

Physical Fitness Requirement

Participants must be in good health and able to walk 4–6 hours per day on mountain trails. The trek is graded as easy to moderate, suitable for beginners with a reasonable level of fitness.

Minimum Age

The minimum age for participation is **8 years**. Children must be accompanied by a parent or guardian throughout the trek.

Travel & Medical Insurance

All trekkers are required to have valid travel and medical insurance that covers trekking activities, medical evacuation, and emergency rescue. Proof of insurance may be requested before the trek begins.

Booking & Deposit

A deposit is required at the time of booking to secure permits, accommodation, and transport. The remaining balance must be paid before the trek departure date.

Cancellations & Refunds

Cancellations made **30 days or more** before the trek start date: Partial refund (deposit non-refundable).

Cancellations made **15–29 days** before departure: 50% of total cost refunded.

Cancellations made **less than 14 days** before departure or leaving the trek after it has started: No refund.

Itinerary Changes

Himalaya Heart Trek reserves the right to alter itineraries due to weather conditions, safety concerns, government regulations, or other unforeseen circumstances. We will always strive to deliver the planned experience as closely as possible.

Responsibility & Liability

Trekking in the Himalayas involves inherent risks such as altitude sickness, weather challenges, and terrain hazards. Himalaya Heart Trek will take every precaution for your safety, but we are not liable for personal injury, illness, loss, or damage of belongings during the trek.

Code of Conduct

Participants are expected to respect local culture, traditions, and the natural environment. Responsible travel practices, such as minimizing plastic use and following guide instructions, are required.