

## Overview

### Trip Summary

Nar Phu Valley with Thorong La Pass via Tilicho Lake is a uniquely crafted trekking holiday in Annapurna, Nepal, with 18-day itinerary

Nar Phu Valley Trek with Thorong La Pass is located in the isolated corner of the restricted part of Annapurna between Damodar Kunda and Annapurna Circuit part one. The area is untouched by modernity and where people adopted Tibetan culture for many centuries back. This off-the-beaten-track trek from Annapurna offers a real taste of Himalayan lifestyle, culture, tradition, and old Buddhist monasteries and explores an untouched valley that offers an incredible view of majestic mountains in the highlands along with beautiful medieval and ancient remote villages such as Nar and Phu, amazing rock formations, glaciers, narrow canyons, lovely and pleasant forests, unique Himalayan and Tibetan culture, lifestyles, and high-altitude settlements.

Nar Phu Valley predominantly lies in the Manang district of Gandaki Zone. In the beginning, we followed the Annapurna Circuit trail, part one, till Koto. The Nar Phu valley is contracted and forested; the valley opens up to a vast area of high snow-topped peaks, prehistoric villages, and high elevated grazing lands. A very minority number of tourists have walked around this region. While trekking to this occasionally trekked trail, we will be camping along the way to Nar and Phu, or we will be organizing a homestay trip to experience and interact with locals. We visit some of the virgin and attractive villages of the Tibetan Buddhists. Buddhist pilgrims probably visit Phu to visit the well-known monastery, Tashi Lhakhang, and get a blessing from the Lama.

Nar Phu Valley Trek rewards you with the total wilderness experience and unexplored Tibetan villages just opened for outsiders only since 2003. This trek takes you to the exotic valley that is in the far-off corner of the Annapurna region. The Nar Phu Valley remains untouched by modernity. Trekking in the area is unlike most of Nepal, as the terrain is Trans-Himalayan and similar to that of Tibet.

The trail is still rugged, and the people and culture have remained intact. A special trekking permit is required to visit this place. After a couple of days of exploration of the valley, we cross over Kang La Pass (5320 m) on the way to Manang. We join the main trekking trail to Annapurna Round Trek following the best trekking route of Thorong La Pass 5416 m. This remote and rugged trail offers a challenging and exhilarating trekking experience for adventure enthusiasts. With Wilderness Excursion Pvt. Ltd., you can explore Nar Phu Valley Trek and observe incredible views of the Annapurna massif, Machhapuchhre Himal, Lamjung Himal, Manaslu Himal, Tilicho Peak, Dhaulagiri Range, and several other snow-capped peaks.

For your kind information, Nar Phu Valley Trek requires a restricted area permit, which costs USD 90 per week per person for September to November, USD 75 per week per

person, or equivalent convertible foreign currency for December to August. In addition, the ACAP Permit is mandatory and costs NPR. 2000.00 per person. All international trekkers must trek with a licensed guide, and trekking must be arranged with a government-registered trekking agency as per Nepal Government Law. We organize budget trips to Nar Phu Valley at the most competitive price and offer you a tailor-made itinerary that meets your needs. This trek can also be combined with challenging high-pass treks crossing through **Masokanto La (5099 m)**, **Tilicho Pass (5230 m)**, and the most thrilling **Teri La Pass Trek (5595 m)** to/from Upper Mustang Saribung Pass (6020 m). Trek but trek through these high passes will be fully camping except via Thorong La pass.

## Outline Itinerary

**Day 01 : Kathmandu to Jagat.**

**Day 02 : Jagat to Dharapani 1860m (5/6 hours)**

**Day 03 : Dharapani to Koto 2600m (5/6 hours)**

**Day 04 : Koto to Meta 3570m (7/8 hours)**

**Day 05 : Meta to Phu 3840m (5/8 hours)**

**Day 06 : An extra day in Phu Villaeg**

**Day 07 : Trek to Nar Phedi 3500m (5 hours)**

**Day 08 : Trek to Nar Village (4100m), 2 hours.**

**Day 09 : Trekking to Ngawal (3660m) via Kangla Pass (5320m) 8-9 hours.**

**Day 10 : Trekking to Manang 3570m (5 hours) from Ngawal**

**Day 11 : A rest day in Manang**

**Day 12 : Manang to Tilicho Base Camp (3900 M)**

**Day 13 : Day excursion to Tilicho Lake**

**Day 14 : Trekking to Leddar from Tilicho Base Camp,**

**Day 15 : Trekking to Thorong Phedi or High Camp (4500m)**

**Day 16 : Trekking to Muktinath 3800m/10hrs traverse Thorong-La 5,416m**

**Day 17 : Muktinath to Jomsom (2800m) via Kagbeni. 6 hours,**

**Day 18 : Early morning flight to Pokhara 8,20m/30mins flight,**

**Cost Includes**

- One licensed and experienced local trekking guide for trekking.
- 1 Sharing porter between 2 trekkers (weight limit 25kg)
- Domestic flight tickets included Jomsom-Pokhara and airport tax.
- 1 Night deluxe room with breakfast 2\*\*hotel in Pokhara.
- Meals: 16 Breakfasts, 15 Lunches, and 15 Dinners.
- Lodge and homestay accommodation during the trek
- Ground transportation by public bus.
- Nar Phu Valley Restricted Area permits (USD 100/7 days).
- Annapurna Conservation Area permit.
- Guide and porters fee with other expenses.
- Taxes and paperwork charges.

**Cost Excludes**

- Transportation, accommodation, and meals in Kathmandu.
- Meals in Pokhara except one breakfast.
- International airfare, Nepal Tourist Visa fees.
- Personal trekking gear and items and expenses of a personal nature.
- Bar drinks, cold drinks, snacks, laundry, phone calls, internet, etc.
- Rescue operation in case of emergency. Transfer for Pokhara - Kathmandu.
- Any costs that arise due to a change of the itinerary because of landslides, political disturbance, strikes, etc.
- Horse renting and additional porters during the trek due to natural calamities.
- Tips for guide and porter.