

Tsum Valley Trek - 12 Days

URL: <https://nepalalternativetreks.com/trip/tsum-valley-trek/>

Tsum Valley Trek Quick Information

Weather

-10°C to 20°C

Duration

12 Days

Difficulty

Easy

Accommodation

Lodges/Home Stay

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Tibetan, Gurung

Region of Nepal

Manaslu Region, Gorkha

Max Altitude

3800m./12540ft.

Per Person Cost

USD 680

Best Season

March, April, May, Sept, Oct,
Nov

Geographic Terrain

Mountain, Village, Rivers, Hills,
Waterfall, Terrace

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$680.00
Group Of 5 - 8	USD \$660.00
Group Of 9 - 12	USD \$640.00
Group Of 13 - 18	USD \$620.00

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.

Tsum Valley Trek Overview

Tsum Valley Trekking begins from Machhakhola in Gorkha district, which is easily accessible from Kathmandu. Trekking in this newly opened trail starts with a picturesque drive from Kathmandu to Machhakhola. Then, a series of ascent and descent along the bank of the Budhi Gandaki takes you to Chhokangparo, Jagat, Lokpa, and Chumling. At Chhokangparo, you visit the ancient nunnery of Rachen Gumpa and explore the sacred cave of Milarepa before you reach Mu Gumpa. The trail traces back to Lokpa from Mu Gumpa and all the way to Machhakhola and drive back to Kathmandu.

Manalsu Circuit & Tsum Valley Trek Video:

Highlights Of Trek To Tsum Valley

- Trek around the foothills of Ganesh Himal, Sringi Himal and Boudha himal .
- Amazing view of Mt. Manaslu (8163 m), the eighth-highest mountain in the world.
- Explore Ganesh Himal Base Camp .
- Visit ancient Buddhist Gompas (monasteries), including Mu Gumpa.
- Understand the unique lifestyle and culture of the Tibetan and Gurung people.
- Explore the dramatic landscapes and natural beauty of the Tsum valley.

Weather

Best Time For Tsum Valley Trek

The autumn and spring seasons are the greatest times to visit this location. In Nepal, the climate, temperature, and weather are consistent and acceptable during this time of year. Additionally, if you visit at this time of year, you may fully appreciate the natural beauty of the area. Traveling here at this time will therefore increase your enjoyment and experience. But you can also go on this trek in the rainy season. Similar to that, you might not be able to find acceptable weather to travel and appreciate the surroundings if you visit during the off-season.

January

-10°C to 4°C

February

-8°C to 7°C

March

-5°C to 10°C

April

0°C to 15°C

May

5°C to 18°C

June

7°C to 20°C

July

8°C to 18°C

August

8°C to 20°C

September

5°C to 18°C

October

0°C to 15°C

November

-5°C to 10°C

December

-8°C to 6°C

12 Days Tsum valley Trekking Day Itinerary

Day 1: Drive to Machha Khola from Kathmandu

Your exciting journey starts with a bus drive along the Prithvi Highway from Kathmandu. A smooth drive on a black-topped road takes you to Dhading Bensi from where the road turns upward to Gola Bhanjyang and then slopes down to Ankhu Khola. At Arughat, you cross the Budhi Gandaki River and drive further to reach Sotikhola. We continue to drive two hours to reach Machhakhola. This Ten-hour long drive rewards you with scenic villages, rivers, terraced farms, and a good view of Mount Manaslu and Ganesh. Overnight stay at Machhakhola.

Destination:

180km Drive
(Avg 10hrs)

Accommodation

Everest View Hotel or Larke
Peak Hotel

Altitude:

(870m. /2871ft.)

Meals

Lunch, Dinner

Day 2: Trek to Jagat

After breakfast, you follow the upstream trail to the small village of Khola Bensi. As you continue further, you encounter the natural hot springs at Tatopani. Then, you cross a suspension bridge over the Budhi Gandaki River and walk past the landslide area to reach Dobhan. Again, you cross a suspension bridge over Yaru Khola and climb the stone stairs at Thado Bharyang. The ascending path finally leads you to the beautiful village of Jagat. You enter the Manaslu Conservation Area, which requires you a special conservation area permit. Overnight Stay at Jagat.

Destination:

22km Hike
(Avg 8hrs)

Accommodation

New Monglolian Cottage or
similar category

Altitude:

(1340m. /4422ft)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Lokpa

Today, you'll walk through the protected territories of the Manaslu conservation area. Starting along the bank of the Budhi Gandaki, you walk past the attractive settlements of Salleri, Sirdibas, and Philim. As you trek further, the trail branches off into two at Ekle Bhatti, where you choose the trail to Tsum Valley. You keep climbing along the bank of Budhi Gandaki, encounter a waterfall on the way, and finally reach Lokpa. Lokpa is the first village in Tsum Valley that affords you a spectacular view of the Manaslu range, including Himalchuli and Boudha Himal. Overnight in Lokpa.

Destination:

14km Hike
(Avg 6hrs)

Accommodation

Lokpa Guest House or similar
category

Altitude:

(2240m. /6339ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Chhokangparo

From Lokpa, you follow the descending trail to the Lungwa River and then walk uphill to Gumling through the dense rhododendron and pine forests. Then, you cross Syar Khola and reach the village of Chumling. On the way to Chumling, you can enjoy a clear view of Baudha Himal and Ganesh Himal.

Mani Dhungyur and Gurwa Gompa are some impressive monasteries in Chumling that draws the attention of every trekker. From Chumling, you continue your trek to Chhokang Paro as you cross several streams. Chhokang, a part of the upper Tsum valley, offers you an excellent view of Shringi

Himal (7161 m). The warm hospitality of local people with Tibetan tea will be a memorable experience for you.

Destination:	Accommodation	Altitude:
16km Uphill hike (Av.06 hours)	New Milarepa Hotel or similar category	(3010m. /9933ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Mu Gompa

The trail scales up from Chhokangparo along the side of Shiar Khola to Rachen Gompa, an ancient nunnery of Tsum valley. As you continue your trek, you see people busy on their farms. After passing Lamagaon, you encounter a Piren Phu/ Milarepa cave adorned with colorful prayer flags. The walls of this cave have ancient Buddhist paintings and arcane scripts that mark the socio- religious importance of this cave.

After exploring the cave, you continue to walk past the villages of Nile and Chule and finally reach Mu Gompa. Mu Gompa the largest monastery in the area with hundred monks living there. The evening prayer at the Mu Gompa monastery is something certain to delight. Overnight stay at Mu Gompa.

Destination:	Accommodation	Altitude:
14km Hike (Avg 6hrs)	Gumpa Lodge or similar category	(3800 m. /10754ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Excursion day to Mu Gompa

Today, you roam around the Mu Gompa area, exploring the natural beauty and experiencing the vibrant atmosphere and spiritual bliss. This place offers you beautiful views of the mountain peaks, and there are beautiful pastures to walk through. A day of acclimatization helps you to adapt to the high altitude and

thin air. Overnight stay at Mu Gompa.

Destination:

Excursion around

Accommodation

Gumpa Lodge or similar
category

Altitude:

(3800 m. /10754ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Chhokangparo

Today, you retrace the path back to Chhokangparo via Rachen Gompa. You walk past the monasteries, villages, terraced farms, and reach the Milarepa cave. From there, you continue to the monastery of Rachen Gompa. Then, you follow the trail along the bank of Sotikhola to reach Chhokangparo.

Destination:

14km Hike
(Avg 6hrs)

Accommodation

New Milarepa Hotel or similar
category

Altitude:

(3010m. /9933ft)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Lokpa

Today, you leave Chhokangparo to walk along the familiar trail to Lokpa. Bidding goodbye to the beautiful people of Chhokangparo and impressive monasteries in the village, you walk on the downhill trail to reach Chumling. Chumling looks attractive at the backdrop of Baudha and Ganesh Himal. As you leave Chumling, you cross Syar Khola and reach Gumling, from where the trail descends to the Lungwa river. Then, you walk along the ascending trail and stop at Lokpa for an overnight stay.

Destination:

14km Hike
(Avg 6hrs)

Accommodation

Lokpa Guest House or similar
category

Altitude:

(2240m. /6339ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Philim

The trail lead us to Philim . On the way, We will walk through most beautiful waterfalls in the Lower Tsum Valley, Samba Tingding Chhupyang. Stay there overnight at lodge.

Destination:

15km Hike
(Avg 6hrs)

Accommodation

Riverside Cottage or similar
category

Altitude:

(2140m./7062ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Tatopani

The trail descends to Tatopani (Natural hot spring). You can relieve your tired muscles by soaking yourself in the hot spring. Stay there overnight at lodge.

Destination:

14km Hike
(Avg 6hrs)

Accommodation

Lodge in Tatopani

Altitude:

(1050m./3465ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Machhakhola

Today is the last of walk. We retrace to machhakhola . Overnight in Machhakhola.

Destination:

14km Hike
(Avg 5hrs)

Accommodation

Larke Peak Hotel or Similar
category

Altitude:

(870m./2871ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Drive to Kathmandu

Leaving himalayas behind, saying goodbye to mountain, your return journey starts with a bus drive along the Budi Gandaki River and Salyantar joins a smooth drive on a black-topped road takes you to Dhading Bensi from where the road turns upward to Gola Bhanjyang and then join Prithibi highway to reach kathmandu.

Destination:

180km Drive
(Avg 10hrs)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- All meals (Breakfast, Lunch, Dinner) during the trekking .
- Lodge accommodation during the trekking.
- One experienced, well trained, fluent English speaking, friendly, specialized in Tsum valley trekking region and government authorized trekking guide

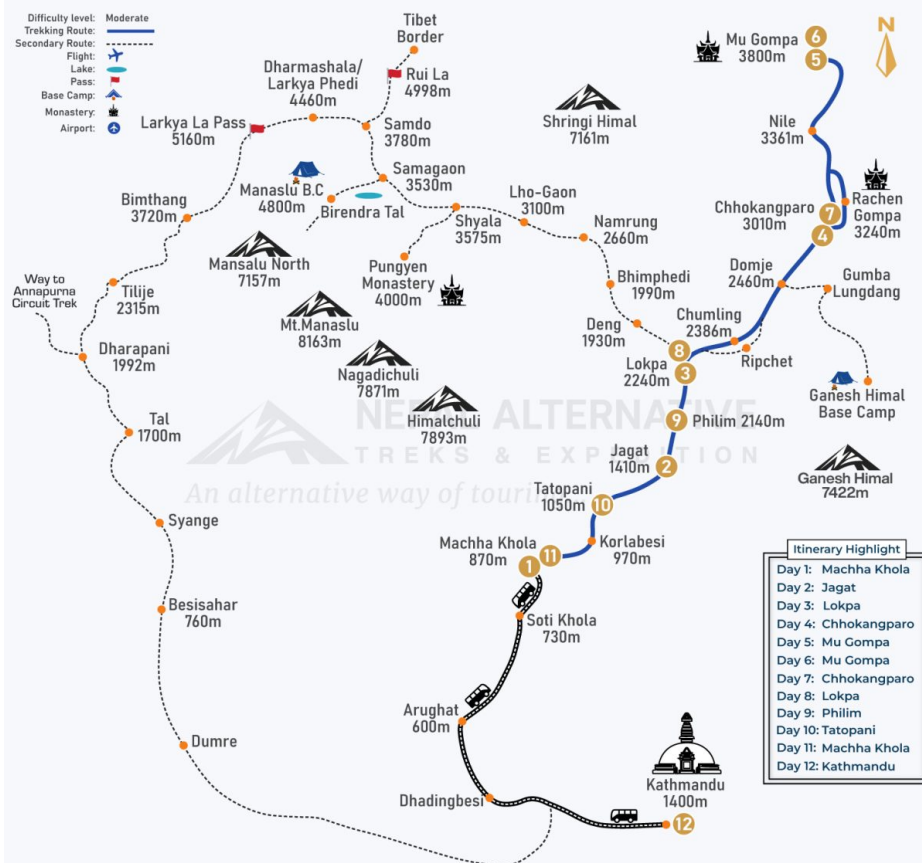
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, transportation and equipments.
- Overland transport as per mentioned in itinerary.
- Tsum valley special permit, Manaslu conservation area project (MCAP) and Local Government entry fee.
- Trekking map, duffel bag, Oxygen saturation check up everyday, Water purification, first aid medical, company t- shirt and trekking company certificate.
- Assistance for emergency rescue evacuation .
- Public Liability Insurance.
- Government tax and service charge.

What's Not included

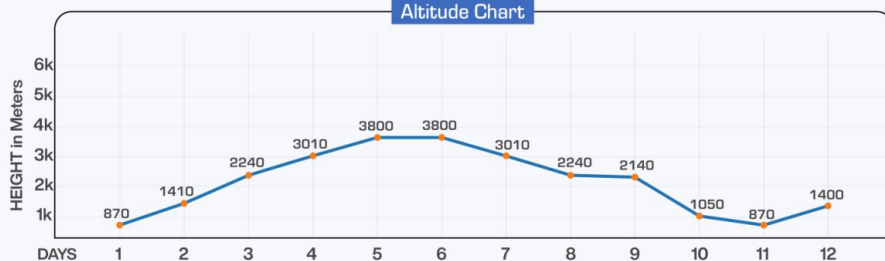
- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, battery charge, boiled water , phone bill and laundry.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and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

Tsum Valley Trek Route Map

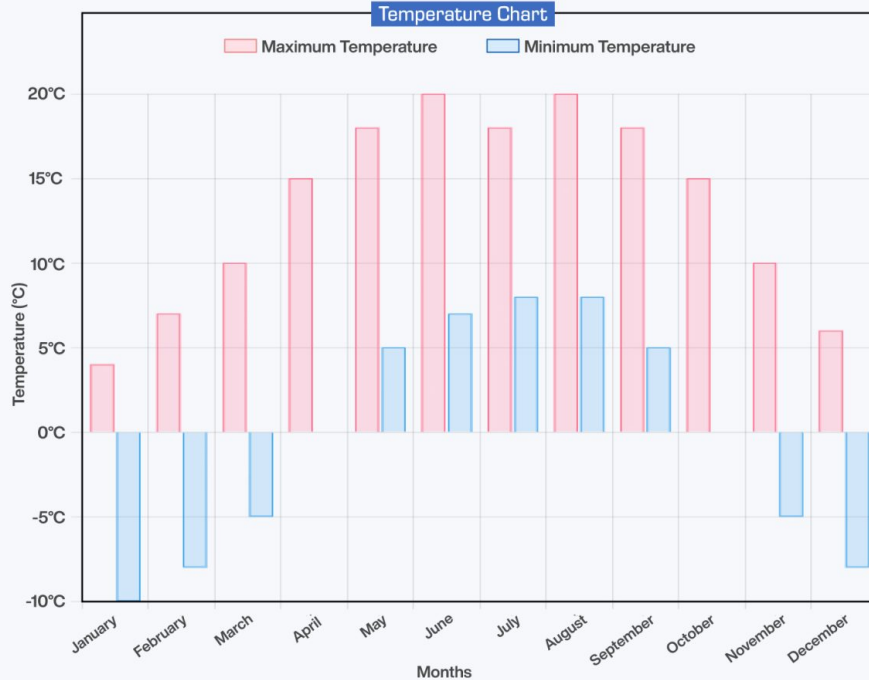
TSUM VALLEY TREK 12 DAYS



Altitude Chart



Temperature Chart



Traveler Reviews

Tsum Valley Trek Felt like discovering a secret Nepal

With two friends we decided to trek to Tsum valley and then from Doban over the pass directly to Ruby valley. The organiser was Tej (Nepal alternative Treks & expeditions). Already before the trek we got the most fair prices from his agency when we ask to organise the trip. When we arrived to KTM, he (Tej) made our permits and we left already next day with the guide cum porter Samir.

The Tsum valley we didn't like very much. It is beautiful nature, but many tourists, full traffic of mules with goods, road construction and specially VERY high prices in tea houses and homestays (dal bhat 650 to 700 rupees, black tea 80 to 100 rupees...

But we loved the Ruby valley with Ganesh himal views, no tourists, normal Nepali village life and normal prices for food and accommodation...

All together we spend 23 days and this was perfect experience we will never forget.

Thanks to Tej from Nepal alternative Treks & expeditions.

Rating: 5/5

Vojc

Yugoslavia

Curated tour with top tier service!

Tej was extremely helpful coordinating and answering questions before my trip. I felt very comfortable knowing what to expect as he was very prompt in responding to all my questions. Sanjalal, my guide, was the friendliest guy who was able to accommodate my tour to my tastes. He put in extra effort to make the trip as excellent as it could be. I was eager to try local food, interact with locals via home stays, and he made it happen! Thank you for the memories Tej and Sanjalal! ☐

Rating: 5/5

David D

USA

Additional Trip Information

Tsum Valley Trek Difficulty

This trek is a 13-day long trek. So, if you are a new trekker then it is going to be very hard for you. However, if you decide to trek here then a local guide is very important. Similarly, the Himalayan region is a very high-altitude trekking region. So, if you are not careful enough then you might fall victim to altitude sickness. Altogether, this trek is very difficult so make sure that you are fully prepared for its challenge. Furthermore, if you travel here during the on-season then it might be difficult for you to find suitable accommodation including experienced guides and porters because they might already get hired or booked by others trekkers. Furthermore, it is a long and steep trek that might challenge you during your trek. Similarly, if you travel during off-seasons then the climate might make your trek difficult because the weather gets cloudy and you cannot travel with clear visibility. So, you have to properly plan your trek.

Travel insurance During Tsum Valley Trek

Your travel insurance is one of the most important things that you should carry during your travel with us. If you don't have your travel insurance with you then we are afraid that we cannot cooperate with you. In addition, to all that make sure that your travel adventure and trekking insurance above 4000m is covered. Similarly, make sure that your insurance policy covers all your hospital bills in case something bad happens to you during the trek. But, if you don't have your original insurance policy then make certain that you got a copy of the policy because it will help you choose a beneficial policy at the time.

Meals and Accommodation During Tsum Valley Trek

We only provide meals and accommodation during the time of your trek. However, we don't provide soft hard drinks, beers, and other alcoholic products. Because we understand that these things can hamper your tour. Instead, we provide you with healthy local and western food which can benefit you during your trek. Furthermore, most of the accommodation facility is run by locals you will get a chance to experience quality local food and hospitality. In addition, the locals there also provide western foods though its a bit expensive compared to the local meals. Local dishes are less pricey because they prepare them with their local farm produce and spices. Whereas, most of the ingredients for western foods are imported from cities. So, western foods are slightly expensive. Furthermore, as you go higher up the altitude the price of the meals also increases.

How Fit Must Tsum Valley Trekkers Be?

This trek is one of the hardest trekking routes in Nepal. Even some of the most experienced trekkers find it hard sometimes to travel through these treks. So, you have to be very experienced for this trek. Similarly, you have to be physically fit for this trek. If you have some health issues, then it will be next to impossible for you to travel or complete this trek. Likewise, make sure that you do a full body checkup before heading toward the trek. This will be beneficial for you. In addition, walking and jogging/running before your journey are very beneficial. Furthermore, having a little bit of knowledge of hiking and trekking is favorable. However, visitors with less knowledge can do this trek as well.

Climate and weather During Tsum Valley Trek

You will find the perfect climate for the trek is during the autumn and spring season. However, you will find perfect weather during the monsoon seasons as well. If you decide to do trekking here during this time of the year then you will be able to travel with clear visibility and you can enjoy your time here. You are going to travel very high altitudes during the trek. So, making sure you do it at a perfect time can double your experience and have fun. Furthermore, if you travel here during this season then you will be able to travel in a clear sky. . During this time of the year, the weather is very pleasant and warm. However, it gets cold at night. It can probably show above 3000m altitude. However, the climate of the Himalayas is unpredictable. It is usually warm during the day and cold during the night. So, you should have a reliable sleeping bag with you. But, it is quite warm if there is sunshine. Similarly, if there is sunshine during the trek then you can fully enjoy the view of the surrounding. Likewise, you will travel in clear visibility. But, if you travel here during the off-season then you might not find a suitable climate for your visit. So, assure that you choose your trek at the perfect time.

Addressing Safety & Security Concerns For Trek to Tsum Valley

Safety and Security of our people are important factors for our company during the trek. Similarly, we take full care of our consumer and their property. Similarly, our trip constantly operates monitoring every area of our travel. So, don't worry about a single thing and enjoy your time with us.

Required Permits For Tsum Valley Trek

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

Tsum Valley Special permit: USD 40 Sept - Nov for 1 week and USD 7 per day beyond 1 week
: USD 30 Dec - Aug for 1 week and USD 7 per day beyond 1 week

Note: Child below 10 years are free

Frequently Asked Questions

Is this trekking route safe for trekkers ?

Yes, Tsum Valley is safe for tourists. Tsum valley area has already recovered from the earthquake in 2015 as Gorkha was EP center. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation for tourists.

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

Some of the days pass through the steep country lanes with climbs and ascents that can be demanding and tiresome, so it is beneficial for all travelers to exercise daily from a month before their trip. This helps the body get accustomed to the physical work required during the journey. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the trek.

When is the best season ?

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

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

While booking a trek with us, we do require you to have travel insurance that must cover medical and emergency helicopter rescue with evacuation expenses at 4000m. high altitudes for trekking members.

You should provide the insurance documents before you depart for the trek.

If you do not or cannot find an appropriate insurance policy, we will assist you with one. It will help you in potential altitude sickness and unforeseen events due to sudden weather changes.

Yes, we do pay for the insurance policy of our team members. Nepal Alternative Treks fund the expenses for insurance of all of its members along with their meals, salary, lodging, transportation, and other necessary equipment.

What is the role of your guides ?

Our licensed guides speak fluent English, and most of them even speak additional local languages like Gurung and Tamang. They are extensively trained in handling any crisis and accidents along with managing accommodation and have good experience in the safe operation of treks.

Our guides have ample knowledge about the Himalayas, altitude sickness, geography, local culture, and customs, as well as the biodiversity of the area. Their primary concern is your safety and satisfaction throughout the trek. Therefore, they will make your journey easier, exciting, and enriching.

What is Acute Mountain Sickness? What happens if we fall sick?

As you ascend, the atmospheric pressure decreases. Hence, the amount of oxygen available also decreases. When your body is unable to acclimatize adequately to a rapid decrease in oxygen volume, altitude sickness occurs. Its symptoms are nausea, vomiting, headache, lack of appetite, exhaustion, muscle aches, rapid pulse even at rest (+/- 120 beats per minute), and insomnia.

To avoid AMS, our itineraries include acclimatization days in between. You should walk at a slow and steady pace, eat enough carbohydrates, and drink plenty of water. You could eat chocolates and toffee while walking and avoid alcohol and smoking.

Our guides are well-trained to handle emergencies like AMS and other sicknesses. They know how to use an oxygen meter to monitor blood oxygen saturation levels at high altitudes. They can facilitate you with other medical kits (First Aid) and health check-up as per necessity.

If you happen to have symptoms of AMS or the feeling of being sick, you have to report it to your guide immediately. You must not ascend any further, take rest, and take medicines like acetazolamide or Diamox. If symptoms persist, you must descend to a lower altitude and visit a doctor immediately. If the condition seems to worsen, we shall coordinate with your insurance company for helicopter evacuation.

Can we change money along the trek ? Can we pay by credit card or foreign currency ?

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

What is the weight limit for porters ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

What kind of food will be provided during the trek?

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

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

How can drinking water be managed in the mountain ?

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

How long will we have to hike each day ?

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

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

What are the documents that we need to bring for this trek ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Passport-sized photos,
- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

What are the accommodation arrangements during the trek ?

In this trekking, the accommodation options are Home Stay and lodges only. Nepal Alternative Treks generally manages your accommodation in best available lodges or homestay that provide single or double rooms, mostly in dormitory-style. The bed has a mattress, pillow, and blanket. Very few teahouses offer a room with the blanket provided by the teahouse alone will not be enough to withstand the cold. So, it would be better to carry a warm sleeping bag. You can buy or hire one at the rental shops in

Kathmandu.

What kind of toilet facilities are there? Will we be able to take a shower in Mountain ?

You are most likely to find an Indian squat-styled toilet. Finding toilet paper is almost impossible in these areas, so we advise you to carry plenty of your own.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running shower and hot water facilities as the altitude increases. So, in remote mountainous regions, showers cost some extra money.

Can we hire trekking gears in Kathmandu ?

Yes, you can. There are plenty of shops around Thamel that sell as well as rent all the necessary gear for trekking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Do we need to tip my porter and guide ?

It is not mandatory to tip the porters and guides. It ultimately depends on your choice. As your porter and guide play a big role in the success of your trip, from guiding and carrying your necessities to being mindful of your safety, your tips reflect gratitude towards them. Hence, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

Is it possible to recharge batteries and electronics during the trek ?

Tsum valley has electricity and recharging facilities available for a minimal service charge.

However, to be on a safer side, we do recommend you carry solar chargers. Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

Is it possible to communicate with friends and family back home while on trek ?

Ruby valley has nowadays mobile network access and internet data coverage.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend NAMASTE sim for better network coverage and 4G data usage.

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

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to

our guides/porters and get back to you.

What is the weather and temperature like during the trek?

The temperature could range around and above 25 degrees Celsius in summers and decrease below -10 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 20 degrees Celsius, making it suitable for trekking purposes.

Cancellation Policy

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

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

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

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

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

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

Trip Amendment

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

or after the booking:

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

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

Health Conditions

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

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

Weather and other unfavorable conditions

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

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

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

Address

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