

# Gokyo Lake Trek - 10 Days

URL: <https://nepalalternativetreks.com/trip/gokyo-lake-trek/>

## Gokyo Lake Trek Quick Information

### Weather

-10°C to 13°C

### Duration

10 Days

### Difficulty

Moderate

### Accommodation

Lodges

### Meals Included

Breakfast, Lunch, Dinner

### Transportation

Flight

### Daily Activity

Approx. 5 - 6 hours

### Religion

Buddhism

### Ethnic People

Sherpa, Rai

### Region of Nepal

Everest Region, Khumbu

### Max Altitude

5480m./18084ft.

### Per Person Cost

USD 1150

### Best Season

Sept, Oct, Nov, March, April,  
May

### Geographic Terrain

Mountain, Village, Glacier

## Group Discounts Available

| No. of Persons   | Price per Person |
|------------------|------------------|
| Group Of 1 - 4   | USD \$1,150.00   |
| Group Of 5 - 8   | USD \$1,130.00   |
| Group Of 9 - 12  | USD \$1,110.00   |
| Group Of 13 - 18 | USD \$1,090.00   |

**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.

# Gokyo Lake Trek Overview

Firstly, Gokyo Lake Trekking begins in Kathmandu as you head to Lukla on a short flight. Also known as the gateway to Everest, the trek starts as you follow the Dudh Koshi River to reach Phakding. The trail continues north to settle at Namche Bazaar. Here, you can explore the local vicinity like Khumjung and Khunde villages. As you resume on the trek, you make your way to Phortse Tenga. Passing this Sherpa village, you head to Dole and trek north to Gokyo village. The village sits north to the Gokyo Lake and offers views of several of the Gokyo Lakes. As you stay in the village for a day, you can visit some of the famous locations.

Firstly, you start your stay in Gokyo valley with a hike to the Gokyo Ri (5360m) peak. The peak offers a panoramic view of the Everest Himalayas like Cho Oyu (8188m) and Mt. Everest (8848m). The scenery also includes sights of the Gokyo Lake system of lakes like Taulung Tsho, Gokyo Lake, and Thonak Tsho, among others. Later, you begin the return trek to Lukla. The trail back retraces the trail through Machhermo and Dole to Namche Bazaar and reaches Lukla.

## Highlights Of Gokyo Lake Trek

- Take a quick yet thrilling flight over the Himalayas to begin your adventure, landing at Lukla Airport.
- Spend time in the well-known Sherpa center, where you can interact with the locals and enjoy stunning mountain views.
- Explore less-traveled, less-crowded hiking trails that offer breathtaking scenery and provide opportunities to spot Himalayan animals.
- Explore a collection of stunning glacial lakes at high elevations surrounded by snow-capped mountains.
- Scale to one of Nepal's best vantage locations for expansive views of Everest and its majestic neighbors.
- Go through a region recognized as a UNESCO World Heritage Site because of its varied ecosystems and stunning natural surroundings.

## Weather

### January

-10°C to -4°C

### February

-9°C to -3°C

### March

-7°C to -1°C

### April

-4°C to 3°C

### May

0°C to 8°C

### June

3°C to 11°C

### July

5°C to 13°C

### August

5°C to 13°C

### September

2°C to 10°C

### October

-2°C to 5°C

### November

-6°C to -1°C

### December

-9°C to -3°C

# 10 Days Gokyo Lake Trek Itinerary

## Day 1: Fly to Lukla - Trek to Phakding

Early in the morning, we have breakfast and head towards the airport. We will board the flight and fly to Lukla. Lukla is one of the most dangerous airports in the world. The flight to Lukla is very short but full of beautiful scenes. We get a clear view of some of the highest mountains in the world. After landing in Lukla, we start trekking. We will trek along the Dudh Koshi River and through the forests to reach Phakding. Overnight in Phakding.

### Destination:

35min Flight to Lukla  
9km Uphill hike  
(Av. 3hrs)

### Accommodation

Khumbu Traveler's Guest  
House or Hotel Sherpa

### Altitude:

(2650m./8745ft.)

### Meals

Lunch, Dinner

## Day 2: Trek to Namche Bazaar

We will trek to one of the most important places in the Everest region today. After breakfast, we start the trek through the rhododendron forests. As we trek through the forests enjoying the snow-capped mountains in the distance, we come across a small settlement of Monjo. From Monjo, the mountains start getting closer as we trek through the Sagarmatha National Park towards Jorsalle. After trekking for a few hours from Jorsalle, we arrive at Namche Bazaar. Overnight in Namche Bazaar.

### Destination:

13km Uphill hike  
(Av. 5hrs)

### Accommodation

Sun Shower Hotel or Khumbu  
Lodge

### Altitude:

(3440m./11352ft. )

### Meals

Breakfast, Lunch, Dinner

## Day 3: Acclimatization in Namche Bazaar /Exploration around

As we gain altitude, our body needs to rest and become familiar to the environment in the higher altitude. After breakfast, we will take a short walk around the village. We will trek to one of the monasteries in Namche. Alternatively, we can also hike to the Everest View Hotel from where we can get a clear view of mountains like Mt. Everest (8848m), Lhotse (8516m), and Ama Dablam (6856m) among many. In the evening, you can interact with the local Sherpas and try their local foods and traditional dresses, overnight in Namche.

### Destination:

Excursion around

### Accommodation

Sun Shower Hotel or Khumbu  
Lodge

### Altitude:

(3440m./11352ft. )

## Meals

Breakfast, Lunch, Dinner

## Day 4: Trek to Dole

After breakfast in Namche, we prepare for the trek to Dole. The trail is full of ups and downs, and as we start ascend, we come across a rhododendron forest. We can see the vegetation and different wildlife of this region like Himalayan pheasants, musk deer, and Himalayan Thar. Then, we descend to the Dudh Koshi River and reach Phortse and continue to Dole. Overnight in Dole.

### Destination:

14km Uphill hike  
(Av. 6hr)

### Accommodation

Dole Resort or similar category

### Altitude:

(4038m./13325ft.)

## Meals

Breakfast, Lunch, Dinner

## Day 5: Trek to Gokyo lake

As the trek begins, we ascend a trail that takes us through a ridge with a beautiful scene of Mt. Everest (8848m), Cho Oyu (8188m), and many others. We, then, continue to trek through the forests where we are likely to encounter wildlife like musk deer and Danphe. We trek across many small settlements of Sherpas on the way to Machhermo, Phang, and Longpongo. After trekking for about 5 hours, we reach Gokyo. Overnight in Gokyo.

### Destination:

12km Uphill hike  
(Av. 5hrs)

### Accommodation

Thanka Inn Hotel or Similiar  
category

### Altitude:

(4650 m./15345ft.)

## Meals

Breakfast, Lunch, Dinner

## Day 6: Gokyo Peak ascent (5357m.) and explore around

After breakfast under the huge Gokyo peak and the beautiful scene of sunrise from Gokyo, we prepare to ascend the Gokyo peak. Gokyo peak is the highest point we will trek to during this trek. From the top of the peak, we enjoy the beautiful scenery of mountains and all the lakes that make up the Gokyo lake system. We rest for a while, take photographs and descend back to Gokyo. We then trek to other lakes of the Gokyo lake system. The views of Gokyo are breathtaking. Overnight in Gokyo.

### Destination:

Gokyo Ri climb - Excursion  
around

### Accommodation

Thanka Inn or Similiar  
category

### Altitude:

(4650 m./15345ft.)

## Meals

Breakfast, Lunch, Dinner

## Day 7: Trek to Dole

After breakfast, we prepare to return to Dole. We follow the same trail as we did during the ascent. We trek down above the Dudh Koshi river. The trail takes us through the rhododendron forests and the rough trails of the Himalayas to Machhermo. We again continue to ascend from Machhermo to reach Dole. Overnight in Dole.

### Destination:

15km Downhill hike  
(Av. 6hr)

### Accommodation

Dole Resort or Similar category

### Altitude:

(4010m./13233ft.)

### Meals

Breakfast, Lunch, Dinner

## Day 8: Trek to Namche Bazaar

Today, we trek through the easier and shorter part of the route. We start the trek from Dole and continue across the beautiful forest and meadows to arrive at Mongla Danda. Along the way, we get a spectacular view of mountains like Mt. Everest (8848m) and Lhotse (8516m). We continue trekking to Namche, where we can stroll around the village and enjoy the Sherpa culture and traditions. Overnight in Namche.

### Destination:

14km Downhill hike  
(Av. 6hr)

### Accommodation

Sun Shower hotel or Khumbu  
Lodge

### Altitude:

(3440m./11352ft.)

### Meals

Breakfast, Lunch, Dinner

## Day 9: Trek to Lukla

Today is the last day of our trek. After breakfast, we continue to trek to Lukla from where we fly to Kathmandu the next day. From Namche, we start the trek through the same route to a small village called Monjo. We then continue to trek through the trail along Dudh Koshi River and the rhododendron forest until we reach Phakding. Here, we can rest for a while before continuing to Lukla. Overnight in Lukla.

### Destination:

22km Downhill hike  
(Av. 8hrs)

### Accommodation

Hotel Ganesh Himal or Similar  
category

### Altitude:

(2800m./9240ft.)

### Meals

Breakfast, Lunch, Dinner

## Day 10: Fly to Kathmandu

After breakfast, we rush to the Tenzing Hilary airport in Lukla, which is also one of the most dangerous airports in the world. The flight is short but scenic. We enjoy the beautiful view of the Himalayan range

one last time from the airplane. After landing in Kathmandu, you will be transferred to the hotel.

**Destination:**

35mins Flight to Kathmandu

**Altitude:**

(1295m./4273ft.)

**Meals**

Breakfast

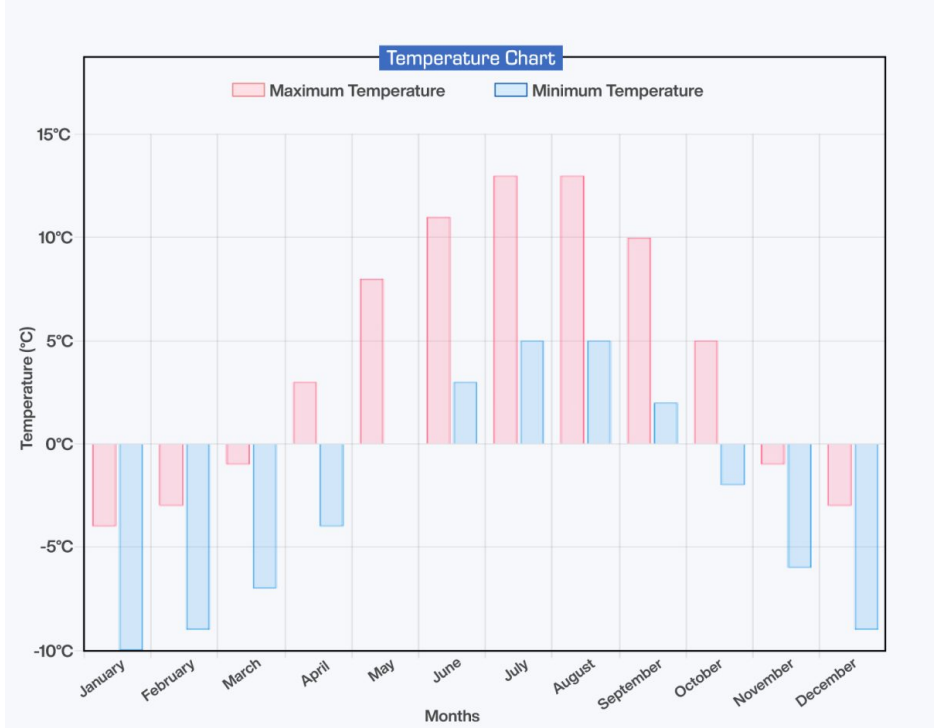
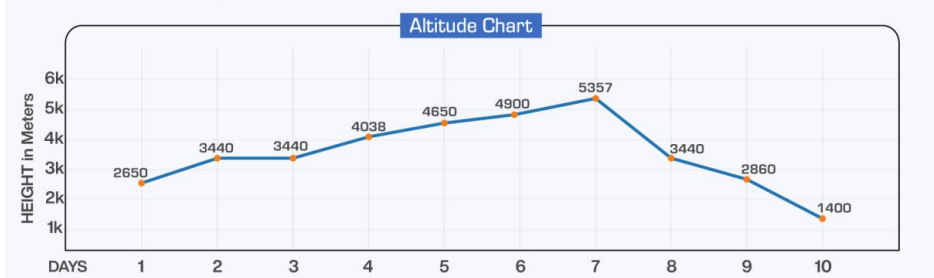
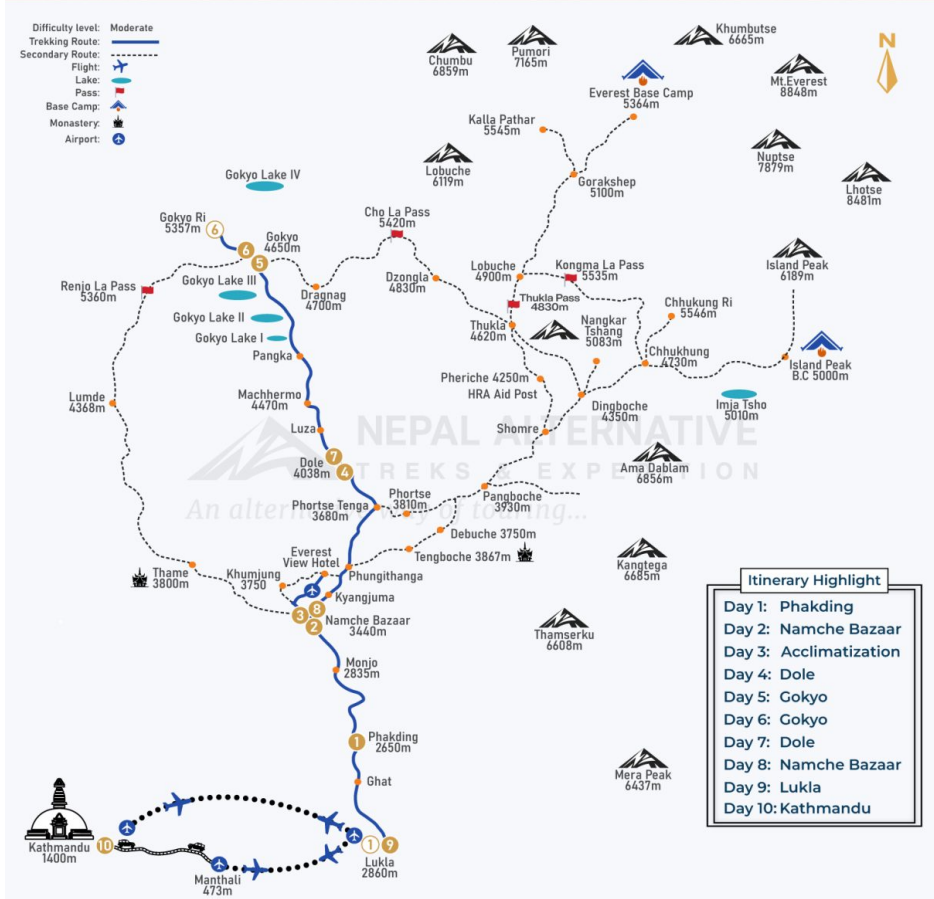
## What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- Lodge accommodation ( Twin share basis) during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trek.
- One experienced, well trained, fluent English speaking, friendly, government authorized and specialized in Everest region trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance and transportation etc.
- Sagarmatha National Park fee and Pashang Lhamu rural municipality Entry fee.
- Both way flight tickets Kathmandu/Lukla/Kathmandu.
- A Trekking map, Oxygen saturation check up everyday, water purification, first aid medical, duffle bag, Company T-shirt and Trekking completion certificate.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- 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, battery charge, hot water, phone bill, laundry and hot shower etc. .
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and porters.( Highly suggested ).

## Gokyo Lake Trek Route Map



# Traveler Reviews

## Amazing trek to Gokyo Ri

"I did a 10 day trek to Gokyo Ri in late November 2016 with Nepal Alternative Treks and Expeditions. Everything from the first moment I met Nauser (my guide) was amazing. Nauser came to my hotel to meet me the day before the trek to go through everything, then I went to see Tej and they helped me with hiring a sleeping bag and down jacket, buying poles and getting money out.

Throughout the whole trek Nauser couldn't do enough for me and as I was travelling on my own turned out to be a good friend throughout, playing cards on an evening etc. I naively thought I could cope without a porter and by the end of a long, hard 2nd day I knew I really would need one to continue. Nauser enquired but had previously told me porters are quite expensive the higher up you go (I was at Namche Bazaar) and can be a little unreliable. Nauser very kindly offered to take some of heavy items and we agreed I would pay him but a very informal arrangement (worked out well for both of us). Nauser also invited me to his flat for a meal on the evening we arrived back in Kathmandu which was a lovely touch and a nice way to finish my time in Nepal.

I would really recommend this trek as the views from the top of Gokyo Ri of Everest and other mountains are truly breathtaking. We went up at sunset and the glow of the sun setting on Everest was beautiful. The photos were well worth the 7 days of walking there!

If I ever come back to Nepal (I hope I will!) then I would definitely use Alternative Treks and Nauser again."

Rating: 5/5

**Paul David Evans**

UK

## Gokyo Ri Trek felt less crowded and more relaxed

"Sorry for the long review, but it needs some length to properly explain our experience. The service from this company began very badly, but ended well. If ever there was an argument for using an established, reputable company to enable problems to be resolved this is it, but our experience also reinforces the reality that an individual guide has the potential to make or break a trip, even if they work for a reputable company.

Our early morning transfer to the Kathmandu airport from the trek company's guest house arrived very late and the guide did not accompany us. We waited outside the terminal for the guide who arrived with our tickets, but too late for the flight. The guide was belligerent with the airline staff and unapologetic to us. He seemed so "out of it" (for reasons unknown to us) that we called the trek company owner and asked for another guide because we were concerned about why he was in that state and what the repercussions could be for our trek. Setting aside the obvious problems with the first guide, this is where having an experienced trekking company was advantageous as they were able to quickly provide a new guide who ultimately helped make the trek a good experience.

Unfortunately, the flight we missed because of the first guide turned out to be the only flight of the day due to weather conditions in Lukla. Nepal Alternative Treks gave us that night's accommodation in their guest house and arranged flight tickets for the next day. Concerned about getting to Lukla, and after discussions with the company, we ended up going by helicopter after paying a supplement.

The new guide, Amar, was excellent. He was pleasant, helpful, and service-oriented, thus the overall rating of 4. The trek itself was beautiful and a great experience.

With 20/20 hindsight, if we did another trek with any company, we would ask for more information about the accommodations. We do not know if it would even have been possible for the Gokyo trek, but it would have been FAR more pleasant if we had stayed in rooms with attached toilets. Going down cold hallways at night to find the toilet already in use was not fun. We did have attached toilets for two nights and wondered if that would have been possible other nights, perhaps for a supplement. Having said that, we would still have done and enjoyed the trek if none of the accommodations had attached toilets. In fact, we didn't expect to have any, but two nights with that luxury emphasized the huge difference, perhaps even more so because we are in our 60's.

One additional point is that we had arranged with the trekking company for some car transfers to and from accommodations in Pokhara and also Nagarkot. We did this thinking that an established company would have relationships with good, reliable drivers, but the transfers were all late and/or the driver clearly had very little idea about getting to our destinations. In one case we even went a significant distance in the wrong direction on a very busy one-way road in Kathmandu before other motorists were able to bring this to the attention of our driver. In the future, we would probably just use a trekking company for trekking services."

Rating: 5/5

**aroundthenextcorner4**

Ottawa, Canada

## Additional Trip Information

### Best time for Gokyo Lake Trek

The spring and fall seasons are the greatest times to trek around Gokyo Lake. Similarly, if you choose to hike here at this time, you'll find a clear sky, a temperate environment, and the ideal outdoor temperature. Similar to this, it is crucial to pick the correct time to visit when traveling through high elevations. You won't be able to completely enjoy it if you don't. Additionally, your trip may coincide with one of the holiday seasons if you visit at this time of year. Therefore, it coincides with the Dashain and Tihar holiday seasons.

### Gokyo Lake Trek Difficulty

The difficulty level of this trek is moderate. However, it's a 10 days long trek so it is not for rookie or new trekkers. If you are a new trekker, then you might face the difficulty of altitude sickness. Similarly, you will find some rough roads on your trek. So, make sure you are prepared for that. In addition, this trek tests your stamina so be prepared for that as well.

### Is Travel insurance Required For Gokyo Lake Trek?

For Gokyo Lake Trekking your travel insurance is the most important thing. Without your travel insurance with you, it will be difficult for us to take you on the journey. So, make sure you have your

travel insurance with you during the trek. Also, make sure that all your travel insurance covers your injury, medical expenses, repatriation expenses, rescue mission, loss of property, etc. Similarly, make sure that your adventure over 4000m plus is covered.

## **Accommodation & Meals To Expect From Gokyo Lake Trek**

We provide top-class meal facilities to our consumers. In addition, we also provide you with 3 meals per day which includes Breakfast, Lunch, and Dinner. Likewise, for accommodation, we provide you with the facility of lodges during your travel with us. However, on our meals, we don't provide Hard and soft table drinks such as tea/coffee, Coke, Fanta, mineral water, beer, etc. Because we understand what is good for our consumers during the trek.

## **Required Permits For Gokyo Lake Trek**

**Sagarmatha National Park fee** : NPR 3000 for foreigners and NPR 1500 for SAARC

**Pasang Lhamu Municipality Entry Fee** : NPR 2000

**Note:** Child below 10 years are free

## **Do you have to be expert trekker for Gokyo Lake Trek?**

Gokyo Lake Trek is a 10-day long trek. So, you should be very experienced for this trek. This trek is not for new trekkers. Even for experienced trekkers, this trek is difficult. Similarly, if you want to complete this trek then you should be physically fit and mentally tough as well. Likewise, if you have any health issues like asthma then this trek is not for you. Similarly, this trek is good for passionate trekkers and for those who want to spend time in nature. In addition, to all that you should at least have experience of climbing small peaks.

## **Climate and Weather During Trek To Gokyo Lake**

The climate and weather of this place are good throughout the year. This trekking is done throughout the year. But, if you travel here during the spring and autumn seasons then the climate is perfect for you. However, this trek has a good climate during the monsoon too. You just make sure you avoid rainy seasons. However, this place has bad weather conditions during the winter seasons.

## **Safety and security Concerns you might have regarding Gokyo Trek**

Safety and Security are important factors for our company. Similarly, we take full care of our consumer and their property. Similarly, our trip constantly operates by checking every area of our travel. So, you can feel free and enjoy your time trekking with us. Likewise, the tea houses we provide are also very secure; you can fully enjoy your rent without worrying about your safety.

# Frequently Asked Questions

## **Is Gokyo Lake trekking route safe for trekkers ?**

Yes, Gokyo Lake Trekking 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 health criteria required for this trek ?**

Even though it is a moderate trek, The trail sometimes passes through the steep 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 ?**

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.

## **Is Travel Insurance compulsorily required ? Does your company pay for the Travel Insurance of guides and porters?**

We do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at high altitudes for trekking members while booking a trek with us, just to be on the safe side. 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 change.

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 have some chances to get AMS on this trek as the trail ascends above 3000m in general. You may have chances to feel a bit while climbing to Gokyo Ri it won't be high risk as you will have enough acclimatization.

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 ?**

Yes, you may be able to change money at Lukla and Namche but the exchange rate will be lower than in Kathmandu. We recommend changing money at Thamel. Credit card 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 ? and weight limit for Lukla 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 maximum 10Kg of luggage (two pieces) and maximum 5kg of hand-carry. 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 or boiled water wherever possible and purify it using chlorine or iodine. We shall provide water purification drops and tablets.

## **How long will we have to hike each day ?**

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.

## **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.

## **What are the accommodation arrangements during the trek ?**

In this trekking, the accommodation options are hotels and lodges . Nepal Alternative Treks generally manages your accommodation in the best available hotels/lodges that provide single or double rooms with bathrooms inside. The bed has a mattress, pillow, and blanket. Most lodges offer a room with a blanket provided by the teahouse alone will not be enough to withstand the cold. So, we provide a warm sleeping bag.

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

Hotels/Lodges or teahouses on the trek route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities.

## **Can we hire trekking gears in Kathmandu ?**

Yes, You can. There are plenty of shops around Thamel, that sell as well as rent all the necessary gears 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.

## **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 trek ?

There are mobile networks, internet data, and Wi-Fi available in the Everest 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** and **Everest Data** package 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 15 degrees Celsius in summers and decrease below -15 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 20 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.*

## Address

### **Nepal Alternative Treks & Expedition**

Post Box No: 8169,  
House, Raniban Marg  
136/205, Nagarjun, 01, Kathmandu 44600, Nepal