



Dear Sir/Madam,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Upper 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	Upper Dolpo Circuit Trek (20 Nights 21 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 (16 Nights)
Rooms	1 Double Sharing Deluxe room (Kathmandu and Nepalgunj) Comfortable Tented accommodation (During Trek)
Trek Cost	USD 5,450 Per Person/-
Route	Kathmandu - Nepalgunj - Juphal - Kagani - Rechi - Ringmo - Lekhe Dhunga - High Camp - Shey Gompa - Namgung - Saldang - Rakyo - High Camp - Tokyu - Dho Tarap - Nawarpani - Khanigaon - Dunai - 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. 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.

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Your Trip Overview:

Are you willing to walk through the remote, arid parts of the Himalayas with almost no connectivity but warm hospitality? Do you want to lose yourself in the pristine nature and culture just to find a new version of yourself? If yes, then this is the ideal trip for you. Nepal is a country rich in culture, history, mythologies, religion, and traditions. The diversity in Nepal makes it distinct from other parts of the world while making it quite colorful. Traveling in Nepal lets one experience all its cultural richness firsthand, making Nepal an ideal travel destination. Because Nepal is home to the world's tallest mountain, Everest, it is known as the land of towering mountains. Nepal prides itself on being one of the most gorgeous countries and the perfect destination for trekking activities.

One of the many hiking destinations in Nepal is Dolpo. Dolpo/Dolpa is one of the most isolated regions in Nepal, which offers travelers the adventure of a lifetime. It is full of pristine culture, nature, and stunning geography. During your **21 Days Upper Dolpo Circuit Trek**, you will experience some of what Nepal has to offer, from an ancient landmarks tour to a thrilling trek to the remote and off-the-beaten path. Dolpo offers a versatile journey that walks you through gorgeous nature, ancient spirituality, and rugged paths. Dolpo has a diverse nature/geography ranging from



lush alpine vegetation to cold arid areas with some of the most stunning landscapes. As mentioned, it is one of the remote regions, which means you will have an amazing trekking experience with less crowded trails along with mesmerizing views all to yourselves. Traveling to Dolpo opens several opportunities to explore the region from within, where you can see the simple lifestyle of the locals who live a content life, which you can rarely find in modern cities. Walking through the Upper Dolpo Circuit, which is a camping trek, is not your normal trekking; it is a whole package of experience. It is an experience of camping in the wilderness, walking in the rugged terrain, observing fascinating flora and fauna, reevaluating your own beliefs, and disconnecting from the outside world to connect with yourself.

Your Trip Highlights:

- Private and customizable trek.
- Exploring the restricted landscapes of Upper Dolpo.
- Highly immersive experience with no crowd.
- Camping in the stunning landscapes of Dolpo.
- Walking through the trails where the Snow Leopards have also walked.
- Witnessing and immersing in the ancient Bonpo culture.

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 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.*

***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.

*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 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.*

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 Nepalgunj from Kathmandu. [150 m/492 ft]

At. 09:30 AM: Your trekking guide will receive you and take you to the Kathmandu airport for your flight to **Nepalgunj**. The duration of the flight from Kathmandu to Nepalgunj is about 45–50 minutes. Upon reaching Nepalgunj, you will be transferred to the hotel.

At. 01:00 PM: After completing your check-in and short refreshment, you can visit a nearby market to explore local people, food, culture, and attractions. 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 Kagni. [2,270 m/7,447ft]

At. 07:00 AM: Today marks the beginning of your trek as you prepare to go on your journey to the Dolpo region. To begin your day, enjoy breakfast at the hotel, then make your way to the Nepalgunj airport, where you will catch your morning flight to **Juphal**. Juphal serves as both the starting and ending point for your trek, making it the primary gateway to the Dolpo region. The duration of the flight to Juphal from Nepalgunj is about 45-50 minutes on a twin-otter aircraft, which is the main mode of transportation by air that connects remote regions of Nepal.

Once you arrive at Juphal, you will meet the rest of your trekking team, including the porters and kitchen staff, as this trek requires camping. From there, you will begin your trek to **Kagni**, which is located around 12 km from Juphal. As you start walking, you will follow a downhill trail and gradually ascend up until Kagni. Today will be your first day at camping so the kitchen team member will set up the tents and prepare dinner for you. Overnight stay at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 05: Trek to Rechi. [3,100 m/10,170 ft]

At. 08:00 AM: After a quick breakfast at the campsite, you will start your trek to today's destination, **Rechi**. The distance between Kagni and Rechi is around 15 km, which can take around 7-8 hours to reach. The trail follows a gradual ascend as you move towards the highlands of Dolpo. On the way, you will walk past the thick alpine forest and cross small villages such as **Shyagda** and **Chhepka** alongside the Suli Gad River and Phoksundo River.



Once you reach your destination, pack your bags and explore the surrounding area as your dinner gets ready. After that, have dinner under the starry sky (according to the weather), then spend your night at a tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 06: Trek to Ringmo. [3,640 m/11,940 ft]

***At. 08:00 AM:** Have breakfast at the campsite and start your journey toward **Rinmgo**. The distance from Rechi to Ringmo is around 11 km, which will take approximately 6-7 hours to reach. On the way, you will walk past small villages such as Sanduwa, Bagra, Chunuwar, and Polam before arriving at your destination, Ringmo. You will walk past alpine vegetation along rivers and a beautiful waterfall called Phoksundo waterfall, also known as Suligad waterfall locally.*

*Once you reach Ringmo, rest your bags and stroll around and explore the beautiful **Phoksundo Lake/Shey Phoksundo Lake** and Bon Monastery called **Thasung 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 07: Trek to Lekhe Dhunga. [3,670 m/12,040 ft]

***At. 08:00 AM:** The trek to the **Dhunga**, also known as **Lower Forest Camp**, is more challenging than on other days. You will walk beside the lake on a narrow path overlooking the majestic lake. The lower forest camp lies at an elevation of 3,670 meters above sea level. The distance between Ringmo and Lower Forest Camp is around 10 km and takes approximately 7-8 hours to reach.*

You will pass through dense forests and beautiful traditional villages on the way. Your porter and other teams will move ahead of you to set up the camping tents and prepare food for you so you can spend your night in comfortable tents. You and your guides can walk slowly, appreciating the surroundings. Stay at the lower forest camp for an overnight stay.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 08: Trek to High Camp. [3,740 m/12,270 ft]



At. 09:00 AM: Today you will be making your way to **High Camp**, also known as **Lar Tsa**, located around 6 km from Lekhe Dhunga (Lower Forest Camp), which will take around 5-6 hours to reach. The trail follows mostly a gradual ascent, with an uphill climb/walk towards the end of today's trek. On the way, you will get to see the majestic view of Kanjirowa Himal on your left side, adding a charm to your walk.

Once you reach your destination, rest your bags and have some tea and snacks as your dinner gets ready. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 09: Trek to Shey Gompa. [4,360 m/14,305 ft]

At. 06:00 AM: You will get up early and start your hike towards Shey Gumba, as you will have to walk uphill from the beginning of the day. The distance between Lower Camp and **Shey Gumba** is around 15 km and takes 8-10 hours to reach, including a high trekking pass called **Shey La (5,010 m)**.

Note: It is suggested to start your trek as soon as possible in the morning to make sure that you cross the pass before noon, as at noon crossing the high trekking pass becomes challenging. During noon, the wind gets stronger, making the walk difficult and even dangerous at some points.

Once you reach the top, the trail becomes easy, with a downhill trail making the rest of the walk easier. After arriving at the destination, rest your bags at the campsite and explore the area, visit the Shey monastery, and stroll around as your dinner gets ready. Here in Shey Gompa, one of the most popular Bon festivals, the Shey Festival is celebrated every 12 years. This festival holds great significance for the Bonpo people and the local Tibetan Buddhist community and is considered one of their biggest celebrations. In the evening, have dinner at the campsite and call it a day in tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 10: Trek to Namgung. [4,090 m/13,418 ft]

At. 06:00 AM: Have your morning meal at your campsite and get ready for your trek to **Namgung**, which is located around 11 km from Shey Gompa. The trek will take around 7-8 hours to reach, and while walking in high elevation, keep in mind to hydrate and walk at a constant pace to avoid getting altitude sickness.



*Today's trial involves both an uphill and downhill section, with a descent that can be tough on the knees, but the views make it all worthwhile. Your destination is Namgung, reached by crossing the **Saldang-la Pass** at 5,350 m (also known as **Kang La**), your second pass of the trek. The landscape is stark and rocky, with no vegetation, as you walk through the rugged Upper Dolpo region. The area is harsh and barren, but the views of snow-capped peaks are stunning.*

Once you reach your destination, you rest for a while, and you can stroll around soaking in the beauty of Upper Dolpo. Have dinner at the campsite and call it a day. Overnight at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 11: Trek to Saldang. [3,770 m/12,368 ft]

***At. 08:00 AM:** After your breakfast at the campsite, get ready for your trek to **Saldang**, yet another popular village in the Dolpo region. It will take around 7 hours to cover the 8 km trek from Namgung to Saldang. You will follow a gentle uphill trail along a flat path and at the end, you will walk downhill, making the last stretch a bit easier. Although there is not much to see on the way, once you reach the village, you will be welcomed by beautiful traditional houses, the seasonal agricultural fields, and hospitable locals.*

Once you reach your campsite, rest your bags and rest for a while, and you can visit the village, do some exploring, and get back to the campsite for dinner. Overnight stay at tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 12: Trek to Rakyo. [3,850 m/12,630 ft]

***At. 08:00 AM:** Enjoy a delicious breakfast at the camp and get ready to head towards Rakyo. Today you will have to walk about 14 km to Rakyo from Saldang, which takes around 7-8 hours. The trail gradually ascends, gaining elevation, which can make the walk a bit challenging at times.*

*Making your way through **Namdo**, **Sugugoon**, and **Chagaon** villages, you'll pass across a few Gumba decorated with prayer flags and Mani stones. The path is beautiful, with traditional architecture adding to the charm. Once you reach the campsite in Rakyo, take some time to explore the area while your meal is being prepared. Enjoy an overnight at tented accommodation.*

Meals: Breakfast, Lunch, and Dinner Included.



DAY 13: Trek to High Camp. [4,585 m/15,045 ft]

At. 08:00 AM: Today, you'll make your way to **High Camp**, which is located about 11 km from Rakyo and takes around 9 hours to reach. The trail follows gradually ascends, which can be tiring, but the amazing views along the way will make it all worthwhile. You'll follow the Nagon Khola river until you reach Darsumna Dhobhan, then leave the river behind as you continue towards Highcamp.

Once you arrive at the High Camp, take some time to rest and enjoy dinner at the campsite and an overnight stay in tented accommodation.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 14: Trek to Tokyu. [4,240 m/13,910 ft]

At. 06:00 AM: After breakfast at the campsite, you'll begin your trek to **Tokyu**. It is located about 15 km away from High Camp and will take around 8–11 hours to reach the campsite. Today's trek will be a bit challenging as you'll cross a high trekking pass called the **Jyanta La Pass**, situated at 5,220 meters above sea level. The first part of the trail is a steady uphill climb, but once you cross the pass, the trail becomes easier with a downhill path leading to Tokyu.

Upon reaching Tokyu, head towards your camping site and take some rest while your cooking team makes your meal. If you want, you can explore the beautiful village of Tokyu. Here, you'll find ancient monasteries, traditional houses, and locals living a simple, peaceful life.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 15: Trek to Dho Tarap. [3,945 m/12,942 ft]

At. 10:00 AM: Have breakfast at the campsite and get ready for your trek to **Dho Tarap**. Today's journey is short, covering just 6 km, which will take around 2 hours as the trail is mostly flat. On the way, you'll pass through a place called **Gagar Takmar** before reaching Dho Tarap.

Once you reach Dho, rest your bags at the campsite and take some time to explore the Dho Tarap valley. The village is known for its rugged beauty and deep connection to the Bon religion. The valley is mostly inhabited by the locals who follow the Bon religion. You will have lots of chances to explore historical sites such as **Ribo Bumpa Gompa** and **Shipchok Bon Gompa**. Besides the historical sites, the surrounding landscape offers stunning views and stunning agricultural lands, depending on the seasons. You'll also have lots of time to explore Dho to learn about the traditional life of the locals, how



they use traditional agricultural methods, and slow life. You can interact with the locals and learn about their day-to-day lifestyle. After your exploration, return to your campsite, enjoy a well-deserved dinner, and rest up for tomorrow's trek.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 16: Trek to Nawarpani. [3,780 m/12,402 ft]

At. 08:00 AM: *The trek to **Nawarpani** is one of the easiest of all the trekking days. The distance between Dho Tarap and Nawarpani is around 20 km and takes around 7-8 hours. Although the hiking distance is longer, it is slightly easier as the trail follows downhill.*

You will walk on the bank of the Tarap Khola (River) and pass through the beautiful village of Tol Tol, where you can stop by for lunch and a break before reaching Nawarpani for an overnight stay at camp. The kitchen team will prepare a delicious dinner and set up the comfortable tents at the campsite.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 17: Trek to Khanigaon. [2,950 m/9,678 ft]

At. 08:00 AM: *Walking through the bank of the Tarap Khola, you will reach Chhyugar in a few hours. After that, you will leave the Tarap Khola and move towards the trail. Meanwhile, before reaching the Lain Odar, you will again meet the Tarap Khola and move towards the **Khani Gaon**. Before reaching the village, you will descend downhill and climb for a few minutes, finally reaching the village of Khanigaon. The distance between Nawarpani and Khanigaon is around 15 km and takes 6-7 hours to reach.*

As you lose the elevation, you will come across trees and vegetation along with changes in the air. You can see seasonal local crop fields near the village area and might as well taste organic fruits and vegetables if you travel in the harvest season. The locals in this area are incredibly warm and welcoming. It's a great opportunity to connect with them and learn about their daily lives. In Khanigaon, there are lodging facilities available. However, we highly recommend staying in a tent, as there are only a few decent local lodges in the area. Camping is a better option here, as you will get comfortable accommodation along with fresh and delicious food prepared by the kitchen team.

Meals: Breakfast, Lunch, and Dinner Included.



DAY 18: Trek to Dunai. [2,140 m/7,020 ft]

***At. 08:00 AM:** Walking beside the Tarap Khola, you will cross a small bridge before reaching a small village. From there, you will walk further on the bank of the Thuli Bheri and reach Takakot. Takakot is a small village and you can also explore the Gumba in this area. From Takakot, the trail goes downwards until you reach **Dunai**. The distance between Khanigaon and Dunai is 26 km and you can cover it in 7-8 hours. Slowly, you will walk into the alpine forest and come across greenery as you lose elevation.*

People are quite friendly and helpful here; you can get along with the locals, communicate with them, and learn about their way of life. There are numerous local lodge options where you can stay. It is still recommended to camp here.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 19: Trek to Juphal. [2,475 m/8,120 ft]

***At. 08:00 AM:** You will leave the campsite after breakfast and head for the **Juphal**. The path to Juphal is quite level at first, but the final hour of the ascent is much more strenuous than the one you may recall from the first day of the excursions. Located at an altitude of 2,475 meters, Juphal is a great place to witness the starry sky. The distance between Dunai and Juphal is around 11 km and you can cover it in around 3-4 hours. Today is the last day of your journey, so enjoy the scenery to the fullest.*

Once you arrive, you can spend the day wandering around the village or chatting with the residents. Explore around and take some snaps if you wish. Your hike ends today; therefore, tonight will be your final night camping in Dolpo.

Meals: Breakfast, Lunch, and Dinner Included.

DAY 20: 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 21: 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:

- *An authentic Thakali welcome dinner and a cultural performance featuring traditional folk songs.*
- *All airport transfers and sightseeing are on a private basis.*
- *Domestic two-way flight transfer (Kathmandu-Nepalgunj-Juphal and back) as mentioned in the itinerary.*
- *All 20 nights of accommodation in hotels and comfortable tents throughout the trip in the respective places.*
- *16 nights at comfortable tented accommodation as mentioned in the itinerary during the trek.*
- *Daily breakfast throughout the trip.*
- *Lunch and dinner from the trek's starting day to the trek's ending day.*
- *All necessary paperwork. (Restricted area permit, National park permits, and TIMS card)*
- *An English-speaking, experienced, and government-licensed professional trekking guide.*
- *Required number of porters, kitchen staff, and mules during the trek.*
- *A well-equipped medical kit with necessary medications throughout the trek. (carried by the guide)*
- *One local SIM card (returnable) during your stay for communication purposes.*



- *All government and local taxes.*
- *Guide and Porter, cook's salary, food, and accommodation during the trek.*
- *Arrangement of emergency helicopter service which will be paid for by your traveler's insurance company.*
- *Sleeping bags, duffle bags, and trekking route maps – if necessary.*
- *Sufficient amount of mineral water during your sightseeing program in Kathmandu (Only).*

Package Cost Excludes:

- *International flight ticket.*
- *Personal expenses.*
- *Kathmandu sightseeing entrance fee. (Approx. USD 40 Per Person)*
- *Lunch and dinner in Kathmandu and Nepalgunj.*
- *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)*
- *Travel health insurance. (highly recommended)*
- *Tips for the guide, porter, and driver. (Recommended)*
- *Hot shower and mineral water during the trek*
- *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 lt water per/day and food 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 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 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 details.

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 data for 7 days.