

Upper Mustang Tiji Festival Trek 2027 - 14 Days

URL: <https://nepalalternativetreks.com/trip/upper-mustang-tiji-festival-trek/>

Upper Mustang Tiji Festival Trek 2027 Quick Information

Weather -10°C to 20°C	Duration 14 Days	Difficulty Moderate
Accommodation Lodges/Hotels/Resorts	Meals Included Breakfast, Lunch, Dinner	Transportation Overland + Flight
Daily Activity Approx. 5 - 6 hours	Religion Buddhist, Bon Po	Ethnic People Tibetan, Gurung, Thakali
Region of Nepal Mustang, Annapurna Region	Max Altitude 3900m./12870ft.	Per Person Cost USD 1700
Best Season Sept, Oct, Nov, March, April, May	Geographic Terrain Mountain, Desert , Village, Rain-Shadow Area	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,700.00
Group Of 5 - 8	USD \$1,670.00
Group Of 9 - 12	USD \$1,640.00
Group Of 13 - 18	USD \$1,610.00

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.

Upper Mustang Tiji Festival Trek 2027 Overview

The 14 days Upper Mustang Tiji Festival Trekking, begins at Kathmandu. Embark on a scenic half-day long road journey to Pokhara, followed by an equally scenic flight to Jomsom Town in Mustang. Enjoy the aerial tour of the lush Annapurna Valley and Annapurna massif along with the flight. The trek gradually advances along the Kali Gandaki River and goes north towards the wilderness of Upper Mustang. Explore the Tibetan-styled villages of Chele, Syangboche, Ghami, and Tsarang en route to Lo Manthang.

At Syangboche, you may witness centuries-old human-made caves. Lo Manthang or the walled city, is where you'll witness the three-days Tiji Festival. Witness the local monks participating in the masked dance. Upon completion of the festival, you'll begin retracing your path back to Jomsom. Catch the mesmerizing sights of Annapurna I (8091m), Dhaulagiri Peak (8167m), Nilgiri Central (6940m), and Tukuiche (6,920m) along the trek. The trek concludes upon your return to Kathmandu via Pokhara.

Tiji Festival Short Video :

What History Does Tiji Festival Hold?

Tiji Festival is endemic to Upper Mustang. The festival celebrates the victory of good over evil. Started in the 17th Century, Tiji traces the folk history of Dorje Jono and Padmasambhava Guru Rinpoche. Dorje Jono or Vajrakila was a deity in Vajrayana Buddhism who defeated evil forces and brought prosperity in the region.

Every year during May, Chode Monastery at Lo Manthang performs the special Vajrakila ritual. Instructed by Padmasambhava, the festival takes the form of prayer chants and colorful dances, enacting the exact history of the battle. The festival is marked with performers dancing in disguise as demons and gods in eccentric masks and horns.

Upper Mustang Tiji Festival Trekking Highlights

- Witness the grandest and endemic festival of Tiji in one of the remotest regions in Nepal, Upper Mustang.
- Enjoy a two weeks long trek through the remote Kali Gandaki Valley and Lo Valley.
- Witness the iconic site of 2500 years old Jhong Cave and other human-made caves in Syangboche.
- Catch the majestic panoramic view of Annapurna I (8091m), Mt. Dhaulagiri, Tukuiche Peak, Machhapuchhre, Nilgiri, and Gangapurna.

Weather

January

-15°C to 5°C

February

-10°C to 8°C

March

-5°C to 12°C

April

0°C to 15°C

May

5°C to 18°C

June

7°C to 20°C

July

8°C to 20°C

August

8°C to 20°C

September

5°C to 17°C

October

0°C to 15°C

November

-5°C to 10°C

December

-10°C to 5°C

14 Days Upper Mustang Tiji Festival Trekking 2026 Itinerary

Day 1: 8th.May.2027 : Drive to Pokhara from Kathmandu

Upper Mustang, Tiji Festival trip, begins at Kathmandu. After a delicious breakfast, you'll embark on a tourist bus and begin driving along with your trek guide and porter to Pokhara. Located 200km west to Kathmandu, the scenic overland journey goes alongside the massive Trishuli River. Witness the lush forests, massive river, and the Himalayas en route to Pokhara. The entire journey may last anywhere from 6 hours. Upon arrival, you'll drive to Lakeside town of Pokhara and check into the hotel. You can spend the evening exploring the beautiful Phewa Lake and the neighboring town. Overnight in Pokhara.

Destination:

200km - Drive to Pokhara (Avg. 06 hrs.)

Accommodation

Hotel Kausi

Altitude:

(820m./2706ft.)

Meals

Breakfast

Day 2: 9th.May.2027 : Fly to Jomsom - Trek to Kagbeni

The day begins early as you complete your breakfast and drive to the airport. Embark on a short trans-Himalayan flight from Pokhara to Jomsom. The 25-min long flight takes you over the beautiful Pokhara City, lushly forested Annapurna Valley, and the massive Annapurna I towards Jomsom Town in Mustang. Upon arrival, you'll begin preparing for the trek. Embark on the first day of the trek and begin trekking along the dry beds of the Kali Gandaki River towards Kagbeni village. The small settlement of Kagbeni lies 11 km north to Jomsom. The village remains famous for its lush vegetation of buckwheat, Barley, and grains. Overnight in Kagbeni.

Destination:

8km Uphill hike (Av. 3hr)

Accommodation

Hotel Niligiri /Yak Macdonald

Altitude:

(2804m./9253ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: 10th.May.2027 : Trek to Chele

Leaving Kagbeni, the trail begins to climb upstream along the Kali Gandaki River. After getting your permits checked, you'll begin trekking along the cliffs on the eastern side of the Kali Gandaki valley. Catch the majestic sights of small settlements and their surrounding lush wheat, barley, and buckwheat fields at Tangbe and Chhusang village. After 5hr long trek, you'll arrive at Chele village en route to Syangboche. Overnight in Chele.

Destination:

15km Uphill hike
(Av. 6hr)

Accommodation

Mustang Gate Guest House or
Similar category

Altitude:

(3050m./10065ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: 11st.May.2027 : Trek to Ghilling

Leaving Chele, you'll exit the Kali Gandaki Valley. The initial trail goes past few zigzag terrains. The trail advances through large canyons. If you notice well, you will witness caves built hundreds of meters above the valley floor on the large canyons. These human-made caves are the local landmarks of Upper Mustang. Also known as sky caves, these caves were primarily used as a shelter during war or famine. Leaving the canyons, you'll reach Rachung Cave. The trail continues north overlooking the majestic sight of Nilgiri, Annapurna, Tilicho Peak, and en route to Syangboche. You will descend to Ghilling. Overnight in Ghilling.

Destination:

16km Up/downhill hike
(Av. 6hr)

Accommodation

Kunga hotel or Similar
category

Altitude:

(3800m./12540ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: 12th.May.2027 : Trek to Ghami

Leaving the scenic Ghilling village, you'll ascend to Jhaite village . Then you will climb towards Nyi La Pass (4020m). Catch the beautiful sight of the Upper Mustang valley and mountains. The trail drops and begins to climb towards Ghemi (3756m). An easy descent along the historical Lo Valley brings you to Ghami village located on the banks of the Ghami River. The entire trail spans almost 9.2km and drops nearly 280 meters. Overnight in Ghami.

Destination:

12 km ./Avg. 04 hrs.
Up/Downhill hike

Accommodation

Hotel Lho Ghami

Altitude:

(3756m./12394ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: 13th.May.2027 : Trek to Tsarang

Leaving Ghami, the scenic trail spanning 4 hours takes you to Tsarang village. The 10.7 km trail goes along the longest Mani Wall in Upper Mustang. The trail crosses Ghami Khola and begins to climb towards Choya La (3870m), the most challenging section in the entire trek. Catch the magnificent sight of Annapurna I, Dhaulagiri, Tukuiche, and Nilgiri peaks en route to Tsarang. Tsarang is home to beautiful Buddhist Chortens and the ancient Tsarang Monastery named after Tsarang Choedhe Shedrup Dhargyeling Monastery. Overnight in Tsarang.

Destination:

12km Uphill hike
(Av. 4hr)

Accommodation

Doma Hotel or Similar category

Altitude:

(3560m/11679ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: 14th.May.2027 : Trek to Lo Manthang : Witness the Tiji festival starting in the afternoon

The trek materializes as you leave Tsarang and begin heading towards Lo Manthang. The walled city lies 11km from Tsarang and may take almost 5 hours to reach. The trail advances through the remote part of Lo Valley. Begin climbing towards Lo La (3960m), the highest point of Tsarang to Lo Manthang. As you begin to descend, you can catch the breathtaking sight of the walled city amidst the remote landscape.

The first day of the Tiji Festival begins early afternoon. Soon you'll start hearing loud blurts from the Tibetan horns accompanied by two double-reeled horns, drum, and cymbals. As the local monks from the Chode Monastery head to the square, the large Thangkha (painting) dons the adjoining southern wall of the square. The masked dance commences soon, presenting the tales of Dorje Jono and his victory over evil.

NOTE: ENTRANCE FEE MAY BE INCURRED TO SEE THE FESTIVAL FOR 3 CONSUCATIVE DAYS.

Destination:

11km Uphill hike
(Av. 4hr)

Accommodation

Lotus holiday inn or Similar
category

Altitude:

(3805m./12556ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: 15th.May.2027 : Exploration of cave and monastery in morning and afternoon witness the stunning mask dances performed by monks in Tiji festival

Enjoy a delicious breakfast, and then embark on a scenic sightseeing tour outside Lo Manthang. After exiting the city, you'll begin trekking towards the ancient Nyiphu and Garphu Monasteries. These monasteries lay close to the 2,500 years old Jhong Caves. After exploring the beautiful monasteries, you'll begin climbing the Jhong Cave, which comprises a large intersection of caves with 44 different

compartments.

You'll head back to Lo Manthang and enjoy your lunch. Soon enough, the second day of the festival begins with much grandeur. You may witness female performers in their traditional attire and jewelry. The dance takes the pace up on the second day. Overnight in Lo Manthang.

Destination:

10km./ Avg. 2:30 hrs hike

Accommodation

Lotus Holiday Inn or Similar
category hotel

Altitude:

(3805m./12556ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: 16th.May.2027 : Explore the Summer palace and monastery in morning and enjoy the last and final celebration of Tiji festival in Lo Manthang in the afternoon

The day begins with a tour to the Summer Palace of the Late King of Mustang, Raja Jigme Dorje Palbar Bista. After witnessing this historical site, you'll head towards the Namgyal Gompa. After exploring the beautiful monastery, you'll enjoy your lunch. The third of the Tiji Festival is also the last. It begins with ceremonial music. The dance takes a vibrant beat and highlights the demise of the demon dramatically. More music, dance, and shooting guns follow afterward. The festival ends with much grandeur. Overnight in Lo Manthang.

Destination:

12km./ Avg. 3:00 hrs hike

Accommodation

Lotus Holiday Inn or similar
category

Altitude:

(3805m./12556ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: 17th.May.2027 : Trek to Ghami

Leaving Lo Manthang, you'll begin retracing your path back to Ghami village. The trail begins to ascent towards Lo La (3960) and heads downhill towards Tsarang village. After a short trek, you'll enjoy your lunch and then continue along with the trek to Ghami village. Few hours of trek past Choya La (3870m) and Ghami Khola brings you back to Ghami village. You can consider making a side trip to Lo Ghekar Monastery, one of the oldest monasteries in the region. Overnight in Ghami.

Destination:

15km Downhill hike
(Av. 5hr)

Accommodation

Hotel Lo Ghami or Similar
category

Altitude:

(3520m/ 11548ft)

Meals

Breakfast, Lunch, Dinner

Day 11: 18th.May.2027 : Trek to Chusang

Leaving Ghami, you'll begin retracing your path to Ghiling village. Cross the mighty Ghemi La (3756m) and Nyi La Pass (4020m) en route to Ghiling. After lunch, the trail continues past Syangboche en route to Rachung Cave. Continue walking past large rock canyons towards Chele. A short downhill trek brings you to Chhusang village. Overnight in Chhusang.

Destination:

14km Downhill hike
(Av. 5hr)

Accommodation

Brikuti Guest House or Similar
category

Altitude:

(3050m/ 10,006ft)

Meals

Breakfast, Lunch, Dinner

Day 12: 19th.May.2027 : Trek to Jomsom

Leaving Chhusang, you'll begin retracing the old path back to Jomsom. The trail ascends along the Kali Gandaki Corridor towards Tangbe and heads towards Kagbeni village. Enjoy a delicious lunch at Kagbeni, before continuing with the trek to Jomsom. A short trek over the Kali Gandaki riverbeds brings you to Jomsom. You can enjoy the completion of the trek with the local Marpha brandy. Overnight in Jomsom.

Destination:

12km Downhill hike
(Av. 5hr)

Accommodation

Himalayan Hotel or Similar
category

Altitude:

(2450m./9405ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: 20th. May.2027 : Fly to Pokhara

Catch an early morning flight to Pokhara. The scenic trans-Himalayan flight takes you over the massive Annapurna massif and the Kali Gandaki Gorge towards Pokhara City. Upon arrival, you can enjoy your breakfast and spend the day exploring the beautiful city. Pokhara is the ultimate tourist getaway and is home to numerous tourist sites such as Phewa Lake, Tal Barahi Temple, Davis Fall, Gupteshwor Cave, UNESCO designated Pokhara Peace Pagoda, and Mountain Museum. Overnight in Pokhara.

Destination:

20mins Flight

Accommodation

Hotel Kausi

Altitude:

(825m./2722ft.)

Meals

Breakfast

Day 14: 21st.May.2027 : Drive to Kathmandu

Today is the last day of the trip. Catch the mesmerizing sight of Annapurna I and Machhapuchhre Peaks from the hotel. After breakfast, you'll embark on a tourist bus and begin driving back to Kathmandu. The half-day long drive goes alongside Trishuli River and the colorful towns of Manakamana and Malekhu en

route to Kathmandu. Overnight in Kathmandu self .

Destination:

200km Drive to Kathmandu
(Av. 6hr)

Altitude:

(1295m./1273ft.)

Meals

Breakfast

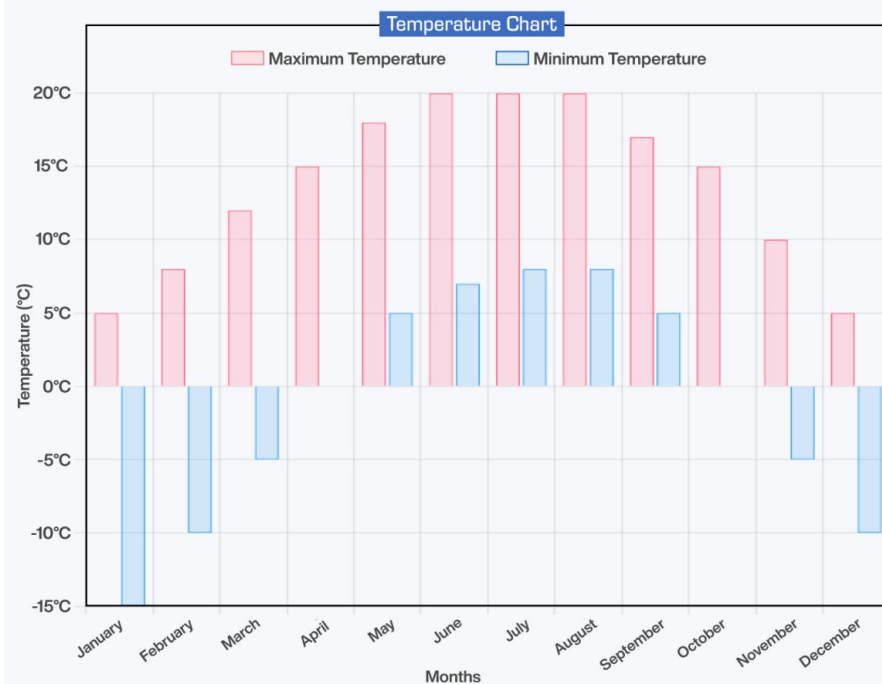
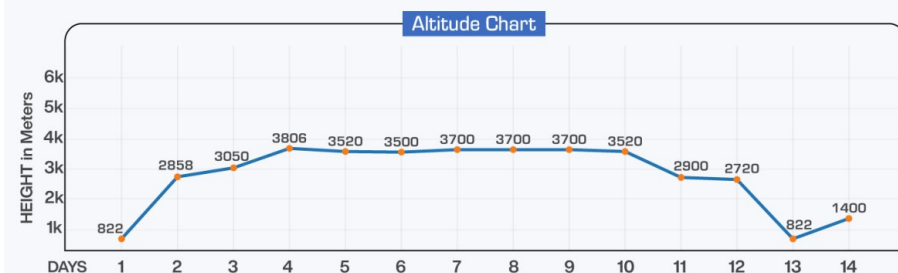
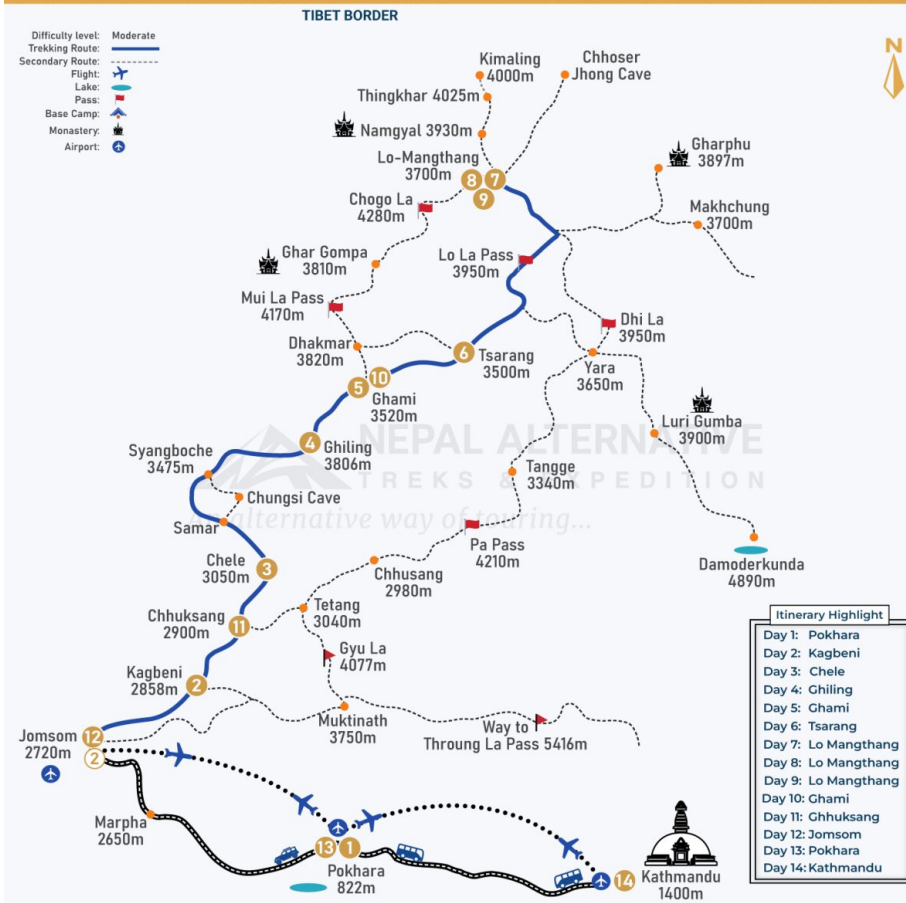
What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu.
- Standard hotel accommodation in Pokhara (Hotel Kausi) with breakfast.
- Lodge accommodation (Twin share basis) while on the trek
- Full board meals (breakfast, lunch and dinner) while on upper Mustang Tiji festival trekking.
- One fluent English speaking, government registered, friendly trekking guide.
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's meals, accommodation, salary and insurance etc.
- Upper Mustang special trekking permit and Annapurna conservation area project (ACAP).
- Pokhara -Jomsom - Pokhara by flight.
- Kathmandu to Pokhara and return by tourist bus.
- A trekking map, Oxygen saturation check up everyday, Duffle bag, Water purification, Company t-shirt, Trekking completion certificate etc
- Government tax and service charge
- Assistance for Emergency Rescue Evacuation.
- Public Liability Insurance.

What's Not included

- Hotel accommodation and Meals in Kathmandu.
- All kind of hard /soft table drinks as tea/coffee, coke, fanta, beer, mineral water, desert, battery charge, laundry and main meals while on city like Kathmandu and Pokhara
- Travel insurance .
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and porters

Upper Mustang Tiji Festival Trek Route Map



Additional Trip Information

Upper Mustang Tiji Festival Trek Difficulty

This trek lasts for almost 2 weeks. So, it is a kind of difficult trek. Trekking through the uphill of a Mustang can be extremely difficult. Similarly, the altitude can also cause some problems including altitude sickness.

Is Travel insurance Required For Tiji Festival Trek?

We don't provide you with personal travel insurance. So, you have to have travel insurance from the company. Otherwise, trekking is impossible. Before coming to this trek you make sure that your travel insurance is not expired. Make sure every box is ticked regarding your safety for the trip.

Tiji Festival Trek's Meals and Accommodation

We provide you with the facility of breakfast, lunch, and dinner during the trek. Similarly, we provide lodge accommodation to you during the trek. So this is not your worry. Likewise, the foods that we provide are top class because we understand that having a good diet during the trek is very important for a proper trekking experience.

How Fit Do Trekkers Planning Tiji Festival Trek Must Be?

This trek is 14 days long. So, you must be physically fit and also have some experience trekking. Therefore, for the trek, you have to be physically fit and mentally strong along with some experience.

Climate & Weather During Upper Mustang Tiji Festival Trek

Mustang is at a very high altitude. So, the climate is mostly cold all the time. But it certainly gets very sunny at noon. But, if you travel this trek during the time of spring and autumn you will find a moderate climate and weather for the trek. Likewise, we all know that having perfect weather and climate can double your traveling experience. So, make sure you travel at a perfect time.

Addressing Safety and Security Concerns Of Tiji Festival Trek

The safety and security of our people are very important to us. We are very careful in that case. Similarly, we make sure that our trekkers don't have any problems during their trek. Likewise, we carefully check our trail before our departure to the trek. So, you can fully enjoy yourself during the journey and don't worry about anything.

What Are Permits Required For Trek To Upper Mustang Tiji Festival

- **Upper Mustang Restricted Area Permit:** USD 50 per person per day
- **Annapurna Conservation Area Permit (ACAP):** NPR 3,000 for foreigners and NPR 1,000 for SAARC nationals

Note: Children below 10 years are exempt from paying this permit fee.

Frequently Asked Questions

Is Upper Mustang trekking route safe for trekkers ?

Yes, Upper Mustang Trekking Route is safe for tourists. This area has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation for tourists.

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

Although it is a moderate trek, some of the days, trails pass through the steep 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 Tiji Festival this year ?

The Tiji festival usually takes place around Mid May and early June for 3 days. This year is determined to be on 8, 9 and 10 May 2022 as Lunar calendar. We have fixed departure begins on 2nd May from Kathmandu.

Do you have other dates available that match my timing?

Even though this trip has pre-fixed group departure dates, we can tailor it to accommodate your specific requests and schedule. Please review our designated departure dates, and if they do not suit your timeframe, let us know your preferred timing so that we can manage your itinerary accordingly. We organize this trek as per your wishes and convenience.

Is Travel Insurance compulsorily required to trek this area ? 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. altitude 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 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.

As a single trekker, may I join one of Nepal Alternative Treks' fixed departure Upper Mustang Trekking package? Will it be possible to get a separate room?

Our Upper Mustang Tiji festival group packages are designed in such a way that they suit single travelers too. It is a great way to get to know new people with similar interests, and most people find that group dynamics are very friendly and comforting. Single trekkers will share accommodation with other individual trekkers of the same gender on our group journeys.

If you are a single traveler wishing for a private room, we can manage that as well, but you will have to inform us about it while booking the trip. Also, please note that you may have to pay some additional charges for single rooms.

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

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

What is the weight limit for porters ? and weight limit for Jomsom flight ?

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.

You can carry a maximum 10Kg of luggage (two pieces) and a maximum 5kg of hand-carry for Jomsom flight . You will have to pay \$ 1 around for excess baggage.

What kind of food will be provided during this trek?

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

Tea houses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill. We ensure hygienic food and clean kitchen to avoid food poison and enough nutrition and immunity needed for the mountain walk.

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 wherever possible and purify it using chlorine or iodine. We shall provide water, purification drops, and tablets. You can fill up safe drinking water stationed by Annapurna Conservation Area.

How long will we have to hike each day during the trek?

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 trails, the accommodation options are teahouses and lodges only. Nepal Alternative Treks generally manages your accommodation in the best available teahouses or lodges 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 a heater, and 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 regions?

Lodges and teahouses in this trekking route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets. Finding toilet paper is costly in these areas, so we advise you to carry plenty of your own.

If you need to use the toilet while trekking, we will try to find the nearest lodge, if possible; otherwise, you will have to manage it somewhere in the forests. Please respect the environment by placing the used toilet paper in a plastic bag so that you can dispose of it later.

Usually, Nepal Alternative Treks arranges accommodation with proper shower facilities. Please understand that it becomes difficult to arrange running showers 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, there are plenty of shops around Thamel and Pokhara 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.

Are alcoholic beverages available in trekking ?

You can easily find different types of alcoholic beverages of international as well as Nepalese brands in this trekking route. In villages, however, you can either find local (home-made) drinks like Chyang, Raksi, and Tongba or other packaged drinks of Nepalese brands and Chinese brands. However, we do not suggest you consume alcoholic beverages often during treks as it causes difficulties in trekking the next day.

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

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in Upper Mustang route and also have electricity and recharging facilities available for a minimal service charge.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers.

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

There are mobile networks, internet data, and Wi-Fi available in some parts of this region, and you can connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily

with some fees. We recommend **Namaste** SIM to have better network coverage and 4G data uses.

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

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

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you. We assure you.

What is the weather and temperature like we can expect during the trek?

The temperature could range around and above 20 degrees Celsius in summers and decrease below -10 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 15 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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