

Nar-Phu Trek

Duration: 21 days
Difficulty: Medium to hard

PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 5320m

Season: Spring/fall/winter

Accommodation: Teahouse

The Nar-Phu Trek is one of our favourite treks and we'd be delighted to help you explore this majestic province in Nepal.

Overview

The Nar Phu Valley trek with Incredible Himalayan Sherpa Adventures takes you on a journey of cultural discovery and outdoor exploration. This trek exposes you to high peaks and passes, glaciers, and alpine valleys.

The Nar Phu Valley lies north of the Kyupar villages on the way to Mangng. It is essentially an extension of the Annapurna treks. As part of the trek, we face the adventurous task of crossing the Kang La pass (5200m). But we will be rewarded with unique cultural experiences. This valley - like most of those close to the Tibetan border - has been generally closed for tourists until 2002. As a consequence, the Naar and Phu valleys are far removed in both time and space from the neighbouring Annapurna circuit.

The trek takes you up steep gorges, past impressive chortens, herds of blue sheep and spectacular cliffs and finally over one of the region's highest trekking passes. Reinforcing the adventurous spirit of this trip, we'll pass by abandoned settlements that were once used by Khampa rebels (as well as mountaineering expeditions heading to close by mountain ranges).

The Naar Phu Valley trek is an excellent adventurous journey and a great addition to a visit to the Manang region or the Manaslu trek. After Naar Phu trek, you could continue to Jomsom via the Thorung La or continue to Ticho Lake and Meso Kangto La, making full use of everything the region has to offer.

Highlights:

- + Authentic cultural experience
- + High snow-peaks, ancient villages and high altitude grazing settlements
- + Exotic hidden villages "Nar and Phu"
- + Many ancient monasteries
- + Crossing the Kang La Pass with magnificent views of the Annapurna

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Amrit Marg St. Bhanwan Bahal, Thamel, KTM, Nepal, **Tel:** +977-1-4411641
Mob: +977-9841071023, **Email:** mytrek2nepal@gmail.com
info@himalayansherpaadventure.com

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Suggested Itinerary:

Day 01; Arrival in Kathmandu (1,350m)

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

Overnight stay at hotel

Day 02; Kathmandu Tour

Your tour in Kathmandu, one of the most beautiful UNESCO World Heritage sites Swayambhu, Boudha and Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed & Breakfast]]

Overnight stay at hotel

Day 03; Scenic drive & trek to Bhulbulle (840m), 5hr drive+2hr walk

We drive to Besi Sahar and walk to Bhulbulle. We follow the Prithvi Highway that leads to Mugling Bazaar and Dumre Bazaar. A short drive brings us to Besi Sahar from. From here we follow the east bank of the Marsyangdi River. The trip offers us a first experience of Gurung village and some good views of Himalchuli and Ngadi Chuli.

[Included meals: Bed & Breakfast]

Overnight stay at hotel.

Day 04; With the sight of beautiful waterfall and incredible mountain view reach to Ghermu (1,140m), 5-6hr walk

Our trek begins up the east bank of the river and soon we cross the Sisne Khola. A few more hours over changing terrain brings us to Ghermu. The trip will offer us pleasant views of waterfalls, rice terraces and of course, some mountains. We'll have our first chance to look at Manaslu.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 05; Trek to Tal, 5-6hr walk

We climb up a steep canyon and follow the road until we follow the trail already taken by Tilman in 1950. A short descent past a small waterfall bring us to Jagat (1330m). We cross to the east bank of Marsyangdi and climb up a rocky trail past fields, bamboo and rhododendron forests. The trail ultimately leads us to Tal (1700m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

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Day 06; Trek to Koto (2,670m), 6-7hr walk

Follow the route which leads to the north past, cross the suspension bridges continue trek to Khotro, Karte, Dharapani, Bagarchhap, Danaque, Timang and Thankchowk. From here short descend walk on wide range trail bring us to Koto village.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 07; Taking steep drop to the suspension bridge and follow the trail through the narrow gorge to reach Dharmasala (3,220m), 5-6hr walk

Most of our today's route will be through the shade of gorge which extend till Meta. From here we drop steeply down to the suspension bridge and continue drop route down from the chiseled cliff and trek until another suspension bridge. We enjoy wonderful wall of Annapurna. Crossing the side stream of Seti Khola and climb the steep forest of vertical cliff, pine and bamboo. Trekking through the cliff route reach to another suspension bridge and then we will pass the Hulaki Odar (Postman Cave). Following the route leads to the dramatically under a waterfall to arrive at Dharmasala

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 08; Climb to past a landslip and goth, reach the white chorten and pass glacial moraine to reach Khyang (3,840m), 5-6hr walk

From here we past a landslip and goth to cross a side stream and continuing the path lead up to a white Chorten at 3540m. We trek through the wide bowl field where once Meta settlement inhabitant during winter. Spacious campsite here often used as base camp for climbers tackling 6981m Kang Guru. We have more tortuous trail from Meta which carry to more ascending and descending on glacial moraine and cross the stream. Further we pass the Chorten at Jhamuna (a former Khampa Settlement), stream, bridge, moraine and climb a small pass where we have a superb view of Annapurna. Finally, we drop down to Khyang (3840m), a winter settlement occupied for three months by the people of Phu.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

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Day 09; Following the hair-raising section of curved trail around the cliff and trek aside the valley to reach Phu (4,070m), 4-5hr walk

From here, we trek through dry, desert-like gorge of Phu Khola and taking the hair-raising trail curved around the cliff. Continuing the east side of the valley, we pass the wooden bridge and ascend through a short staircase past a smooth eroded rock. We might see blue sheep grazing on the Khaki hillside. Continuing our trek lead to the tenuous trail steeply down along the huge rock spire and crossing the heart stopping bridge to enter the Phu region. Then we walk through the trail edges the hillside and descend down by passing the ruined Dzong reach to the collection of chorten besides a bridge. Now we follow the trail besides the Mani wall to reach the wonderful village of Phu (4070m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 10; Exploring the extraordinary village of Phu and hike up to Himlung Base Camp (4,920m),

We discover the astonishing village of Phu where the original fortified village is at the uppermost section. There are 40 households piled up on a bluff at the junction of a side valley. The meaning of Phu is 'Head of the valley' and the pyramid-shaped peak (6364m) to the north side is named after Birkuti the Nepali wife of King Tsongsten Gampo (Tibet King). Then after we visit to Tashi Lhakhang Gompa, one of the most important monastery in Phu founded by the 10th Karmapa. The monastery contains a library, protector chapel and a menkhang (apothecary), lined with jars of herbs, potions and antibiotics. After we hike to Himlung base camp and return to Phu.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 11; Tracing down the same route from Phu to reach Junam Goth (3,870m), 4-5hr walk

we retrace our steps which leads steps down to Phu Khola and crossing the wooden bridge. Leaving through the Kyang and the former Khampa settlement (Chyakhu), trail then lead to the glacial moraine and after crossing the side stream we reach to the Junam Goth which is also the former Khampa settlement.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

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Day 12; Continuing the same trail down from Junam Goth to reach Naar (4,180m), 5-6hr walk.

Trek begins with descend the slope till we meet the bridge which lead us towards Naar village. Further we discover 80m deep gorge spectacular view of Pisang Peak and Kang Guru. Finally 3hr of walk through Chorten and long Mani wall bring us to Naar Village.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 13; Taking gradual up from the Naar valley, traverse the yak pastures & trek along some descent and ascent to reach Kang La High (5,245m), 3-4hr walk

Trek commence on gradual up where Pisang Peak and razorback ridge to our left. Following our trail then leads to a pleasing yak pasture and we traverse it to reach Kang La Phedi (4620m). We just climb up from the pasture below where the trail steepens through the rocky ice route. Then we reach to a small flat area and before reaching at the glacial lake we walk through steepen and scree.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 14; Ascend to the Kang La pass, having wonderful view of Annapurnas & descend down steep scree to Ngawal (3,615m), 5-6hr walk

Trek offer us outstanding view of Annapurnas, glacial lake. Kang La pass (5306m) decorated with the colourful prayer flags. From summit offer majestic entire overview of Manang valley, Annapurnas, Tilicho Peak and the Annapurna Circuit Trek trail which is 2000m down below in the valley. From here we descend down the steep scree, pass the rhododendron bushes walk bring us to Ngawal village (3660m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 15; Descent to Braga and Continue to Yak Kharka via Manang Village (4,110m), 6-7hr walk

Initial trek begins with descend to Barga village and continue to Manang, From Manang we continue along the trail towards Marsyangdi valley and turn northwest up the valley of the Jarsang Khola. After reaching Yak Kharka, we hike the surrounding hills for a chance to see some famous blue sheep.

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[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 16; To Thorang High Camp

The day begins with an ascent up the valley and back down to cross the Jarsang Khola. From here a steep climb brings us up to the Thorang High Camp at 4,925m. The area becomes wilder and you can feel the adventurous spirit.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 17; A challenging day over the Thorang La (5416m) pass

A challenging day at high altitude lies ahead. From the high camp, we follow the ascent route until we reach the prayer flags at the top (5416m). The ascent can feel much more challenging than the vertical distance suggests due to the high altitude and the occasionally unfavourable weather. The hard work is rewarded with a stunning panorama of snow-capped peaks and the Himalayan scenery above the Kali Gandaki valley through to the Annapurna range, Mukut and even the Mustang Himal to the west. A long and somewhat steep descent follows before the slope eases off to a gentle descent above Muktinath (3802m) which is a fascinating village; sacred to both Hindu and Buddhists. There are sacred shrines as well as numerous chorten with fascinating mythical background. Your guide will be happy to explain their cultural importance.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 18; A pleasant day through fertile meadows to Marpha (2,680m), 5-6hr walk

From here we follow the road down to the steep, barren hillside that bring us to spectacular view point Jharkot (3500m). From Jharkot the trail leads us down to Khingar (3400m) and, in contrast to yesterday, is a very relaxed path among meadows, streams and apple orchards. We will find hundreds of cairn erected by pilgrims to honour departed ancestors. A short walk brings us to the gateway of upper Mustang: Kagbeni (2840m). To Marpha, in order to avoid the dust and unpleasant road, we take the route via the west bank and continue via Pagling before reaching Marpha.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

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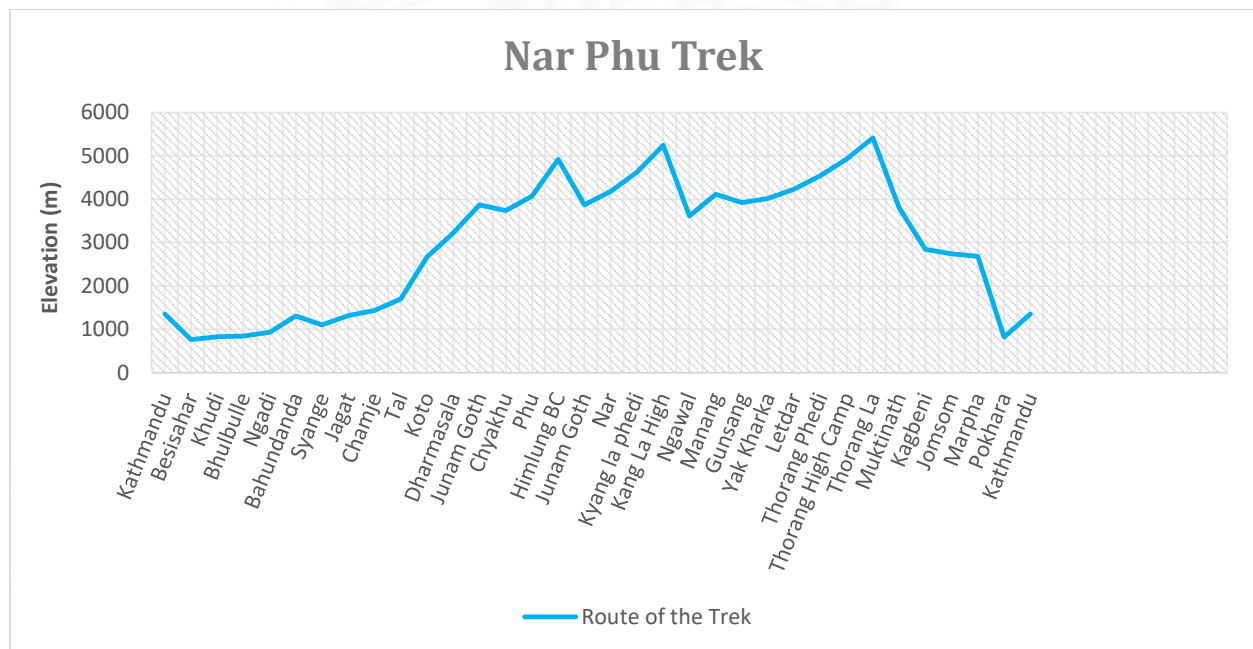
Difficulty: Medium to hard

Day 19/20/21; Pokhara, Kathmandu & Departure

35Mins flight from Jomsom will bring you to Pokhara. You will explore in Pokhara by you own. But if you need assist company will help you. Next morning you will return to Ktm and another day you will departure from Ktm. A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Bed and Breakfast]

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 21 days Nar Phu Trek
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: USD 1265 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: USD 1425 per person with group size of 2

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Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

Trek Duration:

Standard itinerary – 21 days. Can be shortened or extended depending on time and fitness

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu and Pokhara [upgrade possible]
- + Sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Sharing(Public)bus from KTM to Besi Sahar& tourist bus from Pokhara to Kathmandu
- + Flight from Pokhara to Kathmandu
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

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Additional Options:

+ Additional porter: 270 USD [15 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in Ktm: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue trek to **Dhaulagiri Base camp, Ghorepani Poon Hill, Khobra Ridge** or if you would to gain Peak climbing experience, **Dhampus Peak** offer is there rather than return to **Pohara by flight** from Jomsom, this can also be arranged.

+ Private Car (95 USD for KTM to Besi sahar]

For a more comfortable ride from KTM to Besisahar

+ Flight (122 USD for Pokhara to Kathmandu]

For a more comfortable ride from Kathmandu to Kathmandu

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

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Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveler's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 8 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude can affect everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to

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prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

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