

Narphu Valley Trek



Trip Overview

Nar Phu Valley was first seen and spotted by Tilmanin the 1950s. Until late 2002, it was not allowed for explorers. Nar Phu Valley Trek is intended for those people who are more fascinated by the Himalayas. Nar Phu Valley Trek is a freshly unlocked trek that delivers incredible culture. This is a path that syndicates high mountains and trails. On the way, you can see notable mainstays, cool villages, yaks, and high-class Himalayan values. Nar Phu Valley appears a correspond to ancient villages and giant altitudes. Nar Phu Valley Trek takes the explorers to the remote villages of Nar and Phu, thin canyons, pretty timberlands, formations of astonishing river valleys, yaks, Stupa, and exclusive Himalayan values. Physical fitness is the first requirement for the trek to Nar Phu Valley.

Nar Phu Valley Trek is accurate for those travelers who are willing to determine the Annapurna Circuit and want to explore being intact with the valley. An irregular and remote trek takes you to the mysterious Nar Phu Valley which is located in the remote place of the Annapurna Region. The Nar Phu Valley Trek is harmless and comprehensive by modernity. The populations, which roughly encompass about 350 Nepalese Tibetans, have held on to their age-old practice. Most of them are engaged in Yak herding and farming.

This trek offers incredible views of the Annapurna massif like Lamjung Himal, Machhapuchhre Himal, Manaslu Himal, Tilicho Peak, and so on. As the trekking route is numerous by few trekkers, you can look to the front for just mountains and nature. You can travel around the Hidden Valley of Nar Phu and from there you can go hiking down through problematic and elevated passes of Kang La along with Thorung La.

Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu
- Day 3 - Drive to Besisahar and trek to Khudi (800 Mtr/2624 Ft)
- Day 4 - Trek to Bahundanda(1100 Mtr/3608 Ft)
- Day 5 - Trek to Chamje (1430 Mtr/4690 Ft)
- Day 6 - Trek to Dharapani (1920 Mtr/6297 Ft)
- Day 7 - Trek to Koto (2600 Mtr/8528 Ft)
- Day 8 - Trek to Dharmasala (3230 Mtr/10594 Ft)
- Day 9 - Trek to Kayang (3740 Mtr/12267 Ft)
- Day 10 - Trek to Phu Village (4050 Mtr/13284 Ft)
- Day 11 - Trek to Junam (3550 Mtr/11644 Ft)
- Day 12 - Trek to Nar and Explore Nar Village (4150 Mtr/13612 Ft)
- Day 13 - Trek to Ngwal (3675 Mtr/12054 Ft) Through Khang La Pass(5320 Mtr/17450 Ft)
- Day 14 - Trek to Manang (3550 Mtr/11644 Ft)
- Day 15 - Trek to Letdar (4250 Mtr/13940 Ft)
- Day 16 - Trek to Thorong high Camp (4800 Mtr/15744 Ft)
- Day 17 - rek to Muktinath (3800 Mtr/12464 Ft) through Thorang Pass (5416 Mtr/17764 Ft)
- Day 18 - Trek to Kagbeni (2800 Mtr/9184 Ft)
- Day 19 - Trek to Jomsom (2700 Mtr/8856 Ft)
- Day 20 - Fly back to Pokhara (800 Mtr/2690 Ft)
- Day 21 - Drive to Kathmandu
- Day 22 - Departure for homeland

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal

- Flight from Jomsom to Pokhara
- All trekking permits , TIMS card, Government and local taxes for the trek
- 3 Star hotel accomodation in Kathmandu and Pokhara with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- An experienced English speaking and government licensed trekking guide
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Staffs Cost including their Salary, food , accomodation and equipments

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
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- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Head
 - Warm Hat
 - Cap

Face Mask / Muffler

- Upper Body

Wind stopper/Waterproof Jacket

Down Jacket

Fleece Jacket/ trousers

Thermol

T-shirts

Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)

Underwear

Wind stopper/waterproof Pant

Fleece or woolen pants

- Accessories

Medium Rucksack (50-70 Ltr)

Small Day Pack

Personal Medical Kit

Chapstick/Sunscreen

Water bottle

Large Duffel bag

Trekking Pole

Spare batteries for Camera and Flash Light

Hand Towel

Head lamp with extra Batteries

Sun Glasses with UV protection

Suitcase (For stored in Kathmandu hotel for not needed items for trek)