

Jomsom Muktinath Trek - 8 Days

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

Jomsom Muktinath Trek Quick Information

Weather

-10°C to 20°C

Duration

8 Days

Difficulty

Moderate

Accommodation

Lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Overland + Flight

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhist, Hindu, Bon Po

Ethnic People

Gurung, Thakali

Region of Nepal

Annapurna Region

Max Altitude

3798m./12533ft.

Per Person Cost

USD 550

Best Season

March, April, May, Sept, Oct,
Nov

Geographic Terrain

Mountain, Forest, Village,
Desert, Hot spring, Terrace

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$550.00
Group Of 5 - 8	USD \$530.00
Group Of 9 - 12	USD \$510.00
Group Of 13 - 18	USD \$490.00

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.

Jomsom Muktinath Trek Overview

The starting point in Jomsom Muktinath trekking is Pokhara. Pokhara is a beautiful city located about 200 kilometers away from the capital city of Kathmandu. At Pokhara, there are a lot of activities you can do to have a good time. They include boating in the famous Fewa Taal, cycling to Pame, paragliding, visit Sarangkot, Begnas Lake, World Peace Stupa, Mahindra Cave, and so on. From Pokhara, we take a flight to Jomsom in Lower Mustang and trek to Kagbeni.

From Kagbeni, we make our way to Muktinath (3800m), one of the world's highest temples, sacred to both Hindus and Buddhists. You will also make your way through Marpha, which is known as the "apple capital of Nepal." Taste the famous homemade apple brandy here.

On your way back, you can view the fantastic sunrise at Poon Hill (3210m) and get a tremendous view of the mountain vistas. Explore the culture and tradition of the Gurung people you meet in the village of Ghandruk, and you can also try their local cuisine. One should avoid this trek during winter and rainy seasons due to harsh weather conditions. It is generally windy and dusty once you reach the higher terrains.

Read This: [How to go to Jomsom Muktinath Trekking](#)

Jomsom Muktinath Trek Highlights

- Trek to the famous temple of Muktinath, sacred to Hindus and Buddhists across the world.
- Trek to the vantage point of Poon Hill, where you can catch a glimpse of the beautiful sunrise and get an excellent view of Mt. Annapurna and Mt. Dhaulagiri.
- Explore the beautiful village of Ghandruk, where you can learn about the culture and tradition of the Gurung community and try their local cuisine.
- Visit Marpha, also known as "city of apples" and try their sweet apples and also their famous homemade apple brandy.

Weather

January

-10°C to 5°C

February

-8°C to 7°C

March

-5°C to 10°C

April

-2°C to 15°C

May

3°C to 18°C

June

6°C to 20°C

July

8°C to 21°C

August

8°C to 20°C

September

6°C to 19°C

October

1°C to 15°C

November

-5°C to 10°C

December

-8°C to 6°C

8 Days Jomsom Muktinath Trek Itinerary

Day 1: Fly to Jomsom from Pokhara - Trek to Kagbeni

After an early breakfast, you will head to Jomsom by flight. This is a very short flight, and you will get to see the beautiful landscapes, greenery, and rough terrains. From Jomsom, you will begin your first trek to Kagbeni. Jomsom to Kagbeni Route offers a relatively easier trek as it takes only a couple of hours and less effort. You will reach Kagbeni in the afternoon. In the evening, you can explore this small village with its walled passages and strange decorative walls. Overnight in Kagbeni.

Destination:

25min Flight
10km Hike (Avg 3hrs)

Accommodation

Hotel Nilgiri/ Yac Macdonald

Altitude:

(2810m./9273ft.)

Meals

Lunch, Dinner

Day 2: Trek to Muktinath

After breakfast, we begin our hike to Muktinath. On the way to Muktinath, we get a picturesque view of the beautiful Kali Gandaki River as we make our way upstream. We take the alternative route for this trail to avoid the main road. This trail takes us through a desert landscape before reaching Jharkot Village. A little further uphill climb takes you to Muktinath. You can explore the sacred Muktinath temple. You will meet many Hindu and Buddhist devotees praying in the temple. Overnight in Muktinath.

Destination:

10km Hike
(Avg 4hrs)

Accommodation

Town House or Similar
category

Altitude:

(3762m./12414ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Marpha

After breakfast, we retrace our steps back to Jomsom and make our way to Marpha. On this trail, we can catch a glimpse of mountains such as Nilgiri (2637m), Dhaulagiri (8167m), and Tukuiche (6920m). We also pass through beautiful landscapes and small streams that make its way to Kali Gandaki. Marpha is a small town known for its production of apples and is also called the "apple capital of Nepal." You must try the famous homemade apple brandy here. Overnight in Marpha.

Destination:

16km Hike
(Avg 7hrs)

Accommodation

Hotel Paradise or Similar
category

Altitude:

(2670m./8811ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Ghasa

After breakfast, we make our way to Ghasa. On the way, you may notice many apple trees and fields of barley and buckwheat. As we go downhill, we reach a small village called Larjung, where we stop for lunch and rest. On the way to Ghasa, we also come across the famous river of Lete and also pass through a Thakali village of Lete. A short walk from here takes us to Ghasa. Overnight in Ghasa.

Destination:

14km Hike
(Avg 6hrs)

Accommodation

Hotel Eagle nest/ national
Guest house

Altitude:

(2200m./7260ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Tatopani

Today, we begin our trek to Tatopani. We descend downhill from the beautiful Kali Gandaki Valley as we make our way through forests of rhododendrons and oaks. We also pass by the famous waterfall, Rupse Chhahara. After crossing a suspension bridge over Kali Gandaki, we reach Tatopani. You can relax your body and enjoy the natural hot spring available here. Overnight in Tatopani.

Destination:

14km Hike
(Avg 6hrs)

Accommodation

Hotel Dhaulagiri/Hotel Natural
Spring

Altitude:

(1100m./3630ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Ghorepani

After breakfast, we begin our trek to Ghorepani. You will again pass through forests of rhododendrons. Enjoying the glimpse of the beautiful Himchuli (6441m) along the way, we will stop on the way in Ghar Sikha village for lunch. From here, we can catch a fascinating glimpse of Annapurna South (7219m) and Nilgiri (2637m). We make our way to Ghorepani. At Ghorepani, you can learn about the culture and traditions of the friendly Magar people. Overnight in Ghorepani.

Destination:

17km Hike
(Avg 8hrs)

Accommodation

Hotel Super View or Similar
category

Altitude:

(2800m./9240ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Tadapani

You will hike to Poon Hill early in the morning to view the sunrise. You do not need to carry your rucksack since we will return the same way. From Poon Hill, you get a magnificent view of Mt.

Annapurna (8091m) and Mt. Dhaulagiri (8167m). After enjoying the beautiful views, you descend back to Ghorepani.

After breakfast, you make your way to Tadapani. As you descend, you will come across a fantastic view of the rural hillsides. You stop in a village called Deurali for lunch and make your way through forests of rhododendrons and wild oaks before reaching Banthanti. After a couple of hours, you reach Tadapani. Overnight in Tadapani.

Destination:	Accommodation	Altitude:
13km Hike (Avg 5hrs)	Hotel Grand View or similar category	(2650m./8745ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Ghandruk - Drive to Pokhara

After breakfast, we begin our trek to Ghandruk. Ghandruk is one of the most famous Gurung villages in the Annapurna region. Many trekkers and mountaineers pass by this village on their trekking journey to the Annapurna region. You can try the local cuisine of the Gurung people here. After lunch, we make our way back to Pokhara via a jeep, which is almost a 2:30 hour drive passing through Nayapul. Overnight in Pokhara.

Destination:	Altitude:	Meals
10km Downhill hike (Avg. 4hrs) - 03 hours drive to Pokhara 55km. drive to Pokhara (Avg. 2:30hrs.)	(820m./2706ft)	Breakfast, Lunch

What's Included

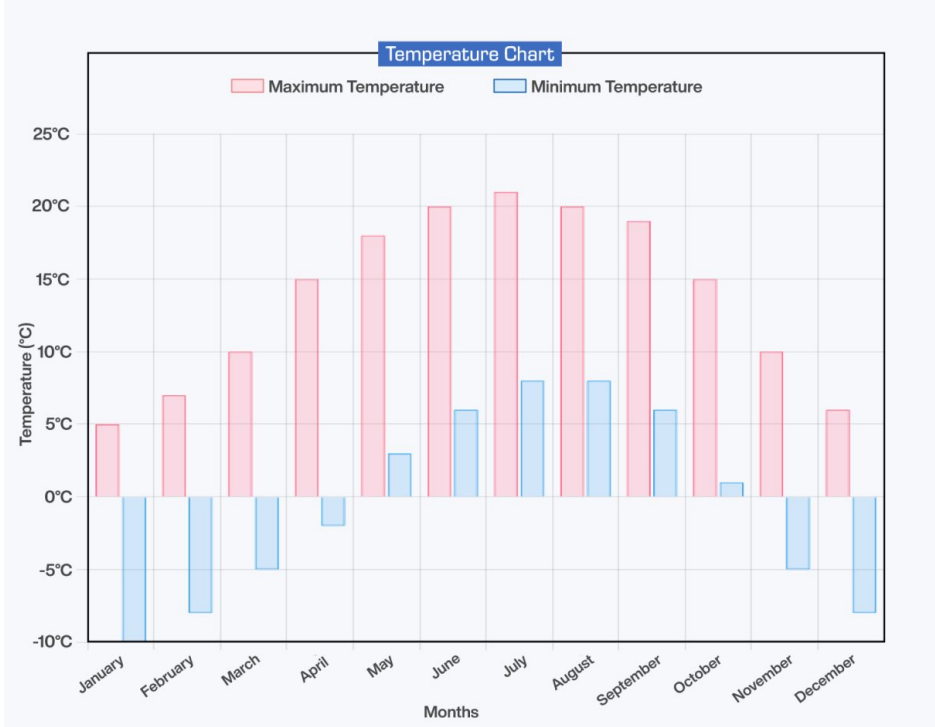
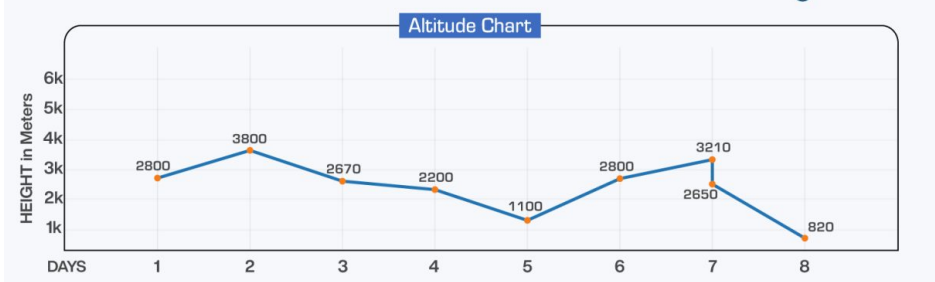
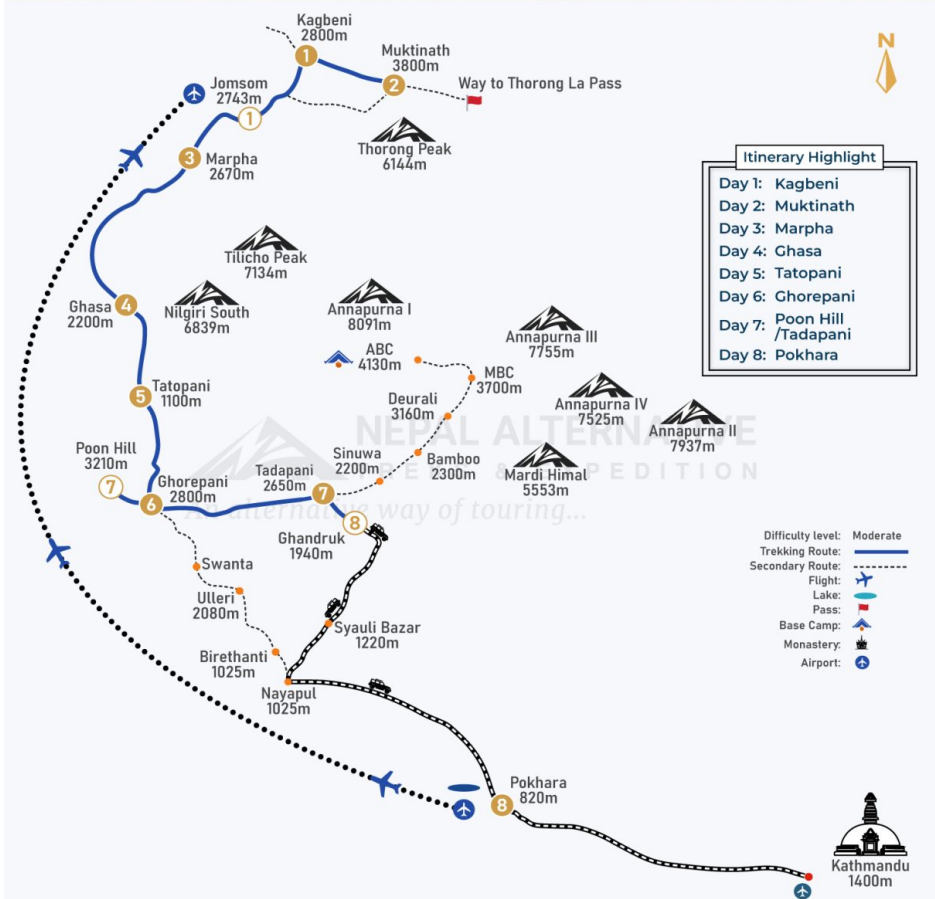
- Pick Up and Drop Off at Hotel in Pokhara before/after Trekking.
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trek.
- One experienced, first aid trained, fluent English speaking, local language speaking, friendly and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter's food, accommodation, salary, insurance, transportation and equipment.
- Pokhara to Jomsom flight ticket.
- Entire overland transportation as per mentioned in itinerary.
- Annapurna conservation area project (ACAP) and necessary permits .
- A trekking map, Duffel bag, Oxygen saturation check up everyday, water purification, first aid kit box, Company t-shirt and trekking completion certificate.
- Assistance of emergency rescue evacuation.
- Government tax and service charge.

- Public Liability Insurance.

What's Not included

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

Jomsom Muktinath Trek Route Map



Traveler Reviews

I Didn't Expect To Enjoy Jomsom Muktinath Trek This Much

Tej and his employees make trekking in Nepal an attainable goal. His sincere interest in tailoring my trips to meet my needs and requests have made my three visits to Nepal deeply personal and satisfying. He and his staff are so friendly and helpful they made me feel like family! Never would I have been able to have such a rich cultural experience on my own. I look forward to more beautiful treks through Nepal Alternative Treks and Expeditions. Nepal has so much diversity and beauty it will take a lifetime to explore. With Tej's services arranging travel, lodging, and dining I was well taken care of. Very honest company.

Rating: 5/5

Dawn Larson

USA

Best trek In lower Mustang

Nepal Alternative Trek has been a first class organization. They were able to quickly organized our trek according to our specifications and our guide who knew very well the area, lodges and people took great care of us.

Rating: 5/5

Pierre L

Montreal, Canada

Additional Trip Information

What is the best Time or Jomsom Muktinath Trek?

Spring and Autumn seasons will be the best period of the year for this trek. March, April, May, September, October, and November months are highly recommended. Similarly, during this time you will find a suitable and stable climate. In addition, you will also travel with clear visibility of the surroundings. Which can double your trekking experience. So, make sure you visit here during his time of the year.

The difficulty of Jomsom Muktinath Trek

This trek is difficult. You have to do a lot of uphill climbs during this trek. You will travel from some suspension bridges and rough roads. Similarly, you might fall victim to altitude sickness. In addition, to all that this trek is 10 days long which will fully push the physical and mental state of your body. Furthermore, this trek will test your stamina too.

Travel insurance requirement during Jomsom Muktinath Trek

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

insurance is not expired. In addition to all that make sure your insurance policy has covered all your medical and hospital bills in case anything bad happens to you during the trek.

Jomsom Muktinath Trek Special Meals & Accommodation Facility

We provide meals three times a day including breakfast, lunch, and dinner and the accommodation 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 according to our consumer's desires and comfort. Similarly, we also provide you with Nepali and Western foods. All of them are healthy and top class. So, feel free and enjoy yourself.

Required Permits For Jomsom Muktinath Trek

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

Note: Child below 10 years are free

Fitness and experience requirements for Jomsom Muktinath Trek

This is a very long trek so you should be physically fit. In addition, you should have at least the experience of climbing small peaks. Not everyone can do this trek. Most importantly, you should be passionate about the trek. Furthermore, you should not have any heart or lung diseases. Most importantly, you should also not have any blood-related diseases.

Climate and weather During Jomsom Muktinath Trek

The best time for you to travel is during the spring and monsoon seasons. These seasons provide you with the best scenery of the surrounding. Similarly, the temperature is also moderate. If you want to experience the perfect weather and climate these seasons are perfect. Similarly, if you travel here during this time then this can multiply your fun and trekking experience during the trek.

Addressing Safety & Security Concerns For Jomsom Muktinath Trek

Your safety and security are very important to us. We constantly monitor every area of our travel. So, you can feel free and enjoy your time trekking with us. In addition, we take full care of our consumers and their property. Similarly, our trip constantly operates under the supervision of an expert who will fully guide you during your tour. Furthermore, the lodging facility we provide is also secure for our consumers.

Frequently Asked Questions

Is this trekking route safe for trekkers ?

Yes, Jomsom Muktinath Trekking is safe for tourists. This area has not been affected from 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 ?

Although it is an easy trek, The trail some days 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.

Exceptionally, Jomsom -Muktinath trekking route is beyond himalaya, so this is rain shadow area. Even during Monsoon (June-August) we can expect good weather here. It is the best opportunity to observe local lives during the monsoon.

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

Although this trekking route is not at high risk for emergency evacuation, we do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 3900m. 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 the role of your guides ?

Our government-licensed guides speak fluent English, and One we book for this trek even speaks additional local languages like Thakali, Gurung and Magar to reveal local culture and tradition. They are extensively trained in handling any crisis and accidents along with managing accommodation and have good experience in the safe operation of treks.

Our guides have ample knowledge about the Himalayas, altitude sickness, geography, local culture, and customs, as well as the biodiversity of the Annapurna area. Their primary concern is your safety and

satisfaction throughout the trek. Therefore, they will make your journey easier, exciting, and enriching.

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 low chances to get AMS on this trek as this is a low elevated trek. You may have chances to feel a bit while heading to Muktinath (3800m.) .

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 ?

You can change money in Jomsom but you may not get a good rate as Kathmandu or Pokhara. We recommend to change money at Thamel, Kathmandu or Lake Side, Pokhara. Credit card and foreign currency is not accepted along the route. You will find cash machines (ATM) in Jomsom but you are better to take enough cash from Kathmandu/Pokhara.

What is the weight limit for porters and Jomsom -Pokhara 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 the trek?

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

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

How can drinking water be managed in the mountain ?

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

How long will we have to hike each day ?

The hiking duration per day varies for each day depending on the nature of the trek, difficulty of terrain, and elevation of waypoints. There is no fixed distance specified for each day to cover, and each day can often be different from the previous one. More rugged terrain might require more hiking hours to reach the desired stopover location, whereas, at times, the elevation gain might limit the traveling duration and distance for acclimatization.

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 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.

Where can we hire trekking gears in Nepal ?

There are plenty of shops around Thamel, Kathmandu and Lake Side, Pokhara 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.

Do we need to tip my porter and guide ?

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

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 ?

Yes, Nowadays, there are mobile networks, internet data, and Wi-Fi available in Annapurna 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 for 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 10 degrees Celsius in summers and decrease below -10 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