



# Nar Phu Valley Trekking - 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 combines Tibetan culture, a high pass, Gorges, two of the Himalayas most picturesque medieval villages, and offers 7000m peaks in a spectacular Tibetan enclave, an encounter...










Its Notice to all our valuable clients who are joining Nar Phu Valley Trekking with us that our journey will begin with an 8-9 hour local bus ride from Kathmandu to Besisahar, Bhulbhule, or Jagat (approx 172.9 km) which is included in the package, however, with an additional cost you can book a Private Jeep and while returning back to Kathmandu if you want to take a domestic flight from Pokhara to Kathmandu (20 mins approx) we can provide that with an additional cost excluded from the package. Despite being the gateway to Annapurna Circuit Trekking, Besisahar lacks this facility. Discovery World Trekking would like to recommend all our Valuable clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we start our Nar Phu Valley Trekking the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

## About the Trip

Nar Phu valley trek combines Tibetan culture, a high pass, Gorges, two of the Himalayas most picturesque medieval villages, and offers 7000m peaks in a spectacular Tibetan enclave, an encounter with the world's rarest wilderness, past impressive chortens, herds of blue sheep and over one of the region's highest trek crossing passes at Kang La (5,300m) and Mesokanto-La (5,200m). Truly like nowhere else on earth.

- ✔ 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 and untouched region.
-  Observe the tibetan culture and lifestyle of the area.
-  Pass the Kang La pass , Mesokanto la pass
-  Pass yak pastures with yaks grazing
-  Relaxing hot spring at Tatopani
-  Visit the highest lake in the world, Tilicho lake
-  Stay at Jomsom, the headquarter town of Mustang district
-  A day at tourist hub Pokhara
-  Visit the renowned Tashi Lhakhang Gompa

### What is Included?

- ✔ Public transportation from Kathmandu to Jagat (trek start) and Jomsome to Tatopani
- ✔ Pokhara to Kathmandu by Tourist Bus.
- ✔ A night accommodation with Breakfast (room with attached bathroom) at "Hotel Crown Himalayas" in Pokhara.
- ✔ All Standard Meals ( 15 Lunches, 614 Dinners and 16 Breakfasts) during the trek.
- ✔ Tea House/ Lodge accommodation during trek ( (Twin Sharing Room) - 14 Nights
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1porter).
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Nar Phu valley restricted area permit.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses

- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek

## ✖ What is Excluded?

- ⊖ International Flight.
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ Lunch and Dinner in Kathmandu and pokhara.
- ⊖ Extra night accommodation in Kathmandu and pokhara due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ⊖ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ⊖ Personal clothing and gear.
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## 🔍 Overview

The **Naar Phu valley trek** is a trek to the remote villages of Naar and Phu situated in a northeast valley near **Chame, Annapurna**. It is one of Nepal's most untouched and beautiful regions in Annapurna. They are different but close by villages inhabited by the **Khampas** (Tibetan refugees) and you will get to experience their lifestyle firsthand on your stay there. This trek is a combination of visiting remote villages, views of magnificent snow-capped mountains, yaks, narrow gorges, canyons beautiful forest, glacier, high pass of Kang la 5,200m, along with visiting the sparkling Tilicho lake, the highest altitude lake in the world located in Manang district and visit natural hot springs of Tatopani.

We start the trek from either **Chame or Dharapani** after driving there from Kathmandu. We hike on the **Annapurna circuit trail** to **Koto up to Meta** from there we cross the bridge over the Marshyangdi river leading to Nar Phu Valley. The narrow forest entrance opens up to a huge expansion of snowy peaks of mountains Kang Garu and Pisang and several others, ancient villages, ruins, and monasteries We will also come across yaks and blue sheep. Then we explore the alpine valley over Naar and cross the Kang la to **Tilicho base camp**, we will see great views of **Annapurna II, Gangapurna, Tilicho peak**. Then we hike up to the magnificent **Tilicho lake** and **cross Mesokanto** pass and head to Jomsom, after a final stop at Tatopani to relax in the hot springs we drive to Pokhara then back to Kathmandu

Our package in the **Nar Phu valley trekking** encompasses **Kang La Pass, Mesokanto-La, and Tilicho base camp** into less explored and recently opened valley. Visiting this region is as similar to that of the former forbidden kingdom of upper Mustang trek - it gives truly exposure to have insight into the **high mountains**, ancient monasteries, culture of the **Tibetan plateau**.

## Day to Day Itinerary

### Day 1

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

##### Itinerary Facts

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

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

We start our journey with a scenic drive after an early morning breakfast from **Kathmandu for about 6-7 hours (190 Km)** to the Besishar. We take a local bus out of the valley and along the picturesque Trishuli River. we can see beautiful scenery along the way of rivers, terraced fields, villages, and sights of the snowy mountains, including Ganesh and Manaslu peaks. Eventually, we turn off from the main highway to Pokhara and head north to the large bazaar area of Besisahar and then continue to change then pass the road through paddy fields and **Tibetan villages of Jagat** where our drive ends.



Overnight at "Tilicho Guest House" with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

### Day 2

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

##### Itinerary Facts

**Trek Distance** 15.8km/9.8 miles

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

**Trek Duration** 5 hrs

In the **morning after breakfast**, the trail goes **gradually uphill to Chame** and cross another suspension bridge and follow the steep **rocky trail** until reaching Tal village. You can see again very beautiful **waterfalls in Tal**. You have a lunch break here. We continue **straight and cross the suspension bridge near Lower Dharapani**. You continue a little more hiking and arrive in **Higher Dharapani**.



Overnight at "Heaven Guest House" with attached bathroom.



Included all standard 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

Today we will enter **Nar Phu Valley** which will take us around four to five hours. We will trek through pine and fir forests, **monasteries, and villages to Bargarchhap.**, You can enjoy the spectacular mountain views of **Annapurna II** and Manaslu and other **peaks along the way**. The trail continues through pine **forests till Latamarang** which takes about one and a half hours. Finally, we will reach Koto, a small village inhabited by **Gurung communities**.



Overnight in 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 permit at the police check post, we will travel along the banks of **Soti Khola** through wonderful pine forests, **pass suspension bridges** and **cascading waterfall** and reach **Dharamshala** which takes about five hours. From here the woods become thinner and the **vistas** get wider. We continue trekking for about one and a half hours through the forest ascending steeply till Meta village on the **Tibetan Plateau**. The views of **Annapurna II** and **Lamjung Himal** look great from here.



Overnight in 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): 7-8

**Trek Duration** 7-8 hours

We will **ascent and descent** along with a suspension bridge, we reach the deserted fields of **Chyaku**. Keep climbing and reach a small pass with excellent views of the Annapurna and reach **Kyang**, where we can see outstanding views of **Pisang Peak and Annapurna II** then we pass the Phu Khola on a rocky trail past the submarine rocks and maybe some campsites until **Phu village** which takes about 3 hours. We will see the colorful chortens that **Nar and Phu** are famous for as well as **blue sheep**. We get to experience the diversity of culture, nature, religion, we see the people's daily life and Tashi Lhakhang Monastery. We will continue walking across a small glacial stream to a larger **glacier stream** with a half-bridge. An after hour and a half we will reach the **Phu** gate leading to Phu Village. splendid view of **Himlung Himal** and other snow peaks is **clearly visible**.



Overnight in Lodge.



Included all standard 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

After glimpses of **Naar Village** then we descend down the valley **past several streams** and suspension bridges until Mahendra Pul, which takes about four hours then we walk up to a junction where the trail branches off to reach the small **settlement of Nar Phedi**. On the way will see the peaks of **Kang Garu** and **Pisang Peak** and **pass by two chortens** on the way.



Overnight in Lodge.



Included meals: Breakfast, Lunch, Dinner

## Day 7

### Acclimatization and preparation at Nar

An excursion day to **Tashi Lhakhang** and a **Hike to Himlung Base Camp** (3-4 km) can be done today. Some people skip an extra day in Phu and prefer to hike **Tilicho Lake** from Manang instead then join the **Thorong La route at Yak Kharka**.



Overnight in 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 yak pastures with defined views of the west ridge of **Pisang Peak**. We will trek to **Jhombu kharka** also known as **Kang la Phedi** at the bottom of **Kang la pass**. We will cross the Kang La pass is a very steep ascent to the top but it's not too difficult. Our hiking will take about 2 hours to cross the pass. From the top of the pass, we will be **rewarded** with a beautiful view of the **Annapurna range** and other peaks. Then three hours of steep descent until we reach **Ngawal village** where we stay.



Overnight at lodge



Included meals: Breakfast, Lunch, Dinner

## Day 9

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

#### Itinerary Facts

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

**Trek Duration** 4-5 hours

An hour **trek to Braga** Village passing Marsyangdi River. We will explore the famous monasteries in Braga village. Then leave the trail off to **Tilicho Lake** on the left corner and continue a short walk up to Manang, a settlement of the dramatic village. There are many **guest houses**, cafes, and even **trekking shops** in Manang.



Overnight at "Hotel Himalayan Singi"



Included all standard 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 climb up to **Tenki village** then head out of **Marshyangdi valley northwest** up Jar Sang Khola valley. The trail ascends slowly as we head northward. We will pass a few pastures and juniper trees. Following the trail, we will pass through a small village called **Gunsan** with houses made of flat mud roof and then pass pastures with **yaks and horses**. After crossing a small river on a **wooden bridge**, we make our way up the **spectacular valley** to an open, **peaceful meadow** known as **Yak Kharka**.



Overnight at "Hotel Gangapurna"



Included all standard 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**, Throng Phedi. We climb up to a **ridge then head** down and cross the **Marsyangdi** river on a wooden bridge. After **climbing** the mountain path we follow a narrow trail across a slope and descend to **thorough Phedi**



Overnight 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 cross **Thorong La pass**, one of the highest passes in the world, and the highest point of the trek. we have to push ourselves through the icy air, and **high altitude** but the view from the pass will make it totally worth it. We will see a panorama of majestic **Himalayan peaks** extending northwards into Tibet, at the back we can see several of the **main peaks of Annapurna**. We will then descend all the way 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,**' which in Tibetan means "**Hundred Waters**".



Overnight at "Hotel Town House Muktinath" 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 to **Jharkot and Khingar** where there are **beautiful monasteries** that you can explore. We will walk along the **banks of Kali Gandaki river** past kagbeni and reach Jomsom. The view of **Dhaulagiri and Nilgiri** is splendid throughout the trail.



Overnight at "Hotel Himalayan Inn" 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/70 miles )-6-7 hrs

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

From Jomsom, we catch a **local bus to Tatopani**. This rugged journey through the deepest gorge in the world will take us from the arid high **elevation terrain** to the lowlands with lush jungle and farmland. We will see spectacular views of the **Kali Gandaki** River separate the 10th highest peak in the world **Annapurna from Dhaulagiri**, the seventh highest. We will have views along the way! **Tatopani** is famous for natural hot spring;.. We can take a dip in the nearby **hot springs** and savor the well-earned rest!



Overnight at "Dhaulagiri Lodge" 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 hr

Approximately seven hours bus or **jeep drive from Tatopani** via **Beni Bazaar** will take us to Pokhara. Pokhara is a lake city popular for its natural beauty. A **lakeside tourist's paradise** with many facilities for **travelers**.



Overnight at "Hotel Panorama" with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## 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 as we depart on a **tourist bus to Kathmandu**. The 200 km route follows first along the **Marsyangdi River** and then the Trishuli river offering a good look at the **landscape and farmland**. The bus makes one **last climb** and we are back in the valley of the gods, Kathmandu.



Accommodation at selected Hotel in Kathmandu.



Included meals: Breakfast



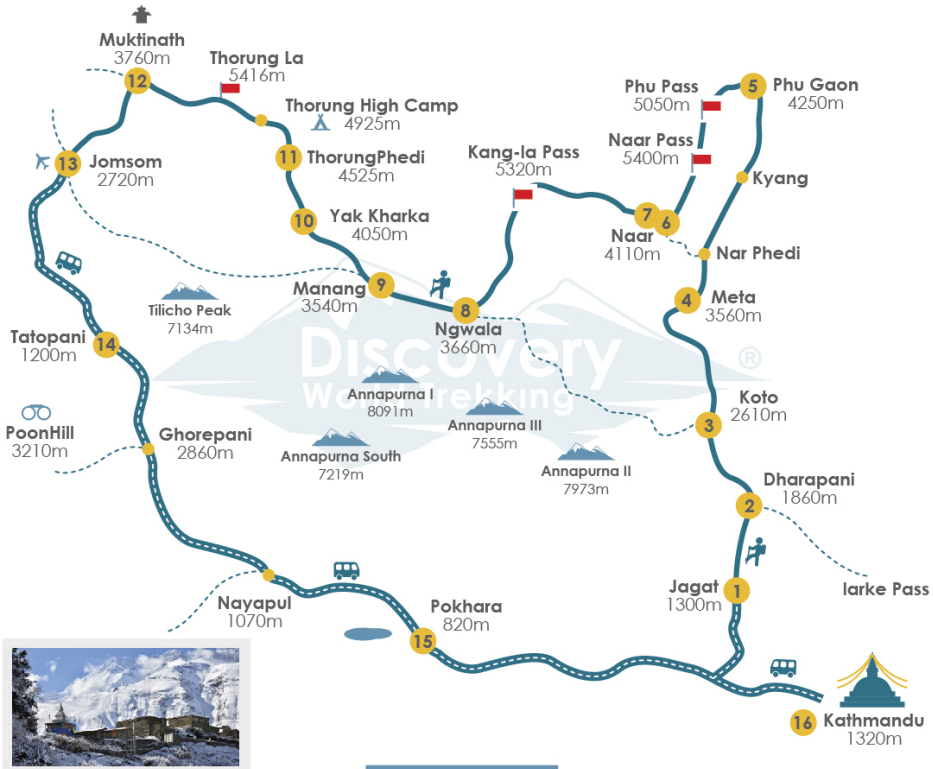
Route Map

16  
DAYS

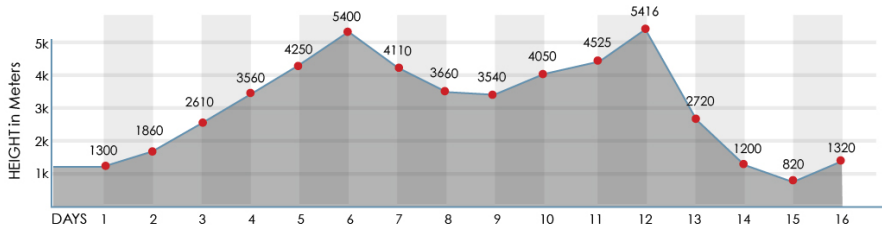
**NAR PHU  
VALLEY TREKKING**



- 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

### The beginning of the journey towards Nar phu Valley

The first day is your arrival day in Nepal. The second day is a must to apply for the restricted area permit to Nar Phu. In the meantime, we conduct a trek briefing, guide introduction, and equipment checklist. On the third day, we drive to Jagat via Besisahar for the start of the trek.

Kathmandu to Jagat, Jomsom to Tatopani, Tatopani to Pokhara by Public Transportation, Pokhara to Kathmandu by Tourist Bus. Private transportation is provided at an extra cost.

### Don't Worry, We'll Pick You!

We provide free airport pick up and drop by private vehicle. Upon arrival, you'll be warmly welcomed by **our Discovery world trekking crew** with a traditional offering of Khata or marigolds garland (symbolizing purity, goodwill, auspiciousness, and compassion), then directly transfer you to your hotel. To make use of this service please submit full flight details of **arrival and departure** in advance by mail.

### Accommodation Details During The Nar Phu Valley Trek

**16 days trek includes fifteen nights lodge to lodge** stay at a mountain and one night in Pokhara hotel where we use the best available lodge and select the best accommodation in Nar Phu Valley trek. during the trek (**Twin Sharing room**)

**We spend a one-night hotel in Pokhara** with a room and attached bathroom, TV, 24 hours hot water, power, and laundry facility.

**Two nights of Hotels in Kathmandu before and after** the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals

Our trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such **humongous Himalayan trails**. The meal on this trek is very convenient but not as in cities.

There will be **16 Breakfasts, 15 Lunch, and 14 Dinners** will be provided in the trek.

Some of the popular menu items are -

**Sixteen breakfasts** - ( Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

**Fourteen lunch** - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Fourteen dinners** - ( Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)

**Note-** Lunch and dinner at Pokhara shall not be provided by the company.

are available on the menu during the trek. The best selected from the menu of the lodge which will be fresh, hygienic, tasty and nutritious. The menu is a combination of traditional local, Asian and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must) etc. at high altitude and also the fresh vegetable items for health benefit.

The plenty of non-veg item will be available we won't recommend any of them because meat in such places is not

hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package

## Best season for Nar Phu Valley Trek

The weather and temperature are one of the most important factors to look at while deciding to trek to Nar Phu **Valley Trek**

### March-May - Spring

Destination towards Nar Phu in Spring (March-May) is a season in which mountain lovers and travel enthusiasts come to Annapurna Base Camp in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the High part of Nar Phu Valley **is between 8 to 0 degree C**. Lower regions along the trek are even warmer making it pleasant for any nature lover.

Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters. The temperature starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

### September to November -Autumn

Autumn (**September, October, November**), like Spring, is a season that invites travelers around the world to trek in the Nar Phu. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. You can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to **20c in high altitudes**, the nights are colder with temperatures may **go down around 5c**. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and lowlands are lush. The biggest festivals of Nepal like Dashain, Tihar also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

## Acclimatization

Our **Nar Phu Valley trek package** provides one day of rest in **Nar Village** for proper acclimatization, where there is a significant risk of being affected by altitude sickness also called acute mountain sickness. Altitude sickness is preventable but can be fatal if the symptoms are ignored .our trip itinerary is designed for slow and steady ascending so the body can adapt to the new altitude All Our trekking **leader and guide have extensive** first aid training and well - experienced in the Himalaya we urge to inform your group leader and guide at first signs of the symptoms, and use oximeter to monitor your oxygen level and help in early detection of the symptoms. We guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water every day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

## Physical Condition & Experience Requirements

**Nar Phu Valley Trek** is a challenging grade trek in the Annapurna region. The hiking is generally 4 to 7 hrs a day, with regular breaks to take in the stunning mountain views. Trek routes on Annapurna involve long climbs, steep descents, and straightforward roads following a good trail. To accomplish trek, past hiking experience would be an added advantage although no technical experience and skills are necessary. Trekkers who are able to hike 5 to 6 hours a day at a reasonable pace with a light day pack can take part in our short 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 physically demanding than trekking in the lower altitudes. Exercising and jogging regularly for a couple of weeks prior to the trip is

a good idea to enhance our stamina the fitter we are, the more enjoyable experience we will have during the trekking. To join our Nar Phu Valley Trek, all participants should be in good health condition with normal physical fitness **and have a positive attitude, self-confidence, and strong determination.** It is very important to make sure you are as healthy as possible before starting the trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

### Trekking group /single

We **organize a group as well as a private trek.** The price of group discount is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of **12 or above trekking members.**

### A typical day in Trek

A day of trekking will be rewarded with a unique experience providing to trek leisurely with plenty of time to enjoy the scenery, take photos, and explore the local village. During the trek, you are accompanied by an experienced, friendly, and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8 am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the pre-prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, we discuss each group member's hiking experience of that day. And the guide will brief the next day trip plan. After completing the trip briefing we enjoy fun and games and entertainment. Trekkers love learning the Nepalese language from our Discovery World Trekking crews, playing a card, talking to and chatting with the crew members, reliving the day adventure, or reading books before heading off to bed for a well-deserved sleep.

### Communication on trek

**On the Nar Phu Valley Trek,** the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes.

We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office for any kind of help during the trek.** Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

### Electricity and battery recharge, water on trekking

Throughout the lodges at Nar Phu Valley, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have **hydroelectricity** and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water **purification pill** is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

### Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu will have to be arranged by self. All meals, transfer, and accommodation required for Nar Phu valley trekking are included except lunch and dinner in Pokhara Trekkers will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here..r bringing a cash card you can use to withdraw from an ATM (bear in mind your bank may charge for this service).

### Travel insurance

16 Days Nar Phu Valley Trek is a challenging journey as it involves exploring pristine 5320m at Kang-La pass and crossing 5,416m Thorung La High Pass. This mountain journey is not for a usual visit, potential high altitude sickness, and other unforeseen events such as injury, illness, flood, landslide or sudden climate changes, etc may face. Travel insurance is a significant part of our booking condition for The Nar Phu Valley Trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking.

The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy. Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us.

This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

## Passport and visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at Nepal borders of India and Tibet. Visa can be easily extended to the central immigration office. [www.immigration.gov.np](http://www.immigration.gov.np); Visa application requires a passport with at least 6 months until expiration and one passport-size photo. The current cost of visa for 30 days is US\$50 (to be paid in cash) for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. Visitors are requested to specify return flight tickets, time intended to stay in Nepal. We recommend you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange additional activity for your time in Nepal to help calculate the exact dates of these crossings we have found the website [www.timeanddate.com](http://www.timeanddate.com) to be very useful. The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of China as well as citizens of the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get a free visa. Countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan. If you are a citizen of one of these countries, please contact your local Nepalese embassy.

## Money exchange

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

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

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

## How Much Luggage can I take during 16 Days Nar Phu Valley Trek

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than **18 kgs**. We never **overload our porters**, but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

## Nar Phu Valley Trek Safety




Discovery World Trekking guarantees our valuable client's **safety, security, and satisfaction**. **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. 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 valley trekking**

Depending on the season you wish to go trekking you may have to make adjustments to clothing and equipments however these are the necessities list we prepared keeping your comfort and utility in mind. We never recommend our clients to bring over equipments which are not necessary for the trek.



#### **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
- ☞ Tooth brush
- ☞ Toothpaste
- ☞ Deodorant/ floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ 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, 2021 - 16 Mar, 2021	<del>\$1400</del> \$940
03 Mar, 2021 - 18 Mar, 2021	<del>\$1400</del> \$940
05 Mar, 2021 - 20 Mar, 2021	<del>\$1400</del> \$940
08 Mar, 2021 - 23 Mar, 2021	<del>\$1400</del> \$940
11 Mar, 2021 - 26 Mar, 2021	<del>\$1400</del> \$940



## Discovery World Trekking

### Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

**Phone:** [+977 1 4252366](tel:+97714252366)

**Mobile:** [+9779840055491](tel:+9779840055491)

**E-Mail:** [info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)

**Skype:** discovery1120

**Phone:** [+977 1 4252366](tel:+97714252366)

**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

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

**[info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)**

Talk to an Expert

**[+9779840055491](tel:+9779840055491)**  

