

Helambu Trek - 5 Days

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

Helambu Trek Quick Information

Weather

-5°C to 20°C

Duration

5 Days

Difficulty

Easy

Accommodation

Lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Jeep/Car/ Bus

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Sherpa, Tamang

Region of Nepal

Helambu, Sinchupalchok

Max Altitude

3490m./11517ft.

Per Person Cost

USD 340

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, Village

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$340.00
Group Of 5 - 8	USD \$320.00
Group Of 9 - 12	USD \$300.00
Group Of 13 - 18	USD \$280.00

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.

Why Helambu Trek is The Best For First-Time Trekkers?

Our Helambu Trek is a perfect short trek suitable for all trekkers. It is an incredible experience and opportunity to explore Nepal's unspoiled beauty while trekking in the Langtang region. Moreover, it lies close to Kathmandu. Its off-the-beaten trails with a tranquil atmosphere are relatively less crowded than other routes in Nepal. Get an authentic experience of rural Langtang and taste the sweet apples of Helambu.

The journey takes us northeast of Kathmandu and starts with a drive to Sundarimal. You can visit the Boudhanath Stupa on your way to Sundarimal. Once you arrive at Sundarimal, **the Helambu trek begins with the rocky route from Shivapuri National Park. Enjoying the watershed area, you leave the park and head to Chisapani via the lush fir and rhododendron forest.**

From Chisapani, you walk into the Helambu Valley and past the Gul Bhanjyang and Kutumsang meadows. You then head to Tharepati and proceed towards the Sherpa village of Tarke Ghyang. **The Tarke Ghyang Monastery also lies here and is one of the oldest of its kind in this region.** The trek ends as you head to Thimbu, from where you head back to Kathmandu.

This 5-day short venture is the perfect gateway to find tranquility from the everyday hustle and bustle. It is also the best option for trekking if you want to travel with your family.

Nepal Alternative Treks and Expedition strives to provide you with the best services to ensure a memorable time in Nepal. You can make your trip flexible by adding places you want to visit or extending the length of your desired trip. Our friendly staff and guides will guarantee your safety and make the trip more enjoyable.

Helambu Trek Highlights

- Discover the beauty of the Helambu Valley within five days.
- Enjoy the unexploited nature of the Langtang region.
- Witness the Panoramic view of mountains like Langtang Ri, Langshisha, and Ganesh Himal, among others.
- Traverse through the Langtang National Park and witness unique Himalayan biodiversity.
- Hike past charming traditional villages, rivers, suspension bridges, ancient monasteries, mani walls, and gompas.
- Visit the apple orchards and taste the sweet apples of Helambu.
- Experience the vibrant Tamang culture and their warm hospitality.

Weather

Best time for Helambu Trek

Nepal experiences four seasons annually: spring, summer, autumn, and winter. Trekking in any season

has its advantages and disadvantages. Spring and autumn are the peak and best times to trek and touring in Nepal. However, summer and winter have their charm. Take a look at each season:

Spring (March to May)

The bright, sunny spring days, pleasant weather, and warm temperatures make it one of the best times to trek in Helambu. The daytime temperature ranges from 15 to 20°C and can drop to 5°C at nighttime. It is the best trekking time in Nepal as the rhododendron forests and other flora are in full bloom. The colorful flowers add to the scenic beauty of the trails and make the journey experience more enchanting. The fauna are also active during spring, so you can hear birds chirp and may even catch a sight of rare wildlife. Another great thing about spring is the dry weather and the clear views of the mountain vistas.

Summer (June to August)

As summer begins, monsoon season also enters Nepal. As a result, there is heavy rain across the country. The trails get wet and slippery, and it becomes challenging to trek under these conditions. It is hot and humid during summer, as the Langtang region’s daytime temperature is around 20 to 25°C. Meanwhile, the nighttime temperature is around 5°C. The trails are quieter during summer, but it is the best time to witness the lusciously green vegetation of the region.

Autumn (September to November)

September marks the transition from summer to autumn. The monsoon also slowly exits the country, and autumn foliage starts to color the landscapes. Autumn is one of the best and peak Nepal trek seasons. The crisp, clear weather, sunny days, and mild temperatures make for a comfortable trekking experience. The average daytime temperature is around 20°C, and it gradually begins to drop. Meanwhile, the nighttime temperature is around 3°C. Likewise, the rainfall cleanses the landscapes and vegetation. Everywhere you look, it looks fresh and vibrant.

Winter (December to January)

As winter begins, snow falls in higher-altitude regions. However, it is an ideal time for Helambu Trekking. It offers a grand view of the mountain vistas and snow-covered landscapes. The days are usually warm, but the temperature drops significantly during nighttime. The average daytime temperature is around 15 to 16°C, but the nighttime temperature can get lower than -8°C. Winter is excellent, as you can enjoy quiet trails, challenging adventures, and alluring views of winter landscapes.

January

-2°C to 8°C

February

-1°C to 9°C

March

1°C to 12°C

April

4°C to 15°C

May

7°C to 18°C

June

9°C to 19°C

July

10°C to 20°C

August

10°C to 20°C

September

8°C to 19°C

October

5°C to 16°C

November

0°C to 11°C

December

-2°C to 9°C

Difficulty

Challenges of Helambu Trekking

Helambu Trekking is a straightforward hike that takes less than a week to complete. It is suitable for beginners and experienced trekkers and perfect for a family. Since it is an easy venture, there is no need for prior experience. However, you must have reasonable health, fitness, and stamina.

The trails of Helambu are relatively gentler, with some uphill and downhill climbs. Although the terrain is rough and off-beat, it is less demanding than many other trekking routes in the region. You must hike 5 to 6 hours each day on average during the five days. Similarly, ascending to an elevation above 4,000 meters above sea level is challenging.

Although the journey is pretty simple, one must be in good shape. It would be best if you undertook some cardiovascular exercises and workouts before the journey. This way, they can easily overcome and enjoy the physical challenges better.

5 Days Helambu Trek Itinerary

Day 1: Drive to Sundarimal - Trek to Chisapani

After breakfast, you head east of Kathmandu Valley and drive towards Sundarimal. 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 Sundarimal, 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 in Chisapani.

Destination:

18km drive to Sundarimal(Av.01 hour)

12km hill hike (Av.04 hours)

Accommodation

Dorje Lakpa Hotel or similar category

Altitude:

(2,300 m /7590ft.)

Meals

Lunch, Dinner

Day 2: Trek to Kutumsang

After an early breakfast, you head to the trail that'll lead you to Kutumsang. The route today goes through various ridges. Walking through the forest, you arrive at Pati Bhanjyang. From here onwards, the route 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. Overnight in Kutumsang.

Destination:

16km Hill hike
(Av.06 hours)

Accommodation

Namaste hotel & Lodge or
Similar category

Altitude:

(2,446 m./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. The route again ascends through the forest from here, and you reach Tharepati. Overnight in Tharepati.

Destination:

14km Hill hike
(Av.06 hours)

Accommodation

Tashidelek lodge or Sumchok
Lodge

Altitude:

(3490m. /11517ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Tarke Ghyang

After breakfast, the route goes steeply downhill through the rhododendron and pine forest. En route, you see snow-clad mountains like Jugal Himal and Numbur. **Enjoying the scenic Helambu Valley, you arrive at Melamchi Gyang, one of the Sherpa villages of the region**. From here, you follow the Melamchi stream, and the route then ascends past various small settlements. You finally arrive at Tarke Ghyang, home to the Sherpa community and one of the oldest monasteries in the region. Overnight in Tarkegyang.

Destination:

16km Uphill hike
(Av.06 hours)

Accommodation

Tarkegyang Lodge or Similar
category

Altitude:

(2620m. /8646ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Thimbu - Drive to Kathmandu

Today is the last day of the trek. After a wonderful breakfast, **you take the route that descends through the rhododendron forest. Enjoying the charming views of the valley and mountains, you arrive at Thimbu**. You have lunch here and rest for a while. Then, you board the overland vehicle that will take you back to Kathmandu.

Destination:

03 hours hill hike to Thimbu -
160km Drive to
Kathmandu(Av.07 hours)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

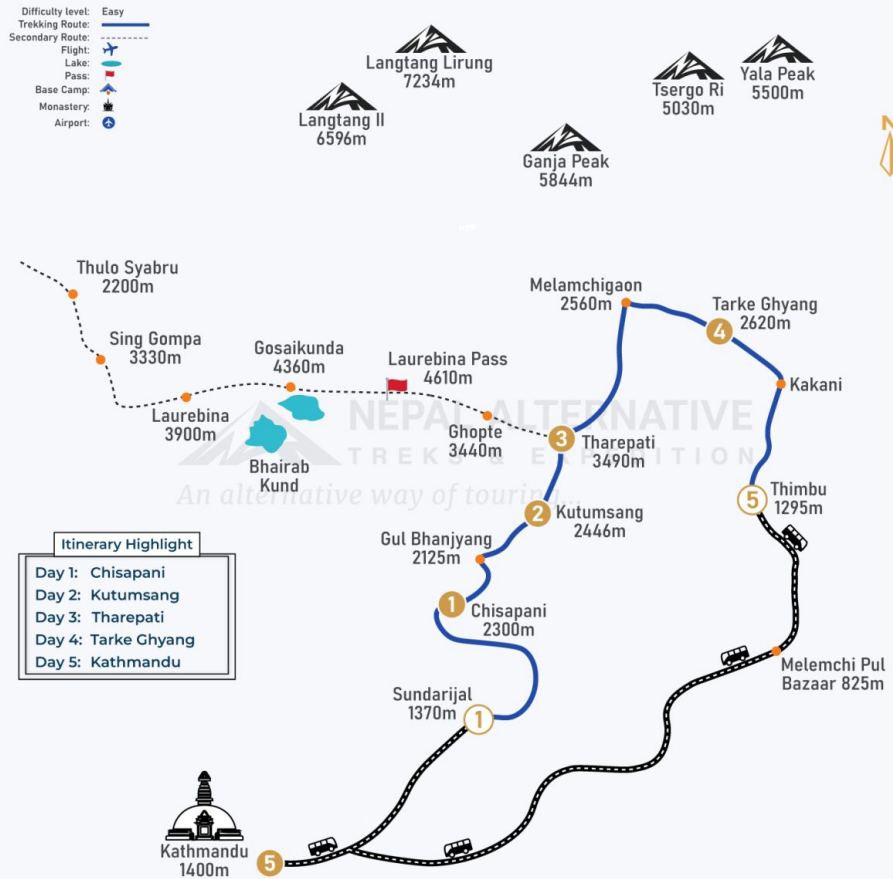
What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu.
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- One experienced, well-trained, fluent English speaking, friendly, specialized in Helambu 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 equipment.
- Overland transportation as mentioned in the itinerary.
- Langtang National Park fee and Shivapuri National Park fee
- A trekking map, duffle bag, water purification, Oxygen saturation check-up every day, company t-shirt, first aid medical and trekking completion certificate, etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public Liability Insurance.

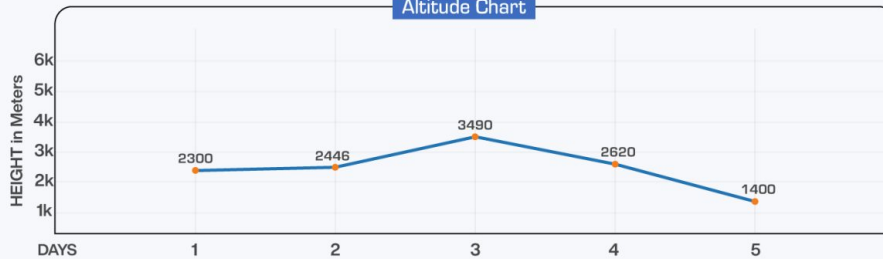
What's Not Included

- Hotel accommodation and meals in Kathmandu.
- All kinds of hard and soft table drinks include 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).

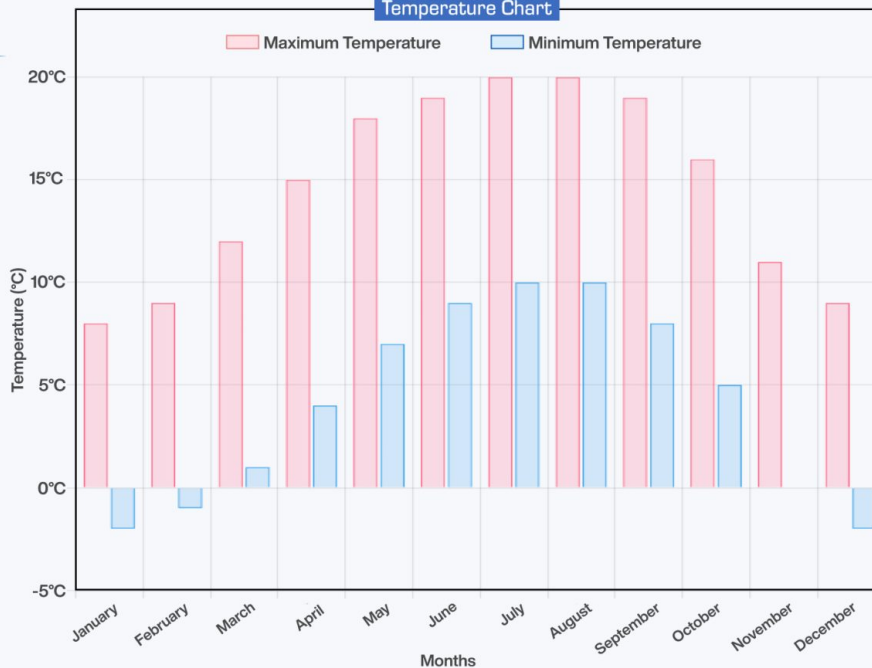
Helambu Trek Route Map



Altitude Chart



Temperature Chart



Traveler Reviews

Helambu Trek was a calm escape with gentle trails and kind local people

We did 5 days trek and one day rafting with Alternative Népal.

It was really nice and our guide Sandesh Sherpa was funny, friendly and he took care of us.

This agency organises a lot of different activities.

I will come back.

Thank you for everything

Rating: 5/5

Kim R

Malaysia

Helambu Trek - 5 Days with passionate guide (obsessed by Mount Everest)

Our second trek, with the same agency. On request we did get a new guide and unfortunately our porter from the first trek had to turn back home for private reasons, hence also our porter was new. This time, we did not need a long bus drive to start our trip. After 1 hour by private car we were dropped off near Sundarijal at the border of the Shivpuri Nagarjun National Park. From here the trek started towards Chisapani. The first part of this trek follows the pipeline that supplies Kathmandu with water. I had a little concern that this first day would not be so nice for trekking, as just following a pipeline for a couple of hours did not sound as an attractive idea to me, but this was wrong. After all, the pipeline was not that unattractive and after a while it was gone (I can't exactly remember how long we did follow this pipeline, but it was quicker gone than what I expected). Also the first bit of this trekking was a little hard, as you immediately go steep uphill. At the gate of the national park, we had to pay our entrance fee and to my surprise I saw some signs that indicated that plastic was prohibited in the park, so I had some good hope to no longer walk around surrounded with loads of plastic waste. Unfortunately this hope was quickly killed. Although, I have to say it became better as soon as we left more local villages behind us and the higher we went up to the mountains. Our arrival in Chisapani caused a shock. As soon as you leave the trees behind you from the national park you make a right turn and then a left turn: right in front of you there is an army post and just behind that post you see a couple of buildings that are completely destroyed, leaning heavily forward: here the drama of the 2015 earthquake is still very visible. According to the soldier at the gate, these buildings couldn't yet be rebuilt as they were built on the ground that belongs to the national park and hence they are still there as a reminder of the devastating effect of the 2015 earthquake. We did stay in Hotel Sunrise, which is just opposite of the destroyed buildings. We arrived a little early and did walk a little bit around the remainder of the village. That afternoon was the only occasion during the 3.5 weeks we stayed in Nepal where there was an electricity interruption. Luckily the issue was solved prior to dinner. The second day we continued our trip towards Kutumsang, where we stayed at the Namaste Hotel. On paper, the second day looked to be the easiest, but in reality it was not, as we had to cross multiple valleys. The first two days of this trek had been again very cloudy, luckily this did change the third day. Once above 2800 meters, we were above the clouds and we had splendid views on the mountains, whereas the valleys were filled up with clouds. The third day we also went into the Langtang National park, here again you have to pay a fee. On top of that your baggage will be checked for the presence of drones. Clearly the army doesn't want you to bring drones to this area. The third night we stayed at the Sumchho Top Lodge in Tharepati (3600 m). If you want you can continue here going North towards Gosainkunda and the Langtang valley, but for this you need more time. Unfortunately, we did not have the time and had to return. The fourth day was a very long descent. In particular the first part was steep and we ended that one having a tea break in Melamchi Bhyang. From

this point onwards, we did no longer follow our initially planned road towards Tarke Ghyang. Instead we did follow a very uncommon trek directly towards Timbu. This was a little adventure as this uncommon local road had suffered from a couple of landslides during the latest monsoon. After a very long day we reached our final destination just before dark. So, on our fifth and last day we did return to Kathmandu to pick up our remaining luggage. After that, we continued our holidays and left for Patan, to start our cultural week in the rest of the Kathmandu valley. In order to make our bus trip as comfortable as possible our porter made sure we had the best places on the bus. Overall the trip was very well organized and we had a lot of fun with our guide. He was also very knowledgeable and passionate. Both of us hope that one day he can realize his big dream and that he will show the Nepalese flag on top of the Mount Everest.

Rating: 5/5

Hilde S

Moerbeke, Belgium

Additional Trip Information

Why You Should Take 5 Days Helambu Trekking

The 5-day Helambu Trekking lets you explore the pristine Langtang region quickly. The Helambu trails go through dense verdant rhododendrons, oaks, and firs, passing by charming Tamang and Sherpa settlements and picturesque hillside terrace farms. It offers a culturally delightful experience and adventure for all.

Also known as Helambu Valley Trek, you will mostly hike on forest trails, which allows you to witness the beautiful and unique Himalayan biodiversity in the serene atmosphere. It is Nepal's underrated trekking destination, but it is a spectacular journey. **Mostly, Tamang and Sherpa communities live in this area and have a rich culture, traditions, heritage, and unique style of living.** This route, you can get a glimpse of their culture and lifestyle. You will also experience their warm hospitality and taste the local delicacies.

As the locals follow the Buddhist religion, the villages and settlements you will pass en route house several age-old monasteries and gompas. These monuments reflect the intricate ancient architecture and religious artifacts. The peaceful atmosphere of the monasteries, the monks' chantings, rituals, and raw nature allow you to get in touch with your inner spirituality.

Another reason to take the journey is to visit the beautiful apple orchards and savor the flavor of organic Himalayan apples. Similarly, ***you will enjoy the gorgeous views of Langtang mountain ranges, Ganesh Himal, Dorje Lakpa, and other surrounding mountains.*** The trek to Helambu may be just five days, but it is an extraordinary and rich experience. You can plan and curate an ideal Helambu Trekking itinerary that best matches your preferences.

Travel insurance Requirement For Helambu Trek

Your travel insurance is mandatory for 5 Days Helambu Trekking. We don't provide you with personal insurance. So, you ensure your insurance company has covered all your trekking-related facilities. Likewise, make sure that your insurance does not expire. In addition, make sure your insurance policy covers all your medical and hospital bills, high altitude up to 4000 meters, and emergency expenses,

including helicopter rescue during the trek.

Meals and Accommodation During Helambu Trekking

On our Helambu trek package, ***we provide you with the best meals and lodges we possibly can.*** Similarly, we provide meals three times a day, including breakfast, lunch, and dinner, and the accommodations we provide are lodging facilities that are also top-class. We take full care of our consumer's needs and essentials. We also provide facilities that meet our consumers' desires and comfort. Similarly, we also offer you Nepali and Western foods. Likewise, we also provide you with comfortable beds where you can rest properly.

Required Permits For Helambu Trekking

The Helambu Trekking requires the following permits.

TIMS Card

All foreigners must have a TIMS (Trekkers Information Management System) card to trek anywhere in Nepal except for the Everest region. When applying for the card, you must provide their personal details, emergency contact number, itinerary, and details. These details are vital to locating trekkers during natural calamities and emergencies. The costs of the TIMS card are as follows:

SAARC residents: NPR 1000

Non-SAARC residents: NPR 2000

Langtang National Park Entry Permit

The Helambu Trekking trails go through Langtang National Park. The park has diverse Himalayan flora, fauna, and ecosystems. Hence, you must obtain a permit to access this protected region. The costs of the park's entry permit are:

SAARC residents: NPR 1500

Non-SAARC residents: NPR 3000

Note: Children below ten years are eligible for free entry

Helambu, Gosaikunda, and Langtang Valley Trek As Extension

You can also take the Helambu, Gosaikunda, and Langtang Valley Trek to explore the Langtang regions more. This unique journey takes you to gorgeous areas and offers stunning views of the Helambu Valley. Similarly, you get to explore the sacred and holy lake of Gosaikunda and the Valley of Glaciers.

It is a moderately tricky adventure that takes around 13 days. In comparison to Helambu Trekking, it is more physically demanding. The trek begins with a drive from Kathmandu to Sundarjal, where you will start your hike. You will hike through the forest trails and pass by a route similar to Helambu. You travel past the traditional villages, age-old monasteries, and beautiful landscapes.

During the journey, you can witness the magnificent mountain views of the Langtang Himal ranges,

Manaslu, Ganesh Himal, Annapurna, and more. The journey perfectly combines adventure, culture, and spirituality all in one complete.

Fitness and Experience Requirements For Helambu Trek

Helambu Trekking is shorter than other destinations in Nepal. It only takes five days. So, even a new or an experienced trekker can join the fun. However, you should consult with your health professionals and trekking agency if you have health issues. Your heart and lungs should be perfectly fine if you want to enjoy and complete it successfully. Similarly, you should not have any blood-related diseases. There is no need for experience for the Helambu Trek. Research and gain knowledge about the trek that will make it safe and more enjoyable. It would help if you did not undertake the venture blindly.

Climate and weather during Helambu Trek

The climate and weather of Nepal are different from place to place. Similarly, it's usually hot during the summer and cold during the winter. But ***you will find a moderate climate here throughout the year.*** Likewise, avoid rainy seasons for the trek. However, you will find a suitable climate for the trek during the spring and autumn seasons. If you undertake Helambu Trekking during these times of the year, you can travel with clear visibility and enjoy your time here. However, the Helambu Trekking is possible throughout the year.

Helambu Trek Safety and security Conditions

The safety and security of our consumers are our top priority. You don't have to worry about anything during your visit with us. We will fully take care of you and your belongings. Similarly, the places you visit during the trek are fully secure and trustworthy. However, we also double-checked the route before departure, so you don't have to worry. Likewise, the lodges you will stay in are also very secure and there you can trust the owners to keep your essentials safe.

Frequently Asked Questions

How difficult is the Helambu Trekking?

The Helambu Trekking is a short and easy trek that takes 4 to 7 days to complete. The trekking trails are relatively gentler, with uphill and downhill climbs. There are only a few steep sections, and the average daily hiking time is 5 to 6 hours. There is no need for prior experience, which makes it a perfect choice for beginners.

Do I need a restricted area permit for Helambu Trekking?

No, the Helambu trekking region does not fall in a restricted area, so there is no need for a restricted area permit. However, trekkers must obtain a TIMS (Trekkers Information Management System) card and Langtang National Park Entry Permit for the trek. You can get these permits through a registered trekking agency in Kathmandu.

What fitness level is necessary for Helambu Trekking?

Helambu Trekking is a relatively easy trek experience that requires a reasonable health and fitness level. Anyone with good fitness, strength, and stamina can participate in the trek. There is no need for prior experience, but having one is helpful. To physically prepare yourself, you can undertake cardiovascular exercises and training.

What accommodations are available during Helambu Trekking?

Along the route of Helambu Trekking, teahouses, lodges, and guesthouses are mostly available. These accommodations offer only essential services and limited amenities. They primarily provide rooms on a twin-sharing basis and shared bathroom facilities. Similarly, the dining space is communal, with a massive stove in the middle for heating purposes.

Is there a risk of altitude sickness during Helambu Trekking?

There is only a slight risk of altitude sickness during Helambu Trekking. The trek's highest point is at Tharepati, at 3,490 meters. It is relatively lower than other trekking destinations in Nepal. However, it would be best to take proper precautions to avoid any risk of altitude sickness.

Are ATM facilities available along the Helambu Trekking trails?

There are no ATM facilities available along the Helambu Trekking routes. The lower regions may have a few ATMs, but they may be unreliable. There are also no card facilities, and the accommodations and shops along the route prefer cash. So, you should exchange sufficient cash (Nepalese rupees) in Kathmandu before the trek.

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

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