

Mundhum Trail Trek - 11 Days

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

Mundhum Trail Trek Quick Information

Weather

5°C to 24°C

Duration

11 Days

Difficulty

Moderate

Accommodation

Lodge/Tent

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

06 hours hike

Religion

Kirati, Buddhist, Hindu

Ethnic People

Kirat, Rai, Limbu

Region of Nepal

Eastern Region

Max Altitude

4200m./13860ft.

Per Person Cost

USD 860

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Mountain, Hills, Villages, Rivers, Terrace, forest

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$860.00
Group Of 5 - 8	USD \$840.00
Group Of 9 - 12	USD \$820.00
Group Of 13 - 18	USD \$800.00

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.

Mundhum Trail Trek Overview

The Mundhum Trekking Trail starts in Halesi, 223 kilometers from Kathmandu. There are benefits from the beginning. Halesi, undoubtedly the most coveted stop along the trail, is best known as a sacred Hindu, Buddhist, and Kirati place that comes alive during celebrations like Sakela, Shivaratri, Bala Chaturdashi, Ram Navami, and Teej, among other occasions.

Many people visit Panchadevi, Kakani, Bhairavthan, Kalikasthan, Murdhum Cave, Maratika Gompa, and Mahadev Cave during these festivities. It is thought that Gautam Buddha spent his penance in the Mahadev Cave. Most visitors to Halesi enjoy swimming in the Dudhkoshi River at Jayaram Ghat. But Halesi is more than just its religious past.

Mundhum Trail Trekking is a must-do trekking trail in Nepal, especially if you're looking for an adventure in the Eastern part of the country. The trekking trail stretches from Kathmandu to Diktel, passing through the stunning Mattim Danda and Dhotre Deurali, reaching a height of 3,348 meters above sea level at Salpa Bhanjyang. This trail is not just about the breathtaking views of the Kanchenjunga, Makalu, Everest, and Lhotse, but also about exploring the unique culture and lifestyle of the Kirat people, the region's indigenous people.

The trek begins with a drive from Kathmandu to Bhojpur District, where you will meet your trekking guide and start the adventure. The area's lush forests are home to various wildlife, including the elusive red panda. Salpa Base Camp, Salpa Pokhari, and Salpa Silichung are some of the trek's highlights. The trek also takes you through the heart of the Kirati people's culture, allowing you to learn about their traditions and customs.

Overall, the Mundhum Trekking Trail is an excellent opportunity to explore the natural beauty and cultural diversity of Eastern Nepal. The trail offers a perfect mix of adventure and culture, making it an ideal trekking destination for those who want to experience the best of both worlds. So pack your bags, put on your trekking boots, and get ready to embark on an unforgettable journey through Nepal's majestic mountains and vibrant villages.

Mundhum Trail Trekking Unique Aspect

Mundhum Trail Trekking is one of the new trekking spots opened in Nepal for foreign trekkers to explore Eastern Nepal. This trail or trekking spot opened to the public in January 2018, so it has been only six years since the trek was opened to the general public. Hence, it is still an underrated and less exploited trail, so you can explore and experience the natural Kirati trail adventure.

Trekking in the tranquil Himalayas in the eastern part of the country is a once-in-a-lifetime opportunity. This area is a natural wonder and a cultural and social epicenter. You'll have the chance to experience the authentic lifestyle of the indigenous Kirati people, especially the Rais.

Where Is the Mundhum Trail Trek Located?

The Mundhum Trail Trekking is a collection of several Kirati villages in eastern Nepal. The trek takes you to some of the most beautiful settlements, where many Kirati people live daily. The highest peak in the

Mundhum trail takes you to the 4200m in Silchung Peak. The initial part of the trek is the Diktel Bazar. It passes through some of the beautiful villages in Dhotre, ChaKhewa, Maiyung, RawaDhap, Silchung, Hakule-Hanspokhari, Salpa Bhanjyang, and finally, Bhojpur.

Major Attractions of Mundhum Trail Trekking

Here are some of the major attractions why you should explore Mundhum Trail Trekking

Haleshidevi Mahadevsthan

One of the major attractions of Haleshidevi Mahadevsthan is a religious place where many local and Indian pilgrims visit to worship and pray to the gods and goddesses. It is an important religious site for all Hindus, Buddhists, and Kirati ethnicities. Hindus worship Lord Shiva, Buddhists worship Guru Rinpoche, and Kirati worship the ancient deity Haleshi.

Temke Danda

Temke Danda is a majestic ridge in the middle of your trek. From here, you will see some of the stunning views of the mountains, like Mount Everest, Lhotse Shar, Makalu, Kangteta, Gauri Shankar, and Baruntse. These are the first viewpoints that you will see during your trek. You will spend some time in the Danda and soak in all the views of the mountains.

Hansh Pokhari

Another beautiful trekking spot and place of attraction during your Mundhum Trail Trekking is majestic Hansh Pokhari. Around the seventh day of your trek, you will start your trek from Dhotre. After a few hours of trek later, you will pass through other villages like Chautara and Baaspani Devsthan and eventually reach Hansh Pokhari. As the name suggests, many ducks, geese, and swans are in the river. Furthermore, this is the perfect place for a picnic or lunch during your trek.

Silichung Hill

Another majestic point of attraction during your trek is Silichung Hill, the highest point of which is at an altitude of 4153 m. You can see some of the tallest peaks in the eastern region, including Everest, Kanchenjunga, Makalu, Cho-Oyu, and Lhotse.

Mundhum Trail Trek Highlights

- Experience Nepal's new cultural trekking trail in Mundhum Trek
- Explore remote settlements of the Kirati people's culture and learn about their traditions and customs.
- Enjoy unforgettable panoramic views from the Silchuk Peak viewpoints.
- Stroll and shop around Diktel Bazaar.
- Discover one of the raw and untouched natural trekking spots in Nepal.
- Visit the sacred place of Halesi and learn about its significance to Hindus, Buddhists, and Kiratis.

Weather

Best Time for Mundum Trekking Trail

Before heading out for the Mundhum Trail Trekking, knowing the best time for trekking in the eastern region is important. Although the Mundum Trail can be completed at any time or season, if you trek it in ideal conditions, it decreases the difficulty and increases the fun of the trek. Trekking in Nepal can be divided into two peak seasons, Spring and autumn, whereas there are two off-seasons, winter and monsoon, for which trekkers don't usually go out for a trek.

Spring

Spring is the first peak season for trekking in Nepal, not only on the Mundhum trail but throughout the country—many trekkers like to trek in the Spring because the weather and temperature are mild and ideal. Furthermore, during the Spring season, only the later part of the season gets occasional rain, so you'll be trekking in the perfect atmosphere for most of the season. The views of the skies and mountains are crystal clear, so you can see some of the high mountain ranges from quite far away. The major attraction of the Spring season is the blooming flowers of rhododendrons and magnolias, which makes the trek even more special and motivational.

Autumn

Autumn is another season ideal for trekking in Nepal other than spring. The early part of the season is affected by rainfall, and the rest of the season is quite clear. The brown amber leaves blossoming in the trees make the surroundings look yellowish golden during the sunrise and sunset; the temperature is on the chiller side, especially in the latter parts of the season as winter is approaching nearby. The Autumn season is one of the most crowded seasons in Nepal, so be sure to book your trek early.

Summer/ Monsoon season

Summer/Monsoon season is the most minor ideal season for trekking. However, early summer days may not be as problematic, other than intense heat, humidity, and high temperatures that can make the trekkers quite tired very early. However, as the summer days progress, they bring the monsoon rain, one of the least favorable conditions for trekking. The trails are wet and slippery, which makes it difficult to scale the steeping ascents. During the winter season, there is a considerable risk of natural disasters. The risk of floods is relatively high in the lower altitudes, whereas in hilly areas, there is a massive chance of landslides and soil erosion.

Winter Season

Like the Monsoon season, the Winter season is also less ideal for trekking, but many trekkers believe that if you want to see stunning mountain views, this is the best time for trekking. However, the risk is relatively high in the high-altitude trek of over 4000m during winter. The weather is very dynamic and extremely harsh. Rapid gusts of winds, continuous snowfall, and occasional snowstorms falter the trek route. The chances of avalanches are also at an all-time high.

January

5°C to 15°C

February

6°C to 16°C

March

8°C to 18°C

April

10°C to 20°C

May

12°C to 21°C

June

12°C to 24°C

July

15°C to 23°C

August

15°C to 23°C

September

14°C to 22°C

October

12°C to 18°C

November

9°C to 16°C

December

7°C to 16°C

Difficulty

Mundhum Trail Trek Difficulty

Mundhum Trail Trekking is one of Nepal's easy-to-moderate trekking levels. However, certain factors still make the trek more challenging. One significant factor is the high altitude, as you have to trek at over 4500m. The chance of altitude sickness is relatively high, above 3000m.

Another trek difficulty that trekkers have to endure during their trek is the rugged terrain. The paths are not as straightforward as other easier treks as you must pass through several variations of terrains from lush forests, rivers, steep hills, and ascents and descends.

11 Days Mundhum Trail Trek Itinerary

Day 1: Drive to Halesi aka Matarika from Kathmandu

Your adventure on the 11-day Mundhum Trail Trekking begins as you leave Kathmandu and head towards Halesi or Matarika. The journey takes around 8 hours, during which you can witness stunning landscapes and picturesque villages. Upon arrival, you can explore the surroundings and visit the ancient Halesi Mahadev Temple, one of Nepal's most sacred Hindu pilgrimage sites.

Destination:

180km./08 hours drive to
Halesi aka Matarika
(Average 08 hours)

Accommodation

Lodge in Halesi aka Matarika

Altitude:

(3100m./10230ft.)

Meals

Breakfast, Lunch, Dinner

Day 2: Trek to Diktel

Today, you begin your trek from Halesi to Diktel. The trail takes you through lush forests and beautiful mountainous terrain, offering breathtaking views of the Himalayas. The trek takes around 7-8 hours, passing through several small villages and settlements. Enjoy a delicious local meal and experience the

region's unique culture.

Destination:

13km. trek to Diktel
(Average 08 hours)

Accommodation

Lodge in Diktel

Altitude:

(1650m./5445ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Chakhewa

Today's trek takes you from Diktel to Chakhewa. The trail is relatively easy and takes around 5-6 hours. You will pass through several beautiful villages and farmlands, where you can interact with the locals and learn about their way of life. Upon arrival at Chakhewa, you can explore the town and witness its unique architecture and cultural heritage.

Destination:

12km. trek to Chakhewa
(Average 06 hours)

Accommodation

Lodge in Chakhewa

Altitude:

(2300m./7590ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Dhotre Deurali Camp

Today, you will trek from Chakhewa to Dhotre Deurali Camp. The trail is challenging and takes around 7-8 hours, but the stunning views of the Himalayas make it all worth it. The campsite is situated amidst beautiful mountainous terrain and provides an excellent opportunity to witness the beauty of nature.

Destination:

18km trek to Deurali Camp
(Average 08 hours)

Accommodation

Lodge in Deurali Camp

Altitude:

(2752m./9081ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Maiyu Danda via Hans Pokhari

Today, you will trek from Dhotre Deurali Camp to Maiyu Danda via Hans Pokhari. The trail takes around 7-8 hours and mixes uphill and downhill terrain. The views along the way are breathtaking, and you can witness the beauty of the Himalayas up close. Upon arrival at Maiyu Danda, you can witness the stunning sunset and relax in the peaceful surroundings.

Destination:

18km. trek to Maiyu Danda via
Hans Pokhari
(Average 08 hours)

Accommodation

Lodge in Maiyu Danda

Altitude:

(3122m./10302ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Rawadhap via Lahure Bina

Today's trek takes you from Maiyu Danda to Rawadhap via Lahure Bina. The trail takes around 7-8 hours and is relatively challenging. You will pass through several small villages and settlements to experience the region's unique culture. Upon arrival at Rawadhap, you can explore the town and witness its distinctive architecture and cultural heritage.

Destination:

18km.trek to Rawadhap
(Average 08 hours)

Accommodation

Lodge at Rawadhap

Altitude:

(3426m./11305ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Salpa Base Camp

Today, you will trek from Rawadhap to Salpa Base Camp. The trail takes 6-7 hours and mixes uphill and downhill terrain. You will pass through several small villages and settlements, where you can interact with the locals and learn about their way of life. Upon arrival at Salpa Base Camp, you can relax and enjoy the stunning views of the Himalayas.

Destination:

16km. Uphill'strek to Salpa
Base Camp
(Average 06 hours)

Accommodation

Lodge in Salpa Base Camp

Altitude:

(3348m./11048ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Hike to Silichung Peak

Today, you will embark on a challenging hike to Silichung Peak. The hike takes around 8-9 hours and is relatively steep. The views from the top are breathtaking, and you can witness the beauty of the Himalayas up close. Returning to the base camp, you can relax and unwind amidst the peaceful surroundings.

Destination:

16km to uphill's trek to Hike
Silichung Peak
(Average 08 hours)

Accommodation

Lodge at Salpa base camp

Altitude:

(4200m./13860ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Maiyu Danda

Today, you will trek back from Salpa Base Camp to Maiyu Danda. The trail takes 6-7 hours and mixes uphill and downhill terrain. Upon arrival at Maiyu Danda, you can witness the stunning sunset and relax in the peaceful surroundings.

Destination:

16km to uphill's trek to Maiyu Danda
(Average 07 hours)

Accommodation

Lodge in Maiyu Danda

Altitude:

(3122m./10302ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Bhojpur

Today, you will trek from Maiyu Danda to Bhojpur. The trail takes around 5-6 hours and is relatively easy. You will pass through several small villages and settlements, where you can interact with the locals and learn about their way of life. Upon arrival at Bhojpur, you can explore the town and witness its unique architecture and cultural heritage.

Destination:

16km. Hill's trek to Bhojpur
(Average 06 hours)

Accommodation

Lodge in Bhojpur

Altitude:

(1600m./5280ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Back to Kathmandu

The journey takes around 9 hours, during which you can reminisce about the memories you have made and the stunning sights you have witnessed. Upon arrival in Kathmandu, you can rest and reflect on your journey while exploring the city and its unique culture and heritage. Stay at hotel on your own.

Destination:

Drive back to Kathmandu
(Avg. 09 hrs,)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu .
- Lodge/Tented (Twin share) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trek.
- One experienced, well trained, fluent English speaking, friendly, specialized in Mundhum Trail 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 and transportation etc.
- Necessary permits and documents.
- Overland transportation as per mentioned in itinerary.
- A trekking map, duffel bag, first aid kit box, Oxygen saturation check up everyday, water purification, company T-shirt and trekking completion certificate .
- Assistance for emergency rescue evacuation.
- All kind of service charge and government tax .
- Public Liability Insurance.

What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such 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
- Tips for guide and porters .(Highly suggested).

Trekking Gear List

Mundhum Trail Trek Packing List

The Mundhum Trail is less challenging than other popular high-altitude treks in Nepal. However, you must be careful about what you pack and do not bring.

Clothing item

- Trainer or casual shoes for trekking and traveling
- Fleece jacket or warm wool jumper
- Selection of T-shirts and long-sleeved shirts, preferably not cotton
- Walking boots with suitable ankle support
- Windproof, waterproof outer shell garment
- Warm gloves
- Loose, casual trousers for trekking
- Long skirt for women as an alternative to trousers
- Thermal shirt for colder areas
- Hat or cap for sun protection while trekking
- Sunglasses or goggles
- Thermal leggings for colder areas
- Ice cleats/shoe grippers are used for winter treks during snowfall.
- Waterproof trousers
- Gaiters, in case of rain or snow.
- Warm shirt, possibly fleece, for colder areas.

- Down jacket
- Warm socks for colder areas
- Wool or fleece hat, or balaclava

Other Item

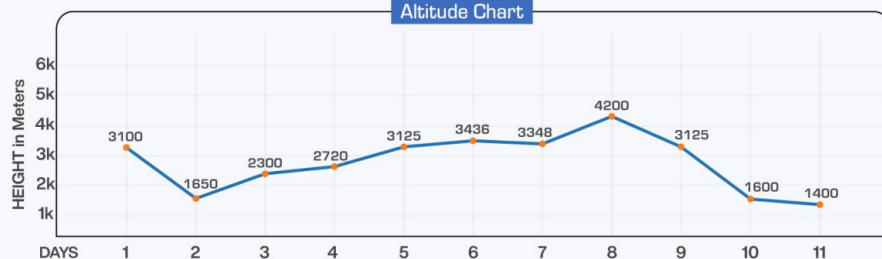
- Camera and memory cards, charger, and tripod.
- A water bottle, personal first aid kit, and essential medical items will be included.
- Playing cards, backgammon, chess set, etc.
- Binoculars, Books or an eBook, Altimeter, Compass, and GPS.
- Day bag to carry passport, cash, camera, travel documents personally
- 3-4 Season sleeping bag, headlamp/torch
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- Strong rucksack carried by porters
- Large handkerchief and towel for neck, towel, and toiletries.

Mundhum Trail Trek Route Map

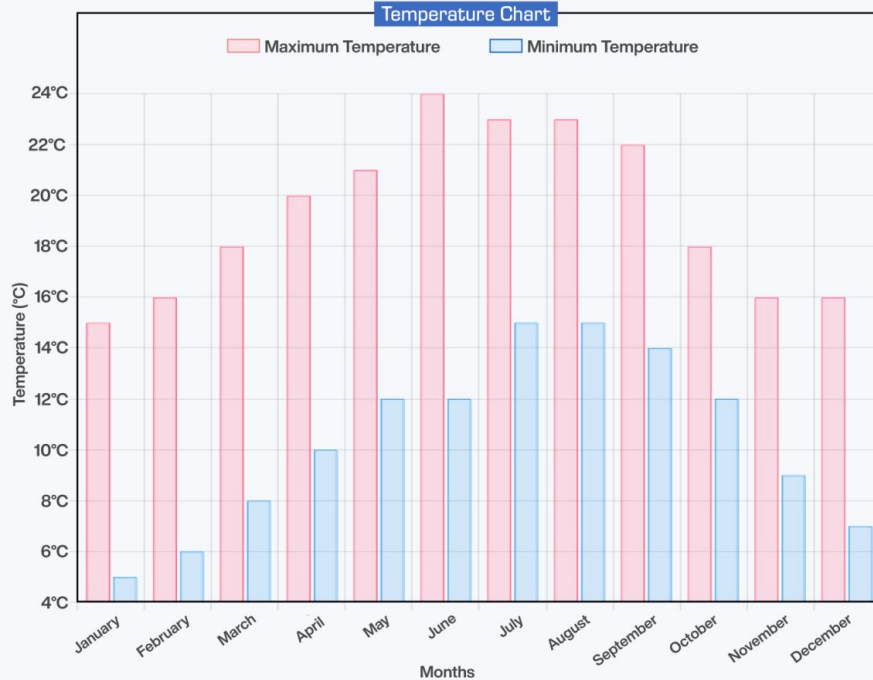
MUNDHUM TRAIL TREK 11 DAYS



Altitude Chart



Temperature Chart



Additional Trip Information

Permits needed for Mundhum Trail Trekking

Mundhum Trail Trek is one of those trekking hubs that the government has been prioritizing over other popular treks. This is why you don't need any area or national park-related permits. The only license you need for this trek is your TIMS card.

TIMS stands for Trekkers Information Management System. A TIMS card costs Rs 2,000, or approximately \$20 per person. Previously, the cost of this card was NRs 2,000 per person and Rs 1,000 per group.

Food and Accommodation of Mundhum Trail Trek

Food

Food is essential during your high-altitude daily trek. As you will be trekking for six to seven hours every day for several days, it is necessary to refuel your energy by eating food. But just eating food doesn't mean you can eat everything; instead, you must be selective and eat foods that provide high energy, proteins, and carbohydrates.

You will have three daily meals during your trek: breakfast, lunch, and dinner.

The breakfast menus are pretty simple: eggs, bacon, toast, bread, chapati, soups, roti, biscuits, tea, coffee, etc.

You will have lunch at midday after certain hours of trekking. The lunch menus are different based on the remoteness of the area you are in. However, standard lunch menus include local Dal, Bhat, vegetable curry, potato items, pizzas, burgers, Dumplings, Momos, stew, steaks, thukpas, etc.

Dinner is the last meal of the day and the meal you will be craving after long trekking days. However, do not eat until you are full; it will make you lazy and stuffed. The menu for dinner is similar to that of lunch, like Dal that, vegetables, pizzas, burgers, dumplings, momos, steaks, thukpas, soups, etc.

Accommodation

When planning a trek on the Mundhum Trail in Nepal, you must consider where you'll stay. If you prefer more comfort, our Mundhum Trail trek offers standard hotel accommodations in Kathmandu. Staying in the busy capital allows you to relax and explore nearby attractions. The standard hotel accommodations have cozy beds, bathrooms, and amenities like air conditioning, room service, and complimentary breakfast.

As you climb an altitude, the prospect of high-standard hotels is not there. You will have to stay at teahouses with limited services. Generally, there are few rooms in teahouses with twin beds and attached bathrooms, meaning you must share your room and toilet with other trekkers. It is beneficial if you are trekking with a group, but if you are trekking alone, you might not get the privacy you are hoping for.

Some teahouses have no services like hot showers, charging ports, internet, or WIFI, so you may have to pay extra.

Mundhum Trail Trekking Cost

Mundhum Trail Trek is one of the new and unique treks trekkers have recently experienced. Mundhum Trail is an excursion for adventure, spiritual peace, and being close to nature. Since it is not as commercial as other treks in Nepal, the overall cost of the trek is relatively cheaper. The essential price of the Mundun Trial per person is \$860, but the experience and adventure you will be through will be relatively priceless.

For this low price, you will get several benefits that are already included. You might also have to check out some of the benefits that this cost doesn't include in the excluded section of the blog. You will also receive a group discount if you trek with a few more trekkers. Remember that you can always curate your itinerary and add and remove any activities that might influence your cost.

Frequently Asked Questions

What is the Mundhum Trail Trekking package, and what does it include?

The Mundhum Trail Hiking route takes you through the uninhabited but breathtakingly scenic areas of eastern Nepal. All lodging, meals, transportation, and permits required for the expedition are included.

What is the maximum group size for the Mundhum Trail Trekking package?

The Mundhum Trail Trekking package's maximum group size is normally 10 persons, though this can change according on the trekking operator and route.

What kind of accommodations are provided during the Mundhum Trail Trekking package?

The Mundhum Trail Hiking package often includes tea houses as lodging options. These are simple lodges that provide clean, pleasant rooms and meals.

Is there a minimum age requirement for the Mundhum Trail Trekking package?

There is no specific minimum age requirement for the Mundhum Trail Trekking package, but trekkers should be in good physical condition and able to handle the demands of the trek.

What kind of transportation is provided during the Mundhum Trail Trekking package?

Transportation during the Mundhum Trail Trekking package typically includes private vehicles or public buses, depending on the itinerary.

What kind of meals are provided during the Mundhum Trail Trekking

package?

Meals during the Mundhum Trail Trekking package typically include local Nepali cuisine, as well as international dishes. Vegetarian and other dietary restrictions can usually be accommodated.

What equipment or gear is necessary for the Mundhum Trail Trekking package?

Trekkers will need to pack the proper clothing and equipment for the walk, including a good backpack, a pair of strong hiking boots, and warm clothing. The trekking firm will normally provide a complete list of required equipment.

What safety measures are in place during the Mundhum Trail Trekking package?

The Mundhum Trail Hiking package places a high focus on safety, and trekking firms normally employ knowledgeable guides and porters who have received first aid and mountain rescue training. Before starting their walk, hikers must also obtain the necessary insurance and permits.

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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136/205, Nagarjun, 01, Kathmandu 44600, Nepal