

Trip Name : Nar Phu Village Trek

Starting Point	Drive in KTM to Besi-Sahar
Ending Point	Fly out Jomsom-Pokhara
Type	TeaHouse/Camping Trek
Grade	Hard
Duration	22 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	Mid-March to mid-May and September to mid-November
Max. Elevation	5416 mt.

### **Trip Details:**

The newly opened spectacular and unique Himalayan trail in the popular Annapurna region that starts at Besi-Sahar and passes through the Nar and Phu valleys is rich with ethnically-Tibetan origin inhabitants and a demanding adventure trek including the Thorung La. This trek gives exposure to high peaks and passes, glaciers, narrow canyons, gompas and traditional remote villages. Nar Phu Village trekking is an extension of Annapurna Circuit trek and there is a great opportunity of crossing the adventurous Kang La Pass (5,315m/17,438ft). The Nar Phu valley was closed to foreign trekkers until 2002. Very few foreigners have explored these virtually untouched villages or climbed the many 7,000 meters peaks available in the valley. Trekking in Nar and Phu valley needs a special permit. We make our venture camping along the way at the winter settlement of Nar and Phu valley and pay a visit to some of the most unvisited Tibetan Buddhist world. Exploration of high alpine valleys above Phu up to Himlung Base Camp and crossing over Kang La pass from Nar to Ngwal on the Pisang route is significantly challenging. In Phu village, there is a chance to visit the renowned Tashi Lhakhang Gumpa and receive blessings from Lama Karma Sonam Rimpoche. The trek then leads over the Thorung La pass (5,416m/17,769ft) adding yet another challenge. This trek is finally ended at Jomsom and we fly to Pokhara on the next morning.

### **Weather in the Nar Phu Village and Annapurna region:**

Trekking in Nar Phu Village is the best in spring (mid March to mid May) and autumn (Sept to mid Nov). The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. Some passes may be treacherous in snowy conditions. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape.

### **High Altitude Warning:**

Altitude sickness is a serious concern in the Nar Phu Village trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

### **Experience Required:**

We have categorized Nar & Phu Village trekking as hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Nar Phu Village trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience,

that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

#### **Cost Includes:**

- Nar Phu special trekking permit
- Annapurna Conservation Area (ACAP) permit
- A City Hotel in Pokhara for one night
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Besi Sahar overland transfer by public bus and Pokhara-Kathmandu transfer by Tourist bus [*Private vehicle or flight Pokhara-Kathmandu available on request and extra*]
- Regular flight for Jomsom to Pokhara and ground transfers
- First aid kit box
- Emergency co-operation service

#### **Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

#### **Cost Excludes:**

- Hotel and meals in Kathmandu, meals in Pokhara
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

#### **Add-Ons:**

##### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

**Day 01 : Drive (175km) from Kathmandu to Besi-Sahar (823m/2,700ft).**

**Day 02 : Trek Besi-Sahar to Bahundanda (1,310m/4,298ft).**

**Day 03 : Trek Bahundanda to Chamje (1,433m/4,701ft).**

**Day 04 : Trek Chamje to Bagarchhap (2,160m/7,086ft).**

**Day 05 : Trek Bagarchhap to Koto (2,600m/8,530ft).**

**Day 06 : Trek Koto to Dharmasala (3,230m/10,597ft).**

**Day 07 : Trek Dharmasala to Kayang (3,740m/12,270ft).**

**Day 08 : Trek Kayang to Phu (4,050m/13,288ft).**

**Day 09 : Rest day at Phu for acclimatization and excursion.**

**Day 10 : Trek Phu to Junam (3,550m/11,647ft).**

**Day 11 : Trek Junam to Nar (4,150m/13,616ft).**

**Day 12 : Rest day at Nar for excursion.**

**Day 13 : Trek Nar to Kangla Phedi (4,530m/14,862ft).**

**Day 14 : Trek Kangla Phedi to Ngawal (3,650m/11,975ft) crossing over Kang la pass (5,315m/17,438ft).**

**Day 15 : Trek Ngawal to Manang (3,540m/11,614ft).**

**Day 16 : Rest day at Manang for excursion.**

**Day 17 : Trek Manang to Yak Kharka (4,018m/13,182ft).**

**Day 18 : Trek Yak Kharka to Thorung Phedi (4,450m/14,600ft) or High Camp (4,925m/16,158ft).**

**Day 19 : Trek Thorung Phedi or High Camp to Muktinath crossing over Thorung la pass (5,416m/17,769ft).**

**Day 20 : Trek Muktinath (3,760m/12,336ft) to Jomsom (2,720m/8,924ft).**

**Day 21 : Fly Jomsom to Pokhara. Free time in Pokhara.**

**Day 22 : Drive (200km)/fly from Pokhara to Kathmandu.**