

# FAQs

## Introduction

**What do I have to bring for the trek?** Please Click here to check for the recommended gear. **Can I join a group trek in Nepal?** We might have some fix departures in the peak season, you can check our fixed departures for that but if you are with some friends that are in good physical shape you do not need to join with others. Our well experienced staff will not let you feel alone or bored even it you take a trek alone. **What is the best season in Nepal?** The best time to trek in Nepal is either pre -monsoon during March and April (spring in the Himalayan) or after the monsoon has ended in October and November (the fall season). **What is the tea house trek?** Tea house trek means we will sleep and eat in local lodges that exist along the more popular treks. The lodges prepare a large variety of local and western meals at a reasonable price, please chick here for a typical lodge menu. Food, bottled water and snacks are readily available along the trail. These treks are led by a trained guide who knows all the available teahouses. **What is camping or organized trek?** With a camping or organized means we will organize the supply of any or all equipment, not supplied by the trekkers, necessary for trekking sleeping, eating, and food preparation as well as all consumable supplies of food, snacks and fuels. We provide all the necessary staff that are fully trained to guide, cook, pack and erect the campsite facilities. They will not only do their duty but every evening before sleep they will performed the local typical sing, song. They will dance and will make you dance. It would be more likely Nepali culture. **Do the trekking crew were insured?** Our staff and crews are fully insured for the duration of the trek. **Do you have first aid service included with the trek?** Our guides are trained in applying first aid and a first aid kit is provided with the trek. Please note that our clients are responsible to bring all their personal medicines for allergies etc. **What do will you do if I get altitude sickness (AMS) while on trek** The most important things are DON'T PANIC. We supply a well-stocked and appropriate medical kit for the trek and our guides are experienced is diagnosing and treating the symptoms of AMS. For further information you can visit <http://www.high-altitude-medicine.com> **Who is responsible to provide drinking water in Trek?** While trekking you should consume at least 2 liters of water per day (5 liters in winter conditions). Your health is critical to your enjoyment of the trek so we always recommend using water purifying tablets or filtered water for your personnel needs while trekking. While camping drinks such as tea and coffee are provided at no additional cost. When staying at teahouses water can always be purchased. You are responsible to provide your own personnel water treatment. **Is telephone and Internet facilities available while on trek?** There are limited telephone services in the trekking route from where you can call domestically or internationally. In the larger villages internet is also available. **Is it possible to hire trekking gear?** There are many trekking stores in Kathmandu and Pokhara Nepal where you can easily hire or buy packs, sleeping bag, sleeping mats, down jacket, etc. **Dose Alpine Asian Treks and Expedition P Ltd accept Credit card?** We accept the Mastercard and Visa and the traveler's checks. A bank surcharge is imposed by the bank on all credit card billings. No surcharge applies if you are paying by bank transfer or in person in Nepal by cash or travelers check. **Will the group ever be left alone in the mountains?** No **Will somebody come to pick up me in the Nepal airport?** Yes **How much am I expected to carry on a trek?** You are expected to carry 5 to 10 Kg for personal effects including cameras, water bottle, clothing, etc. **Do your crews have all the necessary warm clothing?** All our crew will be fully equipped while on the trek. **How about my trips Payments?** We require 20% of the total price of your trip as a

booking deposit to confirm your trip and the balance of the amount before the departure of the trip. **What is the weather and temperature like?** During spring and fall the temperature between 1000 to 3500 meters ranges as high as 20 deg C to a low of -5 deg C. At higher altitudes the temperatures can range from 20 deg C to -10 deg C. During winter it is a further 10 deg C colder. If i cant complete my trekking or tour ? Will i get another tour or trekking ? Can a single girl trek with guide ?

## Trip Facts

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