

# Numbur Cheese Circuit Trek - 13 Days

URL: <https://nepalalternativetreks.com/trip/numbur-cheese-circuit-trek/>

## Numbur Cheese Circuit Trek Quick Information

### Weather

-5°C to 16°C

### Duration

13 Days

### Difficulty

Moderate

### Accommodation

Lodge/Home Stay/ Camping

### Meals Included

Breakfast, Lunch, Dinner

### Transportation

Overland Public Bus/ Jeep

### Daily Activity

06 hours Hiking

### Religion

Kirati, Buddhist

### Ethnic People

Thami, Majhi, Newar, Sherpa,  
Tamang

### Region of Nepal

Solu Khumbu

### Max Altitude

4880m./16104ft.

### Per Person Cost

USD 850

### Best Season

Sept, Oct, Nov, March, April &  
May

### Geographic Terrain

Mountain, Village, Rivers, Hills,  
Glaciers

## Group Discounts Available

| No. of Persons   | Price per Person |
|------------------|------------------|
| Group Of 1 - 4   | USD \$850.00     |
| Group Of 5 - 8   | USD \$830.00     |
| Group Of 9 - 12  | USD \$810.00     |
| Group Of 13 - 18 | USD \$790.00     |

**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.

# Numbur Cheese Circuit Trek Overview

A freshly opened non-tourist area trekking path in the shadow of Numbur Chuli is called the Numbur Cheese Circuit Trekking. It is the perfect excursion for anyone looking to experience something different. This recently created trekking path is located in Ramechhap district of Nepal, around 190 kilometers east of Kathmandu. The path goes to the Likhu Khola glacier, guarded by the imposing peaks of Pathibarra and Numburchuli, via deep river gorges, glacial lakes, terraced rice fields, subtropical woods, and Sherpa communities.

This trek provides breathtaking views of the majestic Himalayan peaks, including Numburchuli (6959m), Sarmoché (5255m), Ramdung (5930m), Chukyima Go (6959), Parchamo (6273m), Bigphrea Go Nup (6666m), Paniyo Tippi (6696m), Paniyo Shar (6549m), Everest range, Annapurna South, Langtang, Jugal Himal, and Gaurishankar.

This trip ascends the Likhu Khola valley to the secluded yak meadows of Ngeju, tucked beneath the icefall cascading from the revered summit of Numbur. While you stroll, you pass Sherpa villages, subtropical woods, rice terraces, glacier lakes, and river gorges. Also, you can go to the renowned Thodung monastery, one of Nepal's first cheese manufacturers, established in 1957.

En route, you will come across Panch Pokhari, which translates to five lakes in Nepali language. It is a holy and sacred site for Hindus and Buddhists religion people. Hindu pilgrims visit the site during the Janai Purnima festival. Similarly, you will also cross the Gyazo-La Pass at 4,880 meters. It is also the highest point of the 13 Days Numbur Cheese Circuit Trekking. Stunning mountains like Gyajo Ri, Cho Oyo, Everest, Nangpa La, and others mountains surround the Gyazo-La Pass.

The trek is perfect for experiencing the off-the-beaten trails of rural Nepal. The Numbur Cheese Circuit Trek offers a rich cultural experience, allowing you to look deeper into the Sherpa community's culture, traditions, and lifestyle. You will also taste the delightful Numbur cheese and watch the cheese-making process. Furthermore, you can experience the unique hospitality of the Sherpas.

## Highlights Of Numbur Cheese Circuit Trek

- Embark on freshly opened trekking trails of Eastern Nepal.
- Traverse past deep river gorges, glacial lakes, terraced farms, subtropical wood, and picturesque settlements.
- Visit the famous Thodung Monastery, also Nepal's first yak cheese manufacturer.
- Spectacular view of Mount Annapurna, Dhaulagiri, Gauri Shankar, Kanchenjunga, and more.
- Explore age-old monasteries, gompas, and stupas.
- Cross a high mountain pass, Gyazo-La Pass, at 4,880 meters.
- Experience the Sherpa culture, traditions, and their warm hospitality.

## Weather

## Best Time For Numbur Cheese Circuit Trekking

The best time for our 13-day Numbur Cheese Circuit Trekking is spring (March to May) and autumn (September to November). These seasons offer the best weather and mild temperatures for trekking. During summer (June to August), there is heavy pouring across the country as it coincides with monsoon. Meanwhile, the harsh weather and freezing temperatures make it difficult to trek during winter.

### Spring (March-May)

The spring season brings pleasant and favorable weather for trekking in Nepal. The sky is clear and offers clear mountain views and scenery. The days are also long and sunny. Another great thing about spring trekking is witnessing active flora and fauna. It is the perfect time to see the entire rhododendron forests and flower beds in full bloom. The warmest temperature during spring is 12 degrees Celsius. Meanwhile, the coldest temperature is in early March, which is around -1 degrees Celsius.

### Autumn (September-November)

Autumn is a peak trekking season due to stable weather, bright days, and clear skies. The visibility is the best of all other seasons. You can get crystal-clear views of the gleaming snow peaks. Since it is peak trekking season, autumn falls right after the monsoon season, and the rain cleanses the dust and impurities from the surroundings. Hence, the vegetation and landscapes look vibrant and fresh. The warmest temperature in autumn can get up to 13 degrees Celsius. Similarly, the temperature can get as low as -1 degrees Celsius.

#### January

-5°C to 5°C

#### February

-3°C to 5°C

#### March

-1°C to 8°C

#### April

2°C to 10°C

#### May

5°C to 12°C

#### June

8°C to 15°C

#### July

9°C to 16°C

#### August

8°C to 15°C

#### September

6°C to 13°C

#### October

3°C to 10°C

#### November

-1°C to 7°C

#### December

-4°C to 5°C

## Difficulty

### Numbur Cheese Circuit Trek Difficulty

The Numbur Cheese Circuit Trek is a newly opened route whose off-beat trails go through the Likhu Khola glacier. It is a moderate trek that requires good physical fitness, stamina, and endurance. The trails go uphill and downhill with some steep and narrow sections. Similarly, trekkers have to walk 5 to 6 hours on varied terrains. It can be physically demanding and challenging, especially for beginners.

The trek's highest point is at Gyazo-La Pass, which sits at 4,880 meters. Because of the high altitude,

there is a risk of altitude sickness during the trek. Our 13-day Numbur Cheese Circuit Trek itinerary has no acclimatization days. It further increases the risk of altitude sickness. Trekkers must ascend slowly, stay hydrated, and rest properly to minimize the risk.

Likewise, the trek region lies in a remote area lacking infrastructure and facilities. Trekkers must manage their expectations and build mental resilience for the trek. The rapidly changing weather of high-altitude regions may also create difficulty for trekkers. Hence, trekkers must prepare the necessary equipment and gear to tackle any weather conditions. With proper preparation, Numbur Cheese Circuit Trekking is doable by seasoned trekkers or beginners.

## 13 Days Numbur Cheese Circuit Trek Itinerary

### Day 1: Drive to Shivalaya from Kathmandu

We will pick you up from your hotel in Kathmandu and begin our drive to Shivalaya. A scenic drive on a mountain road takes approximately 8 hours. You will pass by beautiful countryside, paddy fields, and rivers. Likewise, you can also see snow-capped mountain vistas at a distance and beautiful view of hills.

Shivalaya is the starting point of our Numbur Cheese Circuit Trek. The town sits alongside the Khimti River, and we stay overnight here.

**Destination:**  
180km./08 hours drive

**Accommodation**  
Lodge in Shivalaya

**Altitude:**  
(1790m./5907ft.)

#### Meals

Lunch, Dinner

### Day 2: Trek to Khahare

After breakfast, you will start your trek from Shivalaya to Khahare on a trail along the valley side. As you climb uphill, you can see picturesque terrace farms while a river flows right next to it. You will also have to cross a river and ascend on steep, narrow paths.

Similarly, the trail takes you through lush green forests, river valleys, and small villages. As you approach Khahare, the trail turns sharply up the cliff. Khahare is a small village with a little population. The residents of higher altitudes reside here in winter and migrate back in summer.

**Destination:**  
14km./05 hours

**Accommodation**  
Homestay at Khahare

**Altitude:**  
(2175m./7177ft.)

#### Meals

Breakfast, Lunch, Dinner

### Day 3: Trek to Panipakha

After breakfast, you will continue your ascent towards Panipakha. The trail gives breathtaking views of

the Alps while passing through rhododendron forests. After a while, the surrounding vegetation starts to change from dense woodland to conifer forests. You will also pass by small streams and waterfalls.

Panipakha is a beautiful temperate plain camping area. It sits amidst the Chauri sheds and the lofty alpine scattered around the area. Many trekkers take Panipakha as their first campsite. You can also get a dazzling mountain view from here. At Panipakha, you'll spend the night at a tea house.

| <b>Destination:</b> | <b>Accommodation</b>  | <b>Altitude:</b>   |
|---------------------|-----------------------|--------------------|
| 16km./06 hours walk | Teahouse at Panipakha | (3105m./10246ft. ) |

### **Meals**

Breakfast, Lunch, Dinner

## **Day 4: Trek to Maanedanda**

You will resume your ascent toward Maanedanda after breakfast. The trail passes through alpine meadows and provides breathtaking views of the mountains. En route, you will come across a small Sherpa settlement of Phokte. From here onwards, the trail goes through the forests of rhododendrons and flowery meadows. We will rest overnight at a teahouse in Maanedanda.

| <b>Destination:</b> | <b>Accommodation</b>   | <b>Altitude:</b> |
|---------------------|------------------------|------------------|
| 15km./05 hours walk | Teahouse at Maanedanda | (3940m./3102ft.) |

### **Meals**

Breakfast, Lunch, Dinner

## **Day 5: Trek to Panch Pokhari**

The destination for the day is Panch Pokhari, a group of five sacred lakes in Langtang National Park. You will begin with an ascend towards Jata Pokhari. The trail then goes through the highland alpine pastures to the forest of Sunpati (medicinal mountain herb) before reaching Jata Pokhari. It is one of Ramechhap's famous pilgrimage places in the lap of Mount Numburchuli.

From Jata Pokhari, the trail becomes gentle and easier to hike on. After a short walk, you will reach Panch Pokhari. There is a Shiva temple and two pilgrimage houses in Panch Pokhari. You can explore Panch Pokhari and visit the Shiva temple.

| <b>Destination:</b> | <b>Accommodation</b>    | <b>Altitude:</b>  |
|---------------------|-------------------------|-------------------|
| 14km./05 hours walk | Teahouse at Panchokhari | (4515m./14899ft.) |

### **Meals**

Breakfast, Lunch, Dinner

## **Day 6: Trek to Tare**

From Panch Pokhari, you will head towards Tare. You will begin by ascending to a pass at 4,600 meters. From here, the trail descends downhill and passes by the Khola Kharka. You will then move towards the Nupche River through dense bamboo forest. After reaching the Nupche River, the trail opens to green

pasture.

The place is also famous for its cheese and yak cheese factory. Visitors can observe the cheese-making process while enjoying fresh cheese. The Tare village lies a short distance from the Nupche River. We will rest for the night at a teahouse in Tare.

**Destination:**

20km./07 hours walk

**Accommodation**

Teahouse at Tare

**Altitude:**

(4140m./13662ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 7: Trek to Ngeju via Gyazo-La Pass

Today's trek will take you to the highest point of the trek, the Gyazo-La Pass, at an altitude of 4880m. You will begin with a trek from Thare to Linkhu Khola Valley. The trail is steep and challenging; you can see green pastures on the bank. However, the stunning views of the mountains make the effort worthwhile. You can also see the Himalayas north of Tibet from the Gyazo-La Pass.

The pass is also known locally as Thulo Lapcha. The Sherpa of the region uses the pass to transport goods on yaks to Rakhidanda and Ngeju. From Gyazo-La Pass, you will descend and start trekking to the Likhu glacier. After a few hours of trek, we will reach Ngeju. Trek from Tare to Ngeju takes 6 hours.

**Destination:**

16km./06 hours

**Accommodation**

Teahouse at Ngeju

**Altitude:**

(4880m./16104ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 8: Trek to Lhachhewar

On this day, you will head towards Lhacchewar or Seward. The trail consists of a downhill trek through the dense rhododendron forest alongside the Likhu Khola. It is a 5 hours trek from Ngeju to Lhacchewar.

Lhaccheswar is a picturesque Sherpa village in upper Ramechhap. The residents still follow the lifestyle of their predecessors, and the modern world has not yet touched them. Hence, you can witness the ancient culture, traditions, and customs. You will get to experience the remarkable hospitality of the Sherpa people.

**Destination:**

14km./05 hours

**Accommodation**

Tea house at Lhachhewar

**Altitude:**

(2665m./8794ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 9: Trek to Gumdel

You will begin your descent to Gumdel after breakfast. The trail goes through dense woodland and river

valleys. Along the way, you will also view Mount Numburchuli and Pathirbhara. After a while, you will come across a hidden pilgrimage site, Uma Tirtha. The trail becomes gentler as we reach Kayama.

You will continue to descend from Kayama as the trail passes through dense rhododendron forest. En route, you will also pass small Sherpa settlements, waterfalls, and streams. As you move forward, the gorgeous Numburchuli starts to get further away. It takes around three hours to trek from Kyama to Gumdel. It is a beautiful village amidst the mountainous valleys.

**Destination:**

16km./06 hours walk

**Accommodation**

Tea house in Gumdel

**Altitude:**

(2255m./7441ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 10: Trek to Serding

On this day, you will trek from Gumdel to Serding through the dense woodlands. The trail gradually ascends uphill towards subtropical alpine forests. En route, you will come across several small settlements and beautiful landscapes.

Today's trek is relatively short and takes around 4 hours. Serding village is famous for its cheese factory and its delicious cheese. You can visit the cheese factory and taste the cheese or buy some.

**Destination:**

12km./04 hours walk

**Accommodation**

Tea house at Serding

**Altitude:**

(3360m./11088ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 11: Trek to Lapchane via Thodung

After breakfast, you will leave Serding and head towards Lapchane via Thodung. You will begin with a short ascend to Thodung Monastery. A small and beautiful pine forest surrounds the monastery, which is also one of Nepal's first cheese factories.

From the monastery, the trail descends to Deurali. From here, you can see the stunning view of Mount Gauri Shankar. It is a short walk from Deurali to Lapchane. The Lapchane is a Newari village with incredible views of Mount Annapurna, Dhaulagiri, Kanchenjunga, Numburchuli, etc. A 30-minute walk from the village will take you to Tamdanda, which is famous as the tallest hill in Ramechhap.

**Destination:**

16km./06 hours

**Accommodation**

Tea house at Lapchane.

**Altitude:**

(3150m./10395ft.)

**Meals**

Breakfast, Lunch, Dinner

## Day 12: Trek to Those

For your final trek day, you will trek downhill through serene trails to Those at an elevation of 1,755 meters. It is a relatively easy walk that takes around 5 hours. You will witness breathtaking views of the Himalayan mountains as the trail travels through lovely forests and rivers. Upon reaching Those, you can unwind and enjoy the area's natural splendor.

### Destination:

15km./05 hours walk

### Accommodation

Neighborhood teahouse

### Altitude:

(1755m./5791ft.)

### Meals

Breakfast, Lunch, Dinner

## Day 13: Drive to Kathmandu.

You will drive back to Kathmandu from Those after breakfast. The drive will take around 7-8 hours. You will drive back to the familiar road. Similarly, you can also relish the scenic beauty of the countryside. Upon reaching Kathmandu, you will be dropped off at your hotel, marking the end of the trek.

### Destination:

170km./07 hours drive

### Altitude:

(1295m./4275ft.)

### Meals

Breakfast, Lunch

## What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu.
- Lodge/Home Stay/ Basic Camping (Twin share) accommodation during the trekking.
- All meals ( Breakfast, Lunch, Dinner ) during trek with tea/coffee.
- One experienced, well trained, fluent English speaking, friendly, specialized in Everest 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.
- Public transportation as per mentioned in itinerary.
- A trekking map, duffel bags, 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 charges and government tax .
- Public Liability Insurance.

## Whats Not included

- Hotel accommodation/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 Fee
- Tips for guide and porters (Highly suggested).

## **Numbur Cheese Circuit Trek Route Map**

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

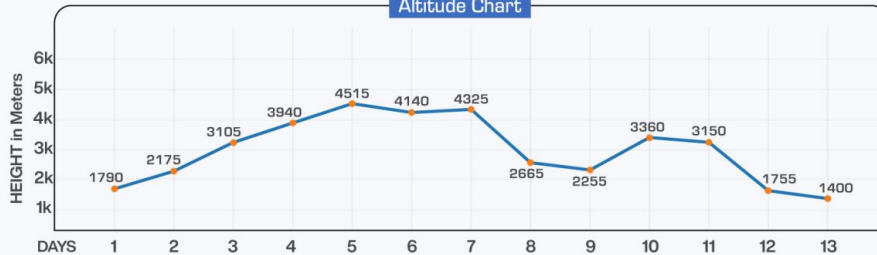


**Itinerary Highlight**

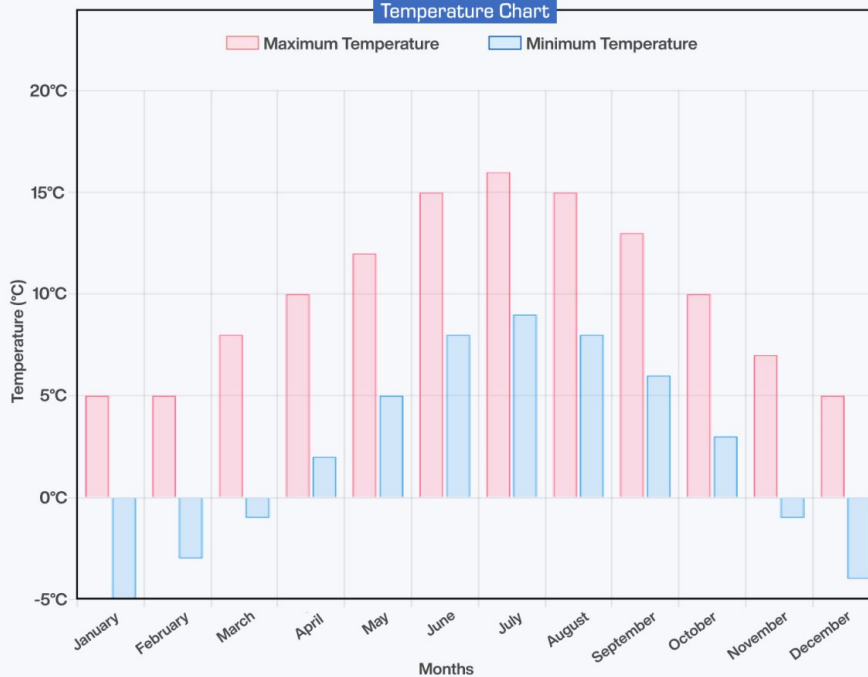
Day 1: Shivalaya  
Day 2: Khahare  
Day 3: Panipakha  
Day 4: Maanedanda  
Day 5: Panch Pokhari  
Day 6: Tare Kharka  
Day 7: Ngeju  
Day 8: Lhachhewar  
Day 9: Gumdel  
Day 10: Serding  
Day 11: Lapchane  
Day 12: Those  
Day 13: Kathmandu



**Altitude Chart**



**Temperature Chart**



# Additional Trip Information

## Accommodation Expectations During Numbur Cheese Circuit Trek

Accommodations on the Numbur Cheese Circuit Trekking route include teahouses, lodges, and homestays. Nepal Alternatives will arrange your accommodation on a twin-share basis. Since the trek routes are in remote areas, these accommodations only offer basic facilities. They provide beds, mattresses, bed sheets, pillows, and blankets.

The bathrooms are also usually communal and squat-styled. Accommodations in lower regions can have rooms with attached and Western-style bathrooms. Although the accommodations may be basic, they are safe and cozy. You can also get a glimpse of the local's rural lifestyle.

Our 13-day Numbur Cheese Circuit Trekking covers the stay, but trekkers must pay for the extra costs. Accommodations charge additional fees for hot showers, internet, phone calls, and charging devices.

## Numbur Cheese Circuit Trek Meals & Cuisines

A healthy and nutritious diet during the 13 Days Numbur Cheese Circuit Trekking is crucial to energize you. Thankfully, a wide variety of food options are available. We provide three meals (breakfast, lunch, and dinner) with tea/ coffee during the trek.

The meal options include oatmeals, porridge, pancakes, cornflakes, bread, chapati, dal bhat, curries, roti, noodles, soup, stews, sandwiches, pasta, salad, momo, thukpa, and more. The teahouses source the ingredients locally and prepare them fresh. We recommend you stick to vegetarian meals as the meat may not be hygienic or fresh. It is also best to avoid dairy products, caffeine, chocolate, and alcoholic beverages.

Please let us know if you have any dietary restrictions before the trek or during booking. We will make the arrangements accordingly.

## Permits For Numbur Cheese Circuit Trek

The Numbur Cheese Circuit Trekking requires two permits: a TIMS card and a Gauri Shankar Conservation Area Permit (GCAP).

**TIMS Card:** Trekkers must obtain a TIMS (Trekkers Information Information System) card for the Numbur Cheese Circuit Trek. You can get the card through a registered trekking agency. The costs of the card are as follows:

|                           |          |
|---------------------------|----------|
| Solo SAARC residents      | NPR 600  |
| Group SAARC residents     | NPR 300  |
| Solo Non-SAARC residents  | NPR 1000 |
| Group Non-SAARC residents | NPR 2000 |

**GCAP:** During the Numbur Cheese Circuit Trekking, you must access the Gauri Shanker Conservation

Area. Hence, you will require an entry permit, which you can obtain via a registered trekking agency. The cost of the permit is NPR 2000 for all trekkers.

## **Frequently Asked Questions**

### **What is numbur cheese?**

Numbur cheese is a type of cheese made from yak milk that is produced in the Himalayan regions of Nepal, Tibet, and Bhutan.

### **Where is numbur cheese produced?**

Numbur cheese is produced in the Solu-Khumbu region of Nepal, which is located in the eastern part of the country.

### **What makes numbur cheese different from other types of cheese?**

Numbur cheese is made from yak milk, which gives it a distinct flavor and texture. It is also aged for several months, which further enhances its flavor.

### **How is numbur cheese made?**

Numbur cheese is made by heating yak milk and adding a coagulant to separate the curds from the whey. The curds are then compressed and shaped into round disks, which are then aged for several months.

### **Is numbur cheese safe to eat?**

Yes, numbur cheese is safe to eat. It is a traditional food that has been consumed in the Himalayan regions for centuries.

### **What is the Numbur Cheese Trek?**

The Numbur Cheese Trek is a popular trekking route in the Solu-Khumbu region of Nepal that takes you through traditional villages and beautiful landscapes. The trek is named after the famous numbur cheese that is produced in the region.

### **How long is the Numbur Cheese Trek?**

The Numbur Cheese Trek is a 14-day trek that covers a distance of approximately 150 kilometers.

# Cancellation Policy

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

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

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

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

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

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

## Trip Amendment

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

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

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

## Health Conditions

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

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

## Weather and other unfavorable conditions

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

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

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

## Address

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

Post Box No: 8169,

House, Raniban Marg

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