

Mardi and Annapurna Base Camp Trek - 12 Days

URL: <https://nepalalternativetreks.com/trip/mardi-and-annapurna-base-camp-trek/>

Mardi and Annapurna Base Camp Trek Quick Information

Weather

-10°C to 20°C

Duration

12 Days

Difficulty

Moderate

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Gurung, Magar

Region of Nepal

Annapurna Region, Kaski

Max Altitude

4500m./14850ft.

Per Person Cost

USD 700

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, Village, Hot
Spring, Terrace, Hill, River,
Glacier

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$700.00
Group Of 5 - 8	USD \$670.00
Group Of 9 - 12	USD \$640.00
Group Of 13 - 18	USD \$610.00

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.

12 Days Mardi and Annapurna Base Camp Trek Overview

Firstly, Mardi and Annapurna Base Camp Trekking **begins in Kathmandu** and heads to Pokhara on an overland drive across the Prithvi Highway. The **City of Lakes** sits south of Mt. Machhapuchhre (6993m) and houses various tourist attractions. Then, the trip begins as you drive to Deurali and begin the trek. Next, the trek continues across isolated trails and reaches Forest Camp. From this stop, the trek resumes its original course and ascends north. The next part of the trek takes you to High Camp. From here, the views of the surrounding landscapes and mountains are pretty sublime.

With the Annapurna base camp, Mardi Himal Trek offers a grand panorama of the Mardi Himal: Machhapuchhre and the mountains in the Annapurna range. Then, the trip heads down to Landruk. The *first part of the trek takes you to Chhomrong*. Following the Chhomrong River, the trail heads north to Bamboo Village via Sinuwa. Then, the trail stretches through Gurung villages and settles at Deurali, passing Hinku Cave.

Further, the trek heads to the Machhapuchhre Base Camp, with sublime views of the Himalayas. Then, the trail continues west to the Annapurna Base Camp. The *final part of the route is difficult across moraines and snow*. The base camp grants a view of the Annapurna I (8091m) and other mountains in the Annapurna range. After exploring the base camp, you retrace your path and reach Chhomrong. Then, you head to **Ghandruk**, the second-biggest Gurung village in Nepal. Here, you can enjoy the ethnic culture and traditions of the Gurung people. A drive back to Pokhara brings the trip to be civilized. Finally, a long drive back to Kathmandu settles the trip.

Background

Mardi and Annapurna Base camp Trekking is designed to offer those trekkers who prefer to explore both the new trekking routes and the most popular route in the same trek with different tests.

Mardi Himal

Mardi himal is one of the mighty mountains, which is situated in Annapurna Himalayan Range. It is hidden gem of the Annapurna range in term of it's unspoiled culture and unexplored nature with virgin trail. Being Annapurna region is most popular trekking destination, Mardi Himal Trek is the least visited trekking in the Annapurna region where you will be able to have nearest view of Mardi Himal, Machhapuchhre (Fishtail), Annapurna south and Hiuchuli. Mardi himal route has newly opened homestay and lodge. You will be expecting basic foods and accommodation along the route .

Annapurna Base Camp

Annapurna Base Camp is one of the most popular trekking on the foothill of the Annapurna south specially intended for those who love to enjoy the flora and fauna, panoramic view of the Himalayan range in a comfortable way including Annapurna ranges, Dhaulagiri, Fishtail, Gangapurna, Himchuli and other Himalayan ranges. These wonderful views are arranged almost precisely in a circle about 10 miles in diameter with a deep glacier-covered amphitheater at the center. From this glacier basin, known as the Annapurna Sanctuary, the Modi Khola cuts its way south in a narrow gorge fully 12,000 ft. deep. Further south, the gorge opens up into a wide and fertile valley, the domain of the Gurungs.

About Us

At **Nepal Alternative Treks and Expedition**, we put our efforts to create and operate trips to various parts of Nepal. We have a great team of skilled guides and porters to assist travelers. Thus, we provide our finest people and services to cater to your needs. Also, we allow you to change the itineraries as per your liking easily.

12 Days Mardi and Annapurna Base Camp Trek Highlights

- Explore the both newly launched Mardi and most popular Annapurna base camp in same combined itinerary where you will enjoy a view from Mardi Himal Base Camp and ABC.
- Relish the newly opened trail to the east of Annapurna Base Camp trail
- Enjoy the ethnic Gurung culture and lifestyle
- Grand views of the Annapurna, Nilgiri, and Dhaulagiri ranges
- Explore the Annapurna Conservation Area and its biodiversity
- Enjoy the Gurung culture and traditions along with their warm hospitality
- Visit the Machhapuchhre base camps on the trek

Weather

January

-15°C to 5°C

February

-15°C to 5°C

March

10°C to 0°C

April

-5°C to 10°C

May

0°C to 15°C

June

5°C to 20°C

July

10°C to 25°C

August

10°C to 25°C

September

5°C to 20°C

October

0°C to 15°C

November

-10°C to 5°C

December

-15°C to -5°C

12 Days Mardi and Annapurna Base Camp Trek Itinerary

Day 1: Drive to Deurali from Pokhara -Trek to forest Camp

Today, We first drive to Deurali. It is a short drive that takes us to the starting point of the trek. We drive through small beautiful settlements such as Dhampus and Pothana on the way. From Deurali, we start the trek and ascend through the beautiful forests of the rhododendron. We first arrive at Lovely Hill (also known as Gauda in the local community) after an hour's walk then a steep climb to Pani Khaldo. The trail

gradually ascends to Dond Kharka after walking for one and a half hour. We then will reach Musalbari after about another 45 minutes walk. It takes another 45 minutes to arrive at Jungle camp finally. Overnight in the Forest camp.

Destination:	Accommodation	Altitude:
45km. drive to Deurali (Avg. 2 hrs.) - 14km Uphill hike to Forest camp (Av. 6hr)	Jungle Embassy or Similar category	(2600m./8580ft.)

Meals

Lunch, Dinner

Day 2: Trek to Badal Danda

The trek becomes more exciting, and the views get better as we ascend to Badal Danda. The trek to Badal Danda from Forest camp takes us through the silent trails through the rhododendron and oak forests. As we gain altitude, the weather, and the vegetation change. We will pass by the rescue camp and rest camp and low camp then reach Badal Danda finally. We will have wonderful view of clouds under the hill and snowcapped mountains as Fishtail, Annapurna South, Himchuli, and Mardi himal at the top. You will have a dramatic view in the afternoon at this place. Overnight in Badal Danda.

Destination:	Accommodation	Altitude:
14km Uphill hike (Av. 5hr)	Hotel 360* or Hotel Majesty	(3300m.10890ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to High Camp

The trek becomes more exciting, and the views get better as we ascend to High Camp. The trek to High Camp from Forest camp takes us through the silent trails through the rhododendron and oak forests. As we gain altitude, the weather, and the vegetation changes. From High Camp, we get even better and panoramic views of the mountains around us. Overnight in High Camp.

Destination:	Accommodation	Altitude:
9km Uphill hike (Av. 3hr)	Hotel Fishtail or Similar category	(3,700m./12210ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Day Excursion - Retrace to Badal Danda

On this day, We take pack breakfast and an early morning hike to Mardi Viewpoint (4250m.) to catch Sunrise. Then we will walk to the Mardi Himal Base Camp (4500m.), the highest point on the whole trek. After breakfast, we start the trek across the stony trails that take us to the feet of Mardi Himal

(5553m). From the base camp, you can enjoy the panoramic view of mountains like Annapurna (8091m), Machhapuchhre (6997m), Dhaulagiri (8167m), and Manaslu (8163m) among others from here. After spending some time and taking photographs at the base camp, we return to High Camp. We have lunch there then trek to Badal Danda. Overnight in Badal Danda .

Destination:

14km Uphill hike to View point/Base camp -Badal Danda
(Av. 6hrs)

Accommodation

Hotel 360* or Hotel Majesty

Altitude:

(3300m./10890ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Landruk village

After breakfast in Badal Danda, we start to descend to Low camp and continue head downhill to Forest camp. Then will follow the right-side trail to Landruk..We descend through the steepest and most challenging route today. The trek will provide you with a beautiful view of mountains, forests and small settlements on the way. The trail follows pasture lands before we reach Landruk. Overnight in Landruk village.

Destination:

15km Uphill hike
(Av. 6hr)

Accommodation

Himalaya Guest House or similar category

Altitude:

(1600m./5280ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Sinuwa

After breakfast, you'll leave Landruk Village and head to Chhomrong village via Jhinu Danda . Then begin climbing down the stone steps towards Chhomrong Khola. Enjoy the scenic view of the lush forested valley and Gurung settlements en route. Cross the Chhomrong River and begin climbing uphill alongside mule caravan towards Sinuwa village. Overnight in Sinuwa.

Destination:

15km Uphill hike
(Av. 7hr)

Accommodation

Hill Top or Similar category

Altitude:

(2335m./7705ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Deurali

After breakfast, you'll leave Sinuwa and head to Bamboo village and begin climbing towards the Himalaya Hotel. The scenic trek goes past Dovan and climbs up along the 'weeping wall' and a local shrine towards Himalaya. From here, you'll begin climbing alongside the massive Modi River. The trail

climbs over 3,000 meters in altitude and goes past Hinku Cave en route to Deurali village. Overnight in Deurali.

Destination:

14km Uphill hike
(Av. 6hr)

Accommodation

Hotel Panorama or Similar
category

Altitude:

(3200m./10560ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Annapurna Base Camp

Leaving Deurali, the trail begins to climb alongside the Modi River and goes past alpine forests. You can witness the neatly decorated stack of rocks en route. The arduous climb goes past an icy cave and into Machhapuchhre Base Camp (3700m). You can enjoy your lunch enjoying the massive view of Machhapuchhre (6997). Afterward, you'll begin climbing west and walk almost 3km to reach the Annapurna Base Camp. It may take almost an hour and a half to arrive at the base camp. Upon arrival, you can catch the majestic sight of Annapurna I (8091m), Hiunchuli (6441m), Gangapurna (6454m), and Machhapuchhre (6997m). Overnight in ABC.

Destination:

9km Uphill hike
(Av. 4hr)

Accommodation

Annapurna Sanctuary Lodge or
similar category

Altitude:

(4130m./13629ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Retrace to Bamboo

The day begins with an exploration of the Annapurna Base Camp. The high altitude region offers a panoramic 360-degree view of entire mountains. You can rejoice in the majestic views of Annapurna massif, Gangapurna, Himalchuli, and Machhapuchhre Peaks. From here, you'll begin climbing down towards Machhapuchhre Base Camp. The trail further climbs downstream along the Modi River towards Deurali village and continues to Bamboo. Overnight in Bamboo.

Destination:

18km Downhill hike
(Av. 7hr)

Accommodation

Trekker's Lodge or Similar
category

Altitude:

(2335m./7705ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Chhomrong

Leaving Bamboo, you'll begin climbing through lush Bamboo forests and walk along the narrow ridge towards Sinuwa village. Leaving Sinuwa, you'll begin climbing downhill towards Chhomrong River. The returning trail takes a detour and begins climbing southwest through lush forests and terraced fields

toward Chhomrong village. Overnight in Chhomrong.

Destination:

14km Downhill hike
(Av. 6hr)

Accommodation

Excellent View or Hotel
Panorama or Similar category

Altitude:

(2150m./7095ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Ghandruk - Drive to Pokhara

After breakfast, you will head to Chhomrong. Leaving chhomrong behind, you will walk downhill to Kumrung Khola then walk uphill to Kumrung Danda. After walking 45 minutes, you will reach Ghandruk. You have a lunch here then before retracing your path back, you'll embark on a short tour around Ghandruk village. Explore the beautiful and well-preserved Gurung settlements surrounded by the lush rhododendron forest. You can visit the local Gurung museum before heading down. Catch a private jeep and begin driving along the Baglung Highway back to Pokhara. Overnight in Pokhara

Destination:

10km Downhill hike
(Av. 4hr)
70km Drive
(Av. 2:30hr)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast, Lunch

Day 12: Drive to Kathmandu

Enjoy your breakfast beside the beautiful Phewa Lake. Pack your bags and embark on a tourist bus. You'll leave Pokhara and begin driving along the Trishuli River towards Kathmandu Valley. Catch the final sights of Annapurna and Machhapuchhre ranges when you bid adieu to Pokhara. Upon arrival, you'll head back to the hotel. You can spend the evening exploring the historical city. Overnight in Kathmandu.

Destination:

200km Drive to Kathmandu
(Av. 6hr)

Altitude:

(1295m./4273ft.)

Meals

Breakfast

What's Included

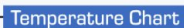
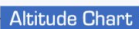
- Pick Up and Drop Off at Hotel in Pokhara before/after Trekking.
- Hotel accommodation (Hotel Kausi) in Pokhara with breakfast.
- Lodge accommodation (twin share basis) during the trekking.
- Kathmandu to Pokhara and return by tourist bus.
- All meals (breakfast, lunch and dinner) during trek.

- One highly experienced, first aid trained, fluent English speaking, Specialized in Annapurna region, friendly and government authorized local trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter's food, accommodation, salary, insurance, transportation and equipments.
- Annapurna conservation area project (ACAP) and necessary permits .
- Overland transport as per mentioned in the itinerary.
- A Trek map, duffle bag, water purification, first aid, oxygen saturation check up everyday, company t-shirt and trekking completion certificate.
- Assistance for Emergency rescue operation.
- Government tax and service charge.
- Public Liability Insurance.

What's Not Included

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

Mardi and Annapurna Base Camp Trek Route Map



 Maximum Temperature  Minimum Temperature

Traveler Reviews

Multiple treks in Annapurna : Mardi Himal Base Camp, ABC and Poon Hill

Thank you Tej, Ammar, Lanman and Kul,

This was my second trek with "Nepal Alternative Treks & Expeditions". My first trek was five years ago, with my wife; it was our retirement trip. Our guide was fantastic, thanks again Nauser. On this first visit to Nepal we did start with the Poon Hill trek, and after we went to the Langtang valley. Both were incredible and full of fantastic moments and souvenirs.

This year, with two friends, we decided to go for another trip in Nepal. We are all 68 years old. As on the previous trip, I asked Tej (the agency owner and main contact) to suggest a special trek for us :

- Part one of the trek : Mardi Himal Base Camp at 4 500 metres. This first section was basically on the ridge just East of the ABC trek (down below). Most of this trek was on open land. What can I say : magic, incredible ! Most other trekkers were nepalese and it was during Diwali (light festival), a major holiday in the whole counrty. People were so nice and friendly.

- Part two of the trek : Annapurna Base Camp (ABC) at 4 130 metres. The mythical trek starts along the river and you go through a jungle forest of a very peacefull beauty. The more you go up, the more you get views of the mountains at the top. The last section, between Machhapuchhre B.C. and ABC is of an unbelievable beauty. And then, the magnificent circle of summits surrounding you at ABC...the ultimate view.

- Part three of the trek : going down, there is this feeling of fullfilness but, there is more because you do the Poon Hill trek, another classic.

What can I say, this trek, the people, we met, the views, the experience were all so easy because of our supporting team. Our guide Ammar was - always - chearfull and easy going. He was always there for us, like a friend.

Thanks again Tej for the organisation and advices, Ammar for being there for us, Lalman that I wich I could have known more, and Kul who did the Mardi Himal B.C. with me.

Marc J., Québec, Canada

Rating: 5/5

Marc Julian

Quebec, Canada

Trekking Mardi & ABC is perfect challenge and fun

Almost all of our trip was organized by Nepal Alternative Treks and Expeditions (with the exception of flights from Montreal to Delhi). After a stay in Kathmandu and Pokhara, we started the trek in Kande (one hour by jeep from Pokhara), direction Australian Camp, first stop for the night and first extraordinary view of Annapurna! Our trek lasted 13 days, breathtaking views, passages in the forest (rain forest) are beautiful, it's the jungle! The Nepalese that we meet on the trails or in the "guest houses" are always very friendly, with a big smile and a well-felt "Namaste"!

The weather was beautiful most of our journey, which made it even more enjoyable.

The organization of the trek by Nepal Alternative Treks and Expeditions was impeccable, our guide Amar was always concerned about our safety and our well-being and what about the porters Lalman and Kul

who were constantly ahead of us despite the heavy loads he wore!

Thank you to Tej Gurung and his team for this extraordinary trip and the wonderful memories that will remain imperishable in our memory!

Rating: 5/5

Richard Ouellet

Montreal, Quebec, Canada

Additional Trip Information

Best Time To Trek Mardi and Annapurna Base Camp

Mardi and Annapurna Base Camp Trekking is a trekking route made by using two trekking routes. Therefore, if you choose the right time to visit this trek then the time during the spring and autumn season is the best. During this time of the year the climate, temperature, and weather are stable and suitable in Nepal. Besides, if you travel here during this time of the year you will fully enjoy the beauty of the surroundings. Likewise, at this time, you will also get a Panoramic view of the Annapurna, Nilgiri, and Dhaulagiri ranges. Therefore, if you travel here during this time then it can double your fun and experience. However, this trek also can be done during the monsoon season.

Difficulty Of Mardi & Annapurna Base Camp Trek

This trek is a 12-day long trek. So, it can be a little hard for rookies or new trekkers. The trek is of moderate difficulty. It gets hard even for experienced trekkers. It is difficult because you have to travel at high altitudes where you might suffer from altitude sickness. Similarly, the trails are also difficult. So, make sure you are prepared for that. If you are a beginner, you should definitely research whether beginners can trek Mardi Himal and decide accordingly. So, make sure you are fully prepared for this trek. Also, have every piece of equipment with you.

Travel insurance During Mardi and Annapurna Base Camp Trek

You must have your travel insurance with you. Without it, it is very difficult for us to cooperate with you. Because it is very important while trekking. Similarly, it has a lot of benefits. It helps you if you have any injury, medical expenses, repatriation expenses, rescue mission, loss of property, etc. During your trek.

Mardi and Annapurna Base Camp Trek Meals and Accommodation

At Mardi and Annapurna Base Camp Trekking. We don't provide any kind of soft or hard drink. Similarly, we also provide food in sufficient quantities. In addition, the lodges we provide are very secure and comfortable too. Likewise, we also make adjustments to these things according to our consumer's wishes. So, you will be able to get the best facility there is. Likewise, the Meals and Accommodation we provide here to our consumers are of top quality. Similarly, we provide Lodge with twin share basis accommodation during the trekking. Here you can enjoy your stay and have quality Nepali and western food.

Fitness and experience requirement For Mardi and Annapurna Base Camp Trek

Mardi and Annapurna base camp trekking is done at a very high altitude. Likewise, we all know walking at a high altitude is physically challenging. However, if you have excellent health with average physical condition with a positive attitude you can easily complete this trek. Other than that, be careful that you don't have any health problems. In addition, you should walk at your own pace.

Mardi and Annapurna Base Camp Trek Climate and weather

The climate and weather of Nepal are different from place to place. Similarly, it's normally hot during the summer and cold during the winter. But, you will find a moderate climate here throughout the year. Likewise, just avoid rainy seasons for the trek. However, you will find a suitable climate for the trek during the spring and autumn seasons. If you decide to do trekking here during this time of the year then you will be able to travel with clear visibility and you can enjoy your time here. However, it is open throughout the year. Annually, a lot of trekkers come to enjoy their free time here.

Safety and security

The safety and security of your trekkers are very important for us. So, we try our best that our trekkers are safe and secure during the trek. Similarly, we take full care of our consumer and their property. Similarly, our trip constantly operates by watching every area of our travel. So, you can feel free and enjoy your time trekking with us.

Required Permits For Mardi and Annapurna Base Camp Trek

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

Note: Child below 10 years are free

Frequently Asked Questions

Is this trekking route safe for trekkers ?

Yes, Mardi Himal and Annapurna Base Camp Trekking is safe for tourists. This area has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation for tourists.

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

Although it is a moderate level trek, some of the days pass through the steep with climbs and ascents that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily from a month before

their trip. This helps the body get accustomed to the physical work required during the journey. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

When is the best season ?

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

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

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 covering 4500m high altitude 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 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 guides ?

Our government-licensed guides speak fluent English, and One we book for this trek even speaks additional local languages like Gurung and Magar to reveal local culture and tradition in Annapurna region. 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 climbing to Poon hill and sleeping overnight at Mardi Himal high camp (3700m.) and ABC (4130m.) .

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 ?

No, you won't be able to change money along route. We recommend changing money at Thamel or Pokhara. Credit card and foreign currency are not accepted along the route. You are better to take enough cash from Kathmandu/Pokhara.

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

This package is designed in such a way that they suit single travelers too. It is a great way to get to know new people with similar interests, and most people find that group dynamics are very friendly and comforting. Single trekkers will share accommodation with other individual trekkers of the same gender on our group journeys.

If you are a single traveler wishing for a private room, we can manage that as well, but you will have to inform us about it while booking the trip. Also, please note that you may have to pay some additional charges for single rooms.

Do you have other dates available that match my timing?

Even though this package has pre-fixed group departure dates, we can tailor it to accommodate your specific requests and schedule. Please review our designated departure dates, and if they do not suit your timeframe, let us know your preferred timing so that we can manage your itinerary accordingly. We organize this trek as per your wishes and convenience.

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 this trek?

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

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

How can drinking water be managed in the mountain ?

Bottled plastic water is readily available along route at USD 1 per liter before reaching Chhomrong then it is banned above to ABC. So, we recommend you carry your own water bottles. You can fill them up with filtered water or boiled water wherever possible and purify it using chlorine or iodine. We shall provide water purification drops and tablets.

How long will we have to hike each day ?

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

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.

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 though in Mardi himal and above Chhomrong, lodges have only common bathrooms available. 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 ?

Lodges and teahouses in this trekking route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. In some places, you are most likely to find an Indian squat-styled toilet. Finding toilet paper is costly in these areas, so we advise you to carry plenty of your own.

If you need to use the toilet while trekking, we will try to find the nearest lodge, if possible; otherwise, you will have to manage it somewhere in the forests. Please respect the environment by placing the used toilet paper in a plastic bag so that you can dispose of it later.

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 ?

There are plenty of shops around Thamel and Pokhara that sell as well as rent all the necessary gears for trekking, mountaineering, and peak climbing. 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 ?

There are mobile networks and internet data in this route and some places also has Wi-Fi facility at lodges, 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 to have better network coverage and 4G data uses.

What if the guide/porter leaves alone on the trail?

Guides and porters will always walk together with you, but, sometimes in case 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 25 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.

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