

- Nar and Phu valley is a beautiful village in the Annapurna region.
- The traveler can Enjoy with Panoramic Mountain View of Annapurna Himalayan range, Lamjung Himal, and Manaslu Himal.
- Difficult part of this trek is a Kang La pass (5320m) and through la pass (5416m)

Nar and Phu valley most beautiful place on the earth situated in between the Annapurna and Manaslu regions. The trek was permitted only after 2002. The trek lies in the restricted area of the Nepal and Tibet border, requires a special trekking permit. Few travelers have explored these almost remote villages. This trek takes the Annapurna circuit trail to Koto then separates the Trans Himalayan zone. Tourist find around 300 Nepalese, Tibetan inhabitants Nar Phu valleys.

Travelers enjoy with great views of Annapurna II, Gangapurna and Tilicho peak, demanding part of this trek is Kang la pass (5320m) and through la pass (5416m). Nar Phu Valley is a unique experience of traveler rock formation, enchanting forests, canyons, monasteries, yaks and unique Himalayan culture. The remote area of Nar and Phu, there is yak herding and farming still the basis of livelihood.

Nar Phu village trekking is designed to fulfill the dream of many tourists to experience the important route to the base of the world's beautiful place. Glacier Adventure Company has a decade of experience and successful record.

Trip Facts

Price:

USD 1875

Duration:

19 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse(Lodge to Lodge)

Meals:

Breakfast in Kathmandu/All the meals during trekking

Max. Altitude:

5320m Kang La Pass

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December

Daily walking Hour:

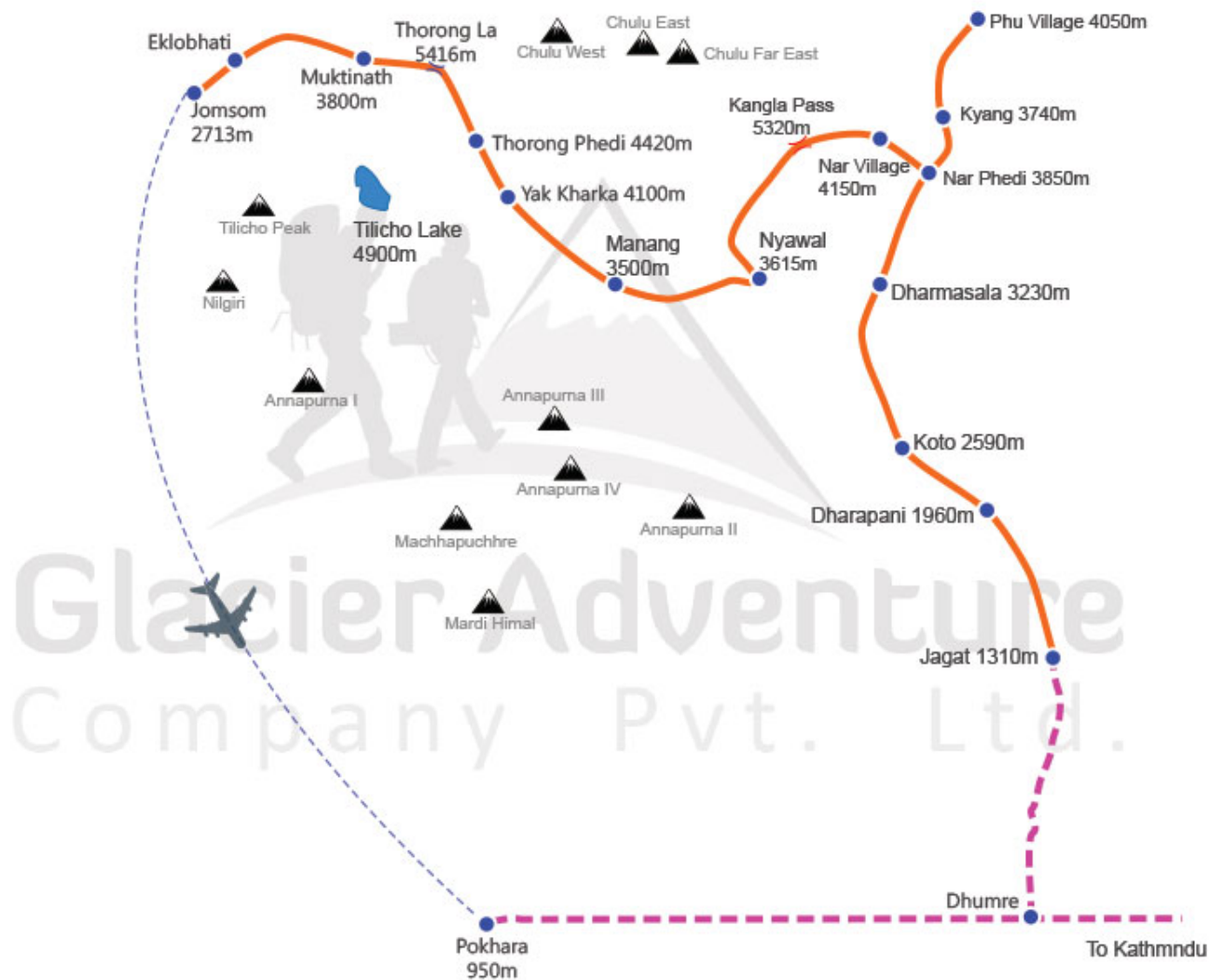
5 to 7 hours

Transportation:

Car/ Van/ Plane



Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu Sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast, Lunch & Dinner

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Jagat (1310m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early morning after breakfast guide pick up you and go bus park, then drive along Kathmandu to Pokhara highway until Dumre after that follow the Marshyangdi river to Besishar continue Jagat through the beautiful Nepalese countryside.

Day 4: Jagat to Dharapani (1960m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail continues to change, then cross a suspension bridge on the Marshyangdi River after that the trail ascending Tal village. After Tal, the trail crosses potato fields and pine forests to Khotro then continue to Dharapani. This is a beautiful village in Manang valley.

Day 5: Dharapani to Koto (2590m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail cross Bagarchhap and Danaque through a bank of the Marshyangdi River then the trail is ascending Timang village through Pine and oak forest after that continue to Koto. Trekker enjoys beautiful mountain views of Lamjung Himal, Manaslu Himal, and Annapurna II.

Day 6: Koto to Meta (3,550m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. First, register your restricted area permit in the Police check post in Koto then continue to walk bank of the Soti Khola through pine forest to Dharmasala and the trail ascending through beautiful forest to Meta village. This area is like a Tibetan plateau. Trekkers enjoy with Annapurna Himalayan range and Lamjung Himal.

Day 7: Meta to Phu village (4250m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today you will walk 4 to 5 hours and the trail follows Phu Khola. Big chance to see a blue sheep around the

khaki hill. The trail continues to the Phupi Gyalgen Gate, cross many walls and finally reach Phu village.

Day 8:Phu village excursion day!

Accommodation: Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is acclimatization day for adjusting the thin air. This is a beautiful village. Trekkers explore local culture, natural diversity and monastery or hike to Ngoru Kharka for acclimatization. This is a remote village; trekker sees a different lifestyle then city life with beautiful mountain Scenery.

Day 9:Phu village to Nar village (4150m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

The trails ascend with Kangaroo Peak views, cross the Nar gate, the Mani walls. Finally, reach Nar Village. This village famous for Blues.

Day 10:Nar village excursion day!

Accommodation: Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is also an acclimatization day for adjusting the thin air. After breakfast, trekkers explore local culture, People lifestyle and monastery in Nar village or hike nearby. Enjoy beautiful mountain scenery and prepare for next day Kang la Pass.

Day 11:Nar village to Top of Kang La (5320 m) to Ngawal (3615 m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to cross Kang la. Convert dream to reality. Early in the morning, after breakfast starts walking. The trail ascends to the Kang la top, then descending to Ngawal. Trekker enjoys magnificent mountain views of Annapurna II, Gangapurna, and Tilicho Peak.

Day 12:Ngawal to Manang (3550 m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a short day. After breakfast starts walking. The trail follows the Annapurna circuit trail. Trekkers cross pine forest, Mungi and Barga village than finally reach Manang village. Enjoy amazing views of Pisang peak, Annapurna II, Gangapurna and Tilicho Peak. Manang is a big village. There are restaurants, shops, a health post and snooker house. Evening time explores Manang village. Today you will walk 4 to 5 hours. The trails follow the Annapurna trail, enjoy with amazing view Annapurna Himalayan range. The trail cross Braga village, follow Marshyandi river and finally reach Manang village.

Day 13:Manang to Yak Kharka (4100m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the walk. The trail ascends to Yak kharka cross through Tanki Manang and Gunsan village. Today will ascend 6 hundred meters. Trekkers enjoy panoramic views of mountains.

Day 14:Yak Kharka to Throng Phedi (4420m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a short day. Already, high altitude Place so that Trekkers most follow AMS rules. The trail descends

to the Marshyandi River, then the trail ascending to Thorong Phedi (4420m) then prepare for the next day.

Day 15: Thorong Phedi to Muktinath (3800m) via Thorong La Pass.

Walking hr: 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a long day, the trail ascending (1000m) and descending (1600m) After breakfast start early in the morning reach fast at Thorong La Top (5416m) otherwise sometimes weather condition (strong wind) affect the journey. On the trail and Thorong La top sees the beautiful mountain views. Finally, reach Muktinath. This is a beautiful village. Muktinath temple is famous the famous pilgrimage for Hindu and Buddhist religious groups. Mukti means Nirvana and Nath means temple. There exist one hundred eight taps and you can see the natural lamp in a Buddhist Monastery.

Day 16: Muktinath to Jomsom (2720m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail descends to Eklebhatti then the trail flat path until Jomsom through the bank of the Kaligandaki River. When reach Jomsom Prepare for next day and if you want can visit around Jomsom. This headquarters in Mustang district in the past time.

Day 17: Jomsom to Pokhara (950m)

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early morning after breakfast go to Jomsom airport and take a short flight Jomsom to Pokhara with beautiful mountain scenery then transfer to hotel in Pokhara. Your adventures finished take a rest and relax. Enjoy the day.

Day 18: Pokhara to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast , lunch & Farewell dinner

Early in the morning drive tourist bus Pokhara to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 19: Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Nar Phu valley with Kang la pass trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be

responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included. (3 nights)
- Standard twin sharing accommodation in Pokhara breakfast included. (2 nights)
- Wel-come and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two people one porter.4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- All necessary paper works and permits
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T-shirt/Map
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mention on Price Includes.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Nar Phu valley trekking with Kang la Pass trekking located remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Nar Phu valley trekking with Kang la Pass trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Nar Phu valley trekking with Kang la Pass trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted Nar Phu valley trekking with Kang la Pass trekking Their body needs some days to rest to the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Nar Phu valley trekking with Kang la Pass trekking is a remote mountain in Annapurna region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Nar Phu valley trekking with Kang la Pass trekking They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

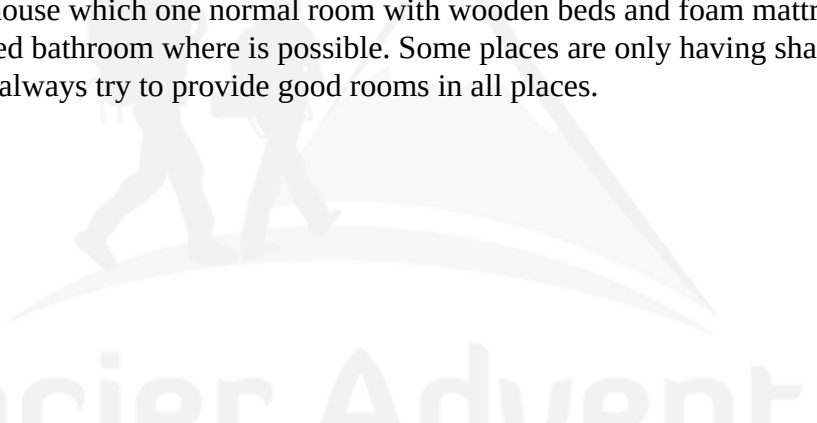
English Language.
Trekking guide training.
First aid course.
Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Nar Phu valley trekking with Kang la Pass trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.



Glacier Adventure
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