

Short Helambu Trek - 4 Days

URL: <https://nepalalternativetreks.com/trip/short-helambu-trek/>

Weather

-5°C to 20°C

Duration

4 Days

Difficulty

Easy

Accommodation

Lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Jeep

Daily Activity

Approx. 5-6 hours

Religion

Buddhism, Hinduism

Ethnic People

Sherpa, Hyolmo, Tamang

Region of Nepal

Helambu, Sindhupalchok

Max Altitude

3,490 m / 11,517 ft

Best Season

March, April, May, Sep, Oct,
Nov, Dec

Geographic Terrain

Mountain, Forest, Village

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$400.00
Group Of 5 - 8	USD \$380.00
Group Of 9 - 12	USD \$360.00
Group Of 13 - 18	USD \$340.00

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.

Helambu Short Trek Overview

The Helambu Short Trek is one of the easiest and most accessible Himalayan treks from Kathmandu. Located north of the Kathmandu Valley, the Helambu region lies in Shivapuri Nagarjun National Park,

adjacent to Langtang National Park. This trek is a good choice if you want to experience mountain trails, traditional villages, forests, and local culture without taking a long holiday or dealing with domestic flights.

The 4-day Helambu Short Trek begins with a scenic jeep drive from Kathmandu to Chisapani. From there, the trail passes through rhododendron and oak forests before reaching Kutumsang. The route then climbs gradually toward Thadepati, the highest point of the trek, before descending through the traditional village of Melamchigyang. From Melamchigyang, a scenic drive takes you back to Kathmandu, completing the four-day journey.

Similarly, you will also have a cultural encounter in this Helambu trek. The trail passes through Sherpa, Tamang, and Hyolmo villages, where you will hear their own language, wear their own clothes, and practice their own Buddhist rituals, and where mass tourism has had little effect. Compared to other treks in the Langtang region, Helambu still feels relatively peaceful and less affected by mass tourism.

The landscape is equally varied. You will walk through forests, terraced hillsides, stone-built villages, and open mountain trails. The forests are home to Himalayan birdlife, and you may also spot wildlife such as langur monkeys. Along the route, simple teahouses provide a place to rest, with basic rooms, beds, and warm meals.

The beauty of this trek is that the trek stays at relatively moderate elevations and does not require long acclimatization schedules. Thus, it is suitable for first-time trekkers, families, and travelers with limited time.

Highlights of the Helambu short trek

- Trek through Shivapuri Nagarjun National Park and into the fringes of Langtang National Park in a single short itinerary.
- Reach Thadepati (3,490 m), the trek's highest point, for panoramic views of the Langtang, Jugal, and Gaurishankar ranges.
- Walk through traditional Sherpa, Hyolmo, and Tamang villages, including Kutumsang and Melamchigyang.
- Explore centuries of Tibetan culture in the Helambu valley at the Buddhist monasteries and gompas.
- Pass through blooming rhododendron and oak forest, particularly striking in the spring.
- Enjoy a low-altitude route with a lower risk of altitude sickness than treks in the Everest or Manaslu regions.
- Experience genuine teahouse hospitality away from the crowded trails of Everest and Annapurna.
- Complete an authentic Himalayan trek in just 4 days, ideal for travelers with limited holiday time.
- Spot Himalayan birdlife; if you are lucky, you can also spot langur monkeys along the forested sections.
- Start and end close to Kathmandu, with only short jeep drives on either end of the trek.

Weather

Best Season for Helambu Short Trekking

The Helambu Trek is open for most of the year, but the trail experience changes significantly with the four seasons. If you prefer to see the mountains and walk around, it's worth planning your dates accordingly.

Spring (March-May)

Spring, from March to May, is one of the best times to trek in Helambu, with bright, sunny spring days, pleasant weather, and mild temperatures. During the day, the temperature is between 4°C and 18°C, while nights are cooler, lower down the valley. The rhododendron forests and other vegetation burst into color along the lower trekking trails, making the trails even more colorful and the trip even more picturesque. Birdlife is also active during this season, and you might even see wildlife along the forested parts. Spring is also one of the best times for mountain views, as it is dry and generally clear.

Summer / Monsoon (June to August)

Nepal's monsoon season starts with the beginning of summer, and heavy rain falls throughout the country. Trails get wet and slippery, especially the forested descents near Thadepati and Melamchigyang, making the hike more challenging. The daytime temperatures are around 9°C to 20°C, warm and humid in the lower part of the valley. This is a quieter time on the trails, but cloudy days can also mean no mountain views, and this is not the best time to visit if you are not flexible with your travel plans.

Autumn (September to November)

September marks the transition from monsoon to autumn, when it is less rainy and sunnier. Autumn is one of the most popular trekking seasons in Nepal, including Helambu trekking, with crisp, sunny, and comfortable weather. The daytime temperature ranges from 0°C to 19°C and gradually decreases towards winter. This is the time when you can see the best, and the landscapes are especially fresh and vibrant after the monsoon rains. Fall is the peak season for trails and lodges, so it is advisable to make reservations.

Winter (December to February)

The mornings and evenings are colder than usual in winter, with temperatures between -2°C and 9°C, so warmer layers are needed. Even in the cold, the daytime visibility is often good, and there are good views of the surrounding peaks. The trails are much quieter in the fall, which is good for those who prefer a more tranquil, less crowded trek. Snowfall is usually light at these elevations, and the route is often walkable in winter.

January

-2°C to 8°C

February

-1°C to 9°C

March

1°C to 12°C

April

4°C to 15°C

May

7°C to 18°C

June

9°C to 19°C

July

10°C to 20°C

August

10°C to 20°C

September

8°C to 19°C

October

5°C to 16°C

November

0°C to 11°C

December

-2°C to 9°C

Difficulty

Helambu Trek Difficulty:

The short Helambu trek is a direct and efficient route that can be completed in 4 days, making it suitable for beginners, seasoned trekkers, and families. This hike is open to all levels of hiking experience and technical skills. But you need to have a good level of fitness, stamina, and overall health.

You will find some less-steep routes with a moderate number of inclines and declines along the way. The terrain is a bit out of the way and off the grid, but much less challenging than other major routes in the area. The hike will average 4 to 6 hours per day over the four days, and the main physical challenge will be reaching heights above 3,400 m.

Although the route is simple, being in good condition will make it more enjoyable. It is easy to prepare by beginning a light stretching and endurance exercise program before departure. This will allow you to enjoy the entire experience without worrying about daily trail hours.

4 Days Helambu short trek Itinerary

Day 1: Drive to Chisapani by Jeep - Trek to Kutumsang (2,446 m)

The 4-day Helambu trek starts with an early-morning jeep ride from Kathmandu to Chisapani, a small ridge settlement within Shivapuri Nagarjun National Park. This will save you a full day of walking from Sundarjal and get you on the trail by mid-morning.

Then, from Chisapani, you start the real hiking. The trail from Chisapani rises slightly along the edge of the park through pine and oak forest, with a few clearings providing early glimpses of the Langtang and Jugal ranges. The route to Kutumsang is not too steep, and it is a pleasant first day to get used to the pace of trekking. Kutumsang is a small village of both Tamang and Sherpa people, where you will stay overnight at a local lodge.

Destination:

69 km Drive (Avg 4-5 hours))
16 km Uphill hike (Avg. 06 hours)

Accommodation

Namaste Hotel

Altitude:

2,446 m / 8071 ft

Meals

Lunch, Dinner

Day 2: Trek to Thadepati (3,490 m)

The second day of your Helambu trek itinerary is the most challenging of the trek, as it starts from Kutumsang and rises steadily through rhododendron and fir forests to the highest point on the route, Thadepati, at 3,490m. The forest thins out slowly as you rise, eventually giving way to ridges with long vistas back to Kathmandu and forward to the Langtang massif.

Thadepati is located at the edge of Shivapuri Nagarjun National Park and Langtang National Park, and the village itself is nothing more than a few lodges catering to trekkers on their way to Helambu and Gosaikunda. This is a good day to take it easy, drink plenty of water, and let the guide know if you notice any early signs of altitude discomfort.

Destination:

14 km Hill hike (Avg. 06 hours)

Accommodation

Tashidelek Lodge

Altitude:

3,490 m / 11,517 ft

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Melamchigyang (2,530 m)

From Thadepati, the trail descends into the Melamchi valley, leaving the high ridgeline behind and dropping through forest and terraced farmland into Hyolmo territory. The change of landscape is evident within a few hours as you enter the lower villages, and you begin to see stone farmhouses, prayer flags, and mani walls.

One of the cultural highlights of the trek is Melamchigyang, where a robust community of Hyolmo people resides, and several small monasteries are located. The monastery and village life here are very different from the quieter, higher-elevation days of the last two days, and are best appreciated by spending a night here.

Destination:

15 km Hill hike (Avg. 06 hours)

Accommodation

Helambu Hotel

Altitude:

2,530 m / 8,300 ft

Meals

Breakfast, Lunch, Dinner

Day 4: Drive to Kathmandu by jeep

The last day on your Helambu valley trek route is a beautiful jeep tour from Melamchigyang to Kathmandu, passing through smaller villages and farmland before returning to the main road. The drive takes a few hours, depending on road conditions, and typically arrives back in Kathmandu by early to mid-afternoon. This allows you to enjoy the rest of the day in Kathmandu, either to unwind after the hike, visit the city, or book an onward flight if necessary.

Destination:

150 km Drive (Avg. 06 hours)

Altitude:

1,400 m / 4,600 ft

Meals

Breakfast, Lunch

What's included

- Pick-up at Tribhuvan International Airport and transfer to the hotel in Kathmandu.
- Lodge (twin-share basis) accommodation during the trek.
- All meals (breakfast, lunch, and dinner) during the trek.
- One experienced, well-trained, fluent English-speaking, friendly, specialized in the Helambu region, and government-authorized trekking guide.
- 1 porter per 2 trekkers, with luggage weight kept under 10 kg per person.
- Guide/porter's food, accommodation, salary, insurance, transportation, and equipment.
- Overland transportation as mentioned in the itinerary.
- Langtang National Park fee and Shivapuri National Park fee.
- A trekking map, a duffle bag, water purification, daily oxygen saturation check-up, a company T-shirt, first aid medical supplies, and a trekking completion certificate, etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public liability insurance.

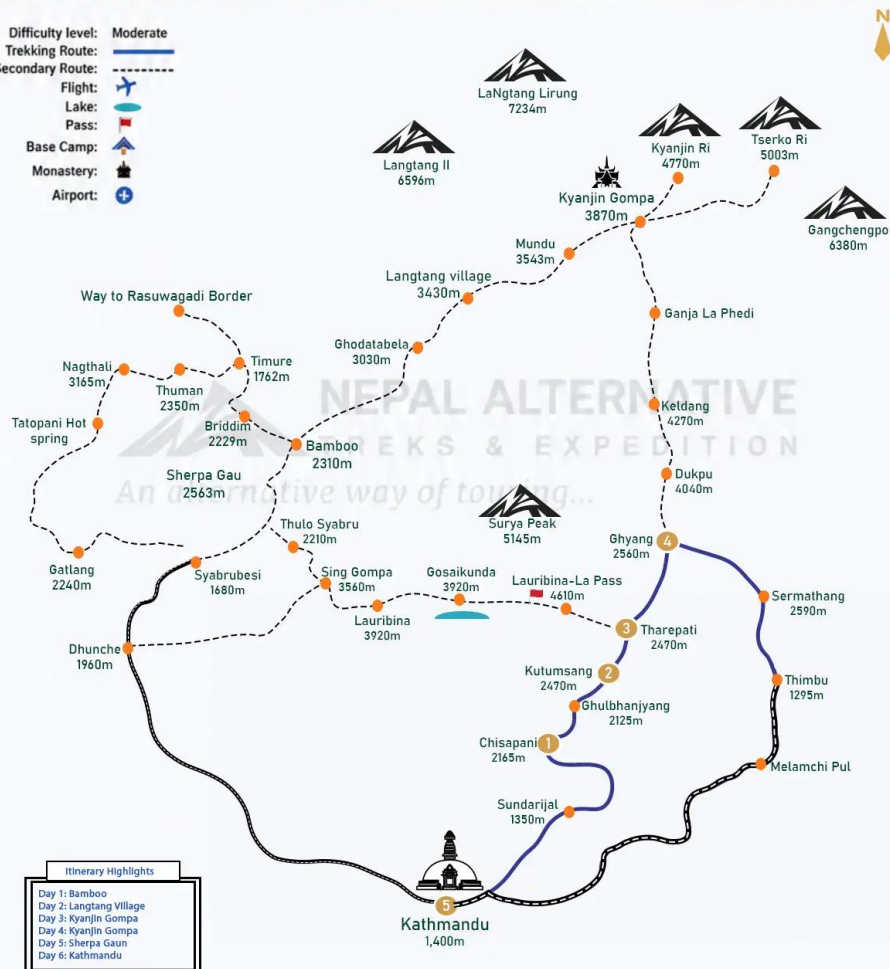
What's not included

- Hotel accommodation and meals in Kathmandu.
- All kinds of hard and soft drinks, including tea/coffee, mineral water, Coke, Fanta, alcoholic drinks, hot showers, laundry, phone bills, bar bills, hot water, etc.
- Personal travel insurance.
- International flight tickets.
- Nepal tourist visa.
- Tips for guides and porters (highly suggested).

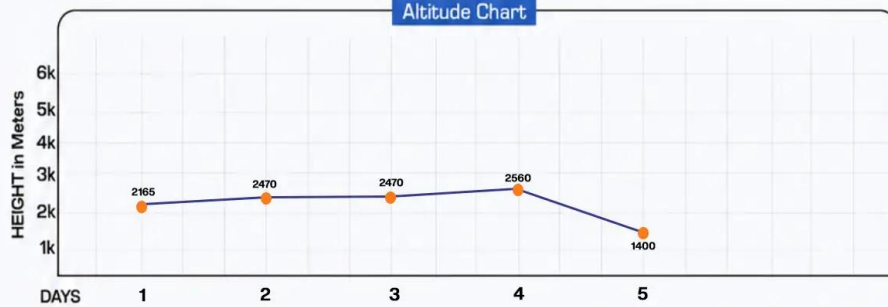
Route Map

Helambu Trek – 5 Days

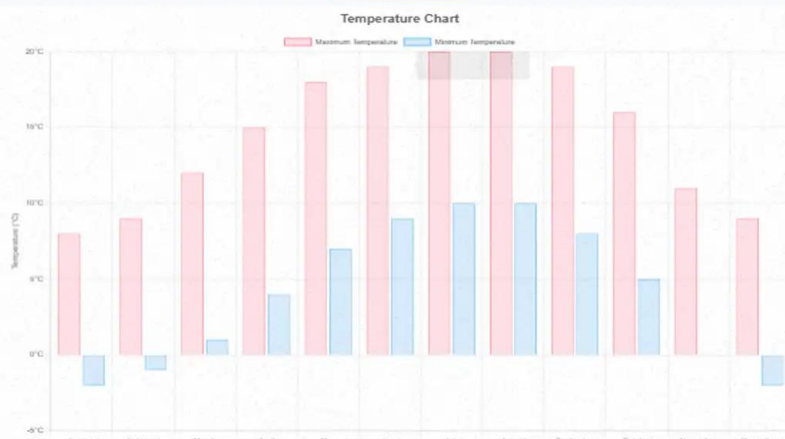
Difficulty level: **Moderate**
Trekking Route:
Secondary Route:
Flight:
Lake:
Pass:
Base Camp:
Monastery:
Airport:



Altitude Chart



Temperature Chart



Additional Information

Cultural and Religious Influence in the Helambu Region

Buddhism is an important part of daily life in Helambu, and you can see its influence throughout the trek. As you walk through villages such as Kutumsang and Melamchigyang, you'll see prayer flags along the trails, mani walls near homes and monasteries, and prayer wheels used by local people. Monasteries are important gathering places for the Hyolmo and Sherpa communities, where people come to pray and take part in religious ceremonies.

Furthermore, the Hyolmo and Sherpa communities have their own language, traditions, clothing, and customs, while their Buddhist practices share many similarities with those of the Tibetan communities. Walking clockwise around mani walls and spinning prayer wheels are common traditions that have been followed for generations.

If your trek coincides with a local festival, you may also get to see a more vibrant side of Helambu. During Losar, the Tibetan New Year, villages come alive with music, dancing, traditional clothing, prayers, and communal meals. Even outside festival periods, you can notice Buddhist traditions in everyday life, from butter lamps in home shrines to prayer flags around villages and monasteries. So, take time to visit a monastery or speak with local villagers to make your trek to Helambu more meaningful beyond its mountain scenery.

Is there any Altitude Safety and Risk Level during the Helambu Short Trek?

Helambu is a low-altitude, easy trek, with its highest point at Thadepati at 3,490 m. This is much lower than passes and base camps on treks such as [Everest Base Camp](#) or [Annapurna Circuit](#), so most trekkers will not be at risk of Acute Mountain Sickness. Despite this, it is important to walk at a steady pace, drink plenty of water, and let your guide know if you get a headache, feel sick, or are tired, as these are the first signs of altitude sickness.

The trek's gradual daily ascent works in the trekkers' favor. Helambu's highest point is on Day 2, and the descent into the Melamchi valley is not long enough for any symptoms of altitude sickness to show. This makes it a good choice for trekkers who haven't climbed above 2,500 m before, or for those who want to find out how their bodies respond to altitude without risking a more challenging trek later.

However, altitude sickness can affect anyone, even those who are fit and have experience trekking at high altitudes. So, it's better not to assume that it will not happen to you just because the altitude isn't high. Basic first aid and knowledge of early symptoms are available from guides along this route, and lodges at Thadepati are equipped to accommodate trekkers who need a night to acclimatize if necessary.

Comparison With Other Short Treks in Nepal

The Langtang area has no shortage of short trekking options. Still, they don't offer the same balance of experience, quality, and value. The comparison of Helambu Short Trek against three popular short treks near the capital is presented below, so you can see where it stands out in terms of culture, difficulty, and scenery.

Feature	Helambu Trek	Nagarkot Hike	Shivapuri Hike	Langtang Valley Trek
Duration	4 Days	1 Day	1 Day	8 Days
Culture	Sherpa, Hyolmo villages	Limited	Minimal	Tamang villages
Difficulty	Easy	Easy	Easy	Moderate
Scenery	Forest, village, mountain views	Sunrise viewpoint only	Forest, park views	High mountain, glacier
Max. Altitude	3,490 m	2,175 m	2,732 m	3,870 m
Overall Experience	Balanced culture + mountains, short duration	Quick day trip, minimal immersion	Nature walk, low cultural exposure	Longer, deeper mountain trek

The Helambu Short trek is best suited for trekkers who seek a blend of cultural and Himalayan experience in a short period. With only one week available, the trek is perfect for beginners, families, couples, corporate workers, and friends who have time-constrained vacations. However, the Nagarkot or Shivapuri trek is suitable for those who are looking for a brief natural experience with a sunrise view.

On the other hand, the Langtang Valley trek is longer. It provides a high-altitude trekking experience that requires proper preparation, acclimatization days, and physical fitness. Therefore, Helambu is the perfect balance trekking option, standing out for its cultural experience, scenic views, and easy walking conditions. It provides an authentic exploration of Sherpa or Hyolmo villages rather than tourist-oriented ones.

What Kind of Accommodation is Available Along the Helambu Trek?

Throughout the Helambu Trek, accommodation is in local teahouses and lodges, on a sharing basis. Rooms are basic, typically twin beds with communal bathrooms down the hall, but comfortable enough for this short trip. The majority of lodges are family-owned, making the overnight stays along the way more personal. Every lodge also serves as your dining room, and breakfast, lunch, and dinner are served fresh at each stop.

The facilities are slightly different from village to village. Hot showers and device charging are typically provided. There may be a small additional cost, and Wi-Fi is available in some lodges, especially around Kutumsang. Still, it becomes less reliable the higher up the mountain you go, near Thadepati. Blankets are available, but a lightweight sleeping bag liner is recommended for colder nights.

These extras are best brought along with a bit of extra cash, as there are no ATMs along the way. At the height of autumn, rooms can be booked up, so if you are traveling during this time, it is advisable to book in advance. Overall, the accommodation is basic but reliable and more than adequate for a trek of this length.

Why Helambu Is One of the Best Short Treks Near Kathmandu

The main advantage of the Helambu Trek is the location. The trip begins with a short jeep ride from Kathmandu. It is one of the very few treks in the Himalayas that don't require a domestic flight or several

days of bus travel just to reach the trailhead.

Beyond accessibility, the trek offers a great cultural experience. Communities of Sherpas, Hyolmos, and Tamangs, whose Buddhist culture, architecture, and lifestyle are relatively unaffected by mass tourism, reside in villages like Kutumsang and Melamchigyang. The landscape matches this culture: forest ridges, rhododendron woods, terraced fields, and clear views of the Langtang range, all at a comfortable altitude. This way, the Helambu trek is one of the best short treks near Kathmandu.

Why This Trek Works for Short Holidays From Abroad

For international travelers, vacation time is often the biggest constraint on trekking in Nepal. This is exactly where Helambu stands out. The entire trek can be completed in 4–7 days, including arrival and departure days in Kathmandu, with only 4 days of trekking and no domestic flight required to reach the starting point.

For those who wish to experience the Himalayas but are unable to commit to the two to three weeks required for treks such as Everest Base Camp or Annapurna Circuit, Helambu is a good option. No extra buffer days are needed for delays to mountain airstrips or extra acclimatization stops, as the route remains at a comfortable altitude.

The schedule is also flexible with international schedules. Trekkers who have a couple of extra days can add an extra day or two to the route towards Tarke Ghyang or Sermathang, or explore the Kathmandu Valley before or after the trek without changing the basic 4-day structure.

What You Actually Need to Pack for Trekking to Helambu

Head Wear

- Sun hat or scarf
- Winter hat or insulating hat, or a wide-brimmed hat
- Headlight with extra batteries
- Beanie
- Neck gaiter

Face

- Sunscreen
- Sunglasses with UV protection
- Face/body wipes
- Biodegradable bar soap
- Biodegradable washing liquid
- Throat lozenges, lip balm
- Hand sanitizer

Handwear

- Lightweight gloves
- Inner gloves

Bodywear

- Breathable underwear
- Long-sleeved shirt
- Hooded rain jacket and waterproof pants (June–August)
- Fleece jacket
- Lightweight cotton pants
- Trekking T-shirts and trousers
- Down jacket
- Sweater/thermal layer

Footwear

- Hiking boots
- Thick woolen socks (October–February)
- Sports shoes/sandals
- Fingers and toes warmer (October–February)

Toiletries

- Medium-sized drying towel
- Toothbrush
- Toothpaste
- Deodorant floss
- Biodegradable bar soap
- Nail clippers
- Small mirror

Backpack

- Duffel bag/Backpack (70–90 liter)
- Day pack/Rucksack (45–50 liter)
- Rain cover (June–August)

Sleeping

- Sleeping bag with liner (-15°C bag will suffice on most treks)

Personal Accessories

- Money
- Watch
- Cell phone
- Camera
- Water purification (pump, tablets, or drops)
- Water bottle
- Hiking poles
- Journal and pens
- Camera with extra batteries

- Small alarm clock
- Credit card and cash
- Camp towel
- Garbage bags
- Insect repellent
- Pocket knife
- Eye shade
- Ear plugs
- Book
- Cell phone in a waterproof case
- Cell phone charging cable
- Local SIM card (Namaste-NTC recommended)

Extra Items

- First aid kit
- Extra passport-size photos and photocopies of the passport
- Notebook and pen
- Binoculars
- Energy/protein bar

Frequently Asked Questions

How many days is the Helambu Trek?

The standard Helambu Short Trek is 4 days long, which starts and finishes in Kathmandu. There are also longer versions of the trek that last 6-8 days for those who wish to venture farther into Tarke Ghyang and Sermathang.

Is the Helambu Trek difficult?

The Helambu Trek is an easy trek. The trails combine steady uphill and downhill walking in forest and village settings for 4-6 hours per day. Trekkers of average fitness can do them with little or no trekking experience.

Do I need a guide for the Helambu Trek?

It is possible to go on a self-guided hike, but a licensed guide is strongly recommended. Junctions around Kutumsang and Thadepati can be confusing, and a guide can make communication with teahouse owners easier, provide safety, and offer local knowledge.

What is the best time for the Helambu Trek?

March to May and September to December are the best months. Spring is when the rhododendron forests bloom, and the mountain views are clear. Autumn and early winter are when the weather is

stable, and visibility is excellent.

Is the Helambu Trek suitable for beginners?

Yes. It is one of the easiest walks in Nepal, with moderate walking hours, low altitude, and short duration, and is a good choice for trekkers who want to test their fitness before embarking on a longer, high-altitude trek.

Can I do the Helambu Trek in 5 days?

Yes, some tours are 5 days in length to allow for a more leisurely pace, an extra village stop, or a brief extension to Tarke Ghyang and back to Kathmandu. At Nepal Alternative Treks, we do offer [5 days Helambu Trek](#). The day version starts with a drive from Kathmandu to Sundarimal.

Is the Helambu Trek better than the Ghorepani Poon Hill Trek?

While both Helambu and Ghorepani are the best options for short trekking in Nepal, neither trek is objectively better. The Helambu trek is more about the Sherpa and Hyolmo cultural experience. In contrast, the Ghorepani Poon Hill trek is known for its grand sunrise and sunset views and panoramic views of the Annapurna mountains. So both treks are popular options, but the choice depends on personal interest. If you want cultural or local village life, choose Helambu; if you seek dramatic mountain views, choose Ghorepani.

Is the Helambu Trek suitable for families and children?

Yes, thanks to its short duration, moderate walking hours, and low altitude, Helambu is a practical option for families with older children who have some hiking experience.

Is a porter necessary on the Helambu Trek?

A porter is not mandatory, but it is recommended for trekkers who prefer to carry only a light daypack. Porters typically carry bags for two trekkers at a time.

Is a mobile network or Wi-Fi available on the Helambu Trek?

Mobile coverage is limited in the lower villages, such as Chisapani and Kutumsang, and unreliable near Thadepati. Some teahouses offer Wi-Fi for an extra charge, but do not assume that it will be available.

Can the Helambu Trek be combined with other treks?

Yes, Helambu is frequently combined with the Gosaikunda and Langtang Valley treks to form a longer circuit around the wider Langtang region.

What kind of food is available on the Helambu Trek?

Along the way, you will find teahouses with typical Nepali trekking food like dal bhat, noodles, soups, and simple Western dishes like pasta and pancakes. Eating gets easier at higher altitudes.

Is travel insurance required for the Helambu Trek?

Yes, personal travel insurance covering trekking and emergency evacuation is strongly recommended, even though the trek stays at a relatively low altitude.

What is the starting point of the Helambu Trek?

The trek typically begins with a jeep ride from Kathmandu to Chisapani, bypassing the longer approach walk from Sundarjal and allowing trekkers to reach the trailhead more quickly.

Cancellation Policy

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

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

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

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

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

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

Trip Amendment

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

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

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

Health Conditions

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

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

Weather and other unfavorable conditions

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

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate

strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

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

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