

Nar Phu Valley Trek



Introduction

The **Nar Phu valley trek** is newly opened, spectacular regions of ethnically-Tibetan inhabitants for those of you that think you have trekked it all. This is a trek that combines Kang La and Thorong La high passes, remote villages of Nar and Phu, narrow canyons, lovely forests, amazing rock formations, yaks, Monasteries and unique Himalayas cultures. This trek starts from Chamje after 9 hours driving from Kathmandu. We hike same trail as Annapurna circuit trek. After reaching to Koto, we cross the bridge leading over the Marshyangdi River to the steep portals of the Nar Phu valley system is easily missed, but although the entrance is narrow and forested, the valley system above opens up to a huge expanse of high snow-peaks, ancient villages and high altitude grazing settlements. Trekkers until late 2002, very few westerners have explored these virtually untouched villages or climbed the many 7000m peaks surrounding it. We will venture into this remote region of Nar Phu valley. Buddhist pilgrims from around Nepal might accompany us up to Phu to visit the renowned Tashi Lhakang Gompa and receive a blessing from Lama Karma Sonam Rimpoche. Along with spending plenty of time at these colorful and timeless villages, we explore the high alpine valleys above Phu. The Kang La (5315m) pass is amazing. We may enjoy mountains view like annapurna II, Gangapurna, Tilicho peak then join to manang for annapurna circuit trek. The village of Manang (3,500m/11483feet) marks the beginning of the next stage. The highest point of the trek is **Thorong La pass** (5416m / 17768 feet). The pass is marked by the Mani stone and prayer flags. As you reach the top, you are rewarded by the magnificent view from the top and then we walk down to **Muktinath** with amazing mountains. The sacred Muktinath temple has 108 waterfalls that resemble water flowing from taps; you will be the free from the sin which you committed in your past life and mysterious natural gas fires that boggle the mind. Now we descend through Jharkot village, Kagbeni, Ekle Bhatti to **Jomsom**. Jomsom is the headquarters of Mustang district. It is one of the

windiest valleys in Nepal. Every afternoon is guaranteed to be windy in the season.

Trip Facts

Trip Duration	20 Days
Trip Grade:	Strenuous
Best Season	April to October
Per Day Hiking:	4-8
Elevation	Minimum 1310m-Maximum 5416m
Accommodation	Lodge
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 3 Nights Hotel in Kathmandu on BB Plan.
3. Kathmandu-Chyamje and Pokhara - Kathmandu by tourist bus.
4. Jomsom - Pokhara flight ticket with departure tax.
5. 1 Night Hotel in Pokhara on BB Plan.
6. All the Meals (Breakfast, Lunch and Dinner) and accommodation during the trek.
7. Annapurna Conservation area permits fees and Nar Phu special permits.
8. One English speaking government certificate holder trekking guide and required porters.
9. Guide and porters insurance, salary, equipment, food, transportation and accommodation.
10. Local fresh fruit like orange, banana, apple, grape etc.
11. 13% Government VAT and official charge.

What are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu and Pokhara.
- All the drinks like mineral water, Fanta, coke, beer,tea,coffee etc.
- Your trekking gears.
- Your travel insurance which should include the emergency rescue.
- Tips for staffs

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Permit preparation

Day 03: Drive to Chyamje,

Day 03-17: Trekking

Day 18: Fly to Pokhara

Day 19: Drive to Kathmandu

Day 20: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m)

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Nar Phu Valley Restricted area trekking permit preparation

Nar Phu Valley Restricted area trekking permit preparation and overnight at the Hotel.

3. Kathmandu - Chamje

Drive from Kathmandu to Chamje (1310 meters, 7-8 hours driving) and then overnight at Lodge.

4. Chamje - Dharapani

Trek from Chamje to Dharapani (1920meter, 5-6 hours walking) and then overnight at Lodge.

5. Dharapani - Koto

Trek from Dharapani to Koto (2600meters , 5-6 hours walking) and then overnight at Lodge.

6. Koto - Meta

Trek from Koto to Meta (3230meters , 7-8 hours walking) and then overnight at Lodge.

7. Meta - Upper Chyaku

Trek from Meta to Upper Chyaku (3720meters , 3-4 hours walking) and then overnight at Lodge.

8. Upper Chyaku - Phu Village

Trek from Upper Chyaku to Phu village (4050m, 6-7 hours walking) ,Excursion around Phu valley in the evening and then overnight at Lodge.

9. Phu Village - Nar Phedi

Trek from Phu to Nar Phedi (3550meter 5-6 hours walking) and then overnight at Monastery.

10. Nar Phedi - Nar Village

Trek from Nar Phedi to Nar Village (4150meter , 2-3 hours walking) and then overnight at Lodge.

11. Explore Nar Village

Explore Nar Village and then overnight at Lodge.

12. Nar - Ngawal

Trek from Nar to Ngawal (3675meter , 7-8 hours walking) after crossing Kang La pass (5315meter) and then overnight at Lodge.

13. Ngawal - Manang

Trek from Ngawal to Manang (3550meter , 3 hours walking) and then overnight at Lodge.

14. Manang - Ledar

Trek from Manang to Ledar (4250meter, 5 hours walking); towards Thorong La pass, overnight at Lodge.

15. Ledar - Thorong High Camp

Trek from Ledar to Thorong high camp (4800meter, 3-4 hours walking), overnight at Lodge.

16. Thorong High Camp - Muktinath

Trek from Thorong high camp to Muktinath (3800meter, 7-8 hours walking) after crossing Thorong La (5416-meter) Pass, overnight at Lodge.

17. Muktinath -Kagbeni - Jomsom

Trek from Muktinath to Jomsom 2750meters , 5-6 hours walking) via Kagbeni (2895meter), overnight at Lodge.

18. Jomsom - Pokhara

Fly from Jomsom to Pokhara (820meter), rest of the day free day in Pokhara, overnight at the Hotel.

19. Pokhara - Kathmandu

Drive to Kathmandu (200km ,6-7 hours driving) , overnight at selected Hotel.

20. **Departure to international airport.**

Final departure to international airport to fly your home country.