20,000mAh)
- Solar charger (for remote trekking routes)
- Local SIM card (NCELL or Nepal Telecom for network coverage)

Travel Advisory for Nepal

Before travelling to Nepal, it's important to stay informed about safety, health, and entry requirements. Below is a detailed travel advisory covering safety, health guidelines, political stability, and essential travel tips.

Health & Vaccinations

- ✓ Required Vaccines: No mandatory vaccines for entry, but the following are recommended:
 - ✓ Hepatitis A & B – Due to potentially contaminated food or water.
 - ✓ Typhoid – For protection against foodborne illnesses.
 - ✓ Rabies – If planning extended stays in remote areas.
 - ✓ Tetanus & Diphtheria – Basic precaution.
- ✓ Malaria & Dengue: Malaria risk is low in Nepal's trekking regions but present in southern Terai areas (Chitwan, Lumbini).
- ✓ Dengue outbreaks occur seasonally (especially during the monsoon). Use mosquito repellent and wear long sleeves in affected areas.

Political Stability & Security

- ✓ General Safety: Nepal is politically stable and safe for travellers.
- ✓ Border Security: Certain trekking areas (e.g., Upper Mustang, Manaslu) require special permits. Travel to remote border regions (Tibet, India) may be restricted without prior approval.

Natural Hazards & Trekking Safety

- ✓ Earthquakes: Nepal lies in a seismically active zone. Follow emergency protocols in case of tremors.

- ✓ **Landslides & Flooding:** Monsoon season (June–August) increases risks of landslides and road blockages. Trekkers should avoid landslide-prone areas and check the weather forecast before trekking.
- ✓ **Avalanches & Glacial Lake Outbursts:** Winter and spring treks in high-altitude areas (Everest, Annapurna, Manaslu) may be affected. Hiring an experienced guide is strongly recommended. Our guides are well trained in avalanche safety and glacial hazards.

Crime & Personal Safety

- ✓ **Crime Rate:** Nepal has a low crime rate, but petty theft and scams exist.
- ✓ **Common Scams:** Overpriced taxis – Always negotiate fares or use ride-hailing apps.
- ✓ **Fake trekking permits** – Only book with registered trekking agencies. Booking with us gives you mental relief.
- ✓ **Donation fraud** – Verify NGOs before donating.
- ✓ **Solo Travellers:** Nepal is safe for solo travellers, including women, but trekking alone is not recommended in remote areas.

Transportation Safety

- ✓ **Domestic Flights:** Mountain weather can cause delays in flights to Lukla, Jomsom, and Pokhara. Book flexible return tickets in case of cancellations.
- ✓ **Road Travel:** Roads in Nepal are poorly maintained, and bus travel can be dangerous. Hiring a private vehicle with a driver is the safest option.

Communication & Emergency Contacts

- ✓ **IM Cards & Internet:** NCELL and Nepal Telecom (NTC) offer prepaid SIM cards for tourists. The internet is available in major cities but can be unreliable in remote trekking areas.
- ✓ **Emergency Numbers:**
- ✓ **Tourist Police:** 1144
- ✓ **General Police:** 100
- ✓ **Ambulance:** 102
- ✓ **Nepal Immigration Office:** +977 1-4113045

About Nepal

- ✓ Nestled between India and China, Nepal is a stunning landlocked nation in South Asia. Nepal is renowned for having the highest mountain in the world, Mount Everest, and for

its breathtaking Himalayan scenery, rich cultural legacy, and friendly people. Lord Buddha was born there, and it's a popular destination for hikers, climbers, and adventurers. A vibrant and spiritual destination, Nepal is remarkably diversified in terms of race, language, and religion despite its tiny size.

Total Population of Nepal

- ✓ As of 2025, Nepal has a population of approximately **31.5 million** people.
 - ✓ The population is diverse, with over 100 ethnic groups and languages.
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Nepalis Working Abroad

- Roughly **15–20%** of Nepal's population is working overseas, mostly in countries like **India, Malaysia, Qatar, UAE, and Saudi Arabia**.
 - **Remittances** from these workers make up about **20–25% of the national GDP**, making it a major part of the economy.
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Condition of Youth in Nepal

- Many youths are **unemployed or underemployed**, even after getting a degree.
- Due to limited job opportunities and political instability, a significant number choose to **migrate abroad** for work.
- Despite challenges, Nepali youth are **resilient, talented, and active** in fields like tech, tourism, and entrepreneurship.

Current Condition of Nepal

- Nepal is a **developing country** with immense natural beauty and potential, especially in tourism and hydropower.
 - Major challenges include **poverty, unemployment, infrastructure issues**, and a high dependency on foreign aid and remittance.
 - There's a growing **urban-rural gap**, and many remote areas still lack basic services.
-

Political Situation

- Nepal is a **federal democratic republic**, but its political landscape is often **unstable and fragmented**.
- Frequent changes in government, internal party conflicts, and a lack of long-term vision have slowed national progress.
- Citizens are hopeful for **better leadership and accountability**, especially from the younger generation of politicians.

Majar city in Nepal

Kathmandu

- Capital and largest city
- Cultural and political hub, full of ancient temples and UNESCO sites
- 1.4 million Population
- The political, cultural, and economic heart of Nepal.

Pokhara

- Tourism hotspot and gateway to the Annapurna trekking region
- Known for beautiful lakes, mountain views, and adventure sports
- 600,000 Population**Lalitpur (Patan)**
- Located right next to Kathmandu
- Famous for its arts, crafts, and traditional Newari architecture
- 551,667Population

Bhaktapur

- Historic city in the Kathmandu Valley
- Known for its preserved medieval atmosphere and cultural heritage
- 79,136 Population

Biratnagar

- Major industrial city in eastern Nepal
- Important for business and manufacturing
- 243,927 Population

Birgunj

- Main trade gateway between Nepal and India (border town)
- Economic lifeline for imports and exports

Nepalgunj

- Key city in western Nepal
- Commercial and transportation hub, close to Bardiya National Park
- 272,382 Population

Butwal

- Rapidly growing city in Lumbini Province
- Known for trade and its connection to Lumbini, the birthplace of Buddha

Dhangadhi

- Major city in the far west of Nepal
- Growing infrastructure and access point to western hill regions
- 198,792 Population

Janakpur

- Religious and cultural city in the southeast
- Famous for Janaki Temple and Maithili culture
- 194,556 Population