

1. Trip Overview

Nar Phu Valley Trek Trip Facts:

- Accommodations in Lodges, tea houses and tents on trek and in hotels in cities.
- Minimum of 2 people can travel during the trip.
- Best seasons for travelling through this trail are in summer, spring and autumn.
- Basic transportations means are by public or private vehicles.
- 4 to 8 hours of walking per day in average.

More Attractions About Nar Phu Valley Trek :

- Exploration of Nar and Phu village and their local culture.
- Adventure around the heart of Annapurna region and its varied landscapes.
- Passing through the less trodden trail than other routes.
- Opportunity to discover the remote Buddhist region with peaceful Monasteries and Gompas.
- Crossing of Kang La Pass (5,322 m / 17,460 ft) and Kang La Pass for spectacular view of Annapurna range.
- Trekking through the lush evergreen forests and faunas along with hidden valleys.

Nar Phu valley Trek is located between the borders of Nepal and Tibet and the trekking route through this trail is really exciting and amazing destination. We can take it as the best trek of Annapurna region as the individuals can explore the covered up valley and the demolished intersection through challenging high passes Kangla pass (5300 m) and Thorang La Pass (5416 m) as the most of the area is of arid landscape and rugged openings. All the adventures through the trails on this trek rewards with remarkable view of Annapurna ranges (II, III and IV), Tilicho peak and Gangapurna Himal and also the Dhaulagiri ranges. As Nar Phu Valley is a protected area, special trekking permit is essential for this trek with minimum of two people while travelling and there is so much to explore in this untouched wilderness. Travelers can explore the sparsely habituated region by the local people living with ancient lifestyle herding yak and in traditional ways as their ancestors have done from long time ago where they can find some of the oldest Buddhist monasteries. Other rewards while travelling on this trekking route are remote and traditional villages and glistening water rivers directly from Himalayas, Colorful Rhododendron and pine forests and abundance of indigenous wildlife.

Nar Phu Valley Trek is Exciting trek with very less tourist traffic as it is recently opened for trekking. This region is uninfluenced by modern word and modern facilities. During Nar Phu Valley Trek the trekkers can experienced medieval Tibitean culture and Ancient lifestyles of people like their ancestors. The government of Nepal has recently decides to open this route upto Nar and Phu because of tourist and little enthusiasm among the villagers. Recently Annapurna Conservation Area project (ACAP) has extended its network to include Nar and Phu valley as tourism destination for sustainable development of undiscovered Region. Mount Glory Team offers you this 21 days trek as an unforgettable experienced of the purest himalayan environment, landscape and culture. You can contact us directly for bookings and we will help you to explore this amazing part of Annapurna Region of Nepal.

2. Trip Includes

- Airport / Hotel / Airport pick up & drop off service by private tourist vehicle.
- 04 Nights Twin sharing accommodation in 3 star Standard Accommodation in Kathmandu And 01 Nights Twin sharing accommodation in Standard Hotel In Pokhara ,Breakfast included.(If you need a single room, it can be arranged at an additional cost).
- All Standard meals while on trek(Breakfasts,lunchs and Dinners).
- Luxurious Guesthouse Accommodation during the trek.
- Full day guided sightseeing of kathmandu with well English Speaking Tour Guide.
- Tourist Bus (Kathmandu-Pokhara-Kathmandu) And Jomsom to Pokhara By Flight.
- English speaking Trek leader/Guide.
- Porters to carry your bags(1 porter for 2 guests).
- Free Mount Glory Adventure Tshirt.
- Food,Accommodation,salary,insurance and equipment's for all staff.
- Annapurna Conservation Park permits and TIMS permit for trekking.
- All government,hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival.USD 25 per visa for 15 days,USD 40 per visa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry visas.please carry 02 passport sized photograph for the visa.
- Lunch and Dinner in kathmandu and pokhara.
- All items of personal expenses.
- Tipping for guide,porters and drivers(Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.

4. Trip Itineraries

Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals:

Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast Included

Day 3: Drive from kathmandu to Bhulbhule (840m/2755ft).

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 840m/2755ft

Meals: Breakfast,Lunch And Dinner Included

Day 4: Trek from Bhulbhule (840m/2755ft) to Chamje (2650m/8694ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2650m/8694ft

Meals: Breakfast,Lunch And Dinner Included

Day 5: Trek from Chamje (2650m/8694ft) to Dharapani (1860m/6102ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2650m/8694ft

Meals: Breakfast,Lunch And Dinner Included

Day 6: Trek from Dharapani (1860m/6102ft) to Koto (2640m/8661ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2640m/8661ft

Meals: Breakfast,Lunch And Dinner Included

Day 7: Trek from Koto (2640m/8661ft) To Meta (3450m/11318ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3450m/11318ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Trek from Meta (3450m/11318ft) to Phu Gaon(3450m/11318ft).

Trip Hours: 5 hour

Accommodation: Standard Trekking Lodge.

Max Altitude: 3450m/11318ft

Meals: Breakfast,Lunch And Dinner Included

Day 9: Excursion around phu valley.

Trip Hours:

Accommodation: Standard Trekking Lodge.

Max Altitude:

Meals: Breakfast,Lunch And Dinner Included

Day 10: Trek from phu valley to Nar (5240m/17191ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5240m/17191ft

Meals: Breakfast,Lunch And Dinner Included

Day 11: Explore Nar Village.

Trip Hours:

Accommodation: Standard Trekking Lodge.

Max Altitude:

Meals: Breakfast,Lunch And Dinner Included

Day 12: Trek from Nar Village (5240m/17191ft) to Ngwal after crossing Kang La Pass (5450m/17880ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5450m/17880ft

Meals: Breakfast,Lunch And Dinner Included

Day 13: Trek from Ngwal to Manang (3519m/11545ft).

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3519m/11545ft

Meals: Breakfast,Lunch And Dinner Included

Day 14: Trek from Manang (3519m/11545ft) to Yak Kharka (4035m/13238ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4035m/13238ft

Meals: Breakfast,Lunch And Dinner Included

Day 15: Trek from Yak Kharka (4035m/13238ft) to Thorang Phedi (5416m/17769ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5416m/17769ft

Meals: Breakfast,Lunch And Dinner Included

Day 16: Trek from Thorang phedi (5416m/17769ft) to Muktinath(3850m/12631ft) via Thorong La (5416m/17769ft).

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5416m/17769ft

Meals: Breakfast,Lunch And Dinner Included

Day 17: Trek from Muktinath (3710m/12171ft) to Kagbeni (2804m/9199ft) To Jomsom (2743m/8999ft).

Trip Hours: 7-8 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3710m/12171ft

Meals: Breakfast,Lunch And Dinner Included

Day 18: Early Morning flight from Jomsom (2743m/8999ft) to Pokhara.

Trip Hours: 35 Min Flight

Accommodation: Standard Hotel

Max Altitude:

Meals: Breakfast Included

Day 19: DRIVE BACK TO KATHMANDU (1,400M/4,593FT) FROM POKHARA (1,400M/4,593FT) BY TOURIST BUS.

Trip Hours: 6 Hours

Accommodation: Standard Hotel

Max Altitude:

Meals: Breakfast and Lunch Included

Day 20: Rest day in kathmandu and Farewell Dinner.

Trip Hours:

Accommodation: 3 Star StandardHotel

Max Altitude:

Meals: Farewell Dinner Included

Day 21: Final Departure.

Trip Hours:

Accommodation:

Max Altitude:

Meals: Breakfast Included

5. Trip Useful Info

Accommodations

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan and Standard Accommodation in Pokhara. If the trekker is willing to have single room an additional charge of USD 50 per night is added. During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available. Trekkers have to share the bathrooms and toilets in Nar Phu Valley Trek. You will be provided with teahouses, and luxury lounge that depends upon your demand.

Meals

We will provide you with standard breakfast on the same Hotel in Kathmandu. During the trek our guide will choose hotel for hygienic lunch according to your request. Breakfast and evening meal are served on the hotel where you will stay overnight. Our meal includes typical Nepalese food, continental food, and Sherpa's menu on the trek. Meal will be provided on your request from respective menu from the hotel.

Physical Conditions

Trekkers should have proper health condition as he/she is trekking over 5-6 hours on easy trekking routes. Mount Glory itinerary is designed for proper acclimatization for each day. Trekkers with poor physical condition, who are having lung-related diseases are requested to take medical supervision before the trekking.

Drinking Water

Water in the high mountain region may not be familiar with trekkers. So, you can buy hot water or mineral water in affordable cost and trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic. But normal drinking water is available easily during the trek.

Routes Maps

Routes maps will be provided to you by Mount Glory Team. This includes the minor itinerary of whole trekking with darkened routes. The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

Trekking Group Size

Mount Glory is organizing its trekking with a minimum of 2 trekkers who are provided with our guide and porter. If your group consists of more than 20 members we will split the group and manage our guide and porter accordingly. 6 travellers are provided with an experienced guide and a porter per 2 travellers to carry your belongings.

Transportation

Travellers are provided with tourist private vehicle while they are on Kathmandu. There will be Tourist bus to Pokhara. If you need Private vehicles and flight ticket we can manage for you. The minimum of 300 Dollar for Tourist vehicle and flight ticket both way.

Luggage And Bags

Travellers can bring maximum 2 bags which include your day to day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

Guide And Porters

Mount Glory will provide you experienced Trekking guide who will guide you through the trek. You are provided with porter who carry 25 kg maximum weight of 2 trekkers. Our guides are licensed from Nepal Tourism Department who have knowledge about the trails and the community you will be staying with.

Travel Insurance

Trekkers should have International Travel Insurance of USD 10000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical case also injuries and food related health problem. We can only provide air ambulance service, Helicopters, and other rescue operation if travellers already have international travel insurance. We are responsible for accidental problem of Mount Glory staff.

Weather Condition Of Nar Phu Valley Trek

This is a most reliable trek in Annapurna Region. The weather is normally familiar for trekking. Usually, there is less chance for changing weather condition in this trek. During winter trek our guide can decide possible change in weather and can postpone the trekking time accordingly.

Communication System During Trek

Some places in the mountain have internet while some place don't. But our team can manage your internet facilities on your request for that you have to pay the internet bill. As we trek high up in the mountain the signal receiver of communication office may not work at some places. So, you need to have some patience to get proper communication facilities.

Tips For Guide And Porter

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

Best Time To Travel

March to May and September to November are the best months for trekking around the Himalayas. Trekkers can also make their trekking plan on winter months as our professional team can decide the perfect time in cold months as well.

Personal Expenses On Trek

Your personal expenses on the trek depend upon your expenses. You should have expenses for extra food and drinks besides Lunch, Breakfast and Dinner which our company can afford. Also, expenses for shopping gear, alcoholic drinks and entertainment expenses depend upon you. It may be about a minimum of USD 500 or according to you. Your credit card is not accepted in the mountains so you need to have cash in Kathmandu.

Itinerary and Changes

We have 21 days trek for Nar Phu Valley Trek. We can minimize or maximize your trek according to your wish and request before starting the trek. In case of certain problems like altitude, tiredness, our guide can rearrange the schedule on your request. If trekkers in some group have some problem then he/she stops on the way with our experienced porter or assistant guide while others will continue their trek.

6. Contact Us

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We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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