

# Nar Phu to Manang Valley Trek

## Standard Itinerary

### Nar Phu To Manang Valley Trek Itinerary:

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan

#### Day 02: Kathmandu

Sightseeing in Kathmandu valley Patan, Pashupatinath, Boudhanath, Swayambhunath. overnight at a hotel on BB plan.

#### Day 03: Koto

Drive from Kathmandu to Koto 2610m by public jeep 8/9 hours overnight at Lodge.

#### Day 04: Meta

Trek from Koto to Meta 3560m 7/8 hours. Overnight at Lodge.

#### Day 05: Phu Gaon

Trek from Meta to Phu Gaon 4250m 7/8 hours. Overnight at Lodge.

#### Day 06: Phu Gaon

Acclimatization explores Phu Gaon. Overnight at Lodge.

#### Day 07: Nar Village

Trek from Phu Gaon to Nar Village 4110m 6/7 hours. Overnight at Lodge.

#### Day 08: Nar Village

Acclimatization and explore Nar Village. Overnight at Lodge.

#### Day 09: Ngwal

Trek from Nar to Kang La Pass 5322m to Ngwal 4573m 7/8 hours. Overnight at Lodge.

## **Day 10: Manang**

Trek from Ngwal to Manang 3519 m 4/5 hours. Overnight at Lodge.

## **Day 11: Manang**

Explore Manang, and visit century-old monasteries, Glacier Lake, and Viewpoint

## **Day 12: Beshisahar**

Drive to Beshisahar 760 Km - 5 hours. Overnight at Lodge.

## **Day 13: Kathmandu**

early morning drive from Beshisahar to Kathmandu 200km - 8/9 hours. Evening farewell dinner in a typical Nepali restaurant with a typical dance show. Overnight at hotel on BB Plan.

## **Day 14: Departure**

Departure From Kathmandu to your onward destination.

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## **Includes and Excludes**

### **Includes**

- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3-night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Sightseeing world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide.
- Drive by public van from Kathmandu to Beshisahar/Koto 230 km guest and guide (optional: private vehicle as per participant's preference).
- Drive from Manang to Beshisahar, 5 hours 60 km guests and staff.
- Drive from Beshisahar to Kathmandu 200 km, 8/9 hours.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge).

- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg only.
- All Government and local Taxes (ACAP and TIMS).
- **Nar Phu restricted area permits.**
- Annapurna Conservation Area Project Entry permits (ACAP).
- Trekking information management systems (TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff medical insurance during the trek.

## **Excludes**

- Lunch and Dinner in Kathmandu
  - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most required factor in high altitude trek).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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