Nar Phu Valley Trek

Facts

Destination: Nepal

Trip Difficulty: Streneous

Trip Style: Trekking

Transport: As per Itinerary

Food: Breakfast,Lunch & Dinner(BLD)

Accommodation: Hotel, Lodge and camping

Group Size: Min 2 Pax

Max Elevation: 5,140 m

Best Time: March - May & October - November

Nar Phu Valley Trek leads to the most isolated part of the Annapurna region. Nar and Phu are two separate villages, which are at day walking distance from each other. Trekking in Nar Phu Valley is opened since 2003. You need to get a special permit from the government to go on this trek. Here, you will get to experience the rich culture and tradition of Tibetan inhabitants. You get to see the wonderful landscape and stunning views of Himalayas during the Nar Phu Valley Trekking.

During the Nar Phu Valley Trek, you pass through a glacier, high pass, narrow gorge, and dense forests. The trail is incredibly beautiful. As you will spend the day in Nar and Phu villages, you will get to see the lifestyle of the locals. You will explore Buddhist gompa and stupas. The trail is challenging, and you need to be in good shape. If you have previous trekking experience, it will get easy for you to walk and adapt to the environment easily.

Highlights

- Adventurous trail
- Get to see stunning scenery on the trail
- Travers one of the most isolated parts of the Annapurna region
- Explore picturesque Nar & Phu villages
- Experience rich culture and tradition of the locals
- Come across diverse ecosystem
- Witness excellent Himalayan mountains views Annapurna Range, Dhaulagiri Range, Manasalsu, etc

Day to Day Itinerary

Day 1: Arrive in Kathmandu.

Day 2: Sightseeing & preparation day in Kathmandu.

Day 3: Drive to Ngadi (1,000m); 7 hrs.

Day 4: Trek to Jagat (1,350m); 7 hrs.

Day 5: Trek to Dharapani (2,100m); 7 hrs.

Day 6: Trek to Koto (2,900m); 7 hrs.

Day 7: Trek to Singenge Dharamsala (3,230m).

Day 8: Trek to Meta (3,560m); 3 hrs.

Day 9: Trek to Kyang (3,820m); 6 hrs.

Day 10: Trek to Phu (4,080m); 4 hrs.

Day 11-12: Acclimatisation day in Phu.

Day 13: Phu Pass (5,039m) & camp at Yak Kharka (4,600m); 7 hrs.

Day 14: Pangi Pass (5,395m) & camp at Chhubche kharka (4,600m); 7 hrs.

Day 15: Trek to Nar (4,110m); 4 hrs.

Day 16: Rest day in Nar.

Day 17: Trek to Kang-La Phedi (4,530m); 4 hrs.

Day 18: Kang-La Pass (5,305m) and camp at Ngwal (3,660m); 8 hrs.

Day 19: Trek to Talekhu (2,720m); 7 hrs.

Day 20: Trek to Dharapani (1,860m); 7 hrs.

Day 21: Trek to Jagat (1,350m); 6 hrs.

Day 22: Drive to Kathmandu.

Day 23: Leisure time in Kathmandu.

Day 24: : Back to home.

Cost Includes

- Arrival and departure transfer services to/from the airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu
- Experienced and government-licensed trekking guide, Experienced cook & all the staffs during the trekking
- All the camping equipment like; Tent, kitchen tent, dining tents, toilet tents, sleeping tent twin basis, tables, chairs
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- all ground transportation from Kathmandu to Jagat and back to kathmandu
- Welcome & farewell dinner in a typical Nepali restaurant
- All the food and fuel for trek
- All necessary permits for Nar Phu valley trek
- All wages, equipment, medicals, and accidental insurances for involved staffs
- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US$ 3 per minute call
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, brochure, duffel bag, etc

Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “**COST INCLUDES**” section