



Dear Sir/Madam,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Snow Leopard Tracking 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	Snow Leopard Tracking Trek. (27 Nights 28 Days)
Accommodation	<u>3 Star Deluxe Hotels (Subject to Available):</u> Kathmandu: 3 Star Hotel (3 Nights) During Trek: Tented Accommodation (24 Nights)
Rooms	1 Double Sharing Deluxe room (Kathmandu) Comfortable Tented accommodation (During Trek)
Trek Cost	<u>11,000 USD Per Person/-</u>
Route	Kathmandu - Dho Tarap - Tokyu - High Camp - Kharka Camp - Rakyo - Namdo Gaon - Nisalgaon - Musigaon - Shimen Gaon - Khomas - Saldang - High Camp - Bhijer - Kharka camp - Shey Gompa - Crystal Camp - Phulbari - Kholo Camp - Ringmo - Kathmandu.
Meal Plan	Kathmandu: BB (Breakfast Included) Dolpo: AP (Breakfast, Lunch, and Dinner Included)
Charter Helicopter	Kathmandu to Dho Tarap and Ringmo to Kathmandu.



Permits	<ol style="list-style-type: none">1. National Park Entry Permits.2. Upper Dolpo 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:

The **Snow Leopard Tracking Trek** is one of the unique experiences that Nepal has to offer. You will be walking in the less crowded but stunning landscapes of the Dolpo region while staying in some of the highest settlements in the most remote region of Nepal. One of the reasons to go on this trek is to witness the isolated land of Dolpo, experience the lifestyle of people in Dolpo, and know about the flora and fauna of this place but the main reason for this trek is to witness the majestic cat living in the highlands of Dolpo. This **28-day trip** is for the actual animal lovers and also for those who want to know more about the Snow Leopard. As you go on this trek, you will be tracking the trails of the Snow Leopard, which means staying in the villages that they are seen frequently, tracking their pug marks, and strands of their fur and feces. Given that they are an endangered animal, trying to catch them in their natural habitat is more ethical than watching them in captivity. But the trek involves more than just Snow Leopard tracking, while you are at it, you might be able to spot some other animals like Blue Sheep, marmots, wild yak, and valuable plants like Yarsagumba, Himalayan Blue Poppy while experiencing pristine culture, nature, and a simple lifestyle that you find nowhere else but here.

Your Trip Highlights:

- A private and customizable trek in Dolpo.



- Explore the raw and authentic trekking experience in Dolpo.
- Get a chance to witness the majestic cats in their natural habitat.
- Witness the ancient Bon Culture of Dolpo Pa (Peoples).
- A journey towards the hidden gem where wilderness meets the ancient traditions.
- Comfortable helicopter flight to the heart of Dolpo - Dho Tarap.

Your Trip Itinerary

DAY 01: Kathmandu Arrival, Welcome to Nepal. [1,400m/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 brief you on your trek program. You will get all the essential information about the trekking region. You will also receive all the necessary paperwork and permits, which you should let our guide keep. If your arrival is late, after 5 PM or so, we will meet the next morning during breakfast.*

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 jewelry, decoration pieces, and many other things. 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.

Afterward, 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 program, 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 Dho Tarap via Helicopter. [3,945 m/12,942 ft]

At. 08:00 AM: Have breakfast at your hotel and get ready for your journey to the Dolpo to see the majestic Snow Leopard and the rich culture of this mystical place. Once you are ready for the trip, your transportation will pick you up from your hotel and escort you to the airport for your flight to **Dho Tarap**, Dolpo, via Helicopter. During your flight, you will see the slow transition of the landscape from lush green valleys and plains to snow-capped mountains along the Himalayan region.

Note: There are no direct flights to Dolpo from Kathmandu so you will commute by one of the most comfortable and fastest modes, which is helicopter, which will take around 3 to 4 hours to reach your destination.

Once you reach the destination, you will see a vastly different landscape compared to Kathmandu as you will encounter arid land surrounded by high, dry mountains. As you will be traveling from around 1,400 m to above 3,000 m, the chances of getting altitude sickness are high, so drink plenty of water, keep calm, and slowly acclimatize to the environment. In case you feel uneasy, immediately inform the



guide. As this is a complete camping trek, you will meet your other trekking team, including the local guide/kitchen team and the required number of mules. In the evening, have dinner at the campsite and overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 04: Trek to Tokyu. [4,240 m/13,911 ft]

*At. 09:00 AM: Today is the first day of your trek in the Dolpo region; start your day with a light breakfast at the campsite and slowly begin your trek. Today's destination is **Tokyu**, which is located 6 km away from Dho inside the Tarap valley. The walk will take around 6-7 hours, as most of the trail follows an uphill trek.*

Once you reach the campsite, rest your bags and relax for a while. Once you have settled your bags at the campsite, you can visit the village area and explore the settlement, as there are a few ancient Gompas where you can get insight into Dolpo's beautiful culture. In the evening, have dinner at the campsite and rest well at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 05: Trek to High Camp. [4,916 m/16,130 ft]

*At. 08:00 AM: Start your day with a light breakfast at the campsite and get ready for your trek towards **High Camp**, which is located around 9 km away from Tokyu and will take around 8-10 hours to reach. The trails are mostly uphill treks so take it slow and maintain a constant walking pace to avoid getting altitude sickness.*

Once you finish the trek and reach the destination, rest your bags and stroll around the area while your dinner gets ready. Have dinner at the campsite and rest at comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 06: Trek to Kharka Camp. [4,585 m/15,045 ft]

*At. 08:00 AM: Have breakfast at the campsite and get ready for the trek to another high camp, **Kharka Camp**. The total distance from Highcamp to Kharka Camp is around 7 km and the trail is as well simply ascending and descending through a high trekking pass called **Jyanla Pass (5,123 m)**. The*



walk will take around 5-6 hours and along the way you will get the opportunity to witness the panoramic view of the surroundings.

Once you reach the destination, rest your bags at the campsite, have some tea and snacks while your dinner gets ready, and explore the area if you wish to. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 07: Trek to Rakyo. [4,155 m/13,635 ft]

At. 08:00 AM: Start your day with a warm breakfast at the campsite and slowly start your trek towards **Rakyo**. The distance between Kharka Camp and Rakyo is around 11 km, which will take around 7-8 hours to walk, as the trail is mostly downhill and easy. On the way, you may encounter some wildlife such as antelopes/blue sheep, birds, and many more.

Once you reach your campsite, rest your bags and stroll around while your dinner gets ready. Overnight at comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 08: Trek to Namdo Gaon. [3,860 m/12,665 ft]

At. 08:00 AM: Enjoy your breakfast at the campsite and get ready for the trek to **Namdo Gaon (Village)**. Today you are going to cover a total distance of 8 km, which will take around 6-7 hours to reach. The trail is simple, with the first half of the trail being uphill and the next half being the downhill trail. You will walk beside Nagon Khola all along up to Namdo and also you will come across places such as Sugugaon and Chasip, which are small settlements where you can rest on the way.

Once you reach the spot, rest your bags at the campsite and have some tea and snacks, explore the area, and see the native animals and vegetation as your dinner gets ready. Overnight at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 09: Trek to Nisalgaon. [3,860m/12,665 ft]

At. 08:00 M: Have your breakfast at the campsite and get ready for your trek to **Nisalgaon**. The total distance from Namdo to Nisalgaon is around 20 km, which can be covered in a 10-hour trek. The trail is a bit complicated, as there are both ascents and descents throughout the trail, and you will walk



past some of the major villages, such as Saldang, and other smaller villages and campsites. Although 20 km sounds like a lot, you will reach the campsite by evening. As you walk upwards, you will get to see tall mountain deserts surrounding you with majestic panoramic views along with some native animals here and there.

Once you reach your campsite, rest your bags and have some tea and snacks while our dinner gets ready. You can also explore the area and stroll around. Overnight at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 10: Trek to Musigaon. [4,230 m/13,880 ft]

***At. 08:00 AM:** Have breakfast at your campsite and get ready for your trek to **Musigaon**, which is your first place to explore the wild cat. The total distance from Nisalgaon to Musigaon is around 10 km, which will take around 9-10 hours of walking as the trail follows a gradual ascent. On the first half of the trek, you will walk beside a river called Panjyan Khola and then after a few kilometers of hiking, you will follow Musi Khola up until your destination.*

Once you reach the destination, rest your bags at the campsite and explore the area, as there is a village where you can see the ancient architecture and agricultural areas. In the evening, have dinner and call it a day at the campsite with needed rest.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 11: Day One of Snow Leopard Tracking in Musigaon.

***At. 05:00 AM:** Have your quick breakfast at the campsite and get ready for a short walk to the Snow Leopard tracking spot, where you will explore the area and look for the marks left behind by the cat and try to track its location. The chances of seeing these cats are high in these regions as it is more isolated with few human settlements and the availability of blue sheep and other wild animals, which are the natural prey of these cats.*

***Note:** Snow leopards are mostly active during the dawn and dusk, which means there are very few opportunities to see them hunt live; however, they do eat their prey during the daytime and you might get to witness the majestic cat feeding on their prey.*

Spend your day sightseeing, and in the evening hike down towards your camping spot, have dinner, and rest well for the next day.



Meals: Breakfast, Lunch, and Dinner Included.

DAY 12: Day Two of Snow Leopard Tracking in Musigaon.

At. 06:00 AM: Start your day with breakfast at the campsite and get ready for your short hike to the sightseeing spot. Get your cameras and binoculars ready to see the Snow Leopard in its natural habitat. The local guide will scan the area and then as soon as they see any movement, they will inform you and you will witness the majestic cats. After an entire day dedicated to snow leopard sightings, head back to your campsite, rest well, and have dinner before calling it a day.

Note: The weather is unpredictable up in the mountains, as it can be sunny in the moment and after a few minutes, it may get gloomy and windy so prepare for unpredictable weather by wearing layered clothes to keep yourself warm and comfortable.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 13: Final Day in Musigaon.

At. 06:00 AM: Have an early morning breakfast at the campsite and get ready for your hike towards the sighting spot. Carry all the necessary items that can be used during the day, such as binoculars, glasses, and other essential items. Once you reach the spot, the waiting game begins. As mentioned, these majestic creatures are shy in nature, so it may take a while to spot them. However, once you spot these magnificent cats, the wait will be worthwhile.

In the evening, return back to the campsite and end your day with a warm meal and comfortable rest at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 14: Trek to Shimen Gaon. [3,885 m/12,745 ft]

*At. 06:00 AM: Have breakfast at the campsite and get ready for your trek to **Shimen Gaon**, which is located about 12 km away from Musigaon and will take around 9-10 hours to walk. Today you will start early, as you will need to cross one of the high trekking passes called Musi La Pass (5,030 m), and the trail is relatively easy as the trail follows an uphill climb at the first half of the trek and then comes the easy downhill walk up until Shimen Gaon.*



Once you reach your campsite, rest for a while, then explore the village a bit, as it is one of the popular villages of the Upper Dolpo region. You can interact with the locals and learn about the snow leopards, as the locals here often encounter the majestic from a distance. You can get to know about where and when the snow leopards roam. In the evening, have dinner at the campsite and rest for the next day at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 15: Trek to Khomas. [4,060 m/13,320 ft]

*At. 08:00 AM: Have breakfast at the caps site and slowly start your trek towards **Komas/Khoma**, which is around 9 km away from Shimen Gaon and will take around 6-7 hours to walk. During this trek, there are numerous high passes that you need to cross and today you will cross yet another high trekking pass on the way called **Nang La** or **Shimen La Pass (4,375 m)**. The trail follows a gradual ascent in the first half of the trek up until you reach the top of the pass and from there there is flat land and a downhill walk up until Khomas.*

Once you reach your destination, rest your bags at the campsite and rest while your dinner gets ready. Have dinner and rest at comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 16: Trek to Saldang. [3,770 m/12,369 ft]

*At. 08:30 AM: Have a warm meal at the campsite along with some tea and get ready for today's short hike to **Saldang village**. It is located around 9 km away from Khomas, which will take around 6-7 hours on foot. Today's hike is short compared to other trek days; however, on the way, you need to cross a high trekking pass called **Rigan Pass (4,608 m)**. Once you cross the pass, the trail becomes easy, with most of the trail being downhill.*

Once you reach the destination, rest your bags at the campsite and explore the village, as you will reach Saldang early, giving you enough time to stroll around the village. In the evening, have dinner at the campsite and call it a day at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 17: Trek to High Camp. [4,995 m/16,388 ft]



At. 08:00 AM: Have breakfast at the campsite and get ready for your trek to today's destination, **High Camp**, which is the base of the Nang La Pass that you will cross tomorrow. This High Camp is located around 9 km away from Saldang, which will take around an 8-10 hour trek. The trail is mostly uphill so trek slowly, maintaining a consistent pace while gradually acclimatizing.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 18: Trek to Bhijer. [3,850 m/12,631 ft]

At. 06:00 AM: Have a quick breakfast at the campsite and get ready for your trek to **Bhijer village**, which is located west of the high camp. The total distance of today's trek is around 11 km, including the **Nang La pass**, which will take around 8-9 hours. As you will be crossing the high trekking pass, you will have to start early to avoid the strong wind at the top of the pass. The trail follows an uphill walk up until the pass and once you cross the pass, the trail follows a downhill trail. Once you reach your destination, rest your bags and roam around the village while your tents get set up.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 19: Snow Leopard tracking in Bhijer.

At. 06:00 AM: Start your day early with a quick breakfast and a short hike to the nearby viewpoint from where you will get a panoramic view of these animals without disturbing their territory. Your guide and trekking guide will take you to the spot where you will spend this day looking for the majestic cat, the Snow Leopard. The chances of spotting these animals are rare but as the population has increased, the probability is high so keep your eyes open and keep your attention on any kind of movement.

After sightseeing, return to your campsite in the evening, have some tea, rest well, and enjoy your dinner surrounded by dry, arid land.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 20: Trek to Kharka camp. [4,810 m/15,780 ft]

At. 08:00 AM: Have breakfast at the campsite and get ready for your trek to **Kharka Camp**, which is located around 8 km south of Bhijer. To cover the total distance, it will take around 7-8 hours following an uphill trail gaining elevation. This trail leads towards a holy ground for the locals, Shey Gompa.



Once you complete the walk and reach the destination, rest your bags at the campsite and stroll around the area while your meal gets ready. Have dinner at the campsite and overnight at the tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 21: Trek to Shey Gompa. [4,343 m/14,250 ft]

***At. 08:00 AM:** Start your day with a light breakfast at the campsite and get ready for your trek to **Shey Gompa**. Today you will be covering the total distance of 11 km, which will take around 8-9 hours on foot. The trail follows both uphill and downhill walks, the first half being the downhill journey, then an uphill walk across a small pass, then downhill again up until you reach your destination.*

Once you reach your destination, rest your bags and relax for a while. Your campsite will be near the popular Bon Monastery, Shey Gompa, which you can visit while your tents get set up and dinner gets ready. Overnight at comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 22: Trek to Crystal Camp. [4,000 m/13,125 ft]

***At. 08:00 AM:** Today you will make your way towards **Crystal Camp**, also known as **Kora Camp**. This trail is mostly used during Shey festivals by the people to circumambulate the mountain, meaning you may get a glimpse of the Crystal Mountain, also known as the small Kailash Mountain. The walk will take around 6-8 hours and once you reach the area, rest your bags at the campsite and call it a day. In the evening, have dinner and overnight at tented accommodation.*

Meals: Breakfast, Lunch, and Dinner Included.

DAY 23: Rest Day at Crystal Camp.

*Start your day with breakfast at the campsite and a well-deserved rest. As today is your rest day at **Crystal Camp**, you can use it for rest and surrounding exploration. Spend your day as you wish and in the evening have dinner at the campsite and call it a day. Overnight at comfortable tented accommodation.*

Meals: Breakfast, Lunch, and Dinner Included.



DAY 24: Trek to Phulbari. [3,800 m/12,467 ft]

At. 08:00 AM: Begin your day with a light breakfast at the campsite and get ready for your trek to **Phulbari**. Phulbari in Nepali means '**flower garden**'; however, there are neither flowers nor gardens here; it is just a local name. The approximate walking hours today is around 6-8 hours. As you descend towards the lower region, you may encounter light patches of vegetation and more comfortable altitude.

Once you reach your destination, rest well while having some tea and snacks while your tents are being set up. In the evening, have dinner at the campsite and call it a day at comfortable tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 25: Trek to Khola Camp. [3,750 m/12,303 ft]

At. 08:00 AM: Start your day with breakfast at the campsite and then begin your journey towards **Khola Camp**. Today you will be following the trail that leads to [Phoksundo Lake](#), which is one of the most beautiful lakes in Nepal. You will need to walk approximately 5 km, which will take around 5-6 hours.

Once you reach the destination, rest your bags and stroll around the area and observe the beautiful alpine vegetation while your dinner gets ready, and in the evening have dinner at the campsite and call it a day at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 26: Trek to Ringmo. [3,641 m/11,946 ft]

At. 08:00 AM: Have a light breakfast at the campsite and get ready for your trek to **Ringmo** from Khola Camp, which is located south of Khola Camp. The total distance between Khola Camp and Ringmo is around 15 km, which will take around 9-10 hours of walking. The trail follows flat land with few parts being steep uphill and downhill. Once you get closer to your destination, you will see beautiful turquoise-colored Phoksundo Lake. At the final stretch of the trail, you will walk beside Phoksundo Lake, which will be one of the most memorable walks of the trek.

Once you reach Ringmo, rest your bags and stroll around and explore the beautiful **Phoksundo Lake/Shey Phoksundo Lake** and Bon Monastery called **Thasang Tholing/Tshowa Gompa**. After



exploring the place, return to the campsite and enjoy your dinner before calling it a day. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 27: Heli Return to Kathmandu.

At. 08:00 AM: Have your breakfast at the campsite and explore the area while your chartered Helicopter arrives, which will fly you back to the starting point of the journey in **Kathmandu**. Soak in the beauty of Phoksundo Lake a little more and stroll around as you return to the city area, leaving the raw nature behind. After the heli arrives, hop into it and enjoy the 2.5-hour flight. During your flight, you will get an amazing view of the surrounding area with a few snow-capped mountains and a panoramic view of the lake and the landscape.

Once you reach **Kathmandu Airport**, your transportation will pick you up and drop you off at your respective hotel. Once you are at the hotel, the day is yours to spend. You can rest from a tiring trek or visit the spa for relaxation. If you are feeling like exploring, then you can visit the **Thamel** area and collect handmade goods and souvenirs to take back home. Explore the local foods or comfort food in the evening and end your day with much-needed rest at the hotel.

Meal: Breakfast Included.

DAY 28: 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.

Cost Includes:

1. All airport transfers and sightseeing on a private basis.
2. An authentic Thakali welcome dinner and a cultural performance featuring traditional folk songs.



3. *Charter Helicopter flight transfer (Kathmandu to Dho Tarp and Ringmo to Kathmandu) is mentioned in the itinerary.*
4. *All 27-night accommodation in hotels/local lodges, and comfortable tents throughout the trip in the respective places.*
5. *24 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 starting day to the trek ending day.*
8. *All necessary paperwork. (Upper Dolpo restricted area permit, National park permits, and TIMS card)*
9. *An English-speaking, experienced, and government-licensed 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.*
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.*

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 and mineral water during the trek.*



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't:



- Select the ideal time to travel.
- Select a reputed trekking/travel organization.
- Training and getting ready for any kind of situation are necessary.
- 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.
- Having the proper personal 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 500 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 know 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

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 condition 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.