

Classical Upper Mustang Trek - 14 Days

URL: <https://nepalalternativetreks.com/trip/14-day-upper-mustang-trek/>

Classical Upper Mustang Trek Quick Information

Weather

-10°C to 20°C

Duration

14 Days

Difficulty

Moderate

Accommodation

Lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Overland + Flight

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhist, Bon Po

Ethnic People

Tibetan, Gurung, Thakali, Lowa

Region of Nepal

Upper Mustang -Annapurna
Region

Max Altitude

4100m./13530ft.

Per Person Cost

USD 1600

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Desert , Village,
Rain-Shadow Area

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,600.00
Group Of 5 - 8	USD \$1,570.00
Group Of 9 - 12	USD \$1,540.00
Group Of 13 - 18	USD \$1,510.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

14 Days Classical Upper Mustang Trek Overview

The 14 Days Classical Upper Mustang Trekking starts from Jomsom to Kagbeni after a scenic flight from Pokhara with pleasing views of mountains like Dhaulagiri (8167m), Nilgiri (7061m), Damodar (4890m), Annapurna (8091m), and many more. Along the way, you get to view the stunning Kaligandaki River valleys.

Following the views of the high Tibetan Plateau, you will explore the region of Upper Mustang. Crossing the tough and beautiful Lo La Pass (3950m), you will arrive in Lo Mangthang. Observe the traditional houses of Lo Mangthang village and explore the royal palace and the impressive caves, including Jhong caves. Visit the stunning monasteries that showcase the Tibetan culture. Passing through the quaint villages, you will return to Jomsom and then drive back to Pokhara. From the lake city of Pokhara, you will drive back to Kathmandu.

Since the region lies in the rain shadow, you can trek all year round. However, trekking is tough during winter due to harsh climatic conditions.

Highlights Of 14 Days Classical Upper Mustang Trek

- Spiritual feeling as you explore ancient caves and monasteries.
- Witness the breathtaking views of Mt. Nilgiri, Mt. Annapurna, Mt. Dhaulagiri, and many more.
- Learn about the culture of the local people and their way of living life near the Nepal-Tibet border.
- Get an insight into the prehistoric village of Lo Mangthang and visit the ancient palace.
- The eye-catching view of landscapes and plateaus in the lap of the mighty Himalayas.

Weather

January

-15°C to 5°C

February

-10°C to 8°C

March

-5°C to 12°C

April

0°C to 15°C

May

5°C to 18°C

June

7°C to 20°C

July

8°C to 20°C

August

8°C to 19°C

September

5°C to 18°C

October

0°C to 15°C

November

-5°C to 10°C

December

-10°C to 5°C

14 Days Upper Mustang Trek Itinerary

Day 1: Drive to Pokhara

After breakfast, You will embark on a tourist bus to Pokhara. Following the winding roads through the Prithvi Highway, we leave the Kathmandu valley. We drive along the fierce Trishuli River. From the windows pane, you will catch the sight of rafters on the dashing rivers and peek at some mountains. Once you arrive at Pokhara, you can see a more precise view of the spectacular mountains like Mt. Machhapuchhre or Fishtail Mountain (6993m) and Annapurna (8091m). After some relaxation time at the hotel, you can explore the lakeside area. Overnight in Pokhara.

Destination:

200km drive to Pokhara
(Av. 6hr)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast

Day 2: Fly to Jomsom - Trek to Kagbeni

After breakfast in Pokhara, you will catch an early flight to Jomsom. The scenic flight to Jomsom offers an astonishing view of the mountains. After you reach Jomsom airport, the trek starts as you head towards Kagbeni. The Jomsom to Kagbeni Route will witness the spectacular landscape variation as you walk alongside the Kaligandaki River. You will pass small villages and Mani walls as you approach Kagbeni village, where the houses are unique and ornated with clay effigies.

Destination:

22 min Flight to Pokhara -
9km Uphill hike to Kagbeni(Av.
3hr)

Accommodation

Hotel Nilgiri or Hotel
McDonald

Altitude:

(2858m./9375ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Chele

After having breakfast at Kagbeni, you will start the trek towards Chele. The trail includes walking alongside the bank of Kaligandaki River as you follow the trail with some ups and downs. Continuing the 5-hour trek, you will approach old stupas and some caves. Then, you will ascend the cliff to reach Chele. Overnight in Chele.

Destination:

14km Uphill hike
(Av. 5hrs)

Accommodation

Mustang Gate or Hotel Bishal

Altitude:

(3050m./10004ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Syangboche

From Chele, you trek towards Syangboche. You will pass through some dry meadows and monasteries. En route, you can catch the sight of Yaks passing by. The trail is a bit tough as you encounter Taklam La Pass (3,624m) and Darjori La Pass (3735m). The 6-hour trek rewards you with astounding views of hills, plateaus, and the Himalayan ranges. Passing through few exciting caves, the trail descends into Samar village and declines further towards the other sharper route to reach Syangboche. Overnight in Syangboche.

Destination:

15km Uphill hike
(Av. 6hr)

Accommodation

Hotel Nilgiri or Similar
Category

Altitude:

(3475m./11467ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Ghami

You will trek towards Ghami today. The trail initially follows the inclination route towards the ridge of Syangboche by crossing the tough pass, Yamada La pass (3850m). The trail follows Chortens, some quaint villages, and barley fields. Following the forested trail, you will come across another pass Nyi La Pass (4010m). The trail starts to descend from here until you reach Ghami. Overnight stay at a lodge in Ghami.

Destination:

14km Uphill hike
(Av. 6hr)

Accommodation

Hote Lho Ghami or Royal
Mustang Hotel

Altitude:

(3520m./11616ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Tsarang

After breakfast, you will leave for another exciting village known as Tsarang. You will trek through the slippery pathways to cross the Ghami Khola via a suspension bridge. Proceeding forward, the trail takes you to a long Mani wall. After that, you will come across Choya La Pass (3870m), which offers a beautiful view of the Tsarang village. Following the downward slope, you will approach Tsarang village, where you will get to visit an impressive fortress and a red Gompa. Overnight in Tsarang .

Destination:

14km Uphill hike
(Av. 5hr)

Accommodation

Hotel Doma or Similar category

Altitude:

(3500m./11480ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Lo-Mangthang

Today, the trek starts from Tsarang, accompanied by a great view of the barren plateaus. Crossing a river, you will incline the Lo La Pass (3950m), from where you will get a clear glance at Lo Mangthang village. Lo Mangthang is a beautiful village with a rich history. Home to the ancient palace of Lo, you will get a glimpse of the beautiful mountains such as Nilgiri, Annapurna I, and Bhrikuti Peak. Overnight in Lomanthang.

Destination:

10km Uphill hike
(Av. 4hrs)

Accommodation

Lotus Holiday Inn or Similar
category

Altitude:

(3700m./12136ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Explore the Lo-Mangthang

Today is a rest day at Lo- Mangthang village. You will hike to Chhoser and visit the striking Jhong Caves or Sky caves and various monasteries. The cave itself is a wonder to many researchers as the assumption says that the caves were built as a burial ground, hiding place, or for mediation. You will also visit the Namgyal Gompa and Ani Gompa. After exploring the mysterious cave, you will head back to Lo Mangthang. Overnight stay at a lodge in Lo Mangthang.

Destination:

Excursion around

Accommodation

Lotus Holiday Inn or Similar
category

Altitude:

(3700m./12136ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Ghar Gompa

After breakfast in Lo- Mangthang, you will leave for Ghar Gompa. You will trek towards the upper route. You may get to see some blue sheep and other wild animals on the way. The epic views of the Himalayas accompany you, making the walk delightful. After following through a few descends, you will arrive at Gyakar village, which houses the ancient Ghar Gompa. Explore the antique rock paintings at Ghar Gompa. Overnight in Ghar Gompa.

Destination:

13km Uphill hike
(Av. 5hr)

Accommodation

Monastery home stay in Ghar
Gompa

Altitude:

(3810m./12573ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Ghiling

After a delightful breakfast, you will leave for Ghiling. With the wind blowing on your face, you will pass through the declined trails followed by a barren plateau and few agricultural farms. After trekking for about 5 hours, you will reach the village of Ghiling. Overnight in Ghiling.

Destination:

14km Uphill hike
(Av. 6hr)

Accommodation

Kunga Hotel or Similar
category

Altitude:

(3806m./12584ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Chhuksang

After having breakfast and witnessing the amazing views of the mountains such as Dhaulagiri and Nilgiri, you will head towards Chausang. Walking through the green fields and varied landscapes, you will pass a few small villages. After walking for about 5 hours, you will reach Chhuksang. Overnight in Chhuksang

Destination:

14km Downhill hike
(Av. 6hr)

Accommodation

Brikuti Guest House or Similar
category

Altitude:

(2900m./9570ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Marpha

Today is the day you bid a bittersweet goodbye to the region of Upper Mustang and descend to the Lower part of Mustang. After breakfast, you start your 6-hour trek towards Marpha. You will stop for lunch at Kagbeni, and have a contemplating glance at the gorgeous Kaligandaki gorge. Overnight in Marpha.

Destination:

16km Downhill hike
(Av. 6hr)

Accommodation

Hotel Paradise or similar
category

Altitude:

(2650m./8745ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: Drive to Pokhara

After breakfast, you will jump at Jeep/bus to Pokhara. Gazing at the adventurous trails on the lap of the Himalayan Mountains and lush green hills via world's deepest Kaligandaki gorge, Nepal's most beautiful Rupse Waterfall and popular Natural hot spring "Tatopani", you will arrive in Pokhara. You will head straight to the hotel and refresh. Later, you may explore the city and the famous Lakeside area. Overnight in Pokhara.

Destination:

140km Drive
(Av. 6hr)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast, Lunch

Day 14: Drive to Kathmandu

After breakfast, you bid goodbye to the precious Mt. Fishtail and Mt. Annapurna. You will catch a tourist bus and head towards Kathmandu. Watching the scenic beauty along the Prithvi Highway, you will reach your hotel in Thamel, Kathmandu, after 6 hours on the road. Overnight in Kathmandu.

Destination:

200km Drive to Kathmandu
(Av. 6hr)

Altitude:

(1295m./4273ft.)

Meals

Breakfast

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu.
- Hotel accommodation (Hotel Kausi) in Pokhara
- Lodge accommodation (Twin share base) while on the trek
- All meals (breakfast, lunch and dinner) during trek .
- A fluent English speaking, government registered and friendly trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Upper Mustang special trekking permit, Annapurna conservation area project (ACAP) and necessary documents/permits.
- Pokhara to Jomsom by flight.
- Overland Transportation as per mentioned in Itinerary .
- A tour map, Oxygen saturation check up everyday, Duffle bag, Water purification, Company t-shirt, Trekking completion certificate etc
- Assistance for Emergency Rescue Evacuation.
- Government tax and service charge.
- Public Liability Insurance.

What's Not included

- Hotel accommodation and meals in Kathmandu.
- All kind of hard /soft table drinks as tea/coffee, coke/fanta, beer, mineral water, desert, battery charge, laundry and main meals while on city like Kathmandu and Pokhara.
- Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee

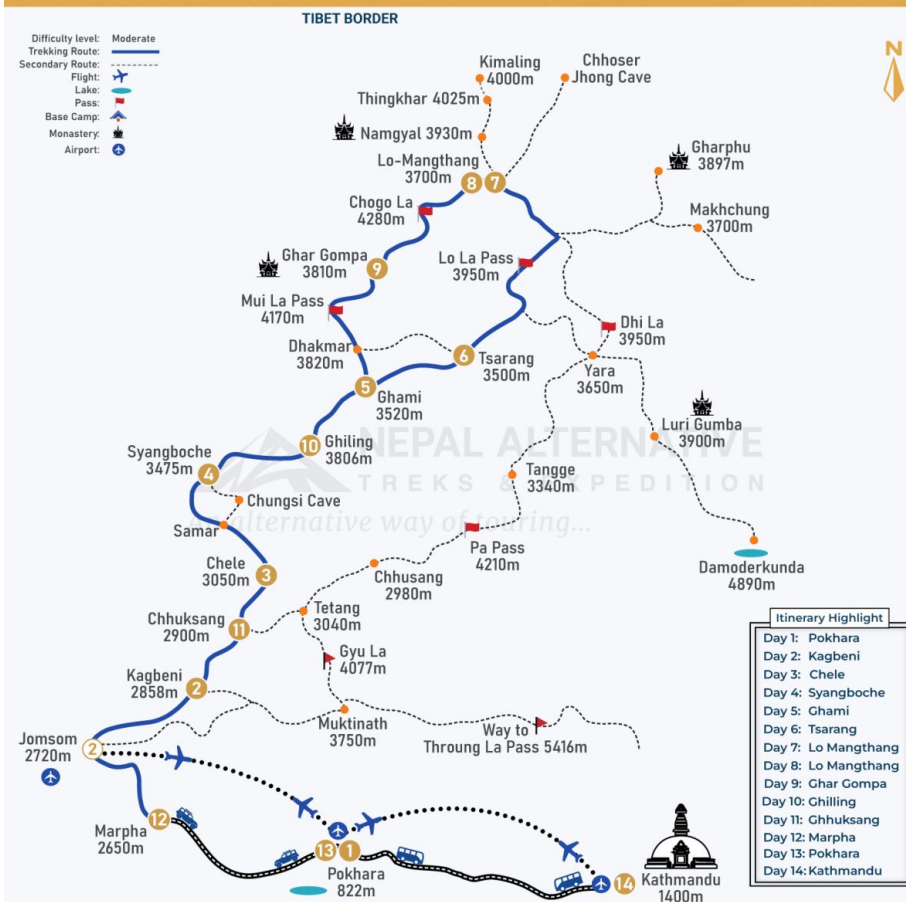
- Tips for guide and porters.

Trekking Gear List

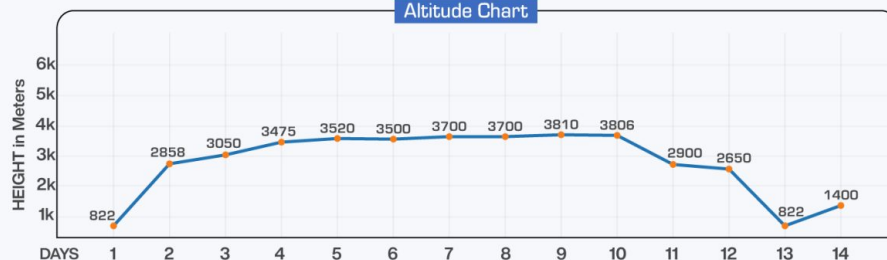
Gear List

Gears required for the trek vary upon destination and season. A comprehensive list of gear for all activities is listed on our dedicated page of [Trekking Gear List](#)

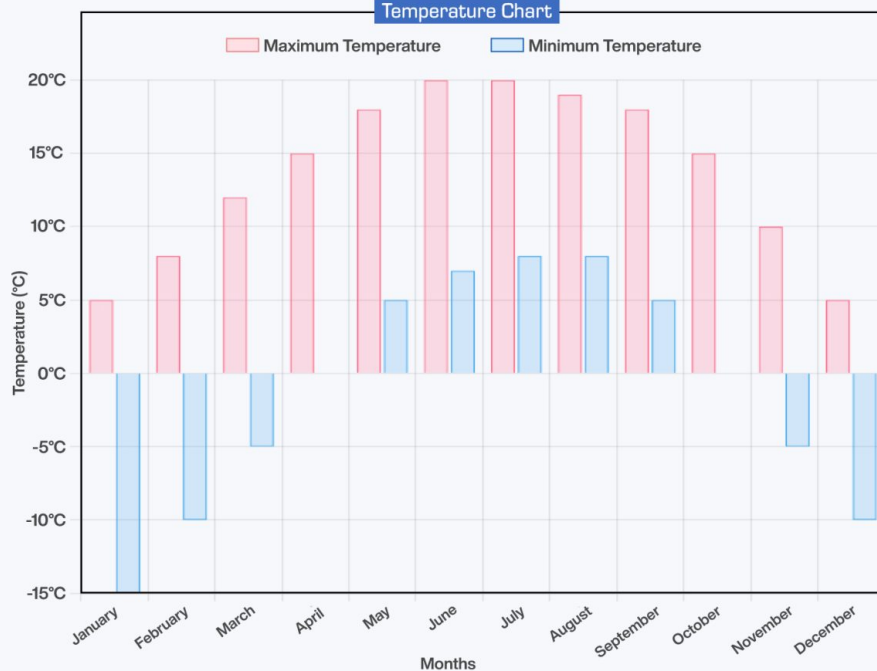
14 Days Upper Mustang Trek Map



Altitude Chart



Temperature Chart



Traveler Reviews

Trek to Upper Mustang with our guide, Nauser !

I did a volunteering project in Nepal and got to know Tej Bahadur Gurung during an event with TAAN. He is the managing director of Nepal Alternative Treks and already helped other volunteers in the program to book their trekking.

When my girlfriend arrived in Kathmandu, we met him to plan our trip to the Upper Mustang area. Before we started, we met our guide Nauser in Kathmandu and had a very good first impression of him. He was a young and very polite man. We figured, we would have a good trek with him.

We started from Pokhara, trekked four days up on our own to Kagbeni and met our guide there. Nauser's flight got cancelled and he had to travel all the way up to Kagbeni in less than 24 hours to meet us on time. Poor guy came completely wet in the morning, having spent the night in a bus. However, he was fully motivated and ready to start our adventure.

The trek to Lo Manthang was demanding and at times not that easy, but we got rewarded by an astonishing scenery. For Nauser however, we had the feeling it was more like a promenade. He was in a very good shape and almost never looked exhausted. Nauser, our great guide, always took care of us. We had several good conversations and learned a lot about the culture, religion and the mountains. He always listened to our concerns and tried to find us the best lodge to stay for the night. One time, we got in a lodge, where we were supposed to sleep in a dinning room with no real door, so we told him that we were not really happy with the accommodation. Without hesitation he walked out with us and looked for a better place.

Before flying back to Switzerland, Nauser invited us in Kathmandu to eat at his place, where he lives with his wife and his child. They were so hospitable. I was impressed and left with a wonderful feeling about the people in Nepal.

We can highly recommend Nauser for a Trekking trip. He knows many things, talks proper English, takes good care of you and is a great companion for the time in Nepal.

Rating: 5/5

oelens

Altstätten, Switzerland

Upper mustang is a good trek route !

Upper mustang is a good trek route. I would like to enjoy this kind of trekking. Hope to join again. Thank you for all the assist during the trek.

Rating: 5/5

Peter Macfarquhar

USA

Additional Trip Information

Best time to visit 14 Days Upper Mustang Trek

The best time to visit Upper Mustang for trekking is during the spring and autumn seasons. During this time of the year, you will find a suitable climate to trek in. Annually, thousands of tourists including both national and international tourists come to Upper Mustang for trekking. At this time of the year, you will be able to travel in a clear sky at a stable temperature. Similarly, you will be able to enjoy the beauty of nature.

The difficulty of 14 Days Upper Mustang Trek

There is some difficulty if you travel to Upper Mustang Trek. In addition, Upper Mustang is at a high altitude which adds to its difficulty. The most common difficulty that trekkers face during their trek here is altitude sickness. This sickness is life-threatening if it is not treated properly. So, you must come prepared for that. Furthermore, the trek trail is very difficult for new trekkers.

Travel insurance

We don't provide you with personal insurance. you should have your insurance with you. So, you make sure that your insurance company has covered all your trekking-related facilities. Including all medical expenses, repatriation expenses, rescue mission, loss of property. Likewise, make sure that your insurance is not expired.

Meals and accommodations

Upper Mustang Trek is one of the longest treks there is in Nepal. Similarly, this trek lasts for 14 days. So, we make sure your diet is on point. We provide you with quality and healthy foods which include both Nepali and western food. Likewise, the accommodation facility we provide is also top class. We try our best to provide every facility for our consumers. In addition, the rooms and beds we provide are very comfortable and safe for your stay. Furthermore, the meals we provide can be adjusted as per the consumer's wish.

Required Permits

- **Upper Mustang Restricted Area Permit:** USD 50 per person per day
- **Annapurna Conservation Area Permit (ACAP):** NPR 3,000 for foreigners and NPR 1,000 for SAARC nationals

Note: Children below 10 years do not need to pay this permit fee; it's free for them.

14 Days Upper Mustang Trek Fitness and Experience requirement

Upper Mustang Trek is a very difficult and long trek. Annually, a lot of trekkers struggle to complete this trek. So, you must be physically and mentally fit. So, if you have some health issues then you cannot do this trek. Your heart and lungs should be perfectly fine if you want to enjoy and complete this trek. Similarly, you should not have any blood-related diseases. However, you should not be that experienced for the trek. But, you should have a little knowledge about the trek. You should not go there blindly.

Climate and weather

The climate and weather of the Upper Mustang are mostly cold and chilly. So, you must carry warm clothes with you. Similarly, the place is very remote so you should have all the essentials with you. But, the best time that you can do this trek is during the spring and autumn seasons. At this time of the year, you will find a moderate climate to trek in. Similarly, this trek also can be done during the monsoon season. Likewise, if you travel here during this time then this can multiply your fun and trekking experience during the trek.

Safety and security

The safety of our consumers is very important to us. We check every route for the trek. So, don't worry you will be safe with us. In addition, we also take good care of the belongings of our trekkers. So, you should not worry about your belongings when you are traveling with us. Likewise, the accommodation facility we provide is also very safe for your stay.

Frequently Asked Questions

Is Upper Mustang trekking route safe for trekkers ?

Yes, Upper Mustang trekking route is safe for tourists. This area has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation for tourists.

What are the physical fitness and other criteria required for this trek ?

Although it is a moderate trek, some of the days, trails pass through the steep lanes with climbs and ascents that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily from a month before their trip. This helps the body get accustomed to the physical work required during the journey.

Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

When is the best season for this trekking ?

The best season to trek this route is during autumn (September to November) as the weather is stable, dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season of the country. Another favorable season for trekking is during spring (March to May) as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for trekking.

Exceptionally, Upper Mustang is beyond Himalayas, so this is a rain shadow area. Even during Monsoon (

June-August) can be good weather here. You will have an opportunity to explore local people's daily lives during this time of the year. It is the best time to farm in Upper Mustang area .

Do you have other dates available that match my timing?

Even though this trip has pre-fixed group departure dates, we can tailor it to accommodate your specific requests and schedule. Please review our designated departure dates, and if they do not suit your timeframe, let us know your preferred timing so that we can manage your itinerary accordingly. We organize this trek as per your wishes and convenience.

As a single traveler, may I join fixed departure ? Will it be possible to get a separate room?

This group package is designed in such a way that they suit single travelers too. It is a great way to get to know new people with similar interests, and most people find that group dynamics are very friendly and comforting. Single trekkers will share accommodation with other individual trekkers of the same gender on our group journeys.

If you are a single traveler wishing for a private room, we can manage that as well, but you will have to inform us about it while booking the trip. Also, please note that you may have to pay some additional charges for single rooms.

Is Travel Insurance compulsorily required to trek this area ? Does your company pay for the Travel Insurance of guides and porters?

While booking a trek with us, we do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 4000m. altitude for trekking members. You should provide the insurance documents before you depart for the trek.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is Acute Mountain Sickness? What chances to catch AMS in this route ? What happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

You always have some chances to get AMS on the trek if the trail ascends above 3000m in general. The

highest elevation is 3900m. you will reach on this route and you will have enough acclimatization to avoid it. So you have just a little risk of AMS and you can drive down from any place of this itinerary. So, you are in safe side.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the trek ? Can we pay by credit card or foreign currency ?

No, you won't be able to change money along route. We recommend changing money at Thamel or Pokhara. Credit card and foreign currency is not accepted along the route. You are better to take enough cash from Kathmandu/Pokhara.

What is the weight limit for porters ? and weight limit for Jomsom flight ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

You can carry a maximum 10Kg of luggage (two pieces) and a maximum 5kg of hand-carry for Jomsom flight . You will have to pay \$ 1 around for excess baggage.

What kind of food will be provided during this trek?

Our package includes three meals per day, breakfast, lunch, and dinner. Dinner and lunch include the authentic Nepali Daal-Bhat (rice and lentils) along with seasonal vegetables, spinach, and pickle. If you do not like it, you can choose any item from the wide range of menu offered by the lodges.

Tea houses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill. We ensure hygienic food and clean kitchen to avoid food poison and enough nutrition and immunity needed for the mountain walk.

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter. However, we recommend you carry your own water bottles. You can fill them up with filtered water wherever possible and purify it using chlorine or iodine. We shall provide water, purification drops, and tablets. You can fill up safe drinking water stationed by Annapurna Conservation Area.

How long will we have to hike each day during the trek?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

What are the documents that we need to bring for this trek ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

Upon Arrival :

- We need an original passport with Nepal visa to obtain Upper Mustang special permit .

What are the accommodation arrangements during the trek?

In this trekking trails, the accommodation options are teahouses and lodges only. Nepal Alternative Treks generally manages your accommodation in the best available teahouses or lodges that provide single or double rooms, mostly in dormitory-style. The bed has a mattress, pillow, and blanket. Very few teahouses offer a room with a heater, and the blanket provided by the teahouse alone will not be enough to withstand the cold. So, it would be better to carry a warm sleeping bag. You can buy or hire one at the rental shops in Kathmandu.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain regions?

Lodges and teahouses in this trekking route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. Finding toilet paper is costly in these areas, so we advise you to carry plenty of your own.

If you need to use the toilet while trekking, we will try to find the nearest lodge, if possible; otherwise, you will have to manage it somewhere in the forests. Please respect the environment by placing the used toilet paper in a plastic bag so that you can dispose of it later.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running showers and hot water facilities as the altitude increases. So, in remote mountainous regions, showers cost some extra money.

Can we hire trekking gears in Kathmandu?

Yes, there are plenty of shops around Thamel and Pokhara that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Are alcoholic beverages available in trekking ?

You can easily find different types of alcoholic beverages of international as well as Nepalese brands in this trekking route. In villages, however, you can either find local (home-made) drinks like Chyang, Raksi, and Tongba or other packaged drinks of Nepalese brands and Chinese brands. However, we do not suggest you consume alcoholic beverages often during treks as it causes difficulties in trekking the next day.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in Upper Mustang route and also have electricity and recharging facilities available for a minimal service charge.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

There are mobile networks, internet data, and Wi-Fi available in some parts of this region, and you can connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend **Namaste** SIM to have better network coverage and 4G data uses.

What if the guide/porter leaves alone on the trail?

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you. We assure you.

What is the weather and temperature like we can expect during the trek?

The temperature could range around and above 20 degrees Celsius in summers and decrease below -10 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 15 degrees Celsius, making it suitable for trekking purposes.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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