

Helambu, Gosaikunda and Langtang Trek - 13 Days

URL: <https://nepalalternativetreks.com/trip/helambu-gosaikunda-and-langtang-trek/>

Helambu, Gosaikunda and Langtang Trek Quick Information

Weather -10°C to 20°C	Duration 13 Days	Difficulty Moderate
Accommodation Lodge	Meals Included Breakfast, Lunch, Dinner	Transportation Bus/Jeep
Daily Activity Approx. 5 - 6 hours	Religion Buddhist	Ethnic People Tamang, Sherpa
Region of Nepal Langtang Region	Max Altitude 4700m./15510ft.	Per Person Cost USD 650
Best Season Sept, Oct, Nov, March, April & May	Geographic Terrain Mountain, Forest, Village, Lake, Hills, Rivers, Terrace	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$650.00
Group Of 5 - 8	USD \$630.00
Group Of 9 - 12	USD \$610.00
Group Of 13 - 18	USD \$590.00

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.

Helambu, Gosaikunda, and Langtang Trek Overview

The trek to Helambu, Gosaikunda, and Langtang starts with a drive from Kathmandu to Sundarimal. You can visit the Boudhanath Stupa on the way if you wish. Once you arrive at Sundarimal, you will start the trek with a rocky route through Shivapuri National Park. Enjoying the watershed area, you will leave the national park and head to Chisapani through a lush rhododendron forest.

From Chisapani, you will continue into the Helambu Valley, walking past the Gul Bhanjyang and Kutumsang fields. Then, you will head to Tharepati and take the left route to Ghopte. Early the following day, you will cross Lauribinaya Pass at 4700 meters and reach the sacred Hindu frozen lake, Gosaikunda. From Gosaikunda, you will follow the trek route down through the small settlement of Lauribina and reach Thulo Syabru, joining the Langtang Valley trail. The trail will continue east to Pairo and Bamboo. Following the Langtang River, you will arrive at Lama Hotel.

The trail then heads north into the deeper parts of Langtang National Park, leading you past Ghoda Tabela to Langtang Village. The next destination will be Kyanjin Gompa, one of the oldest monasteries in the valley, which houses many artifacts and monuments dedicated to Tibetan heritage. While exploring the village, you will also hike to the nearby Tserko Ri peak, standing at 4984 meters. The top offers a panoramic view of the Langtang, Phurbi Ghyachu, and Rolwaling ranges. Afterward, you will return to Lama Hotel, trekking past several Tamang villages. The final part of the trail will take you to Syabru, where you can get a ride back to Kathmandu.

Helambu's Speciality

Helambu Trekking is popular among trekkers for its beautiful scenery and pleasant climate. It is located about 72 kilometers northeast of Kathmandu and stretches from north of Tamarang to the tree line of Gosaikunda Lake and the lower slopes of Jugal Himal. In Helambu, many highland Tamang and Sherpa villages are on both sides of the Melamchi Khola.

The area features a range of green valleys, misty rhododendron forests, and distant snowy peaks. You will see a mix of Hindu and Tibetan Buddhist cultures. You can experience the Yolmo culture of the high mountain villages, enjoy the views of lonely high mountains, and watch farmers work in the fields with handmade tools and water buffalo.

The Helambu Valley trek is known for its scenic beauty and pleasant weather. You can stay in highland monastery villages and small settlements in pristine forests. The Sherpa villages in Helambu are home to farmers and yak herders who work together in a charming, cooperative way.

Gosaikunda

Gosaikunda lies north of Kathmandu and is Nepal's third most popular trek. It combines the high mountain lakes at Gosaikunda Trekking (Frozen Lakes) with the beautiful Langtang Valley. You will enjoy wonderful views of the Langtang range, Ganesh Himal, and Dorje Lakpa. When you cross the Lauribinayak Pass (4610m/15213 ft.), you will be rewarded with stunning views of Manaslu, Ganesh Himal, and even the Annapurna range.

This area offers crossing mountain passes, superb views, and a beautiful holy lake like Gosaikunda. You will visit picturesque Sherpa villages, see an impressive display of wildflowers, and encounter abundant

wildlife. There are also monasteries to explore and friendly local people to meet and learn about their culture.

Langtang's Best Part

Langtang is known as "Tamang Land." This area is rich in Tibetan culture, showcasing their typical way of living with Buddhist monasteries, chortens, mani walls, and prayer wheels. It was once an important trading route with Tibet, so many villagers were involved in trade.

During the trek, you will walk through Langtang National Park. Although wildlife can be hard to spot, you may see some interesting animals and birds, such as monkeys, musk deer, peacocks, and the colorful Danphe, Nepal's national bird. At Langtang Village, you will continue to Kyanjin Gomba (3,740 m), the Yak Cheese Factory site. There is also an STOL airstrip at Chhaldang, east of Kyanjin.

13 Days Helambu, Gosaikunda and Langtang Trek Highlights

- Enjoy a unique experience of Helambu, Gosainkunda, and Langtang Trekking routes on the same trip.
- Discover the beauty of the Helambu Valley within five days.
- Enjoy the Panoramic view of mountains like Langtang Ri, Langshisha, and Ganesh Himal, among others.
- Walk through the beautiful forests of Langtang National Park and get a chance to witness the rare Red Panda.
- Peek into the lifestyle of the Tamang and Sherpa people and learn about their culture and tradition.
- Stunning view of mountains like Langtang Lirung, Manaslu, Ganesh, Annapurna, and other snow-clad mountain peaks.
- Dive into the holy water of the beautiful Gosainkunda Lake.
- Visit the impressive Buddhist monasteries, including the famous Shin Gomba and Kyanjin Gomba.

Weather

The Best Time For Langtang Valley Trek

Spring and autumn are the best times to trek in Helambu, Gosaikunda, and Langtang Region. At this time of the year, the temperature of Nepal is moderate. Similarly, the weather and climate are stable and suitable for trekking in the Himalayas. Similarly, trekking in this region will give you panoramic views of mountains like Langtang Ri, Langshisha, Ganesh Himal, etc. The national flower of Nepal, Rhododendron, blooms during spring.

The whole forest turns colorful, adding beauty to the trails in this region. Autumn is the festive season in Nepal. Trekking during this season will let you experience Nepal's different Hindu and Buddhist cultures. Both seasons offer excellent visibility of the mountains of the Langtang Region.

January
-5°C to 10°C

February
-3°C to 12°C

March
0°C to 15°C

April
5°C to 18°C

May
10°C to 20°C

June
12°C to 22°C

July
12°C to 22°C

August
12°C to 22°C

September
10°C to 20°C

October
5°C to 18°C

November
0°C to 15°C

December
-3°C to 12°C

Difficulty

Helambu, Gosaikunda and Langtang Trek Difficulty

The trek to the Langtang region is a moderate-level trek. Hiking above 4000 meters is always a challenging feat. This region will present you with several challenges during the trek. You need to be physically and mentally fit for the Langtang Gosaikunda Trek. Despite being suitable for beginners, we recommend you take a few hikes before you trek toward the Langtang Circuit. Trekking for several days will make you feel monotonous. So, you should be mentally prepared for this trek. Intense willpower and a positive mindset are always a plus for trekkers.

Altitude sickness is another common concern in the Langtang Gosaikunda and Helambu Trek. The oxygen level is always low in higher altitudes. Since you will be hiking above 4000 meters, there is a high chance of altitude sickness. You should be well prepared for this trek. Performing several cardiovascular exercises and improving your fitness level will help you breathe easily in higher altitudes. Acclimatizing to the conditions is very important. Your body gets habitual to the environment.

13 Days Helambu, Gosaikunda and Langtang Trekk Itinerary

Day 1: Drive to Sundarijal - Trek to Chisapani

After breakfast, you head east of Kathmandu Valley and drive towards Sundarijal. En route, you come across Boudhanath Stupa, a UNESCO World Heritage Site. You can do a quick tour of the place if you want. Once you arrive at Sundarijal, you go straight uphill via a rocky route. The route goes through the Shivapuri National Park. Enjoying the watershed of the Bagmati River, you arrive at Mulkharka. From here, the road goes down to a gorge, and you arrive at Chisapani after crossing the rhododendron and oak forest. Overnight stay at a lodge.

Destination:
01 hour Drive to Sundarijal

Accommodation
Dorje Lakpa or similar category

Altitude:
(2,300 m /7590ft.)

04 hours Trek to Chisapani

Meals

Lunch, Dinner

Day 2: Trek to Kutumsang

After an early breakfast, you head to the trail leading to Kutumsang. The route today goes through various ridges. Walking through the forest, you arrive at Pathi Bhanjyang. From here onwards, the road goes through green meadows till Gul Bhanjyang. The route then goes through another ridge and a pass. Then, you arrive at the lush meadows of Kutumsang. Stay overnight at lodge.

Destination:

14km Uphill hike
(Av.06 hour walk)

Accommodation

Namaste Hotel & Lodge or
Similar category

Altitude:

(2,446m./8071ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Tharepati

After cleaning up and having breakfast, you resume the trek. The route goes through Yurin Danda Ridge, and you get to see spectacular views of the Langtang and the neighboring mountains. The route ascends into the rhododendron and pine forest. The road again descends as you approach Magengoth, the first settlement you see on the route. From here, the route again ascends through the forest, and you reach Tharepati for an overnight stay.

Destination:

15km Uphill hike
(Av.06 hours walk)

Accommodation

Tashidelek Lodge or similar
category

Altitude:

(3490m. /11517ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Phedi

We head zig-zag and tricky trail to Ghopte and continue to Phedi. It takes about 3-4 hours walking. Stay overnight in Phedi.

Destination:

12km Trek to the Phedi
(Av.05 hours)

Accommodation

Lodge in Phedi

Altitude:

(3650m./12045ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Gosaikunda

Early morning, we climb to Laurinbina la Pass (4700m.) and head down to Gosaikunda Lake. There are no lodges between Phedi and Gosaikunda. So, we need to prepare a packed lunch and enough drinking water. Explore the sacred holy lake Gosaikunda and other lakes, then stay overnight at Gosaikunda.

Destination:

09km Uphill hike
(Av.05 hours walk)

Accommodation

Hotel Tibet or similar category

Altitude:

(4460m./14718ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Thulo Syabru

After breakfast, the trail will descend to Thulo Syabru village. It is a typical Sherpa village and a classical route of Langtang Trekking. Gosaikunda trek joins here for Langtang trekking. Stay overnight in Thulo Syabru.

Destination:

18 km hills hike
(Av.07 hours walk)

Accommodation

Yak Hotel & Lodge or Similar
category

Altitude:

(2581m./8309ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Lama Hotel

The trail ascends to Lama Hotel. The trail begins along the ridge on Syabru's main street, drops to the Ghopche Khola, and descends to the Landslide again. Afterward, your trek ascends gently to Rimche, walking through bamboo forests and water, and then you reach the Lama Hotel. En route, if you are lucky, you will see red pandas, monkeys, and bears. Stay overnight at the Lama Hotel.

Destination:

14km Uphill hike
(Av.06 hours walk)

Accommodation

Friendly Guest house or Hotel
Sherpa

Altitude:

(2470m./8151ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Langtang Village

After breakfast in the Lama Hotel, we will trek to Langtang village today. We start the trek with a slightly steep route, gradually becoming steeper and tougher. The trail heads through the dense forests as the beautiful view of the Langtang range starts appearing in front of us. We then trek through meadows and cross several bridges to reach Langtang village. We can see the blend of Tibetan and Nepali culture in this village. Overnight in Langtang.

Destination:

14km Uphill hike
(Av.06 hours walk)

Accommodation

Hotel Sun Rise or similar
category

Altitude:

(3430m./11319ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Kyanjin

Today, we will be trekking to the most important places in the Langtang region – Kyanjin. After breakfast in Langtang Village, we will trek through a small village with stone walls and prayer flags as we ascend the gentle steep up to Kyanjin. Passing Mundu on the way, we will walk to Kyanjin. We get enough time to roam around the village after reaching there. Overnight in Kyanjin.

Destination:

6 km Uphill hike
(A.03 hours)

Accommodation

Nurling Guest House or similar
category

Altitude:

(3980m./13134ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Explore around

We allocate a full day to explore the Kyanjin village and Langtang area. In Kyanjin, we explore the nearby Kyanjin Gumpa. You can hike to the nearby Tserko Ri (4884m) and enjoy the beautiful view of the valley, including the mountains surrounding the valley, like Mt. Langtang (7227m) and its ranges. You can also interact with the locals and understand their lifestyle. You can also hike to Langshisha Kharka and visit the local cheese factory. Overnight in Kyanjin.

Destination:

Day excursion

Accommodation

Nurling Guest House or Similar
Category

Altitude:

(3980m./13134ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Lama Hotel

After breakfast, we start our journey towards the Lama Hotel. Then, we retrace the same route we trekked before. Today's trek is relatively more straightforward than the earlier days. We trek down through the rhododendron forests, enjoying the beautiful scenes. We come across small Tamang settlements as we descend to Lama Hotel. On the way, we can stop at various places and take photographs before reaching Lama Hotel, overnight in Lama Hotel.

Destination:

18km hill hike
(Av.06 hours walk)

Accommodation

Hotel Sherpa or Friendly Guest
House

Altitude:

(2470m./8151ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Safru Besi

On the last day of our trek, we will leave behind the beautiful Langtang region and trek down to Syabru Besi. After breakfast, we start the trek with descent and trek down through the dense forests, enjoying the views of the Langtang range. We descend to Sherpa Gaon and then continue to trek to Syabru Besi. We will drive back to Kathmandu from Syabru Besi the next day. Overnight in Syabru Besi.

Destination:

14km hill hike
(Av.06 hours walk)

Accommodation

Hotel Old Namaste or Similar
category

Altitude:

(1600m./5280ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: Drive to Kathmandu

After breakfast, we head towards the bus stop to board the bus to Kathmandu. We drive back to Trishuli Highway through the terraced fields and small settlements. After a while, we will drive along the Trishuli River with a beautiful view of green hills. A drive of about 6 hours brings us to Kathmandu. You will be transferred to the hotel in Kathmandu. Overnight in Kathmandu.

Destination:

160km Drive to Kathmandu
(Av.06 hours)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu .
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trek.
- One experienced, well trained, fluent English speaking, friendly, specialized in Helambu and Langtang region 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 itinerary.
- Langtang National Park fee and Shivapuri National Park fee
- Trekking map, duffle bag, water purification, Oxygen saturation check up everyday, company t-shirt, first aid medical and 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 and soft table drinks as tea/coffee, mineral water, coke, fanta, alcoholic drinks, hot shower, laundry, phone bill, bar bill, hot water etc.
- Personal Travel insurance.
- International flight tickets.
- Nepal Tourist Visa
- Tips for guide and porters.(Highly suggested).

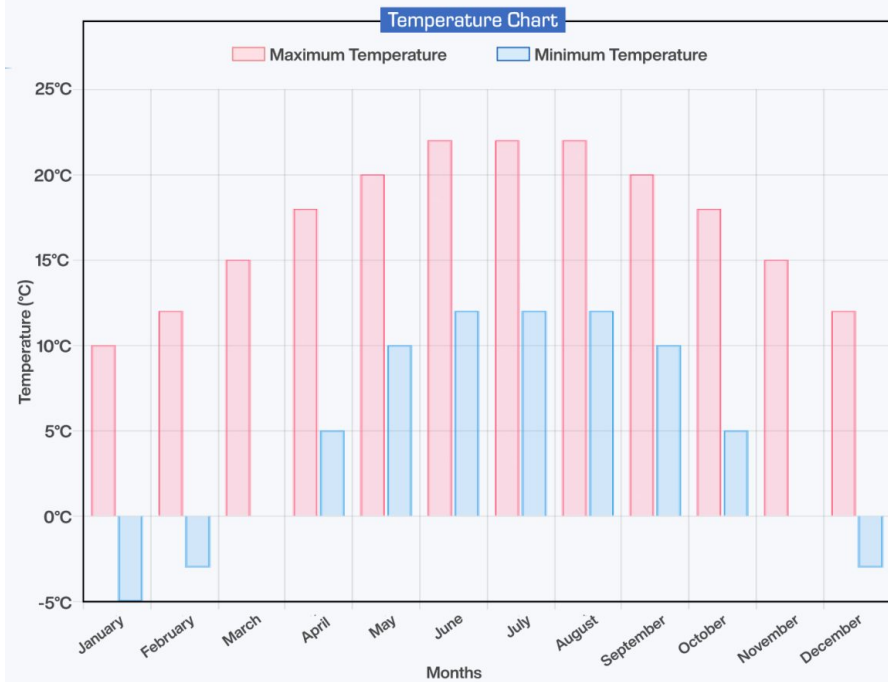
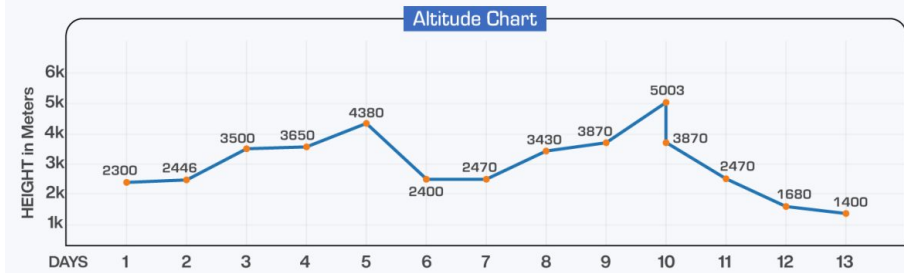
Helambu, Gosaikunda and Langtang Trek Route Map



NEPAL ALTERNATIVE
TREKS & EXPEDITION
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HELAMBU GOSAIKUNDA & LANGTANG TREK

13 DAYS



Traveler Reviews

Its been an adventure during helambu trek

Nov 2022

In November 2022 we did the Gosainkunda-Langtang Trekking with Nepal alternative Treks.

It was an unforgettable experience. This company made it even more amazing! The organisation in advance was very great. The response to our mails very quickly and professional.

Our Guide was just perfect. Very experienced, always smiling, willing to help, caring and always a joke on his lips.

Nepal alternative Treks and Expeditions you are doing a great job!

If you are planning to do some trekking in Nepal, only with them! Cause they are simply the best.

Looking forward to our next Trek together!

Rating: 5/5

Lena Birke

Germany

An Unforgettable Langtang Gosaikunda Experience

Nov 2022 • Friends

In November 2022 we did the Langtang and Gosaikunda trekking with Nepal alternative treks & Expeditions. It was

an unforgettable experience. And with Nepal alternative treks & Expeditions even more amazing. Experienced guide, always smiling and willing to help, well planned trek. Nepal alternative treks & Expeditions is a company you can rely on. if you are going trekking in Nepal, only with them!

Lena (Germany) & Ela (Poland)

Rating: 5/5

Ela Kalinowska

Poland

Additional Trip Information

Travel Insurance For Helambu, Gosaikunda and Langtang Trekking

We don't provide you with personal insurance. You should have your insurance with you. So, you ensure your insurance company has covered all your trekking-related facilities, including all medical expenses, repatriation expenses, rescue missions, and property loss. Likewise, make sure that your insurance does not expire.

In addition, make sure that your insurance company has ticked all your trekking-related policies, such as rescue missions, medical expenses, and loss of personal equipment.

Meals and Accommodation During Helambu, Gosaikunda and Langtang Trek

During your stay in Kathmandu, you'll stay in a star hotel with all amenities. All three daily meals will be at this hotel. Once you start your trek, you'll stay in tea houses or lodges run by locals. These provide basic amenities, but we aim for comfortable options with hot showers, toilets, western food, and private rooms. Extra charges may apply for hot showers and charging.

You'll have three meals a day. Breakfast will be at your lodging, with options like Tibetan bread, tea, cornflakes, and eggs. Lunch will be during your hike, and dinner will be at your lodging. Meals will mostly be local food, with Daal Bhaat as your staple meal. Other options include noodles, potato wedges, soup, pasta, Thukpa, Dhindo, Momo, Pizza, and Sherpa Stew. Some places may offer continental dishes.

Helambu, Gosaikunda and Langtang Trek Fitness and experience requirements

The Helambu, Gosaikunda, and Langtang Trekking is a challenging 13-day trek that combines three trekking routes. Trekkers must be in excellent health, have good stamina, and possess a resilient attitude. Prior experience of going on small hikes/treks is highly recommended to ensure you can complete this trek. This trek is not suitable for those with any health-related issues. We strongly advise hiring a guide if you decide to undertake this trek.

Climate and weather

The climate and weather of this trek are mostly moderate throughout the year. But the best time to visit this place is spring and autumn. But, this trekking is done at high altitudes. So, it is a bit cold. The average temperature in this place is about 11 degrees Celsius. But if you travel here during this time of the year, you can catch a panoramic view of Langtang Ri, Langshisha, and Ganesh Himal, among others.

Safety and security

The safety and security of our trekkers are of utmost priority to us. You can feel free and travel with us. We are cautious in that case. Similarly, we ensure that our trekkers have no problems during their trek. Likewise, we carefully check our trail before our departure to the trek. So, don't worry, and thoroughly enjoy your trek. We make sure that our trekkers are enjoying themselves as well.

A typical day in Helambu, Gosaikunda & Langtang Trek

Your daily hike will be around 6-8 hours. Your day starts with breakfast at the place where you are staying. There will be a short meeting after your breakfast, where your guide will describe your today's hike. Your lunch will be at a Tea House or a local restaurant between the trek. You might get some time to rest after your lunch, but it depends on the remaining distance to be covered. However, you will have 10-15 minutes to relax after lunch. You will stop at several scenic spots to click pictures between your trek. Your dinner will be at the place where you will be staying.

Trek Permits For Helambu, Gosaikunda and Langtang Trekking

Trekker's Information Management System(TIMs) card is mandatory for trekking in Nepal. It holds your

data and information and is used for safety and security while trekking in Nepal. The cost for a TIMS card is Rs 2000. You can get the TIMS card from the Nepal Tourism Board Office or any Trekking Agencies in Nepal. You can also contact your travel company as they can obtain it for you.

Besides the TIMS card, there are two other national park permits you need to trek in this region. They are the Shivapuri National Park and Langtang National Park permits. The cost of a Shivapuri National Park is NPR. 1000 for foreigners and NPR. 600 for SAARC nationals. The cost for the Langtang National Park is NPR. 3000 for foreigners and NPR. 1500 for SAARC nationals. There are no national park charges for kids below 10 years of age.

Frequently Asked Questions

Do you have other dates available that match my timing?

Even though this trekking package 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 we can manage your itinerary accordingly. We will organize this trek at your convenience.

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

This trekking package is designed to 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 also manage that, but you must inform us about it while booking the trip. Also, please note that you may have to pay additional charges for single rooms.

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.

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

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

For this trek, you must bring a copy of your passport, passport-sized photos, flight details, your travel insurance (which must cover helicopter rescue and medical evacuation), and any other documents required to claim the insurance.

Are alcoholic beverages available in trekking ?

You can easily find different types of alcoholic beverages from international and Nepalese brands. In villages, however, you can find local (homemade) drinks like Chyang, Raksi, Tongba, or Nepalese brands' packaged drinks. However, we do not suggest you consume alcoholic beverages often during treks as they cause 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 Helambu Gosaikunda and Langtang 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.

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

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