



Dear Sir/Madam,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Lower Dolpo Circuit Trek**. Let us know your further questions, changes, and decisions. We can customize the trip plan upon your preference, choice, and suggestion.

Your Trip Facts:

Travelers Info	Your Group Name (Minimum 2 Adults)
Trek Name	Lower Dolpo Circuit (18 Nights 19 Days)
Accommodation	<u>3 Star Deluxe Hotels (Subject to Available):</u> Kathmandu: 3 Star Hotel (3 Nights) Nepalgunj: 3 Star Hotel (1 Night) During Trek: Tented Accommodation (14 Nights)
Rooms	1 Double Sharing Deluxe room (Kathmandu and Nepalgunj) Comfortable Tented accommodation (During Trek)
Trek Cost	4500 USD Per Person/-
Route	Kathmandu - Nepalgunj - Juphal - Dunai - Tarakot - Khani Gaon - Chhyujar - Ghyamgar - Dho Tarap - Numa La Phedi - Danigar - Yak Khark - Ringmo - Chhepka - Juphal - Nepalgunj - Kathmandu.
Meal Plan	Kathmandu and Nepalgunj: BB (Breakfast Included) Dolpo: AP (Breakfast, Lunch, and Dinner Included)
Domestic Flights	Kathmandu to Nepalgunj - Nepalgunj to Juphal - Juphal to Nepalgunj - Nepalgunj to Kathmandu.



Permits	<ol style="list-style-type: none">1. National Park Entry Permits.2. Restricted Area Permit (RAP)3. Trekkers Information Management System (TIMS) Card.
Guide	<ol style="list-style-type: none">1. An experienced and government-licensed trekking guide (English)2. An assistant and cook, as well as the necessary number of mules.

Read Our Past Guest Reviews On: [TripAdvisor](#) | [Google](#) | [TripAdvisor](#)

Your Trip Overview:

Our **19-day Lower Dolpo Circuit trek** starts as you arrive in ‘the city of temples’, Kathmandu. You will get to explore some of the [UNESCO World Heritage Sights](#) like the **Kathmandu Durbar Square, Swayambhunath Stupa, Boudhanath Stupa, and Pashupatinath Temple**. Your trekking journey will start as you board a flight to the vibrant city of **Nepalgunj**. The next day, you will board a scenic flight to the **Juphal Airport** from Nepalgunj. You will meet your whole trekking team here, which consists of a local guide, cook, and assistant, along with your animal companions, mules. These people will be with you throughout your trekking journey to ensure your smooth trip. You will start your trek with your team from Juphal to **Dunai**, and as you walk through the landscapes of Dolpo, you will be in awe. For every challenge the geography of Dolpo throws at you, it will also reward you with stunning views of the gorgeous landscapes. You will be camping throughout your Lower Dolpo Circuit Trek. During your stay in the villages, you will have the moment to interact with the locals and observe their simple lives while experiencing the warm hospitality.

Trek to Dolpo is not just a walking journey but a journey of life where you will get to experience a unique blend of nature and culture that you can hardly find anywhere else. You will visit the villages and learn about the Bon religion, which is said to predate Tibetan Buddhism. The Dolpo Trek is quite well known for being a difficult level of trek so it requires you to have a good level of physical fitness or training before the trek. The journey will be quite transitional as you start walking from



the lush vegetation of the lower part to the arid landscapes as you walk towards the **Dho Tarap Valley**. You will be crossing two high passes that are above the altitude of 5000 meters, **Bagala Pass** and **Numa La Pass** so the journey is going to be quite action-packed. The trek is not just a journey; it's an experience of a lifetime. Despite the challenges, it welcomes people from all walks of life and offers something for everyone; whether you're a travel enthusiast or want to experience spiritual and natural splendor, Dolpo has it all.

Your Trip Highlights:

- Private and customizable trip
- Unique Landscapes of the Lower Dolpo region
- Exploring Ringmo, the Bon Village
- High-suspension bridges with stunning trails
- View of Kanjirowa Massif (6,612 meters)
- Peaceful trekking experience, ideal for beginner trekkers

Your Trip Itinerary:

DAY 01: Kathmandu Arrival, Welcome to Nepal. [1,400 m/4,593 ft]

***Your Arrival Time (?):** Our office representative will meet and greet you at **Kathmandu Airport** and transfer you to your hotel in Kathmandu.*

***At. 06:00 PM:** We will meet in the evening for a coffee and provide you with a briefing on your trek program. You will receive all the essential information for the trekking region. You will also receive all the necessary paperwork and permits, which you should keep with our guide. If your arrival is late after 5 PM, we will meet the next morning during breakfast.*

***Optional Activity:** If you're interested in additional activities during your tour in Kathmandu, please let us know your preferences in advance. This will allow us to schedule and book the programs accordingly.*

Optional Activities in Kathmandu



- *Everest Mountain Flight (It is a 1-hour flight (scheduled at 6:30 AM) with a breathtaking view of the mountain range.) (USD 250 PP)*
- *Gosaikunda Helicopter Tour from Kathmandu. (USD 500 PP)*
- *Everest Helicopter Tour from Kathmandu with Kala Patthar Landing. (USD 1200 PP)*

Meal: Not Included.

DAY 02: Kathmandu Sightseeing, Trek Preparation. [1,400 m/4,593 ft]

*At. 10:00 AM: Start your fully guided sightseeing from the closest place, [Kathmandu Durbar Square](#). The former royal palace will fascinate you with its intricate architectural designs and exciting myths and histories related to it. In front of the court, you will see numerous vendors selling handcrafted items like jewellery, decoration pieces, and many other stuff. Next, visit [Swayambhunath Stupa](#), also known as the **Monkey Temple**. It is dedicated to both Hindu and Buddhist religions, which creates religious harmony. One must climb hundreds of stairs to reach the top of the hill where the monument is situated. The environment is peaceful, so if you want to practice meditation, you can do so.*

Afterwards, visit the renowned [Pashupatinath Temple](#), dedicated to Lord Shiva and known for its remarkable pagoda architecture. It is Nepal's highly revered Hindu temple, where you can see numerous culturally significant monuments. The final stop is [Boudhanath Stupa](#), where you will be greeted warmly by the divine scent of incense and the gentle sounds of pigeons. It is one of the biggest stupas in the world, which people find significantly spiritually important.

*After completing your sightseeing programme, visit **Thamel** for trek preparation shopping. You can find all the necessary gear here. We recommend purchasing the product from your home country due to higher prices and potential quality differences. In the evening, we will gather for a **welcome dinner** at a restaurant. The dinner will feature traditional **Thakali cuisine**, followed by a cultural program with traditional songs and performances.*

***Note:** You can go for a warm-up trek to the nearest viewpoint in Kathmandu to **Jamacho Gumba (Monastery)** instead of sightseeing if you wish to. The hike can be completed in around 4-5 hours; it helps to stretch your legs before the trek and will be beneficial; however, it is optional.*

Meals: Breakfast and Dinner Included.

DAY 03: Fly to Nepalgunj from Kathmandu. [150 m/492 ft]



At. 11:30 AM: Wake up and have breakfast at the hotel. Your trekking guide will receive you and take you to the Kathmandu airport for your flight to **Nepalgunj**. The flight from Kathmandu to Nepalgunj is about 45–50 minutes. Upon reaching Nepalgunj, you will be transferred to your hotel.

At. 02:00 PM: After completing your check-in and short refreshment, you can visit a nearby market to explore local people, food, culture, and attractions. Nepalgunj is a city situated near the border of India, which has a strong influence on the local food culture. As a result, the cuisine in Nepalgunj is predominantly influenced by Indian culinary traditions. At this place, you will have the chance to experience and taste a variety of popular local and street food options that are known for their delicious flavors. While you have leisure time, consider trying out some delicious snacks as you stroll around and explore new food options before your trek begins.

Meal: Breakfast Included.

DAY 04: Fly to Juphal, Trek to Dunai. [2,140 m/7,020 ft]

At. 06:00 AM: Early this morning, you will take the flight to **Juphal**, which is located north of Nepalgunj. The small aircraft will take you to the beautiful airport in Juphal. The view of mighty snowcapped peaks is visible throughout the flight. The duration of the flight to Juphal from Nepalgunj is about 45 minutes on a twin-otter aircraft, which is the most comfortable and easy mode of transportation by air that connects remote regions of Nepal. Once you reach Juphal, meet your other trekking team, as this trek requires camping, and they will carry all the necessary equipment for the trek.

Juphal is your starting point for the trek, and from here you will start your first day of the trek to **Dunai**. The total distance between Juphal and Dunai is 11 km, which you can cover in around 2-4 hours as the trail is easy and follows a gradual descent. The trail mostly goes from the bank of the Bheri River and passes through beautiful villages and maize fields, depending on the season you visit. The trail today mostly descends to Dunai village. You will spend your night at a comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 05: Trek to Tarakot. [2,540 m/8,333 ft]



At. 08:00 AM: You will commence your day by walking beside the Thuli Bheri River. You will cross the river a few times before reaching your destination. Today's trail is a leisurely walk that can be completed in around 5 hours, covering a distance of approximately 16 km. However, please note that you will need to climb a small hill once you cross **Tarakot village**. Starting today, you will be staying in tented accommodations due to the limited availability of lodging facilities. As you reach your campsite, the kitchen team will take care of preparing the food, while your guide and the other trekking members will be in charge of setting up the tents. Experience the tranquility of nature while enjoying dinner.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 06: Trek to Khani Gaon. [2,950 m/9,678 ft]

At. 08:00 AM: After having breakfast, you will begin your day. The day begins with a brief uphill walk, followed by a descent that leads you to the bank of the Thuli Bheri River. As you walk alongside the Thuli Bheri river, you will encounter multiple bridges that span across smaller rivers merging with the Thuli Bheri. To reach **Khani Gaon**, you will need to navigate uphill and downhill terrain multiple times. The average duration of this trek is approximately 5–6 hours, covering a distance of approximately 10 km. Overnight accommodation at tented camps.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 07: Trek to Chhyujar. [3,440 m/11,286 ft]

At. 08:00 AM: After having a delicious breakfast, get ready to head towards your today's destination, Chhyujar. The distance from Khani Gaon to **Chhyujar (Chhyugar)** is approximately 13 km. It typically takes around 6–8 hours to complete this journey, as the route involves a gradual descent and ascent. You will descend a few meters at the start of the day. The remainder of the trail is nearly uphill until it ends. However, there aren't many downhills and easy daytime treks.

On the way, you'll reach **Lain Odar** after walking for around three hours, which is a popular camping site. This area is a delightful destination for tourists looking to spend some time, as it is situated on the banks of the Thuli Bheri River. The ambiance is delightful and will keep you entertained throughout your journey to your camping site. Before arriving in Chhyujar for the overnight stay, you will have to trek several uphill and downhill paths. Overnight accommodation at tented camps.



Meals: Breakfast, Lunch, and Dinner Included.

DAY 08: Trek to Ghyamgar. [3,755 m/12,320 ft]

At. 08:00 AM: After breakfast today, you will start your trek to **Ghyamgar**, located at an altitude of 3,755 meters above sea level. The total distance between Chhyujar and Ghyamgar is around 12 km and includes constant ascent and descent, which takes about 6-7 hours on a moderate pace. As you ascend to higher elevations, the vegetation becomes sparser, and you will encounter a drier landscape with selective vegetation that can thrive in challenging conditions. However, as you explore the area, you will gradually catch sight of the majestic mountain peaks rising above the arid landscape, adding to the allure of this place.

As you reach Ghyamgar, head towards your camping site. Today is a perfect day for camping, offering you the opportunity to connect with nature and unwind beneath the enchanting night sky. While your dinner is being prepared, you can take a leisurely walk and explore the surrounding area.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 09: Trek to Dho Tarap. [4,100m/13,452 ft]

At. 08:00 AM: Today, you will trek along the bank of the Tarap Khola to the Langa Camp before arriving at **Dho Tarap**, the final destination for the day. Dho Tarap is 12 km away from Ghyamgar, which will take you around 7-8 hours to cover. The entire route is inclined, which can be challenging.

Dho Tarap is a prominent village, located at an elevation of 4,100 metres above sea level along the lower Dolpo circuit trek. In this village, you will have the opportunity to witness agricultural fields adorned with native crops and traditional architecture that has stood the test of time for centuries. The village is encompassed by breathtaking landscapes, featuring a dry mountain desert and a touch of greenery from the seasonal crops. It is one of the few places where you will find lodging facilities, as it is popular among travelers as there are little to no lodging facilities in this area. You have the option to spend your night at the local lodge. However, we highly recommend going camping instead, as there are plenty of grounds perfect for camping alongside the village. This offers a unique experience that you won't want to miss. The kitchen team will prepare food for you so you will have enough food supply for the trek.

Meals: Breakfast, Lunch, and Dinner Included.



DAY 10: Dho Tarap Exploration Day.

At. 08:00 AM: Today you will spend this day exploring the **Dho Tarap Valley**, which will remind you of the wildness and authenticity of the Tarap Valley, which is inhabited primarily by Tibetans who practice the Bon religion and its monasteries. You will also be treated to a breathtaking view of the mountains. Today is the day to gradually adjust to the higher altitude so that the next few days won't be frantic or challenging for you to hike.

Acclimatization is necessary for high-altitude treks, and Dho Tarap is a recommended location for this purpose. Acclimatization is a process that can help prevent altitude sickness, a potentially life-threatening condition. Trekking at high altitudes can pose challenges due to reduced oxygen levels, making it essential to allow your body sufficient time to adjust. During the acclimatization process, it is important to proceed gradually and avoid overexertion. The goal is to spend time at higher altitudes to give your body time to gradually adapt to the lower levels of oxygen.

This day offers numerous possibilities to discover its many attractions and take in its hospitable residents' traditional Tibetan ways of life. Additionally, you can stop by the nearby Gompa to speak with the locals and observe their genuine way of life. During your exploration, you can visit important ancient religious sites such as Shipchaur and Dhoro Gompa monasteries. After you are done exploring the village, head back to your camping site, enjoy your dinner, and rest for tomorrow's high pass trek.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 11: Trek to Numa La Phedi. [4,800 m/15,748 ft]

At. 08:00 AM: You will start your day's trek to the **Numa La Phedi** or **Numa La Base Camp** after spending the previous day at Dho Tarap village resting and exploring. You resume your journey after breakfast while taking in the scenery of the lush grassland on both sides of the river. Despite the short distance covered today, the speed of the hike slows due to the elevation gain. Today's destination is the base of your first high trekking pass. The routes from Dho are a little difficult; it can take 5-6 hours to go to Numa La Phedi. Overnight accommodation in tented camps.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 12: Trek to Danigar. [4,512 m/14,803 ft]



At. 04:00 AM: This is one of the toughest days of the trek. You will have to cross **Numa La Pass**, yet another high pass in the Dolpo region situated at an elevation of 5,238 meters above sea level. You will get an early start in the morning to beat the strong wind, which will be at its strongest after midday and be avoided for the smooth trek. The strong wind makes walking difficult at the high pass. The trail goes uphill until you reach the top of Numa La Pass. Though the trek is tough, the view from the top is worth it.

After spectating the magnificent view of the Numa la Pass and capturing the magnificent panorama in your eyes, you will continue the trek towards **Danigar**, which is a downhill trail through terraced fields and yak pastures leading to this beautiful village, which will take you around 6-7 hours of trek. Overnight accommodation in tented camps.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 13: Trek to Yak Kharka. [3,860 m/12,664 ft]

At. 04:00 AM: Today is another day for you to pass through a breathtaking mountain pass. You will need to trek around 5-7 hours, following the Maduwa Khola and crossing a high pass once more, to reach **Yak Kharka**, where you will spend the night. The day begins with the walk up the incline. To reach the summit of **Baga la Pass**, one must engage in uphill walking. After reaching the summit, you will start your descent towards Baga la Phedi (5,170 m), which leads you to today's destination, Yak Kharka or Kharka. Overnight accommodation in tented camps. Enjoy the camping accommodation and soak in the beauty of the surroundings.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 14: Trek to Ringmo. [3,641 m/11,946 ft]

At. 08:00 AM: The trek starts from Yak Kharka to Ringmo in the morning. The total distance from Yak Kharka to Ringmo is approximately 12 km. It usually takes around 4-5 hours to complete this trek, as the trail mostly descends and there are only a few uphill sections. You will have several opportunities to take in the breathtaking mountain landscape and the magnificence of nature while hiking the trail to **Ringmo**. As you descend, the vegetation gets lush as the elevation drops, welcoming you with more greenery. You will get to see vegetation such as pine, juniper, cypress, and other alpine fauna. Along with the vegetation, you will also notice a beautiful blue-hued lake, Phoksundo Lake, which can be seen



from a distance. Once you reach Ringmo, rest your bags and stroll around the village while your tents are being set up. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 15: Explore Phoksundo Lake and Thasang Tsholing Gompa. [3,720 m/12,303 ft]

*At. 07:00 AM: Today is your day in Ringmo and you will spend this day exploring the surroundings. After enjoying your morning meal, take some time to stretch before continuing your journey to explore the beautiful **Phoksundo Lake/Shey Phoksundo Lake**. Phoksundo Lake's striking turquoise hue is a major draw for tourists from across the world. The lake is known for its unique Y-shape and mesmerizing color that varies with each season. The lake's colors are believed to change due to the impact of lightning strikes, according to the locals. The oligotrophic lake changes its color from green to a sharp turquoise blue color according to seasons. The lake looks gorgeous from the viewpoint that you will visit. This lake is not only a popular attraction, but it also holds significant religious value for the locals. Its turquoise tint and 145 m depth make it one of the deepest lakes in the country.*

*Following your exploration of the lake, you will return to Ringmo village and proceed to **Thasang Tholing/Tshowa Gompa**, an old Bon monastery that is a 15-minute walk away. The monastery is a sacred site for Bon pa (people), offering a fascinating insight into ancient traditions and the beautiful cultural heritage of the Dolpo region. You can spend your free time strolling around the village and chatting with the people after touring the monastery. After a day of sightseeing, stay in Ringmo at tented accommodation.*

***Note:** When visiting the monastery, show consideration for the Lamas by speaking politely to them and by getting their permission before taking any kind of photos or videos within the monastery.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 16: Trek to Chhepka. [2,678 m/8,786 ft]

*At. 07:30 AM: After having breakfast, you will begin your descent back towards **Chhepka village**. The distance from Ringmo to Chhepka is approximately 19 km, and it typically takes around 6–8 hours to complete the journey on foot, as it is mostly downhill. This journey takes you through a beautiful landscape of lush green vegetation, including birch forests and alpine forests along the Phoksundo Khola (River). Along the way, you may also encounter various wildlife species. The trail runs alongside*



the riverbank, and the calming sound of flowing water accompanies you throughout the entire hike. As you reach Chhepka, head towards your camping site for an overnight stay in a tent. However, you can accommodate at a local lodge as well, which is optional.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 17: Trek to Juphal. [2,475 m/8,120 ft]

***At. 08:00 AM:** After breakfast, the final day of your trek begins. Today is your last day in Dolpo, where you will be walking approximately 19 km and will take you approximately 6–8 hours to reach Juphal. You will be heading towards the **Dunai** and then continue your walk to the village of **Juphal**. The trail we will be exploring today is a bit rugged path that runs alongside the Suli Khola along with some uphill sections. You will eventually exit Shey Phoksundo National Park and officially finish your walking journey. Once you reach your destination, the team members will be setting up the tents and preparing some snacks for you along with the dinner. Overnight at tented accommodation. There are lodges and teahouses nearby for lodging where you can spend the night if you wish to, but it's optional.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 18: Fly to Kathmandu via Nepalgunj.

***At. 08:00 AM:** After breakfast, you will take an early morning flight to **Nepalgunj** from Juphal. This is a wonderful 45-50 minute flight over the Himalayan foothills, with fine views of the main peaks, including Annapurna and Dhaulagiri to the north. You will then catch a connecting flight back to Kathmandu from Nepalgunj.*

Once you reach Kathmandu, your transportation will pick you up and drop you off at your respective hotel for rest and refreshments. After you arrive at the hotel, you can rest of the day relaxing, shopping for souvenirs in the Thamel area, or simply celebrating your successful trek to Dolpo.

Meal: Breakfast Included.

DAY 19: Departure, Farewell!

*You will have breakfast at the hotel and then have free time. Our office representative will drop you off at Tribhuvan International Airport 3 hours before your flight time. Carry loads of souvenirs, memories, and lifetime experiences back home, and **Have a safe home return!** We hope you enjoyed the trip! If*



you plan to extend your stay, we ([Dolpo Trekking](#)) are happy to make your visit memorable and enjoyable.

Meal: Breakfast Included.

Package Cost Includes:

- 1. An authentic Thakali welcome dinner and a cultural performance featuring traditional folk songs.*
- 2. All airport transfers and sightseeing on a private basis.*
- 3. Domestic two-way flight transfer (Kathmandu-Nepalgunj-Juphal and back) as mentioned in the itinerary.*
- 4. All 18-night accommodation in hotels/local lodges, and comfortable tents throughout the trip in the respective places.*
- 5. 14 nights at comfortable tented accommodation as mentioned in the itinerary during the trek.*
- 6. Daily breakfast throughout the trip.*
- 7. Lunch and dinner from the trek's starting day to the trek's ending day.*
- 8. All necessary paperwork. (Restricted area permit, National park permits, and TIMS card)*
- 9. An English-speaking, experienced, and government-licensed professional trekking guide.*
- 10. Required number of porters, kitchen staff, and mules during the trek.*
- 11. A well-equipped medical kit with necessary medications throughout the trek. (carried by the guide)*
- 12. One local SIM card (returnable) during your stay for communication purposes.*
- 13. All government and local taxes.*
- 14. Guide and Porter, cook's salary, food, and accommodation during the trek.*
- 15. Arrangement of emergency helicopter service which will be paid for by your traveler's insurance company.*
- 16. Sleeping bags, duffle bags, and trekking route maps – if necessary.*
- 17. Sufficient amount of mineral water during your sightseeing program in Kathmandu (Only).*

Package Cost Excludes:

- 1. International flight ticket.*



2. *Personal expenses.*
3. *Kathmandu sightseeing entrance fee. (Approx. USD 40 Per Person)*
4. *Lunch and dinner in Kathmandu and Nepalgunj.*
5. *Nepal visa cost. (You will require 2 passport-size photos and 40 USD for a 30-day Nepal tourist visa; [visa forms](#) can be filled out online in advance)*
6. *Travel health insurance. (highly recommended)*
7. *Tips for the guide, porter, and driver. (Recommended)*
8. *Hot shower/sweets/mineral water/ any alcoholic beverages.*
9. *Any other expenses that are not mentioned in the included section.*

TRIP GUIDE

The information about the Trek is in-depth; feel free to contact us 24/7. We will be available on WhatsApp to assist you instantly. You can write an email if this trip doesn't fit your vacation schedule and requirements. Altitude Himalaya aims to offer the best possible travel experience to customers. Depending on the needs of the visitors and the group size, we customize each vacation package. We will put together a bespoke itinerary just for your private group.

Travel insurance: [Travel insurance](#) is important before traveling to a new place, especially when you are traveling for adventure. Travel insurance covers risks such as loss of personal belongings and any unexpected expenses. Travel insurance also covers sudden medical emergencies such as accidents. It also covers high-altitude emergency evacuation in case of trekking. Travel insurance is not compulsory but highly recommended.

Medical emergency: If you face any serious medical emergency during your trekking program you will immediately evacuate the place through Helicopter Rescue, which the traveler's insurance company will cover. While trekking to Nepal's highlands, you may face minor health issues such as scratches, headaches, etc. For such a situation, your guide carries a well-equipped first aid kit, ensuring nothing happens to you.



High-altitude sickness: During your trek, you will walk through gorgeous valleys, traditional villages, and thrilling highlands above 3000 m elevation. [Altitude sickness](#) is unpredictable; it can happen to anyone despite being physically and mentally fit. As you gain altitude, the chances of getting altitude sickness also slightly increase. To avoid getting altitude sickness, you should drink 5–6 litres of water per day and eat foods with high carbohydrates. Walking slowly and acclimatizing decreases the chances of getting altitude sickness. Focus on your breathing and maintain your walking pace.

Do's and Don'ts:

- Select an ideal time to travel.
- Select a reputed trekking/ travel organization.
- Make sure to train before the trek, as it is a difficult trek.
- Efficient packing is the key. ([Nepal trekking gear checklist](#))
- Carry all the necessary paperwork (National Park [permit](#), and TIMs).
- Maintaining body hydration is important while traveling to high elevations.
- Make sure to pack any prescribed medication, as it might not be available in Nepal.
- Having the proper gear makes your journey more enjoyable.
- Respect the culture and people of the area.
- Travel for experience and not for the sake of traveling.
- Don't litter, put trash in its place.

Packing List Suggestions

Having a good backpack and necessary gear makes trekking easier. It becomes more important if you are trekking at higher elevations. If you are wondering about what to pack for trekking to the highlands of Nepal, then you can check our complete guide on [Nepal Trekking Gear Checklist](#).

While making a backpack, it is important to include clothing, essential items, and a first aid kit. In difficult times, a good backpack can be life-saving.

Why with Altitude Himalaya?



[Altitude Himalaya](#) is one of Nepal's growing travel companies, providing excellent service to its clients. We believe in providing quality experiences and memories. We are concerned about maintaining and following our own standard service that includes a private transfer, at least 3-star hotel accommodation in urban areas, the best available lodges/tea houses at the trekking trails, and dedicated personalized assistance. Additionally, we also operate our trips in [Bhutan](#) and [Tibet](#).

You Must Read!

Airport Pickup
We will be at the airport (opposite the main exit gate) with your printed name. After reaching Kathmandu airport, you can connect to the available free wifi and text us once you collect your baggage, which will help us to be ready outside.
Trip Booking Process
We require an advance payment of USD 1000 Per Person to proceed with your booking. After receiving your advance payment, we will start all required arrangements for your trip. Booking advance can be paid in various ways. Once you transfer the amount, we will send you the hotel booking vouchers, required flight tickets, and invoice. The clients or agent will be responsible for the unavailability of hotels and flights due to late confirmation and advance booking payment.
Payment Information
Please click here to learn more about our various payment gateways. Besides that, we have our partner account in India, where you can also transfer the amount personally.
Visa Requirement and Travel Document
Foreign nationals require a visa in Nepal, which can be obtained on arrival. Read more about Nepal visa and Custom process here in detail.
Booking Terms and Conditions



Please read our [booking terms and conditions](#) before confirming the tour package. We are committed to our offers and given rates. The availability of hotels is subject to the time of confirmation.

Weather Conditions in Nepal

The second week of February to June (Post Winter to Late Spring) and October to December (Autumn to Early Winter) are the best times to visit Nepal. The weather conditions will be good (occasionally raining in the evening) until the 2nd week of June, the monsoon starts after that. If you like the rainy season you can make a trip in July and August too, or postpone the trip to September.

Use of Vehicle

The vehicle will strictly follow the above itinerary, you can't ask/force the driver to take or visit any places that aren't mentioned, additional surcharges apply on such uses or you can consult with us, in such conditions if possible we may consider.

Local SIM Card

We will provide you with an activated local SIM (Ncell) card which you have to recharge for your use. You can recharge it from any local grocery shop, or ask our driver to assist. If you need a data pack, you can get 5 GB of data for 7 days on NPR 150. The basic process to purchase the data pack is to recharge at least NPR 200 in your sim, dial *17123#, select 3 for popular packs and select 4 for 5 GB of data for 7 days.