

Lower Dolpo Trek - 14 Days

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

Lower Dolpo Trek Quick Information

Weather

-10°C to 21°C

Duration

14 Days

Difficulty

Moderate

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Overland + Flight

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism, Bon

Ethnic People

Shahi, Magar

Region of Nepal

Lower Dolpo, Karnali

Max Altitude

5310m./ 17523ft.

Per Person Cost

USD 1450

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, Village,
Glacier, Terrace

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,450.00
Group Of 5 - 8	USD \$1,430.00
Group Of 9 - 12	USD \$1,410.00
Group Of 13 - 18	USD \$1,390.00

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.

14 Days Lower Dolpo Trek Overview

This 14-day long Lower Dolpo Trekking starts from Dunai. Alongside the Bheri and Barbung River, the trail passes through the pine forest and terraced field to Shar Tara. The next day, you cross several streams, including Tara Khola and Tarap Chu, to reach Laina Odar. In the upcoming days, you walk past the isolated villages and deep gorges to reach Dho Tarap.

As you climb close to Numa-La pass, the trek becomes challenging. At the altitude of 5310 meters, the Numa-La pass is the highest point of the trek. After crossing Baga-La pass, the trail descends gradually to Yak Kharka and Ringmo towards the pristine Lake of Shey Phoksundo. Enjoying the unique charm and unsurpassed beauty of the Dolpo area, you return along the familiar trail to Juphal.

This trek goes through challenging and rough trails, high and narrow paths, and mountains pass. The challenging topography requires you to obtain a special trekking permit and a national park entry permit. You will stay at lodges and tented camps with basic facilities. Spring and autumn seasons are the best time to explore the Dolpo region.

Background

The region is inhabited by the people of Tibetan origin practicing Pre-Buddhist Bon Po religion. The antique Bon Pro Gompas (monasteries) emanating spiritual bliss, cultural opulence, and captivating natural beauty of the region are sure to make you fall in love with the Dolpo region.

About Us

We are a renowned company serving the tourism sector for a long time. At Nepal Alternative Treks and Expedition, we believe in providing the best quality services and facilities for trekkers. Book your trek with us for a beautiful trekking experience with our well-trained and experienced team.

14 Days Lower Dolpo Trek Highlights

- Explore the unique landscapes, deep gorges, and high cliffs of the Dolpo region.
- Acquaints with Bon Buddhism religion and Tibetan lifestyle of people.
- Visit the pristine land of natural beauty and majestic Phoksundo Lake.
- Stunning view of Mt. Norbung, Mt. Kanjirowa, Mt. Dhaulagiri, and Mt. Annapurna.
- Walk along the forested hills of Shey Phoksundo National Park.

Weather

January

-10°C to 5°C

February

-8°C to 7°C

March

-5°C to 10°C

April

0°C to 15°C

May

5°C to 18°C

June

7°C to 20°C

July
8°C to 21°C

August
8°C to 21°C

September
7°C to 19°C

October
3°C to 15°C

November
-3°C to 9°C

December
-7°C to 7°C

14 Days Lower Dolpo Trek Itinerary

Day 1: Fly to Nepalgunj from Kathmandu

After breakfast, you'll head to the domestic terminal of Tribhuvan International Airport and take a 45-minutes long flight to Nepalgunj. Nepalgunj is a thriving city in western Nepal near the southern border. This city is a conglomeration of people from diverse cultures and religions, especially the Hindus and the Muslims. Visit the famous Bageshwori temple, Rani Tal (pond), and walk around the city to enjoy street foods.

Destination:

45min Flight

Accommodation

Hotel in Nepalgunj

Altitude:

(150m. /495ft)

Meals

Breakfast, Lunch, Dinner

Day 2: Fly to Jhuphal and drive to Dunai

Today you'll take a 35-minute long scenic flight from Nepalgunj to Jhuphal. After landing in Jhuphal Airport, our crew members will receive you. They will help you with your luggage, and you'll drive to Dunai, the district headquarters of Dolpa. The 2-hour drive will take you to the beautiful town on the bank of the Thuli Bheri at an elevation of 2140 meters.

Destination:

25km Drive
(Avg 2hrs)

Accommodation

Lodge in Jhupal

Altitude:

(2140m. /7062ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Shar Tara

Today, you'll walk upstream along the Bheri and Barbung River. This fine trail takes you through pine forests and deep gorges until you reach the terraced field of Tarakot (Shar Tara). Tarakot is an old fortress and was also the capital of a princely state before the unification of Nepal. This small village is set on a hillock south to the Bheri River.

Destination:

15km Hike
(Avg 6hrs)

Accommodation

Lodge in Shar Tara

Altitude:

(2730m. /9009ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Laina Odar

Starting your trek along the southern bank of the Bheri River, you'll trek your way to Bharbung Khola (stream). After crossing the Bharbung Khola, you'll head north-east along the Tarap Khola and reach Khanigaon. From Khanigaon, you can enjoy the beautiful view of famous Sandul Gompa (Monastery) at the confluence of Barbung and Tarap Chu Khola. You'll continue your trek to Laina Odar for an overnight stay.

Destination:

13km Hike
(Avg 6hrs)

Accommodation

Lodge in Laina Odar

Altitude:

(3370m. /11121ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Toltol

The trail continues along the Tarap Khola. Today, you'll have some adventurous walk through the narrow gorges and steep slopes as you cross several wooden bridges. A cautious walk along the narrow wooden bridges will be a spine-tingling experience. The trail takes you through Chhyugar, Nawarpani, and finally, you'll stop at Toltol for an overnight stay. Toltol is a winter settlement for the people of the Upper Dolpo region. People migrate here in winter from the Upper Dolpo region to escape the harsh winter.

Destination:

14km Hike
(Avg 6hrs)

Accommodation

Lodge in Toltol

Altitude:

(3523m. /11625ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Dho-Tarap

Along the meandering Tara Khola, you'll continue the uphill trek enjoying the beautiful landscapes and tranquil environment of the Dolpo region. As you climb higher, you'll notice a gradual variation in vegetation. The taller trees gradually disappear, and wild rose bushes and juniper come into sight. You'll walk past Kamattarka, where Tarap Chu and Lang Khola converge to continue as a single body of water. After walking for five hours, you'll reach Dho-Tarap, a famous trade point for the ancient traders of Mustang and Tibet. The houses are small, made up of stones, and the whole village is surrounded by a stone wall.

Destination:

12km Hike
(Avg 5hrs)

Accommodation

Lodge in Dho-Tarap

Altitude:

(3945m. /13018ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Acclimatization Day - Explore Bon Monasteries and Visit the local village

It is an acclimatization day to adapt yourself to the altitude and climate of this region. Today, you'll spend some quality time in this beautiful village interacting with people and learning about their customs, culture, and tradition. This village is inhabited by the people of Bon-Po and Nyingma tradition. They wear typical homespun clothing and Tibetan-styled boots with upturned toes called Docha. You'll also visit the Bon monasteries around the village.

Destination:

Excursion around

Accommodation

Lodge in Dho - Tarap

Altitude:

(3945m. /13018ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to La Base Camp

After a day of acclimatization, you'll continue your trek along the Tarap Chu Khola that leads your way up to Tarap valley. The Tarap valley looks majestic with its green patches of fertile agricultural land, where farmers grow buckwheat, barley, and potato. The beautiful monasteries decorated with colorful flags make the view even more fantastic. From there, you'll continue to the traditional village of Tokyu, cross a suspension bridge, walk along the stony track, and finally stop at Numa La Base camp. Overnight stay at Numa-La Base Camp.

Destination:

12km Hike
(Avg 5hrs)

Accommodation

Lodge in Numa La Base camp

Altitude:

(4440m. /14652ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to La Base Camp to Numa-La and Danigar (Baga La Base Camp)

Today, you'll have a challenging trek along the rugged trail with ridges and steep slopes to Numa-La pass, the highest point of this trek at 5310 m. However, this demanding trek is worthwhile as it rewards you with the astounding views of Mt. Dhaulagiri, Mt. Churen, and Mt. Norbung from Numa-La pass. After spending some time at the pass, you'll descend to Gyambo Khola and keep moving along the green pastures of Danigar, admiring the beautiful scenery. Finally, you'll stop at Baga La Base camp for an overnight stay.

Destination:

16km Hike
(Avg 6hrs)

Accommodation

Lodge in Baga La Basecamp

Altitude:

(4512m. /14889ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Yak Kharka

Today, you will cross another pass in the area, the Baga-La pass at an elevation of 5170 m. The ascending trail is strenuous, but you'll be fascinated by the picturesque landscape, tranquil atmosphere of the area, and magnificent view of Mt Norbung, Mt. Kanjirowa, and a distant view of Phoksundo Lake. From Baga-La pass, you'll descend to cross a frozen stream at Temche. The descending trail continues to Yak Kharka, where you'll stop for your overnight stay.

Destination:

15km Hike
(Avg 6hrs)

Accommodation

Lodge in Yak Kharka

Altitude:

(3860. /12738ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Ringmo (Phoksundo Lake)

Today, you'll walk along a flat and relatively easier track as compared to the past two days. A gentle walk through the lush green forest and beautiful meadows will make you refreshed and relaxed. Finally, you'll ascend to Ringmo village. A short walk from the village will mesmerize you with the beauty of the awe-inspiring Phoksundo Lake. This Y-shaped lake is the deepest lake of Nepal and one of the most beautiful lakes in the world that spellbinds you with its breathtaking view and blue emerald water body.

Destination:

9km Hike
(Avg 4hrs)

Accommodation

Lodge in Ringmo

Altitude:

(3641m. /12015ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Chhepka

After breakfast, you'll follow the trail to Chhepka via Chunuwar and Rechi. You'll walk mostly downhill with an occasional uphill hike along the rocky trail and forested hills. As usual, the pristine environment and beautiful landscape will keep you fascinated. The caravan of yaks loaded with heavy sacks are spectacular to watch. Finally, you will stop at Chhepka for an overnight stay. There are a few shops and a teahouse lodges in this place for accommodation.

Destination:

14km Hike

Accommodation

Lodge in Chhepka

Altitude:

(2838m. /9365ft.)

(Avg 6hrs)

Meals

Breakfast, Lunch, Dinner

Day 13: Trek to Jhuphal

Today, you'll leave Chhepka for Jhuphal. First, you'll trek down to Shyanta crossing Sulighat, which leads you along the forested paths of Shey Phoksundo National Park. Then, you'll walk past the village of Kageni. While walking through these Tibetan-styled traditional villages, you'll get some glimpses of the rural lifestyle in the Dolpo region. From Kageni, you'll continue your trek to Dunai. Finally, you'll reach Jhuphal, the endpoint of your two-week-long trekking. Overnight stay at Jhuphal.

Destination:

9km Hike
(Avg 3hrs)

Accommodation

Lodge in Jhuphal

Altitude:

(2500m. /8250ft.)

Meals

Breakfast, Lunch, Dinner

Day 14: Fly to Nepalgunj and connection flight to Kathmandu

After breakfast, you'll take a thirty five-minutes long scenic flight from Jhuphal to Ranjha Airport, Nepalgunj. A connection flight from Nepalgunj will fly you back to Kathmandu. Our staff will transfer you to the hotel. You may need some rest after many days of trekking.

Destination:

Fly to Nepalgunj -35 minutes -
Fly to Kathmandu 45 minutes

Altitude:

(1295m./4273ft.)

Meals

Breakfast

What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Lodge accommodation (Twin share base) during the trek.
- One experienced, educated, well trained, fluent English speaking, friendly, specialized in lower Dolpo trekking region and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, transportation, equipments and all necessary payment.
- Kathmandu-Nepalgunj-Jhuphal and return by flight tickets.
- Lower Dolpo special permit and Shey-Phoksundo National Park fee
- Oxygen saturation check up everyday, water purification, A trekking map, company t-shirt, 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.
- Hard and soft table drinks such as coke, alcoholic drinks, laundry, phone bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and staff.(Highly suggested).

Lower Dolpo Trek Route Map

Difficulty level: Moderate
Trekking Route: ———
Secondary Route: - - - - -
Flight: ✈️
Lake: 🌊
Pass: 🏔️
Base Camp: 🏕️
Monastery: 🏛️
Airport: ✈️

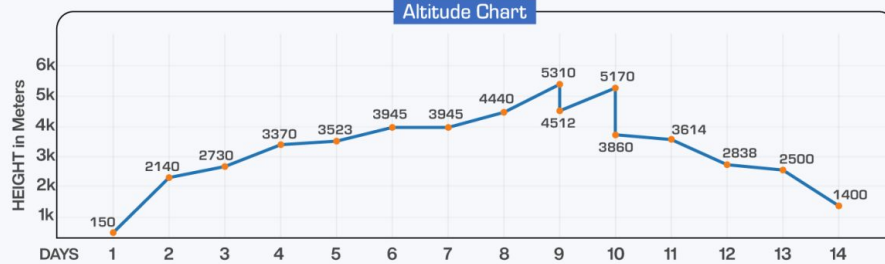


Itinerary Highlight

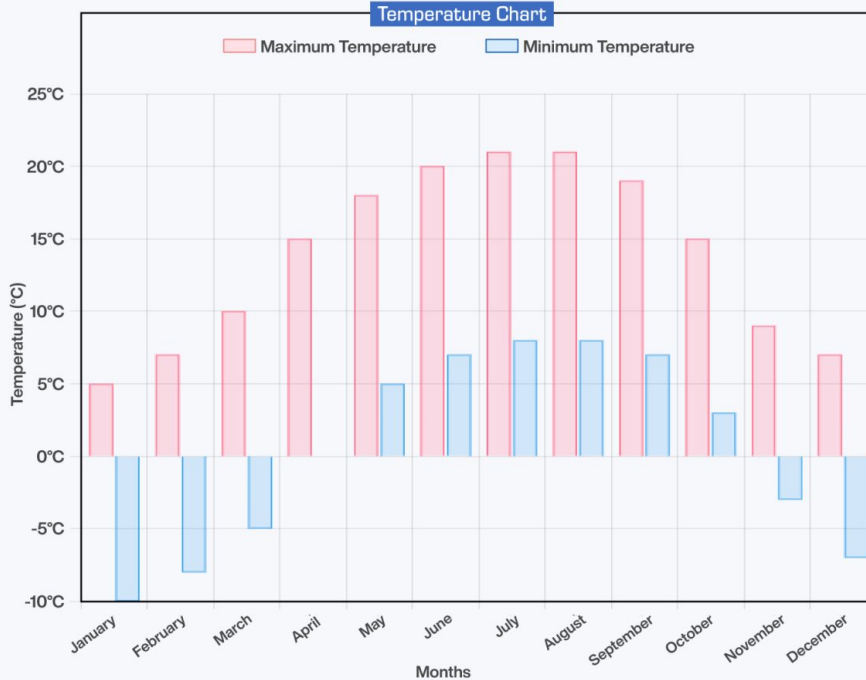
- Day 1: Nepalgunj
- Day 2: Dunai
- Day 3: Shar Tara
- Day 4: Laini Odar
- Day 5: Toltol
- Day 6: Dho Tarap
- Day 7: Dho Tarap
- Day 8: La Base Camp
- Day 9: Danigar
- Day 10: Yak Kharka
- Day 11: Ringmo
- Day 12: Chhepka
- Day 13: Jhuphal
- Day 14: Kathmandu



Altitude Chart



Temperature Chart



Additional Trip Information

Lower Dolpo Trek Permit Fee

SN.	National Park Fee	Nepali	SAARC	Foreigners	Child discount
Lower Dolpo Trekking					
i	Shey -Phoksundo National Park Fee	NRs.100 per person per entry	NRs. 15,00 per person per entry	NRs. 3,000 per person per entry	Below 10 years free
Up to dated					

SN.	Department of Immigration, Nepal	Nepali	SAARC	Foreigners	Child discount
Lower Dolpo Trekking					
ii	Lower Dolpo procted area entry fee	Not Required	US\$20 per person/week US\$5 per person/week (beyond week)	US\$20 per person/ week US\$5 per person/week (beyond week)	Below 10 years free
Up to dated					

Best time for Lower Dolpo Trek

The best time to visit the trek is during Spring and Autumn seasons. Similarly, this season provides you with an ideal climate. Similarly, the weather is stable and you can climb with clear visibility. However, this climbing can also be done in the monsoon season too. Make sure you fully enjoy yourself.

Lower Dolpo Trek Difficulty

This trek is a 14-day long trek. Similarly, this trek is also 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.

Travel and insurance For Lower Dolpo Trek

In this 14 day long trek your life is always at risk. So, for trekking in Lower Dolpo, it is compulsory to have travel insurance with you. Make sure your risks regarding the trek are covered. Similarly, make sure that all the hospital bills can be covered by the insurance company.

Meals and Accommodation For Lower Dolpo Trek

We provide you with every facility possible. Similarly, we provide All meals during the trekking (Breakfast, Lunch, Dinner, with tea/coffee) and Twin sharing accommodation on a tented camp during

the trek.

Required Permits

Shey Phoksundo National Park Fee : NPR. 3000 for foreigners and NPR 1500 for SAARC.

Lower Dolpo Special permit : USD 20 for 1 week and USD 5 per day for extra days

Note: Child below 10 years are free

Fitness and Experience Requirement For Lower Dolpo Trek

Lower Dolpo Trek is a very long trek. So, you must be mentally and physically fit for this trek. Therefore, If you have some health issues like asthma, blood diseases, etc. then we are afraid that you cannot be a part of this journey. Also, rookie trekkers cannot be part of this trek as well.

Lower Dolpo Trek Climate and weather

The climate and weather of Lower Dolpo Trek are mostly cold and cloudy. Therefore, it is very difficult to see the beauty of the surroundings if you go there at the wrong time. So, it is very important to choose the right time. Similarly, the best time to visit this trek and have perfect weather and climate is during the spring and autumn seasons.

Safety and security During Lower Dolpo Trek

It is a very important subject for us. Similarly, we give full facility to our consumers. Their safety is very important to us. We take full care of the belongings of our consumers too. Likewise, the route of our trek is also fully secured

Frequently Asked Questions

Is this trekking route safe for tourists ?

Yes, Manaslu and Annapurna circuit is safe for tourists. Manaslu area has already recovered from the earthquake in 2015 while Annapurna has not been affected by devastating hit. 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 in different trekking trails for tourists.

What are the physical fitness and other criteria required for this trek ?

Some of the trails pass through the steep uphill and downhill with high passes as Larke La (5160m.) and Thorong la (5416m.) that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily for a month before their trip. This helps the body get accustomed to the physical work required during the journey. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from

their doctors before the trek.

When is the best season for this trek ?

The best season to trek this route is during autumn (September to November) as the weather is stable, dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season of the country. Another favorable season for trekking is during spring (March to May) as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for trekking.

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

While booking a trek with us, we do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 5500m. high altitude for trekking members. You should provide the insurance documents before you depart for the trek.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is the role of your guide ?

Our licensed guides speak fluent English, and most of them even speak additional local languages like Tamang and Gurung so that it will be helpful to reveal untold local stories, culture, and costumes. 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 guide has ample knowledge about the Himalayas, altitude sickness, geography, local culture, and customs, as well as the biodiversity of the 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 happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the trek ? Can we pay by credit card or foreign currency ?

You can change money in Manang and Jomsom but you may not get a good rate as Kathmandu. We recommend changing money at Thamel. Credit cards and foreign currency are not accepted along the route. You will find cash machines (ATM) in Jomsom and Manang but you are better to take enough cash from Kathmandu.

What is the weight limit for porters ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

What kind of food will be provided during 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.

Teahouses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill.

How can drinking water be managed in the mountain ?

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

How long will we have to hike each day ?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

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

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

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

Upon Arrival :

- We need an original passport with Nepal visa to obtain Manaslu special permit .

What are the accommodation arrangements during the trek ?

In trekking trails, the accommodation options are teahouses and lodges only. Nepal Alternative Treks generally manages your accommodation in the best available teahouses or lodges that provide single or double rooms, mostly dormitory-style. The bed has a mattress, pillow, and blanket. Very few teahouses offer a room with a heater, and the blanket provided by the teahouse alone will not be enough to withstand the cold. So, it would be better to carry a warm sleeping bag. You can buy or hire one at the rental shops in Kathmandu.

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

Lodges and teahouses on the Annapurna Circuit have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. As you start hiking from Manaslu, you are most likely to find an Indian squat-styled toilet. Finding toilet paper is almost impossible in these areas, so we advise you to carry plenty of your own.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running showers and hot water facilities as the altitude increases. So, in remote mountainous regions, showers cost some extra money.

Can we hire trekking gears in Kathmandu ?

Yes, you can. There are plenty of shops around Thamel that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Is it possible to recharge batteries and electronics during the trek ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in Annapurna and Manaslu area. They also have electricity and recharging facilities available for a minimal service charge.

However, to be on the safer side, we do recommend you carry solar chargers. Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

There are mobile networks, internet data, and Wi-Fi available in some places of this route, 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 to buy **NAMASTE** sim.

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.

What is the weather and temperature like during the trek?

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

Do we need to tip our tour guide?

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

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-

recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if

required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

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