



# Nar Phu Valley Trek - 16 Days



## Trip Facts

|                   |   |
|-------------------|---|
| Destination       | Nepal   |
| Duration          | 16 Days   |
| Group Size        | 2 - 30  |
| Trip Code         | dwt 16  |
| Grade             | Challenging   |
| Activity          | Annapurna Treks   |
| Region            | Annapurna Region  |
| Max. Altitude     | 5320m at Kang-La pass   |
| Nature of Trek    | Lodge to Lodge /Camping trekking  |
| Activity per Day  | Approx. 4-6 hrs walking   |
| Accommodation     | Hotel in Pokhara, & Hotel/Lodge/ Tea House/Camping during the trek                      |
| Start / End Point | Kathmandu/ Kathmandu  |
| Meals Included    | Breakfast in Pokhara and All Standard Meal (Breakfast, Lunch, Dinner) during the trek   |
| Best Season       | Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec   |
| Transportation    | Kathmandu to Jagat, Jomsom to Tatopani, Tatopani to Pokhara by Public Transportation, I |

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Nar Phu valley trek takes you across several high passes, picturesque villages, dense forests, ancient monasteries, and narrow canyons to remote Nar and Phu villages near Tibet. As the trek...

Nar Phu Valley Trek will begin with an 8-9 hour local bus ride from Kathmandu to Besisahar, Bhulbhule, or Jagat (approx. 172.9 km). This package includes the cost of this local bus ride. However, we can arrange a private jeep to make your trek more comfortable for an extra cost. Similarly, you can take a 20-minute flight to Kathmandu from Pokhara at your own expense. Discovery World Trekking recommends all our valuable clients arrive at Kathmandu before 3 pm, at least two days before the trek departure date. It will allow you time to participate in the trek briefing, where we will provide you with vital information about the trek. Moreover, we will also go through your luggage to ensure that you have packed all essentials you need for the hike. It will also allow us time to acquire a special permit required for the trek.

## About the Trip

Nar Phu valley trek takes you across several high passes, picturesque villages, dense forests, ancient monasteries, and narrow canyons to remote Nar and Phu villages near Tibet. As the trek progresses, you will find yourself among the world's rare wilderness, past impressive chortens, and herds of blue sheep. After visiting the Nar Phu Valley, you will be rejoining Annapurna Circuit trails.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

### Highlights

- 🗺️ Explore Annapurna's most remote region
- 🗺️ Observe the Tibetan culture and lifestyle
- 🗺️ Pass the Phu, Naar and Thorong La passes
- 🗺️ Observe yaks grazing on their pastures
- 🗺️ Relax in hot springs at Tatopani
- 🗺️ Visit the highest lake in the world, Tilicho lake
- 🗺️ Stay at Jomsom, the headquarter town of Mustang
- 🗺️ A day at tourist hub Pokhara
- 🗺️ Visit the renowned Tashi Lhakhang Gompa.

### What is Included?

- ✔ Public transportation from Kathmandu to Jagat (trek start) and Jomsom to Tatopani
- ✔ Pokhara to Kathmandu on a tourist bus
- ✔ A night accommodation with breakfast (room with attached bathroom) at Silver Oaks Inn in Pokhara
- ✔ All standard meals (15 Lunches, 14 Dinners, and 16 Breakfasts) during the trek
- ✔ Total 14 nights - Tea House/ lodge accommodation during the trek
- ✔ Government Licensed and experienced trek leader (guide), an assistant trekking guide for a group of 12 or more. One porter for every two trekkers. Per trekker, luggage weight limit is 9kg.
- ✔ Guides and porters' cost, their meals, insurance, salary, lodging, transportation, and other necessary equipment
- ✔ Annapurna Conservation Area Permit (ACAP) fee
- ✔ Nar Phu Valley restricted area permit fee
- ✔ Snacks (cookies) and seasonal fresh fruits every day
- ✔ All government, local taxes, and official expenses
- ✔ Rescue operations arrangements in case of complicated health conditions (funded by travel insurance).
- ✔ Souvenir - a company's T-shirt & cap

- Discovery World Trekking trek appreciation certificate after the successful trek
- Farewell dinner at Kathmandu at the end of the trek

## What is Excluded?

- International flight costs
- Nepal entry visa fees at Tribhuvan International Airport, USD 50 for 30-day stay
- Excess baggage charges (Limit is 9 kg per person)
- Breakfast, lunch and dinner in Kathmandu and dinner in Pokhara.
- Extra night accommodation in Kathmandu and Pokhara due to early arrival, late departure, and early return from the trek
- Personal expenses such as shopping, snacks, bar bills, bottle or boiled water, hot (tea/coffee) and cold drinks, shower, Wi-Fi, laundry, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear
- Tips for guide and porters
- Additional costs due to delays caused by circumstances beyond our control, for example, landslides, bad weather conditions, itinerary modification for safety concerns, illness, changes in government policies, strikes, etc
- All the costs and expenses not listed in "What is included?" will be counted as excludes

## Overview

The Nar Phu trek takes you to the remote villages of Nar and Phu near Chame in the Annapurna region. It is one of **Nepal's most untouched and beautiful regions**. Nar and Phu are different but close villages **inhabited by the Khampas (Tibetan refugees)**, and you will get to experience their lifestyle firsthand.

In addition to these villages, you can enjoy magnificent views of snow-capped mountains, yaks, deep gorges, narrow canyons, beautiful forests, stunning glaciers, **Kang la (5,200m)**, and **Thorong la (5,416m)** high passes. You will also take a dip in the natural hot springs at Tatopani.

We start the **trek from Jagat** after driving to Jagat from Kathmandu. We follow the Annapurna circuit trail up to Meta. From **Meta**, we cross a bridge **over the Marshyangdi river** that leads to Nar Phu Valley.

The narrow forest entrance you will be walking through suddenly opens up to a huge expansion of snowy peaks - **Kang Garu, Pisang**, and several others. You will be passing through several ancient villages and monasteries. Occasionally, you might come across yak and blue sheep herds.

We explore the alpine **Nar valley for a day** and then cross the Kang la Pass to reach **Ngwala Village**. From Ngwala, we rejoin Annapurna Circuit to reach Manang. Further, we trek ahead to reach **Yak Kharka**, followed by Thorong Phedi. **Thorong Phedi** is a perfect place to spend the night before crossing the challenging Thorong La Pass - one of the highest passes in the world.

After crossing Thorong La Pass, you will reach **Muktinath - a common Hindu and Buddhist pilgrimage site**- known for its 108 holy sprouts and an eternal flame.

From Muktinath, you will head to Jomsom and then Tatopani. Tatopani has hot springs, where you can take a dip and relax your tense, tired muscles. After spending a night at Tatopani, you will return to Pokhara. The following morning, you will head to Kathmandu from Pokhara. Your trek ends in Kathmandu.

## Day to Day Itinerary

### Day 1

#### Drive from Kathmandu to Besisahar (760m / 2492ft) to Jagat (1,300m / 4,265ft)

##### Itinerary Facts

**Driving Hours** (198km / 123miles) 8-10

**Highest Altitude** 1,300m / 4,265ft

After early morning breakfast, we begin our journey with a scenic drive from Kathmandu for about 6-7 hours (190 Km) to Besisahar. The local bus out of the valley follows the picturesque Trishuli River. As the drive progresses, you can witness beautiful scenery - terraced fields, traditional villages, and views of mountains, including Ganesh and Manaslu peaks.

Eventually, we leave the main highway that heads to Pokhara and drive north to Besisahar. After Besisahar, we continue our drive through paddy fields and reach **Jagat - a Tibetan-style village.**



Overnight stay at Tilicho Guest House (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

### Day 2

#### Trek from Jagat (1,300m / 4,265ft) to Dharapani (1,860m / 6,200ft)

##### Itinerary Facts

**Trek Distance** 15.8km / 9.8miles

**Highest Altitude** 1,860m / 6,200ft

**Trek Duration** 5 hrs

Early morning after breakfast, we follow a trail that gradually progresses **uphill to Chame**. Then you will cross a suspension bridge and follow a rocky, steep path to reach **Tal Village**. You can enjoy the stunning **waterfalls at Tal**. After savoring the beauty of Tal, we move ahead, crossing a suspension bridge to reach **lower Dharapani**. Little ahead lies **higher Dharapani**, where we will stay for the night.



Overnight stay at Heaven Guest House (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

### Day 3

#### Trek from Dharapani (1,860m / 6,200ft) to Koto (2,610m / 8,563ft)

##### Itinerary Facts

**Highest Altitude** 2,610m / 8,563ft

**Trek Duration** 5-6 hours

You will enter **Nar Phu Valley**, which will take around four to five hours. The route passes through pine and fir forests, several monasteries, and traditional villages to **Bargarchhap**. From Bargarchhap, you can enjoy spectacular views of Annapurna II, Manaslu, and other peaks. The path continues through pine forests before reaching **Koto**, a small **village inhabited by the Gurungs.**



Overnight stay at a lodge.



Included meals (Breakfast + Lunch + Dinner)

### Day 4

#### Trek from Koto (2,610m / 8,563ft) to Meta (3,560m / 11,680ft)

##### Itinerary Facts

**Highest Altitude** 3,560m / 11,680ft

**Trek Duration** 7-8 hours

After registering our restricted area permits at the police check post at Koto, we travel along the banks of **Soti Khola** through wonderful pine forests, past several suspension bridges and cascading waterfalls, ultimately reaching **Dharamshala** in about five hours.

From Dharamshala onwards, the woods become thinner, and the vistas get wider. We continue our trek for about one and a half hours through the forest, ascending steeply to **Meta village on the Tibetan Plateau**. The views of Annapurna II and Lamjung Himal look great from here.



Overnight stay at a lodge



Included meals (Breakfast + Lunch + Dinner)

## Day 5

### Trek from Meta (3,560m / 11,680ft) to Phu Gaon (4,250m / 13,944ft)

#### Itinerary Facts

**Highest Altitude** 4,250m / 13,944ft

**Trek Duration** 7-8 hours

The path ascends and descends frequently, and by crossing a suspension bridge, you will reach **Chyaku**. As you continue to climb, you will start to get glorious views of Annapurna before entering **Kyang**. Kyang provides spectacular views of Pisang Peak and Annapurna II. You will then pass the Phu Khola on a rocky trail leaving behind submarine rocks and perhaps a few campsites before reaching **Phu gate** - the entry point of Phu Village.

**Nar and Phu villages** are famous for their distinct **blue sheep**, unique culture, and religious practices. While we are at Phu Village, we will not forget to visit Tashi Lhakhang Monastery. Phu Village also provides splendid views of several Himalayan ranges - including Himlung Himal.



Overnight stay at a lodge.



Included meals (Breakfast + Lunch + Dinner)

## Day 6

### Trek from Phu Gaon (4,250m / 13,944ft) to Nar (4,110m / 13,484ft)

#### Itinerary Facts

**Highest Altitude** 4,250m / 13,944ft

**Trek Duration** 6-7 hours

We leave Phu Gaon and head to **Nar village**, crossing two high passes - **Phu Pass (5,050m)** and **Nar Pass (5,400m)**. The trek passes through many suspension bridges over streams, especially the **Mahendra Pul**. The trail provides you an opportunity to appreciate Pisang Peaks and several others.



Overnight stay at a lodge.



Included meals (Breakfast + Lunch + Dinner)

## Day 7

### Acclimatization and preparation at Nar

We will be acclimatizing at Nar for a day. It is a perfect time to rest and **explore the Nar village**, its people, traditions, and culture. Nar village has several **monasteries** and **Chortens**. You will probably be surprised to know that at least one child from each family at Nar studies Buddhism.



Overnight stay at a lodge.



Included meals (Breakfast + Lunch + Dinner)

## Day 8

### Trek from Nar (4,110m / 13,484ft) to Kang La Pass (5,322m / 17,460ft) to Ngawal (3,660m / 12,008ft)

#### Itinerary Facts

**Highest Altitude** 5,322m / 17,460ft

**Trek Duration** 7-8 hours

From Nar, we ascend through the lateral moraine of **Temdenzon Khola** on a pleasant path that passes through yak pastures while providing stunning views of the west ridge of the **Pisang Peak**. Then, the trek will take you to Jhombu Kharka, also known as **Kang la Phedi** - the bottom of Kang La pass.

From Kang La Phedi, we will slowly **ascend to Kang La Pass**. The path is steep, but it's not too difficult. We estimate that it will take about 2 hours to cross the pass. From Kang La Pass pass, you will get beautiful views of the Annapurna II, Gangapurna, and Tilicho Peak. Then, we will trek about three more hours to reach **Ngawal Village**, where we will stay for the night.



Overnight stay at a lodge



Included meals (Breakfast + Lunch + Dinner)

## Day 9

### Trek from Ngawal (3,660m / 12,008ft) to Manang (3,540m / 11,614ft)

#### Itinerary Facts

**Highest Altitude** 3,660m / 12,008ft

**Trek Duration** 4-5 hours

We leave Ngwal and head to Manang along the banks of Marsyangdi River. As you move forward, you will pass through several forests and villages like Braga and Paugh while enjoying the views of the **Tilicho Peak** and **Annapurna ranges**. As we reach Mungli, our path rejoins the standard Annapurna trails. We trek forward till we **reach Manang**, our destination for this day.



Overnight stay at Hotel Himalayan Singi



Included meals (Breakfast + Lunch + Dinner)

## Day 10

### Trek from Manang (3,540m / 11,614ft) to Yak Kharka (4,110m / 13,484ft)

#### Itinerary Facts

**Highest Altitude** 4,110m / 13,484ft

**Trek Duration** 3-4 hours

From Manang, we cross a stream and reach **Tenki village**, then head out of Marshyangdi Valley northwest to Jar Sang Khola Valley. The trail ascends slowly as we pass a few pastures and juniper trees to reach a small village called **Gunsan**. The houses in Gunsan are made of flat mud roofs. The villagers raise **yaks and horses**, so you might see yaks and horses grazing in the nearby pastures. After crossing a small river on a wooden bridge, we make our way up the spectacular valleys to an open, peaceful meadow known as **Yak Kharka**.



Overnight stay at Hotel Gangapurna



Included meals (Breakfast + Lunch + Dinner)

## Day 11

### Trek from Yak Kharka (4,110m / 13,484ft) to Thorong Phedi (4,600m / 15,092ft)

#### Itinerary Facts

**Highest Altitude** 4,600m / 15,092ft

**Trek Duration** 3-4 hours

Today, we head to the foot of **Thorong La pass** - Thorong Phedi. From Yak Kharka, you will climb up to a ridge, then head down and cross the **Marsyangdi** river on a wooden bridge. After continuing on the mountain path, we follow a narrow trail across a slope and descend to **Thorong Phedi**.



Overnight stay at Thorong High Camp Hotel



Included meals (Breakfast + Lunch + Dinner)

## Day 12

### Trek from Thorong Phedi (4,600m / 15,092ft) to Thorong La Pass (5,4525m / 17,764ft) to Muktinath (3,800m / 12,467ft)

#### Itinerary Facts

**Highest Altitude** 5,4525m / 17,764ft

**Trek Duration** 7-8 hours

Today, we will cross **Thorong La Pass**, one of the world's highest passes and the highest point of this trek. We push ourselves through the icy air, steep climb, and high altitude, but the views from the **Thorong La Pass** are worth it. Ahead of you, you will see a panorama of majestic Himalayan peaks extending northwards into Tibet. At the back, you can see several **Annapurna ranges**. We will then descend to Muktinath. The descent to **Muktinath** is pretty steep and will take between 3 to 4 hours.

Muktinath is a sacred place for **Hindus and Buddhists**. The Buddhists call it **-Chumig Gyatsa** -in Tibetan, it means "**Hundred Waters**." Sure enough, Muktinath temple premises host 108 water sprouts, in addition to an eternal flame.



Overnight stay at Hotel Town House Muktinath (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

## Day 13

### Trek from Muktinath (3,800m / 12,467ft) to Jomsom (2,715m / 8,910ft)

#### Itinerary Facts

**Highest Altitude** 3,800m / 12,467ft

**Trek Duration** 4-5 hours

We head down first to Ekle Bhatti Village and then to **Jharkot** and **Khingar villages**, where there are a few **beautiful monasteries** that you can explore. We will walk along the banks of the **Kali Gandaki** river past Kagbeni to reach Jomsom. The view of **Dhaulagiri and Nilgiri** is splendid throughout the trail.



Overnight stay at Hotel Himalayan Inn (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

## Day 14

### Drive from Jomsom (2,715m / 8,910ft) to Tatopani (1200m / 3,940ft) by local bus

#### Itinerary Facts

**Driving Hours** (113km / 70miles) 6-7 hrs

**Highest Altitude** 2,715m / 8,910ft

From Jomsom, we catch a **local bus to Tatopani**. This rough bus ride passes by some of the deepest gorges in the world and will take you from the **arid** high elevation terrain to the lowlands with lush jungles and farmlands.

You will also see spectacular views of the **Kali Gandaki River**, separating **Annapurna - the world's 10th highest peak**, from **Dhaulagiri - the seventh highest**. **Tatopani** is famous for its natural hot spring. You can take a dip in the nearby hot springs to relax your active muscles.



Overnight stay at Dhaulagiri Lodge (room with attached bathroom)



Included meals (Breakfast + Lunch + Dinner)

## Day 15

### Drive Tatopani (1200m / 3,940ft) to Pokhara (850m / 2,789ft) 7 hr

#### Itinerary Facts

**Driving Hours** 7 hrs

Early in the morning, from Tatopani, we take a **seven-hour bus or jeep ride to Pokhara**, passing Beni Bazaar. Pokhara is the tourist capital of Nepal. Here, you can enjoy yourself with all the niceties this city offers. Pokhara has so much to offer.



Overnight stay at Silver Oaks Inn (room with attached bathroom)



Included meals (Breakfast + Lunch)

## Day 16

### Drive from Pokhara to Kathmandu (1,350m / 4,428ft)

#### Itinerary Facts

**Driving Hours** (200km/ 124miles) - 6-7hrs

Today we start the day early and depart **on a tourist bus** to Kathmandu. The 200 km route first follows the **Marsyangdi River** banks and then the **Trishuli River** while offering enticing views of the landscape, traditional villages, and terraced farms. The bus makes a final climb, and you will find yourself in **Kathmandu, where your trek started**.



Included meal (Breakfast)

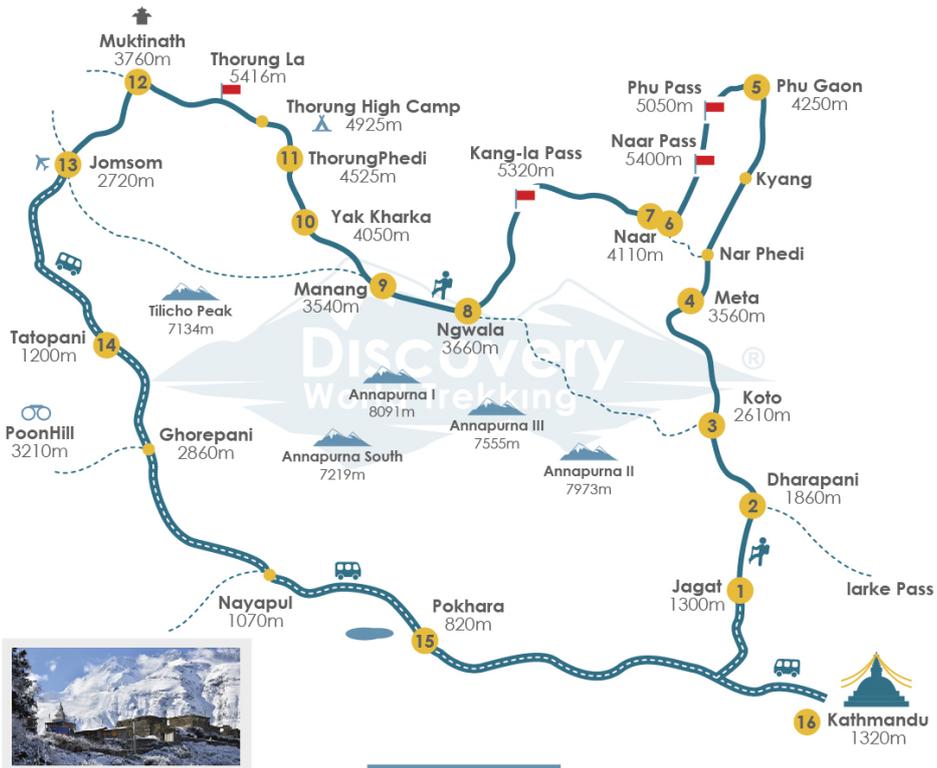
Route Map

16  
DAYS

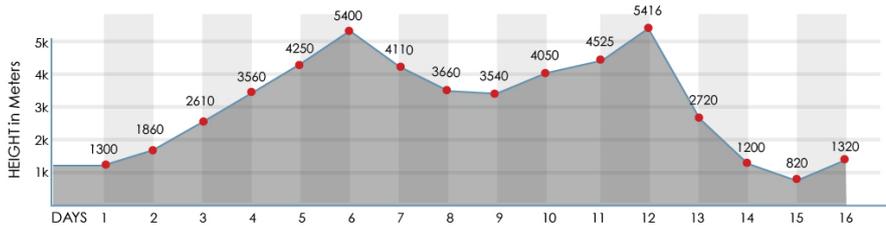
**NAR PHU  
VALLEY TREKKING**



- Difficulty level
- Best Season Feb-Jun, Aug-Nov
- Main Trekking Route
- Drive Route
- Secondary Route
- Passes
- View Point
- Max. Altitude 5416, Thorung-la pass



Altitude Chart



## Trips Notes

### Nar Phu Valley Journey Start

You must **arrive in Kathmandu** at Tribhuvan International Airport **at least two weekdays (Sunday - Friday) before the trek departure date**. We will spend the next day acquiring a restricted area trek permit to Nar Phu. In the meantime, you will take part in the trek briefing.

During the trek briefing, we will provide you with vital information about the trek. We will also go through your luggage to ensure that you have not missed packing essential items for the hike. On the trek departure date, we will drive from Kathmandu to Jagat via Besisahar.

This trek package includes public transportation costs from Kathmandu to Jagat and Jomsom to Pokhara via Tatopani. Pokhara to Kathmandu on a tourist bus is also included. We can arrange private transport for an extra cost.

### Free airport pick up and drop off

**We provide free airport pick up and drop** in a private vehicle for all our valuable clients visiting Nepal for the Nar Phu trek package. Upon your arrival at Tribhuvan International Airport in Kathmandu, you will find our company representative holding a pamphlet with your name on it. They will welcome you and present you with a garland as a welcome gesture and then take you to your hotel in a private vehicle. Please email us your arrival and departure flight details to use this facility.

### Accommodation details during The Nar Phu Trek

This 16 days trek package includes **fourteen nights lodge to lodge** stays at the best possible lodges/tea houses at trek regions and **a night stay at Silver Oaks Inn in Pokhara**.

At Silver Oaks Inn in Pokhara, you will stay in a room with an attached bathroom, TV, 24 hours hot water, power, and laundry facility.

You will need three nights' stays in Kathmandu before and after the trek, but it is not included in the package. Kathmandu has a wide range of hotels for all budgets and tastes.

Hot showers and Wi-Fi will be available at an extra cost in trek regions.

### The Meals

Your trek takes you to very high altitudes, so you will need enough nutrient-rich food. We will arrange **plenty of nutritious food**, but your choices get fewer and fewer as you reach higher elevations.

We provide 16 Breakfasts, 15 Lunches, and 14 Dinners during the trek.

Some of the popular menu items are -

**Breakfast** - Local Tsampa Porridge, Pancakes, Corn Flakes, French Toast with Jam, Oatmeal, Tibetan Bread or Chapati, Hashed Brown Eggs, Butter, Cheese, and Honey, Varieties of eggs (Omelets), Muesli Breads, Fruits and Vegetables, Hot Drinks - varieties of Teas, Coffees, Hot Chocolates, etc

**Lunch** – Dal, Bhat & Tarkari, Sherpa Stew, Spaghetti, Tibetan Bread, Momo (Dumplings), Macaroni Dishes, Salad, Pizza (Tomato, Mushroom, Mixed), Various Soup Items, Tenduk, Vegetable Curry, Potatoes, Noodles, Thukpa, Pasta, Steaks, Sandwiches, Snacks (Papad, Prawn), Dessert Items (Rice Pudding, Apple pie), etc

**Dinner** - Dal (lentils), Bhat (Rice) & Tarkari (Curry), Tibetan Bread, Various Soup Items, Sherpa Stew, Sandwiches, Momo (dumplings), Macaroni Dishes, Thukpa, Pasta, Vegetable Curry, Potato Items, Papad, Prawn, Korean Ramen, Pizza (Tomato, Mushroom, Mixed), Vegetables, Salads, Tenduk, Spaghetti, Noodles, Snacks, Dessert Items (Rice Pudding, Apple Pie), Steaks, etc

**Note-** The package **does not include dinner at Pokhara**.

We select the best lodges that provide fresh, hygienic, tasty, and nutritious food. Food choices are traditional, Asian, and western cuisine in most places, but as we ascend to greater altitudes, the choices get shorter.

We highly **recommend fresh vegetables and lots of liquids** - green tea, lemon tea, hot lemon, ginger tea, and garlic soup(must)- at high altitudes.

We **do not recommend any non-veg items** at trek regions because the meat may not be hygienic. We highly encourage you to avoid dairy items, alcoholic and caffeinated drinks, and hot chocolates.

All personal bills (alcoholic, hot (tea/coffee), and cold drinks) in tea houses/ lodges or cafes except standard meals(breakfast, lunch, dinner with seasonal fruits) are excluded from the trek package.

### Best seasons for Nar Phu Treks

The weather is the crucial factor to consider while planning a trek to Nar Phu Valley. Discovery World Trekking conducts Nar Phu treks during the spring and autumn seasons.

#### March to May (Spring)

Spring Nar Phu treks are very popular, bringing in large numbers of trekkers to Nar Phu valley. During this season, the temperatures are mild, the skies are clear, the rainfall is low, and the trekking conditions are perfect. The mean daily temperature in the high elevations of Nar Phu Valley is **between 8 to 0°C**. Lower regions along the trek are warmer, making it pleasant to trek.

Trek season begins after March. By April, the trek route throughout the Himalayas will be adorned with blossoms of red, pink, and white rhododendrons, even at elevations of over 3,000 meters. The temperature starts rising from mid-March up to mid-May.

#### September to November (Autumn)

Autumn, like spring, is a season that attracts travelers around the world to Nar Phu. Moderate temperatures, mild wind, and low precipitation make autumn a wonderful trekking season.

The sun shines brightly, the skies are clear, and you get a superb view of mountains. You can enjoy spectacular starry skies since the sky is clear at night too. The monsoon will be over by early September, resulting in mild to warm days.

Daytime temperatures can reach up to **20°C in high altitudes**. The night temperatures fall to **around 5°C**. The greens that grew during the monsoon fade to golden/amber, providing a spectacular contrast against the crystal blue skies. You will find the grains ripening in the enclaves. The environment is clean, and the lowlands are lush. The two biggest festivals of Nepal - Dashain, and Tihar - also fall during these seasons, adding a festive mood all over Nepal.

The weather in the Himalayas is unpredictable and can change rapidly.

### Acclimatization

Our Nar Phu trek package provides one day of rest in **Nar Village** for **proper acclimatization**. Altitude sickness is preventable but can be fatal if you ignore its symptoms. We have designed our itinerary for slow and steady ascending so the body can adapt to the new altitude.

All our experienced trekking leaders/guides have completed extensive first aid training. We urge you to inform your group leader/guide of the first signs of altitude sickness you detect. Moreover, our team will use **oximeters** to monitor your oxygen level at high elevations.

**We guarantee your health will be in reliable hands.** Your trek leader or guide will also suggest ways to prevent altitude sickness. The best way is to drink plenty of water, take your time, and walk at your own pace.

If severe, the only cure for altitude sickness is to descend immediately. Please note that your group leader has the authority to decide whether to continue the trek or descend immediately, based on your overall condition. Please note that some are more vulnerable to altitude sickness than others.

### Physical condition & experience requirements

Nar Phu Trek is a challenging trek in the Annapurna region. The hiking is generally 4 to 7 hrs a day, with regular breaks to savor stunning mountain views. Trek routes involve long climbs, steep descents, and straight roads that can be rocky at times.

Past hiking experience would be an added advantage, but **no technical experience and skills are necessary**. **T**rekkers who can hike 5 to 6 hours a day at a reasonable pace with a light day pack can complete the Nar Phu Valley

trek. Some days require longer waking hours. So you must be reasonably fit and prepared for long days.

Trekking at higher altitudes is more physically demanding than trekking at the lower altitudes. **Exercising and jogging regularly** for a couple of weeks before the trip, to enhance your stamina, **is a great idea**. Please remember that the fitter you are, the more you will enjoy the trek.

In addition to being fit, you need to have a positive attitude, self-confidence, and strong determination. Participants with pre-existing medical conditions such as heart, lung, and blood diseases should inform us before booking the trek.

### Trekking group /single

We **organize both group and private treks**. If you have your group, the bigger your group is, the more discounts you will get. However, you will not get any discount for groups we assemble. We can handle all group sizes, and for a group with 12 or more members, we add an assistant guide. Each group will have a guide /trek leader and porters. We assign one porter for every two trekkers.

### A typical day in Trek

Each trekking day will take you to a **different place**, letting you enjoy **new paths and new terrain**. You can **explore new places, take photos, interact with locals, and try local foods**.

During the trek, our experienced, Nepal-government certified trek leads/Sherpas will accompany you to make your journey more comfortable and enjoyable. Porters will carry your main luggage, but we expect you to bring a small backpack with your important items.

The day starts with an early morning cup of tea. Each morning after a wholesome breakfast, you will set off on that **day's walk around 7 to 8 am**, depending on the trek duration and trail conditions.

After trekking for 3 to 4 hours, you will have your **lunch, often around midway, to your destination**. You will rest for about an hour and then continue on the path.

The afternoon walk is generally shorter, lasting only 2 to 3 hours. After reaching the destination for that day, you can enjoy the extra dietary snacks. Then, you are free to explore the new place until it gets dark.

You will be having **dinner from around 6 to 7 pm**. After dinner, your trek leader will brief you about the next day's plan. Then before going to bed, you are free to engage in social conversations, watch mountaineering videos if available, read books or enjoy board games like cards, monopoly, or chess. Many of our guests also learn common Nepali words from our crew.

### Communication during the trek

During the Nar Phu Trek, you **can use the internet service at the lodges** you stay in, but it comes with some extra service charge. You can contact your family and friends via the lodges. However, once we reach high altitudes, we will communicate through phones.

Discovery World Trekking remains in contact with all of its trek teams through trek lead, at least once a day, to ensure that the trek is progressing as planned.

You can easily buy a sim card in Kathmandu, but the signal strength varies based on your network.

You can use Wi-Fi at teahouses/lodges by paying a small service fee.

### Electricity, water during the trek

Throughout the lodges at Nar Phu Valley, **you can use electricity** for camera and mobile recharge at the teahouses/lodges you will be staying in, but you need to pay for it.

You can buy either packed mineral water from local lodges or en route shops. However, some trek regions will not allow plastic water bottles. So, you will be better off with a water bottle. You can **buy boiled/filtered water** at the lodges. If you need, we can provide you with water purification pills as well.

We advise you against drinking water from rivers, taps, and wells in trek regions, because of water quality concerns.

### Extra personal expenses during the trek

Discovery World Trekking covers most expenses during the trek. However, **you have to cover meals and accommodations in Kathmandu yourself.**

This trek package includes all meals, transfers, and accommodation during the trek except dinner in Pokhara. Moreover, trekkers **will have to bring spending money** to cover visa process fees, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (major currencies) that you can change to Nepali Rupees in Kathmandu. You can also withdraw Nepali Rupees from ATMs all over Kathmandu.

### Travel insurance

Nar Phu Trek is a challenging journey that takes place in high altitudes. Further, you will be crossing Kang La Pass (5,320m) and Thorung La Pass (5,416m). This trek involves risks associated with high-altitude treks, such as altitude sickness, landslides, etc. Hence, **travel insurance is compulsory.**

All trekkers must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking before the trek start. The policy must cover medical and emergency repatriation -including helicopter rescue and evacuation expenses up to the highest trek altitude (6,000m).

We can recommend insurance companies to help you, but we don't sell insurance policies. Our recommendations are based on our previous clients' experience.

We kindly request our trekkers to send their detailed insurance information after booking the trek. In emergencies, we will use your insurance policy and other informational documents you sent us to arrange an effective rescue.

Before buying travel insurance, please call your insurance company and ask if your plan covers helicopter rescue and evacuation up to 6,000m in addition to treatment costs. Do not just rely on what insurance companies say on their website.

### Passport and visa

All foreigners except Indian nationals need a visa to enter Nepal. You can get an **on-arrival visa** at Tribhuvan International Airport in Kathmandu or at immigration checkpoints along Nepal borders.

To apply for a visa, you will need a passport with at least six months of validity, a passport-size photo, and visa application fees. The current visa application cost is USD 50 for 30 days. You can pay this cost in cash at the airport.

**Chinese and SAARC (Bhutan, Bangladesh, Pakistan, Sri Lanka, Maldives) citizens get free visas.** Children under ten will get free visas.

Citizens from certain countries - Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan - may not receive an on-arrival visa. So citizens from these countries need to contact their local Nepalese embassy.

Visa regulations can change without prior notice. For the latest information, please visit <https://www.immigration.gov.np/>.

We recommend you to add 1-2 days extra at the end of the trip just in case there is a delay. If there is no delay, we can arrange additional activity for your time in Nepal.

### Money exchange

**Nepali Rupee (NPR/Rs) is the local currency.**

**(1 USD = ~ Rs.100 NPR).**

**You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all-over Thamel.** Legal money exchanges display their ongoing rates publicly. Some hotels also exchange small amounts of foreign cash.

Please remember that only INR (Indian Rupee) notes of 100 and 2,000 are legal in Nepal.

Despite having the security advantage of a traveler's cheque, **we recommend you cash exchange** to avoid hassles such as lengthy processes and high bank commissions.

You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. Several of these ATMs are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee using your foreign card.

If you use the money exchange facility at banks and financial institutions, they will charge you a commission of four percent or more.

### How much luggage can I bring to Nar Phu Valley Trek?

Porters will carry most of your luggage. Two people will be assigned one porter, and combined luggage weight should not exceed 18 kg. So, **per trekker luggage weight limit is 9 kg**. We never overload our porters.

We also expect you to carry a backpack (with your valuables or anything important) on your own. Please bring only the essentials for the trek. You can leave excess luggage at your hotel or Discovery World Trekking store.

We'll recheck your luggage during the trip briefing to ensure that you have not missed packing any important thing required for the trek.

### Nar Phu Valley Trek Safety

Discovery World Trekking guarantees client **safety, security, and satisfaction**. **Safety** is the utmost concern for us. To ensure trek safety, we will be carrying all the necessary gears, equipment, and first aid kits.

**Our leaders/guides are extensive first aid trained.** If a trekker catches altitude sickness, your trek leader has the authority to decide whether to continue the trek or descend immediately. In emergencies, we will deploy a helicopter to bring you back to safety (funded by insurance).

Further, during the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist

### Equipment list for Nar Phu trekking

Depending on the season, you need to adjust the things you bring to the trek. We advise you to bring only the essential things. Here is a list for you to consider while packing.

#### Head

-  Sun hat or scarf
-  Winter hat or insulating hat, or a wide-brimmed hat
-  Headlight with extra batteries

#### Face

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes

#### Hands

-  Lightweight gloves
-  Heavyweight winter gloves

#### Body

-  Hiking shirts
-  Long-sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear

 Down jacket (available for rent in Kathmandu)

 Sweater

 Waterproof jacket and pants

## Footwear

 Hiking Boots

 Thick wool socks (Take an extra pair of thick light socks)

## Essential gear

 Backpack or daypack (Size depends on whether you take porter or not)

 Thermal bottle

 Water purification

 Trekking pole

 Sleeping bag (-15 degree bag is best in the high altitude trekking)

 Toiletries (toilet papers, toothpaste, toothbrush)

## Toiletries

 Medium size drying towel

 Toothbrush

 Toothpaste

 Deodorant/ floss

 Biodegradable bar soap

 Nail clippers

 Small mirror

## Personal accessories

 Money

 Watch

 Cell phone

 Camera

## Extra items

 First aid kit

 Extra passport photos and passport photocopies

 Notebook and pen

 Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

| Departure Dates             | Price        |
|-----------------------------|--------------|
| 01 Mar, 2023 - 16 Mar, 2023 | \$1400 \$850 |
| 08 Mar, 2023 - 23 Mar, 2023 | \$1400 \$850 |

| Departure Dates             | Price        |
|-----------------------------|--------------|
| 15 Mar, 2023 - 30 Mar, 2023 | \$1400 \$850 |
| 22 Mar, 2023 - 06 Apr, 2023 | \$1400 \$850 |
| 29 Mar, 2023 - 13 Apr, 2023 | \$1400 \$850 |



## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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