

Annapurna Circuit and Mustang Trek - 21 Days

URL: <https://nepalalternativetreks.com/trip/annapurna-circuit-and-mustang-trek/>

Annapurna Circuit and Mustang Trek Quick Information

Weather

-15°C to 28°C

Duration

21 Days

Difficulty

Moderate

Accommodation

Lodges/Hotels/Resorts

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism, Bon

Ethnic People

Gurung, Magar, Thakali

Region of Nepal

Annapurna Region, Mustang

Max Altitude

5416m./17872ft.

Per Person Cost

USD 2040

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, hill, village,
waterfall, terrace, Lake,
Glacier

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$2,040.00
Group Of 5 - 8	USD \$2,000.00
Group Of 9 - 12	USD \$1,960.00
Group Of 13 - 18	USD \$1,920.00

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.

Annapurna Circuit and Mustang Trek Overview

Annapurna Circuit and Mustang Trek begin in Kathmandu, where you prepare for the trek. Then, a long drive takes you to Besisahar. Next, you follow the road trip across off-road tracks to reach Bulbule. Further, the drive continues north to settle at Chame. This is the starting point of the trek as you begin walking to reach Pisang. We walk further ahead through Dhikur Pokhari, Pisang, and Humde, then reach Manang. It is a village with Manangi people and Tibetan heritage. As you spend a day in Manang, you can visit local attractions like Gangapurna Lake and Braga Gumpa. Explore around the village before you head off towards Batase Danda. Then, the next part of the trek leads you to Yak Kharka.

You reach the base of the Thorung La Pass at Thorung Phedi. From here, you begin to ascend across stone trails to reach the top of the pass. The top offers a panorama of the Chulu, Annapurna, Muktinath, Nilgiri, and Dhaulagiri ranges. From the pass, you start the descent and reach Muktinath. The temple is devoted to Lord Vishnu and houses numerous artifacts and shrines. Then, you head to Kagbeni which is the gateway to Upper Mustang.

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 fly back to Pokhara. From the lake city of Pokhara, you will drive back to Kathmandu.

Annapurna Circuit and Mustang Trek Highlights

- Cross the Thorung La Pass (5416m), one of the biggest passes in the world
- Enjoy the panorama of the mountains in the Annapurna, Dhaulagiri, and Nilgiri ranges
- Experience the Manangi and Thakali culture and traditions
- Trek across the Annapurna Conservation Area and relish its biodiversity
- 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 0°C

February

-12°C to 3°C

March

-8°C to 8°C

April

-3°C to 15°C

May

3°C to 20°C

June

8°C to 25°C

July

10°C to 28°C

August

10°C to 28°C

September

8°C to 25°C

October

3°C to 20°C

November

-5°C to 10°C

December

-12°C to 3°C

21 Days Annapurna Circuit and Mustang Trek Itinerary

Day 1: Drive to Besisahar from Kathmandu

Today, you'll embark on the bus for a scenic full-day bus journey towards Bulbule village in Lamjung District. Begin the drive along the beautiful Trishuli River and take a detour north alongside the Budi Gandaki River. A 5-6 hr long drive will bring you Besisahar Town. Overnight in Besisahar .

Destination:

160km Drive to Besisahar
(Av. 6hr)

Accommodation

Gateway Himalayan Resort or
Similar category

Altitude:

(850m./2805ft.)

Meals

Lunch, Dinner

Day 2: Drive to Chame

Leaving Besisahar, you'll begin driving upstream along the Marsyangdi River. Following the pristine mountainous river takes you through lush forests towards Chyamje village. The trail continues going north towards Taal village, where you'll enjoy your lunch. Afterward, you'll continue driving upstream towards Chame village. Chame is the headquarters of Manang District, where you can enjoy the majestic sight of Lamjung Himal (6983m) in the distance. Overnight in Chame.

Destination:

80km Drive to Chame
(Av. 5hr)

Accommodation

Four Season Hotel or Similar
category

Altitude:

(2710m./8943ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Upper Pisang

Enjoy a delicious breakfast and then embark on the first day of the trek. Leaving Chame, you'll begin trekking upstream along the Marsyangdi River towards Telekhu village. The trail starts to climb through lush forested ridges towards Bhratang. A short hike will bring you to Dhukur Pokhari from where you'll begin climbing along the Marsyangdi River towards Lower Pisang village. A short climb above Lower Pisang will bring you to Upper Pisang village. Overnight in Upper Pisang.

Destination:

14km Uphill hike
(Av. 6hr)

Accommodation

Mandala Hotel or Similar
category

Altitude:

(3300m./10890ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Manang

Enjoy breakfast at Upper Pisang while enjoying the beautiful view of Marsayangdi Valley. Leaving Upper Pisang, you'll begin to cling uphill through Manang Sadak towards Ngawal village. You can enjoy your lunch and then explore the Tibetan styled settlements at Ngawal. From here, the trail continues through Ghyaru, Humde, and Braga villages towards Manang. Overnight in Manang.

Destination:

12km Uphill hike
(Av. 4hr)

Accommodation

Hotel Tilicho or Gangapurna
Hotel

Altitude:

(3500m./11550ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Acclimatization/Exploring around

Manang is a town in Manang District surrounded by Annapurna III (7555m) and Gangapurna (6454m). It is home to the ethnic tribes of Tibetan and Magar people. You can spend the day exploring the scenic town and nearby destinations. If you're up for an adventurous hike, you can head to the Gangapurna Lake and Ice Lake located in the glaciated region amidst Annapurna massif and Chulu East Peak. Catch the beautiful panoramic sight of Annapurna and Gangapurna ranges on the way. Overnight in Manang.

Destination:

Excursion around

Accommodation

Hotel Tilicho or Gangapurna
Hotel

Altitude:

(3500m./11550ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Ledar

Leaving Manang village, you'll begin climbing uphill through Tengri village towards Ghunsang. Leaving Marsayangdi valley, the trail begins to climb along with the Jar Sang Khola Valley. You

will begin walking past Yak pastures and a scrub of juniper trees. The trail climbs past an ancient Mani wall towards the small village of Yak Kharka. Continue walk to Ledar. Overnight in Ledar.

Destination:

10km Uphill hike
(Av. 5hr)

Accommodation

Dhading Laxmi Hotel or Similar
category

Altitude:

(4110m./13563ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Throng Phedi

Leaving Yak Kharka, you'll begin climbing uphill through Chauri Ledar village and make way towards Thorong Phedi. The steep trail goes upstream along the Kone River and climbs through the rocky ridges towards Thorong Phedi. Enjoy the scenic sights of Annapurna massif and Thorong Peak (6144m) as you make your way towards Thorong Phedi High Camp. Spend the rest of the day acclimatizing for the upcoming climb of Thorong La Pass.

Destination:

8km Uphill hike
(Av. 4hr)

Accommodation

Thorong Phedi Base Camp
Lodge

Altitude:

(4400m./14520ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Muktinath via Thorong La Pass

Leaving Thorong Phedi, the trail begins to climb upstream along the Marsayangdi stream. You'll encounter thick snows as you approach the top of the pass. Once at Thorong La Pass situated (5,416 m), you can enjoy the majestic view of the surrounding mountains in Annapurna and Gangapurna range along with the desert-like landscape of Mustang. Mountains as far as in Tibet will also be visible from the top. You'll begin descending to the other side and climb down the rocky ridges to reach the monastic destination of Muktinath Temple. Overnight in Muktinath.

Destination:

18km Downhill hike
(Av. 10hr)

Accommodation

Town House hotel or similar
category

Altitude:

(3800m./12540ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Kagbeni

The day begins with an exciting tour around Muktinath Temple. Located at an altitude of 3760 meters, Muktinath Temple is one of the most popular pilgrimages in South Asia. Leaving Muktinath, you'll begin climbing downhill with the company of Nilgiri and Dhaulagiri peaks in the distance. You can enjoy your lunch upon reaching Kagbeni village. It is the gate of Upper Mustang. Overnight at Kagbeni.

Destination:

10km Downhill hike
(Av. 3hr)

Accommodation

Hotel Nilgiri or Yac MacDonald

Altitude:

(2713m./8952ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: 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 stay at a lodge.

Destination:

14km Uphill hike
(Av. 6hr)

Accommodation

Mustang Gate Guest House or
Similar category

Altitude:

(3050m./10004ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: 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 stay at Syangboche.

Destination:

13km Uphill hike
(Av. 6hr)

Accommodation

Hotel Nilgiri or Similar
category

Altitude:

(3475m./11467ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: 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

Hotel Loghami or Hotel Royal
Mustang

Altitude:

(3520m./11616ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: 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 Gumpa. Overnight stay at a lodge in Tsarang village.

Destination:

12km Uphill hike
(Av. 5hr)

Accommodation

Doma Hotel or Damodar Kunda
Hotel

Altitude:

(3500m./11480ft.)

Meals

Breakfast, Lunch, Dinner

Day 14: 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 stay at the lodge.

Destination:

10km Uphill hike
(Av. 4hr)

Accommodation

Lotus holiday inn or similar
category

Altitude:

(3700m./12136ft.)

Meals

Breakfast, Lunch, Dinner

Day 15: Explore the Lo-Manthang

Today is a rest day at Lo- Manthang 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 Gumpa and Ani Gumpa. After exploring the mysterious cave, you will head back to Lo Mangthang. Overnight stay at a lodge in Lo Mangthang.

Destination:

Excursion around

Accommodation

Hotel Lotus Inn or Similar
category

Altitude:

(3700m./12136ft.)

Meals

Breakfast, Lunch, Dinner

Day 16: 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 stay in Ghar Gompa.

Destination:

12km Uphill hike
(Av. 5hr)

Accommodation

Lodge in Ghar Gompa

Altitude:

(3810m./12573ft.)

Meals

Breakfast, Lunch, Dinner

Day 17: 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 stay at a lodge in Ghiling.

Destination:

16km Uphill hike
(Av. 6hr)

Accommodation

Hotel Kunga or Similar
category

Altitude:

(3806m./12584ft.)

Meals

Breakfast, Lunch, Dinner

Day 18: 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

Braka Guest House or Similar
category

Altitude:

(2900m./9570ft.)

Meals

Breakfast, Lunch, Dinner

Day 19: 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 7-hour trek towards Marpha. You will stop for lunch at Kagbeni, and have a contemplating glance at the gorgeous Kaligandaki gorge. Overnight stay at a lodge in Marpha.

Destination:

18km Downhill hike
(Av. 7hr)

Accommodation

Paradise Guest House or
Similar category

Altitude:

(2700m./8856ft.)

Meals

Breakfast, Lunch, Dinner

Day 20: Drive to Pokhara

Enjoy the pristine Himalayan sights of Annapurna and Dhaulagiri range as you leave for the airport. The early morning jump to bus, it will take you to Pokhara through world's deepest kaligandaki gorge, most beautiful rupse waterfall and natural hot spring - Tatopani along the way. Overnight in Pokhara.

Destination:

90km Drive
(Av. 6hr)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast, Lunch

Day 21: Drive to Kathmandu

Enjoy your breakfast overlooking the beautiful Phewa Lake. Afterward, you'll embark on a tourist bus for half-day-long road journey back to Kathmandu. The scenic journey goes along the massive Trishuli River and crosses numerous colorful towns en route. Upon reaching Kathmandu, you can explore the nearby Thamel town and shop for souvenirs. Overnight in Kathmandu.

Destination:

200km Drive to Kathmandu
(Av. 6hr)

Altitude:

(1295m./4273ft.)

Meals

Breakfast

What's Included

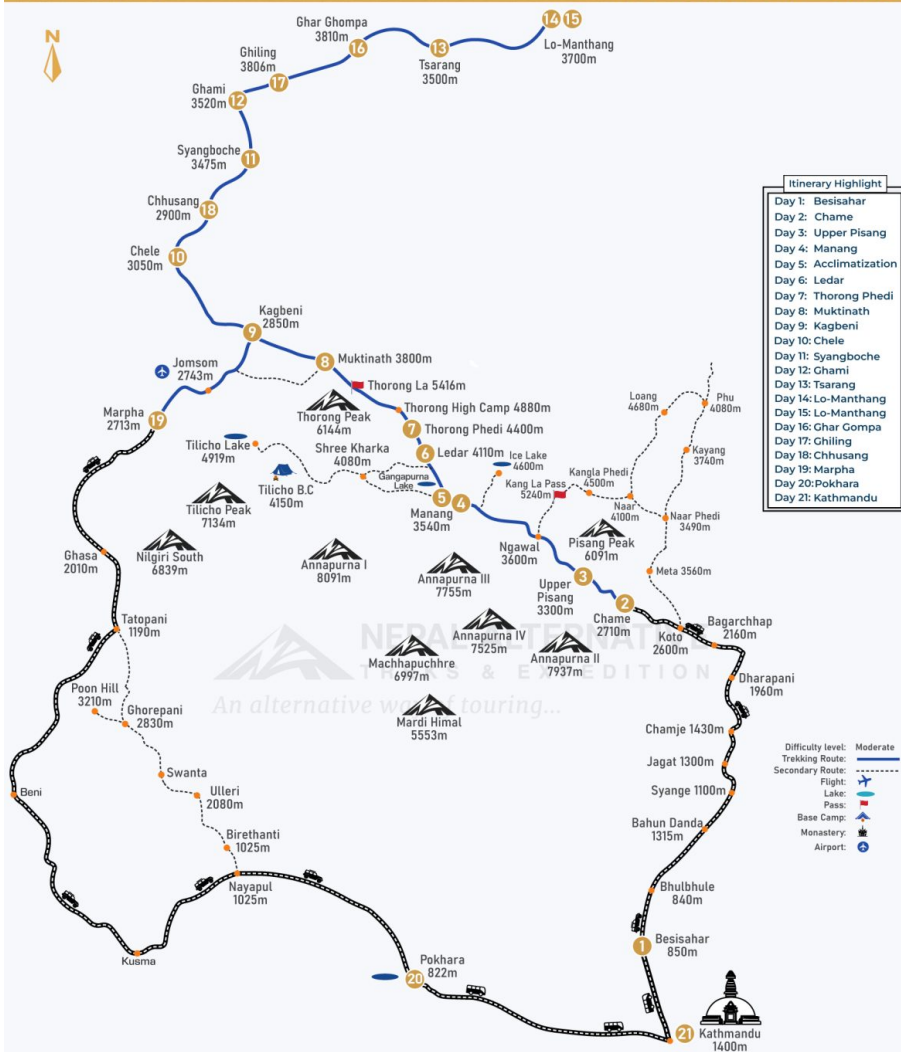
- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu.
- Hotel accommodation (Hotel Kausi) in Pokhara with breakfast.
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) along the trek.
- One highly experienced, first aid trained, fluent English speaking, friendly and government authorized trekking guide.
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter's food, accommodation, salary, insurance, transportation and equipments.
- Overland transportation as per mentioned in the itinerary.
- Upper Mustang Permit, Annapurna conservation area project (ACAP) and necessary permits .
- A trekking map, duffle bag, Oxygen saturation check up everyday, Trekking completion certificate and company T-shirt etc.

- Assistance for emergency rescue operation.
- Government tax and service charge etc.
- Public Liability Insurance.

What's Not Included

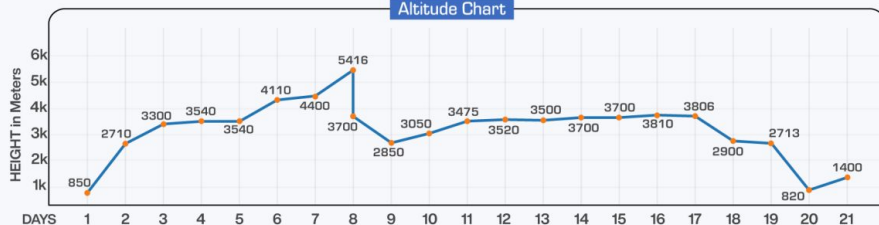
- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, battery charge, hot shower, laundry, phone bill and bar bill.
- International flight tickets.
- Nepal Tourist Visa fee.
- Personal Travel insurance .
- Tips for guide and porters. (Highly suggested).

Annapurna Circuit and Mustang Trek Route Map

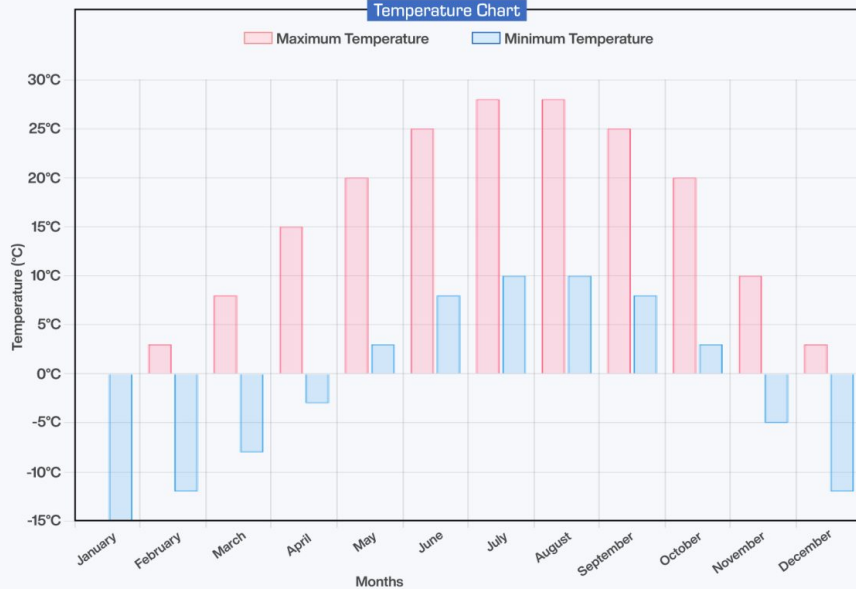


Itinerary Highlight	
Day 1:	Besisahar
Day 2:	Chame
Day 3:	Upper Pisang
Day 4:	Manang
Day 5:	Acclimatization
Day 6:	Ledaar
Day 7:	Thorong Phedi
Day 8:	Mukthinath
Day 9:	Kagbeni
Day 10:	Chele
Day 11:	Syangboche
Day 12:	Ghami
Day 13:	Tsarang
Day 14:	Lo-Manthang
Day 15:	Lo-Manthang
Day 16:	Ghar Gumpa
Day 17:	Ghiling
Day 18:	Chhusang
Day 19:	Marpha
Day 20:	Pokhara
Day 21:	Kathmandu

Altitude Chart



Temperature Chart



Traveler Reviews

Felt the change from green to desert during Annapurna Circuit and Mustang Trek

If you are looking for a good guide and good service.

Then I can recommend this office Nepal Alternative Treks & Expeditions Pvt. Ltd.

I had a great experience with them.

The guide Laxman tamus speak very well English and give always good advice en information.

Rating: 5/5

Bojan L

Brezje, Slovenia

Additional Trip Information

When to start your Annapurna Circuit With Mustang Trek Journey?

Annapurna Circuit and Mustang Trekking are available throughout the year. But, the best time to do this trek is during the spring and autumn season during this time you will get perfect weather to climb. But, if you travel here during the off-seasons then it might be challenging for you to travel in clear weather. Similarly, if you travel here during the rainy season then you might not even be able to complete the trek. Because during the rainy season it rains and it makes the trail slippery and hard to travel. Spring and autumn seasons have sunshine most of the time. So, it is very suitable. Similarly, the climate is not harsh and is predictable. Besides, the climate and weather are also stable. Furthermore, you can also travel with clear visibility of the surrounding. In addition, you will be able to get a panoramic view of mountains like Mt. Manaslu (8163 m), the eighth-highest mountain in the world. So, make sure you plan your trek during the spring and autumn seasons.

Annapurna Circuit & Mustang Trek Difficulty

When you travel to a high altitude the difficulties are uncertain. In addition, the Manaslu trekking and Annapurna circuit trek are at high altitudes. Similarly, you are gonna face several difficulties. The difficulties can be the steep and long trails. Shortage of suitable accommodation facility. In addition, you might also not be able to find guides or porters because they might already be hired by other trekkers. So, you should book your accommodation facilities, guides, and porters ahead of your trekking journey. Likewise, they play a vital role in your trekking journey to make it memorable. Additionally, the other challenge that you are going to face is high altitude sickness although it is a common problem among climbers or trekkers. Similarly, you will feel uneasy walking, you might feel dizzy. So, to prevent that you should drink enough water. In addition, you should properly acclimatize yourself before the trek. Furthermore, if you travel here during the off-season then you might find bad weather and climate to trek on. So, you should visit in the spring and autumn seasons to find a suitable climate and the difficulties can be minimized.

Travel insurance

You are traveling at a high altitude. So, you are always at risk. So, having your travel insurance is important. Similarly, 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. In addition, make sure that your insurance company has ticked all your trekking-related policies such as rescue missions, medical expenses, loss of personal equipment. Furthermore, make sure if you can not provide your original insurance policy then make certain that you got a copy of the policy because it will help you choose a beneficial policy at the time.

Meals and Accommodation

We provide you with a variety of meals and Accommodation facilities. Likewise, your meals and accommodation at a higher altitude are important for you to complete your trek. As it gives you necessary nutrients and rest which are very paramount to you. We provide you with a healthy and suitable meal for your trek because we understand that the health of your visitor is very important to us. Similarly, your meals play a vital role in the productive experience of your trek. Additionally, we provide meals three times a day (Breakfast, Lunch, and Dinner). Likewise, we provide local foods with some western food. But, western foods are slightly more expensive than local or Nepali foods because the ingredients for making western food are imported from the cities. Whereas most of the local foods are made with locally produced ingredients and spices. While you are at the lodges of trails on Annapurna Circuit and Mustang Trekking on then you will get to explore the Sherpa and Tamang culture of the place. Similarly, you will also get to taste some cultural foods.

Required Permits for 21 Days Annapurna Circuit & Mustang Trek

Mustang Special Permit : USD 500 for 10 days and USD 50 per day for extra days.

ACAP: NPR. 3000 for foreigners and NPR 1000 for SAARC.

Note: Child below 10 years are free

Climate and weather during Mustang & Annapurna Circuit Trek

Makalu trekking with Annapurna Circuit is at a high altitude. So, the temperature of Nepal at high altitudes is mostly cold. So make sure you have warm clothes with you. But, the best time for you to travel is during the spring and monsoon seasons. These seasons provide you with the best scenery of the surrounding. Similarly, the temperature is also moderate. In addition, the temperature is also moderate.

If you want to experience the perfect weather and climate these seasons are perfect. Likewise, if you travel here during this time then this can multiply your trekking experience during the trek. However, the winter seasons are usually cloudy and foggy. So, you might not fully enjoy your journey. Therefore, we recommend you book your trek around April, May, and during September, November. At this time of year, you can travel in a clear sky.

Safety and security

We provide our consumers with the proper security and safety. Similarly, we take full care of our consumer and their property. Likewise, our trip constantly operates monitoring every area of our travel. So, you can feel free and enjoy your time trekking with us. In addition, the accommodation we provide is also secure and safe.

Frequently Asked Questions

Is this tour route safe for tourists ?

Yes, this 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 ?

Some of the days, our trail passes through steep uphill and downhill with high pass -Thorong la (5416m.) that can be demanding for acute mountain sickness, 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 trek ?

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, Manang and Upper Mustang area is beyond Himalayas, so this is rain shadow area. Even during Monsoon (June-August) we can expect good weather here. It is the best opportunity to explore local lives during the monsoon.

Is Travel Insurance compulsorily required to this area ? Does your company pay for the Travel Insurance of guide?

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 5500m. altitude for tour 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 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.

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 route ? Can we pay by credit card or foreign currency ?

You will be able to change money in Manang and Jomsom but the rate will be low. So, we recommend changing money at Thamel. Credit cards and foreign currency are not accepted along the route. You are better to take enough cash from Kathmandu.

What is the weight limit for porters ?

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.

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.

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 them 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 walk 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 trip ?

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 route, 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 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 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 driving, 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 gears in Kathmandu?

Yes, there are plenty of shops around Thamel that sell as well as rent all the necessary gear for the tour. 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 trek ?

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 in Lomanthang. However, we do not suggest you consume alcoholic beverages often during the trek as it causes difficulties in trek 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 this 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 tour ?

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/porters 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.

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

The temperature could range around and above 25 degrees Celsius in summers and decrease below -15 degrees Celsius in winters. During autumn and spring, temperature ranges around 15 to 20 degrees Celsius, making it suitable for trekking purposes.

Do we need to tip our trek guide/porter?

It is not mandatory to tip the trek guide/porter. It ultimately depends on your choice. As your guide/porter play a big role in the success of your trip, from guiding and carrying your necessities to being mindful of your safety, your tips reflect gratitude towards them. Hence, tipping is a recommended culture for guides/porters in Nepal as a gesture of thankfulness.

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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