

19 Days Nar Phu Valley Trek

TRIP OVERVIEW



Trip profile
19 Day Nar Phu Valley Trek



Cost
USD 2890



Type
Trekking



Trek Days
19 Days



Accommodation
4 star in City & Teahouse during trek



Meal
All meals (breakfast, lunch, dinner) included

What's included ?

- 4-star or equivalent hotel accommodation in Kathmandu and Pokhara
- All ground transportation on a comfortable private vehicle as per the itinerary
- All internal flights and domestic hotel/airport transfers
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Domestic flights (as per the itinerary)
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- English-speaking, trained and experienced guide
- Free Trip dossiers & other information in a printable format
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Welcome and farewell dinner at finest local restaurant

What's excluded ?

- International airfare to and from Kathmandu
- Nepalese visa fee
- Optional trips and sightseeing if extended
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tipping to staffs (as an appreciation)

- Travel and rescue insurance

Day 1: Arrival in Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

Highlights: Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

Accommodation: Kathmandu 4 star hotel

Day 2: Sightseeing and trek preparation

Highlights: Any 4 World Heritage sites:

Pashupatinath, Boudhanath Stupa, Swayambhunath and Patan Durbar Square, Bhaktapur Durbar Square, Basantapur Durbar Square

Accommodation: 4-star Hotel

Day 3: Drive from Kathmandu to Jagat

Driving hours: 8-9 hours

Difficulty: Easy

Accommodation: Basic teahouse

Elevation: 1300 m

Topography: typical countryside paths, smooth road till Besisahar, bumpy way to Jagat

Highlights: Green Forests, Hills, rivers

Day 4: Trek from Jagat to Dharapani

Walking hours: 7-8

Difficulty: Moderate

Accommodation: Basic tea house

Elevation: 1960m

Topography: shady forests paths, steep rocky trails, short descends, rugged and windy trail

Highlights: tropical forests, streams, waterfalls, rivers, suspension bridges

Day 5: Trek to Koto

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Basic teahouse

Elevation: 2610m

Topography: rough trail, short ascents, forested lands,

Highlights: Buddhist village, pine forests, Timang village, views- Mt. Manaslu.

Day 6: Trek from Koto to Meta

Walking hours: 7-8

Difficulty: Moderate/strenuous

Accommodation: Basic Teahouse

Elevation: 3,560m

Topography: quieter trail, rough steep ascents, riverbank paths.

Highlights: pine forests, restricted areas, caves, waterfalls, Rhododendron forest, Naar Khola river.

Day 7: Trek from Meta to Phu Gaon

Walking hours: 7-8

Difficulty: Moderate

Accommodation: Basic teahouse

Elevation: 4250m

Topography: Gradual inclines, rocky trail, riverbank paths.

Highlights: colourful Chortens, Khampa settlement, river streams, Phu Khola River, Hospitality of Phu Gaon, Views-Kangaroo Mountain, Pokharkan and Amotsang Himal.

Day 8: Acclimatization at Phu Gaon

Today is a rest day for you to acclimatize. In the meantime, enjoy the exploring Phu village & visit old Buddhist Monastery called as Tashi Lhakhang monastery

Day 9: Trek from Phu Gaon to Nar

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse.

Elevation: 4,110m

Topography: Long ascends, riverbank paths, rocky trails and steep descent into Naar.

Highlights: Lapche river gorge, Buddhist Stupas, suspension bridge at Mahendra pul, views-Panoramic views of Pisang Peak, Kangaroo, Pokharkan and Amodsang Himal.

Day 10: Acclimatization and preparation at Nar

On this day we explore Nar valley acclimatize properly to proceed further. witness printing flags, prayers wheels & monks

Day 11: Trek from Nar to Ngwal via Kang La Pass

Walking hours: 7-8

Difficulty: Moderate/Strenuous

Accommodation: Basic tea House

Elevation: 3,660m at Ngwal & 5322m on the pass.

Topography: Steep, rocky climb

Highlights: sunrise views from the pass, views- Annapurna II, Gangapurna and Tilicho Peak

Day 12: Trek to Manang

Walking Hours: 4-5

Difficulty: moderate/difficult

Accommodation: Basic teahouse

Elevation: 3,540m

Topography: steep inclines, rocky, riverbanks paths,

Highlights: the Annapurna range, traditional villages, Gurung hospitality, local monastery, Manang village,

Meals Provided: Breakfast, Lunch, Dinner

Day 13: Trek from Manang to Yak Kharka

Walking Hours: 4

Difficulty: moderate/difficult

Accommodation: Basic teahouse

Elevation: 4110m

Topography: steep inclines, rocky paths, hilly terrain, quick descents

Highlights: Traditional houses, local Buddhist monastery, beautiful lake, mountain views

Meals Provided: Breakfast, Lunch, Dinner

Day 14: Trek from Yak Kharka to Thorong Phedi

Difficulty: moderate/difficult

Accommodation: Basic teahouse

Elevation: 4600m

Topography: narrow tracks, gradual ascends, river crossings, unsteady hill

Highlights: Marsyangdi River, mountain views, stunning scenery

Meals Provided: Breakfast, Lunch, Dinner

Day 15: Trek to Muktinath via Thorong La Pass (5,416m)

Walking Hours: 7-8

Difficulty: moderate

Accommodation: Basic teahouse

Elevation: 3800m at Muktinath & 5416m on the Thorong La Pass.

Topography: narrow paths, river crossings, uphill rocky paths, steep descends

Highlights: Thorong La Pass, Muktinath a God of Salvation, entire Annapurna range

Meals Provided: Breakfast, Lunch, Dinner

Day 16: Trek from Muktinath to Jomsom

Walking hours: 6

Difficulty: moderate

Accommodation: Basic teahouse

Elevation: 2,715m

Topography: Steep descents, wider trails, long descends

Highlights: Muktinath a God of Salvation, Kagbeni, village laden, views of Dhaulagiri range, meadows, streams

Meals Provided: Breakfast, Lunch, Dinner

Day 17: Fly from Jomsom to Pokhara

Today we take an Early morning flight to Pokhara. The comfortable stay & food is amazing in Pokhara

Flight: 30 minutes

Elevation: 823m

Highlights: Music, souvenir shopping, lakeside view. an array of restaurants, a wide variety of food menus

Accommodation: Pokhara 4 star hotel

Day 18: Fly from Pokhara to Kathmandu

An early morning flight will take you to Kathmandu. On reaching Hotel we will be having farewell dinner together in the evening.

Highlights: Bird's eye view of lake city Pokhara, Towering hills, a glimpse of fishtail mountain

Accommodation: 4-star Hotel in Kathmandu

Breakfast, Lunch & Farewell dinner

Day 19: Departure from Kathmandu

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country, Nepal