

Nar Phu Valley Trek

Standard Itinerary

Nar Phu Valley Trek Via Thorong La Pass 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 5473m 7/8 hours. Overnight at Lodge.

Day 10: Manang

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

Day 11: Yak Kharka

Trek from Manang to Yak Kharka 4020m 3/4 hours. Overnight at Lodge.

Day 12: Thorong High Camp

Trek from Yak Kharka to Thorong high camp 4800 m 5/6 hours. Overnight at Lodge.

Day 13: Muktinath

Trek from Thorong high camp to Thorong La 5416m to Muktinath 3800m 7/8 hours. Overnight at Lodge.

Day 14: Jomsom

Trek from Muktinath to Jomsom 2715 m 5/6 hours. Overnight at Lodge.

Day 15: Pokhara

Morning Fly from Jomsom to Pokhara 823m 25 min flight half day Sightseeing with trekking guide. Overnight at a hotel on BB plan.

Day 16: Kathmandu

Drive from Pokhara to Kathmandu by tourist stander bus. Evening dinner in a Nepali cultural dance restaurant. Overnight at hotel on BB plan.

Day 17: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

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 Besishar/Koto 230 km guest and guide (optional: private vehicle as per participant's preference).
- Flight fare Jomsom/Pokhara guest and guide.
- Drive to Kathmandu 200 km by tourist bus guest and guide (optional: flight to Kathmandu or private vehicle as per participant's preference).
- Staff transportation Kathmandu/Koto/Jomsom/Kathmandu.
- 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.
- Staffs 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.
-