

# Mardi Himal Yoga Trek - 6 Days

URL: <https://nepalalternativetreks.com/trip/mardi-himal-yoga-trek/>

## Mardi Himal Yoga Trek Quick Information

### Weather

-5°C to 22°C

### Duration

6 Days

### Difficulty

Easy

### Accommodation

Lodges

### Meals Included

Breakfast, Lunch, Dinner

### Transportation

Overland

### Daily Activity

Approx. 5 - 6 hours

### Religion

Buddhist

### Ethnic People

Gurung, Tamang

### Region of Nepal

Annapurna Region, Kaski

### Max Altitude

4500m./14850ft.

### Per Person Cost

USD 750

### Best Season

March, April, May, Sept, Oct,  
Nov

### Geographic Terrain

Mountain, Forest, Hill, Village,  
Terrace

## Group Discounts Available

| No. of Persons   | Price per Person |
|------------------|------------------|
| Group Of 1 - 4   | USD \$750.00     |
| Group Of 5 - 8   | USD \$730.00     |
| Group Of 9 - 12  | USD \$710.00     |
| Group Of 13 - 18 | USD \$690.00     |

**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.

# Mardi Himal Yoga Trek Overview

Firstly, 6 days Mardi Himal Yoga Trekking begins in Kathmandu and heads to Pokhara on an overland drive across the Prithvi Highway. The City of Lakes sits to the 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 quite sublime.

Finally, you begin your journey on the Mardi Himal Trek. The base camp offers a grand panorama of the Mardi Himal, Machhapuchhre, and the mountains in the Annapurna range. Then, the return trek begins as you take a different route and head to Siding village. The village houses Gurung ethnic people and offers excellent insight into the lifestyle of the locals. For the final part of the trek, you descend to Lumre from where you drive back to Pokhara. Finally, a long drive back to Kathmandu settles the trip.

## Yoga Trek Experiences

The practices of yoga and meditation have been around for centuries. Dating back to the 1500s where they appeared first in the Vedas. Then in between 3500-5000 in the carvings of the temples. Fast-forwarding to the 1970s, the Western world caught on the benefits of Hatha yoga practices, meditation, and mindfulness. Eventually, these practices became highly popularized in the western part as well. Since then, thousands of studies have been devoted to highlighting the many benefits of yoga, meditation, and mindfulness in various sectors including Trekking and Hiking.

## Practicing Yoga Can Benefit Trekkers - Both Experienced and New

- Yoga helps reduce both the risk of being sore after trekking and the risk of injury during trekking.
- It helps build strength and stamina for longer trekking, more intense trails with ease.
- Yoga helps with your balance, and balance is great for trekking!
- Finding a deep connection with nature and things inbound.
- Helping to pace and preserve energy for a longer period of time through breathing techniques.
- Yoga helps you become more aware of self and lets one know to take a break so ensuring not to push one too hard.
- Yoga helps to cope better with tighter air and higher altitude training that mountains demand.
- Yoga increases the awareness of the beautiful natural environment around you.

## Mardi Himal Yoga Trek Highlights

- Regular Morning and Evening Yoga/Meditation sessions.
- Majestic views of the Fishtail, Annapurna and Lamjung Himal ranges
- Explore the Mardi Himal Base Camp and enjoy the views of Mardi Himal
- Relish the newly opened trail to the east of Annapurna Base Camp trail

- Enjoy the ethnic Gurung culture and lifestyle

## Weather

### January

-5°C to 10°C

### February

-3°C to 12°C

### March

0°C to 15°C

### April

5°C to 17°C

### May

10°C to 20°C

### June

12°C to 22°C

### July

12°C to 22°C

### August

12°C to 22°C

### September

10°C to 20°C

### October

5°C to 18°C

### November

0°C to 15°C

### December

-3°C to 12°C

## 6 Days Mardi Himal Yoga Trekking 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 settlements 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:

45 km drive to Deurali ( Avg. 2 hrs.) - 16km Uphill hike to Forest camp (Av. 5hrs)

#### Accommodation

Jungle Embassy or Similar category

#### Altitude:

(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.

| <b>Destination:</b>                        | <b>Accommodation</b>        | <b>Altitude:</b> |
|--------------------------------------------|-----------------------------|------------------|
| 14km Uphill hike to Badal Danda (Av. 5hrs) | Hotel 360* or Hotel Majesty | (3300m.10890ft.) |

### **Meals**

Breakfast, Lunch, Dinner

## **Day 3: Trek to High Camp**

Have breakfast with the morning view from Lodge. As we head to High Camp, we get even better and panoramic views of the mountains around us. The fishtail will be seen a really huge and just over your head. You will enjoy the walk. Overnight in High Camp.

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

### **Meals**

Breakfast, Lunch, Dinner

## **Day 4: Excursion to Mardi View point - Visit Mardi Himal Base Camp - walk down to Badal Danda**

On this day, We take pack breakfast and an early morning hike to Mardi Viewpoint to catch Sunrise. Then we will walk to the Mardi Himal Base Camp, 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 .

| <b>Destination:</b>                                                                | <b>Accommodation</b>        | <b>Altitude:</b>  |
|------------------------------------------------------------------------------------|-----------------------------|-------------------|
| 16km. Uphill hike to View point/ Base Camp and walk to Badal Danda ( Avg. 06 hrs.) | Hotel 360* or Hotel Majesty | (3300m./10890ft.) |

### **Meals**

Breakfast, Lunch, Dinner

## **Day 5: Trek to Siddhing**

Have a wonderful breakfast at the lodge then ee descend through the steepest and most challenging part of the whole trek today. The trek will provide you with a beautiful view of mountains, forests, and small settlements on the way passing Low Camp. We will then walk downhill to Siddhing Village . Overnight in Siddhing Village.

**Destination:**

22km Downhill hike  
(Av. 7hr)

**Accommodation**

Stone Gallery Hotel or Similar  
category

**Altitude:**

( 1550m./5115ft.)

**Meals**

Breakfast, Lunch, Dinner

**Day 6: Drive to Pokhara**

After breakfast, you will jump on the jeep toward Pokhara. You will drive on gravel road about two hours then join the paved road at Hyangja. You will reach Pokhara after 30 minutes drive. Overnight in Pokhara self.

**Destination:**

60km Drive to Pokhara  
(Av. 2:30hrs)

**Altitude:**

( 820m./2706ft.)

**Meals**

Breakfast

**What's Included**

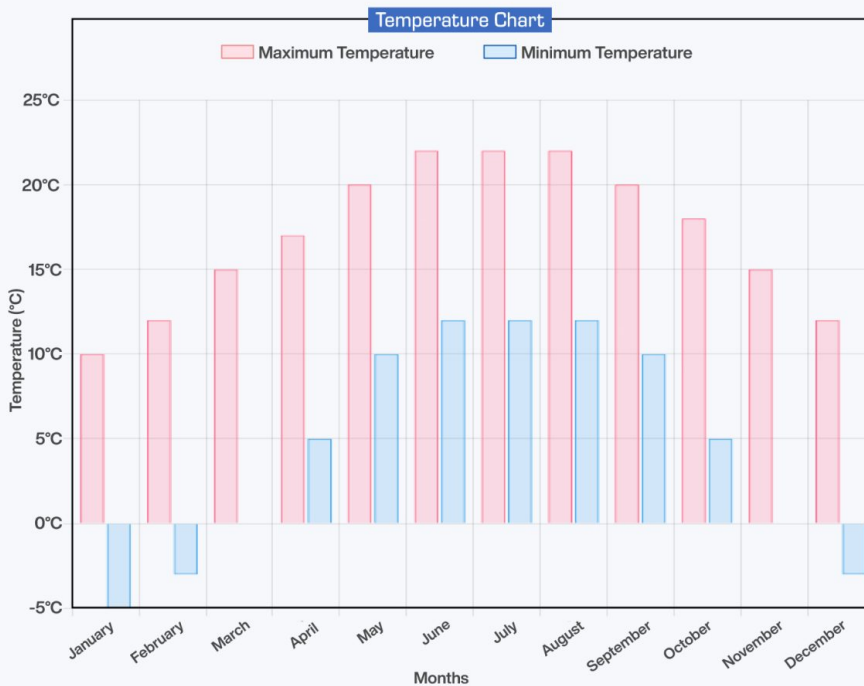
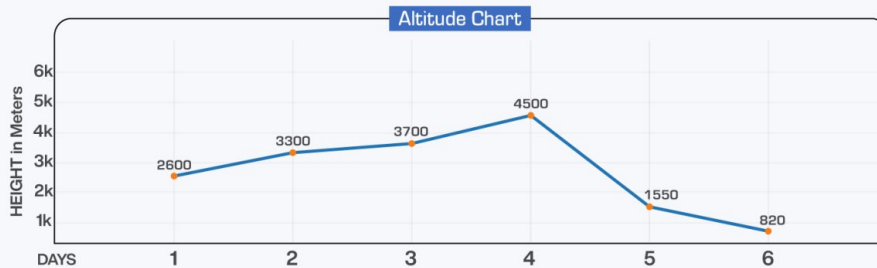
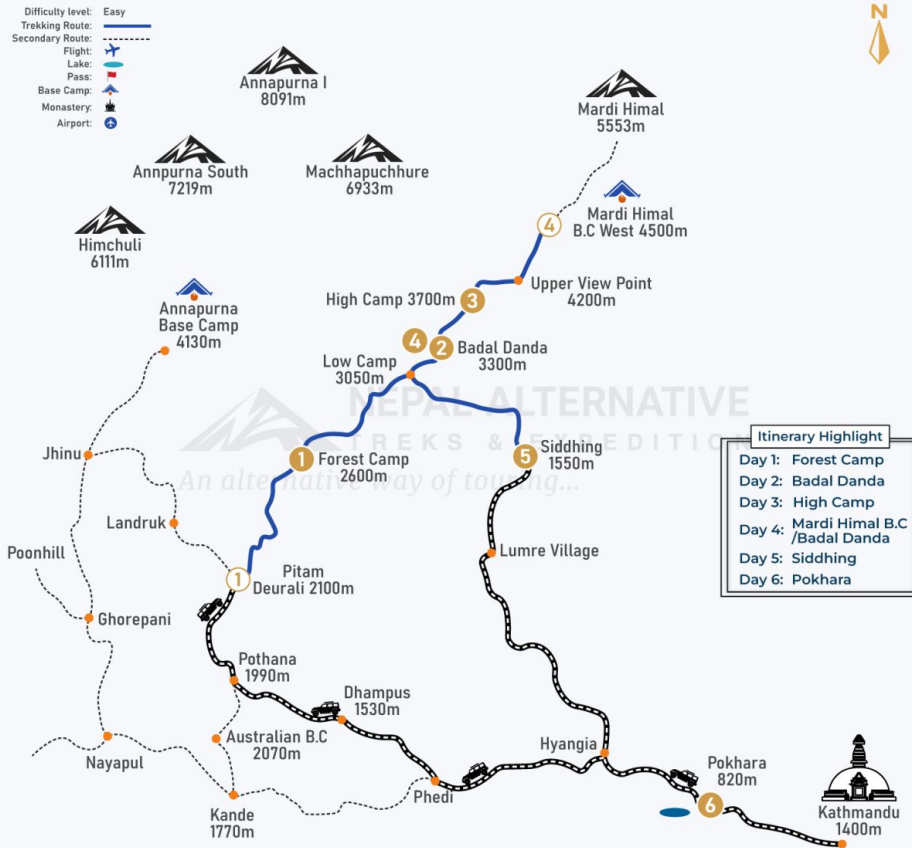
- Pick Up and Drop Off at Hotel in Pokhara before/after Trekking .
- All meals during the trekking (Breakfast, Lunch, Dinner).
- Lodge accommodation ( twin share basis) during the trekking.
- One experienced, well trained, fluent English speaking, friendly, specialized in Mardi himal trekking region and government authorized trekking guide, One International Yoga Instructor ( Female : Riya Thapa/ Male : Caron Dhoju )
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and staff's food, accommodation, salary, insurance and transportation .
- Overland transportation as per mentioned in the itinerary.
- Yoga and Meditation Package for 6 days.
- ACAP( Annapurna conservation area project) and necessary documents/permits.
- A Trekking map, duffle bag, Oxygen saturation check up everyday, water purification, company t-shirt, first aid medical and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public Liability Insurance.

**What's Not included**

- Hotel accommodation and meals in Kathmandu and Pokhara.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, alcoholic drinks, laundry, phone bill etc.
- Personal Travel insurance.
- International Flight Tickets.

- Nepal Tourist Visa Fee
- Tips for guide and staff .( Highly suggested ).

## **Mardi Himal Yoga Trek Route Map**



# **Additional Trip Information**

## **When To Plan Mardi Himal Yoga Trek**

The climate of Nepal is unpredictable. Similarly, it is the same for the Himalayan region. Likewise, the best time to visit is during the spring and the autumn season. 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. Similarly, if you travel here during the rainy season then you might not even be able to complete the trek. Because during the rainy season it rains and it makes the trail slippery and hard to travel. If you travel at Mardi Himal Yoga Trekking in the spring and the autumn season then you will find a mesmerizing view of Mardi Himal.

## **Travel insurance**

You are traveling at a higher altitude. You are at a risk all the time. So, your travel insurance is very important for the climbing journey. The chances of uncertainty are very low but there is still a small possibility. Therefore you have to be very careful. Your travel insurance plays as a backup for your losses during the journey. So, your travel insurance is foremost for you. Similarly, your travel insurance helps you cover your medical bills, repatriation expenses, rescue mission, loss of property e.t.c. Most importantly, make sure that your travel and adventure over 3000m is covered. If these things are not with you then it will be difficult for us to cooperate with you.

## **The difficulty of Mardi Himal Yoga Trek**

Traveling at a high altitude is not that easy. It unquestionably has some difficulty that can challenge you on your journey. So, you have to be very careful and fully prepared for the trek. Likewise, if you travel here during on season you might not find suitable accommodation facilities. In addition, if you travel here during the busy seasons you will find fewer guides and porters. Furthermore, the trial can be long and difficult as well. Most importantly, traveling to a high altitude can be troublesome because it increases the chance of altitude sickness. It is a common problem among climbers. Furthermore, the difficulty of this trek adds up if you are not physically and mentally tough. Likewise, the climate and weather might also challenge you on your journey if you are not fully prepared. Similarly, the weather of the Himalayas changes without a hint. So, trekkers should be very careful planning their trip.

## **Meals and Accommodation During Mardi Himal Yoga Trek**

Your meals and accommodation at a higher altitude are important for you to complete your trek. We provide you with a healthy and suitable meal for your trek because we understand that the health of your visitor is very important to us. Similarly, your meals play a vital role in the productive experience of your trek. Similarly, we provide meals three times a day (Breakfast, Lunch, and Dinner). Likewise, we provide local foods with some western food. But, western foods are slightly more expensive than local or Nepali foods because the ingredients for making western food are imported from the cities. Whereas most of the local foods are made with locally produced ingredients and spices. While you are at the lodges of trails on Mardi Himal then you will get to explore the Sherpa and Tamang culture of the place. Similarly, you will also get to taste some cultural foods.

## **Climate and weather**

The climate of Mardi Himal is mostly cold throughout the year. So, we recommend you travel during the spring and monsoon seasons. These seasons provide you with the best scenery of the surrounding. Similarly, the temperature is also moderate. Furthermore, If you want to experience the perfect weather and climate these seasons are perfect. In addition to this if you travel here at this time then you will see the beautiful scenery of the Himalayas including the Mardi Himal. However, the winter seasons are usually cloudy and foggy. So, you might not fully enjoy your journey. So, we recommend you book your trek around April, May, and during September, November. At this time of year, you can travel in a clear sky.

## **Safety and security**

At Mardi Himal trekking you will be safe with us. The safety of our consumers is very important to us. Similarly, we take full care of our visitors. Likewise, we take good care of their belongings as well. In addition, the lodges that you will be staying in are also very safe and secure. We fully take off that. Furthermore, we carefully check the trail and make sure they are safe for your visitors.

## **Required Permits**

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

**Note:** Child below 10 years are free

## **Frequently Asked Questions**

### **Is Mardi Himal trekking route safe for trekkers ?**

Yes, this route 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 an easy 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 for this trip ?**

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 at 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 ? Can I get local guide ?**

Our government-licensed guides speak fluent English . The one we book for this trek from the local area who even speaks additional local languages like Gurung 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 Mardi 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 you won't spend more nights in high elevations. You may have chances to feel a bit while day excursion to Mardi Base Camp ( 4500m.) but you will be back to high camp to stay overnight which helps to acclimatize and avoid AMS .

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 is not accepted along the route. You are better to take enough cash from Kathmandu/Pokhara.

### **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. However, we recommend you carry your own water bottles. You can fill them up with filtered water or boiled water wherever possible and purify them 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. 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.

## **Can we hire trekking gears for this trek in Nepal ?**

There are plenty of shops around Thamel and Pokhara that sell as well as rent all the necessary gear 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.

## **Is it possible to recharge batteries and electronics during this 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 available in Mardi Himal, 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 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 15 to 20 degrees Celsius, making it suitable for trekking purposes.

## **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 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 role of your Yoga instructor ?**

Our yoga instructor will run yoga sessions every morning and evening for your physical and spiritual benefits. During the trekking route, you will have meditation and learn to resilience and peace. They are internationally trained and licensed from Arts of Living course.

## **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.

## **As a single trekker, may I join this fixed departure Trekking package? 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 we need to tip my staff ?**

It is not mandatory to tip the staff. It ultimately depends on your choice. As your staff 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 staff 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

### **Nepal Alternative Treks & Expedition**

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