

FAQ's

Q. Will somebody come to pick me up at the airport upon my arrival?

A. Absolutely! Our Airport Representative will come to the airport to pick you up. Outside of the arrival Terminal Hall, he will be displaying a play card of Nepal Yoga Trek or Mount & Monkey Tours & Travel Pvt. Ltd. with your name on it.

B. Sometime according to the package you are selecting it might not include Pick up and Drop service to Airport but, when needed on demand we can arrange this service to you.

Q. What type of accommodation do I expect while I am in Kathmandu, Mountain & Retreat Center?

- Excellent!! Our company will provide you Star category hotels in Kathmandu with inclusive breakfast & best available accommodation duration the trekking as per your programs.

Q. What is the Different between the General Trek & Yoga Trek?

General Trek (G.T)

- 20% cheaper than Yoga Trek
- Always Medium Standard
- Trek will be simple & memorable.
- No Yoga Teacher in this trek but Guide & Porter will be there.
- Less Manpower
- On the way Trekking guide itself introduce you some stretching exercise.
- Nothing preparation.
- Food according to the Menu available in the Tea House.

Yoga Trek (Y.T)

- It's bit expensive than General Trek.
- Always Deluxe / Standard
- Trek will be calmed, peace, relaxing & memorable.
- Yoga Teacher, Trekking Guide, Sherpa, Masseur & porter accompany with the group.
- Needed much manpower to conduct the yoga trek.
- On Yoga trek Meditation, Yoga, Stretching, Pranayama, Massage, Cool down Meditation, Visualization meditation and Guided Relaxation will be trained.
- Before & after Preparation & Relaxation is included.
- Yogic Food with lots of Fruits and juice.

- Food we don't carry if tea house except some fruits and Juice.
- Food we carry and cook our self weather Tea house or organized trek.
- Company Provide only water bag.
- Company Provide water bag, Meditation blanket & Company's branded Sunhat etc.

Q: What is the motto to introduce a yoga trek?

- To make the Trek completely relaxing, Peaceful, memorable, Safe, fun full & introduce a real tradition of Nepal and about Nepali and experience the way of Yogic life.

Q: What is the general duration of the treks?

- The duration of the trek depends on the region of the trek but especially for **Yoga Trek** Min 3 Days to Max 18 Days and for **General Trek** Min 3 Days to Max 29 Days.

Q: How difficult are the treks?

- Difficulty of the treks also depends on the region of the trek and duration of it. Shorter treks tend to be easier while longer ones require some physical fitness.

Q: What is the Tea House Trek?

- Tea House Trek - is a trek during which at the end of each trekking day you stay for overnight in Tea Houses. "Nepal Yoga Trek" also organizes Camping Treks where you overnight in tents and all three meal cooked by our staff.

Q: What can I expect from Tea House?

- Tea House is the combination of guest house, restaurant, and social hang out. Many years experience of "Nepal Yoga Trek" in field of organizing various treks in Nepal assures you that we have chosen for our treks the cleanest and most hygienically kept Tea Houses with friendly atmosphere and best views. Most of the Tea Houses have running water facility. Many of them have hot water available for bathing. But we discourage our groups from using water heated by wood as lack of firewood in most villages is a big environmental concern in Nepal.

Q: What facilities we will have in Tea House?

- Private rooms are available in most tea houses except for high altitudes ones. Most bathrooms are shared. Most of the Tea Houses have running water facility. Meditation & Guided relaxation we do in tents if the groups are above 4 pax.

Q. What type of shape do I need to be for this trip?

- This is suitable for average people who are good health & moderately fit, thus no previous experience is required however to get condition for this trip, some physical fitness programs such as running, swimming, hiking is recommended before you embark on journey. Person who is suffering from pre-existing diseases must seek medical advice with your doctor before considering the any

trekking in Nepal. Whilst on the trek, it is common to experience some discomfort before being fully acclimatized.

Q. What is the best time for Trek?

- We recommend you anytime between Mid of February to May in spring & Mid of September to December in autumn season is the best time for trek, however, rest of the months are okay and trekking can be done but not as much as nice comparing those season due to winter & raining respectably.

Q. Nepal Climate or Nepal Seasons

Season Times:

- Winter in Nepal : December-February,
- Spring in Nepal : March-May,
- Summer in Nepal : June-August,
- Autumn in Nepal : September-November.

Q: What is the weather like?

- You need to be prepared for sudden weather changes while trekking. That's why trekking equipment should be chosen carefully before the trip. Sudden rain storms or snow are always a possibility which needs to be considered. The weather during the trekking season is somewhat more stable. "Nepal Yoga Trek" pays big attention to weather forecast, so you will be told about weather prognosis and you will be given advises before trek.

Q: What kind of clothes is needed for trekking?

- Choosing the clothes for trekking is very important. Please, check our trekking equipment list for details and we will give you a list of stuff which you have to prepare for your trek. We highly recommend trek with light and comfort.

Q: What type of shoes should I have?

- For shorter treks comfortable tennis shoes or sneakers is enough while longer treks require carefully chosen hiking boots which should be kind of strong, well-made but light boots. Shoes and boots are best to buy before arriving in Nepal. Proper fit is a must for boots and we advise you to wear your new shoes for sometime before trek for your feet to feel absolutely comfortable during trekking.

Q: Should we bring all trekking equipment with us?

- You can easily rent needed equipment for reasonable price in Kathmandu or Pokhara before trek but it's always preferable and more convenient to have your own equipment during trekking, so we advise you to bring equipment with you or to buy here as most of the outdoor equipment can be bought in Kathmandu or Pokhara in one of the many outdoor gear shops. Some Trekking equipment we provide you like water bag, meditation blanket, sunhat what ever available with us, please inquiry with your guide or program coordinator.

Q: What problems can arise on altitude?

- Altitude sickness is a serious problem. "Nepal Yoga Trek", having many years of experience in trekking and good knowledge of the problem, organizes treks very carefully. Extra day of

acclimatization is included in all our high altitude treks. Our guides are trained to spot any signs of altitude sickness and know how to deal with it. For high altitude trek we do carry with some oxygen bottles.

Q: What happens in case of emergency?

- “Nepal Yoga Trek” is prepared for any emergency situation and knows how to handle it. Our guides are trained in first aid and can deal with most of the basic ailments that occur during a trek. Every client should have his own insurance before coming to Nepal for case of emergency.

Q: What sort of experience do your guides have?

- Guides of “Nepal Yoga Trek” have many years of guiding experience in Nepal as well as India and Tibet. Most of them have been spending years exploring the country. Our guides are trained in first aid and know how to handle any situation. All our guides speak Good English and happy to share their deep knowledge of the country and beauty of Nepal with you. We believe in and follow the idea that it’s not enough to take visitors to special places or special cultures, we need to provide guides who can get people feel involved in what they are experiencing, explain it thoroughly and keep them entertained.

Q: Where do we eat our meals and what kind of food is available?

- During a Tea House trek or Organized Trek you will have breakfast and dinner in the Tea House, lunch will be eaten at one of the trail side restaurants. During a Camping Trek all food will be cooked by our experienced cook. Every Tea House serves the traditional Nepali meal Dal Bhat (rice and lentil soup). All Tea Houses of our routes have variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Many of them have western food on menu. In Yoga trek we will have yogic types of food which is cooked by our staff some time we take according to menu as well.

Q: Is it safe to eat during the trek?

- Food safety is always a big concern and we take it very seriously. That is why we have chosen the cleanest and most hygienically kept Tea Houses for our routes. During a Camping Trek our cook prepares safe and tasty meals from carefully chosen food items and only hygienic cleaning facilities are used. We provide mostly vegetarian foods in trek.

Q: What are the sources of drinking water supply during trekking?

- During in mountain, your guide will advise you on what you should and shouldn’t eat and drink. Every lodges/guest house also serves both boiled and filtered water on cheaper price for trekkers to treat accordingly. And on the trek you will be provided with drinking water by your guide. The guide will make sure that water is safe for drinking. Company provides a Water bag for refill. We don't recommend buying a Minerals water bottle.

Q. I am alone! Can I join in group?

- Excellent! If you are not interesting travel alone, we do have several joining trip on every different route, please choose the suitable departure date on Yoga Trekking Date Menu, general trek can do any time, any date you want.

Q. Do you offer Tailor-made Trip?

- Yes, we do offer tailor-made trip, if our set itinerary is does not perfect for your holidays in any case, please kindly drop a message on contact details page.

Q. Can I charge camera batteries along the trek? and how much?

- Yes, Most of the guest houses you can recharge your camera batteries along the trek approximately cost you USD 2-3 per hour.

Q. What is the weather & temperature like in mountain?

- Weather in the mountains is notoriously difficult to predict. At night it is generally cooler the days are generally warm. There will be snow during the month of December and February. It is important to make sure that you can stay warm and dry in just about any conditions. Expect the unexpected! The temperature could be as high as 20 deg C to -10 deg C low.

Q. How long have you been in business?

- We have been serving in this field for over a Four Years and are trustable and government registered Trekking & Expedition, Tours & Travel agency.

Q. How much should I plan on spending for each meal not included in Kathmandu?

- In Kathmandu, you can allocate US\$ 08 - 10 per meal.

Q. What hotel do we stay at in Kathmandu? Do you know how much an extra night in the hotel would cost?

- Usually we use Star Category from 1 - 5 Star hotels, for additional night, extra US\$ 8.00 - US\$ 150.00 per night / per double room is charged which is inclusive of breakfast and all taxes.

Q. Do you offer a luggage storage facility?

- Of course! Nepal Yoga Trek & Mount & Monkey Tours Team will provide you luggage storage service and as well as every hotel in Kathmandu they have safe luggage storage service on free of cost.

Q. Do I need travel insurance?

- It is compulsory!! Nepal Yoga Trek Team cannot be held responsible or liable for loss, damage, or theft of personal luggage and belongings, nor can they be held liable for personal injury, accident or illness. Please ensure that you have yourself and your belongings adequately insured before your departure. If you do not possess a policy, we can issue insurance at competitive rates, however it would be better to purchase your policy locally as this will cover you for repatriation back to your home country.

Q. Can I extend my holiday?

- There are many options and choices to extend your holiday before or after your main trip, in following trips are suggested.

-2 nights / 3 days Chitwan Jungle Safari

- 1 to 6 days River Rafting

- 1 Night /2 Days Nagarkot/ Dhulikhel for panorama and sunrise view.

- Few Days travel to Pokhara / Lumbini
- Some Village Hiking
- Everest mountain flight
- Some Adventure activities like Paragliding, Bungy etc.
- Yoga Retreat Program (3 Days / 6 Days / 10 Days and more)

Q. Do I need a visa to enter Nepal?

- Yes. All visitors require VISA to enter Nepal. Tourist Visa is available from entry point such as from airport terminals like Kathmandu Airport or by land through immigration offices located at the borders or through the Royal Nepalese Embassy located near your region.

Q. Can I Get Tourist Visa from the Airport?

- Yes, but make sure to bring a valid passport and two passport size photos.

Q. How can I book this trip?

- When you confirmed trip, we need photo copy of your passport, PP size photos and 20% down payment of the total price for advance flight tickets, hotel booking and permit process.
Please download the Details Information Form & Bank Form from contact us & send it back to us.

Small Group Departure In Year 2010 & 2011

Our small group departure dates and prices are per person basic excluding international flights & joining in Kathmandu. If our set departure dates are not suitable for your holidays, you may choose Private departures by selecting your own convenient tour date. These types of departure are best suited to couples, families, charity and small groups of friends. Customized itinerary are available as per your travel need.

Visit the Explore the Nepal list in our website helps to make your own itinerary yourself.
Thank You.