



## Nar Phu Valley Trek (5365m)

### Details Itinerary

A fantastic journey to the wild and unexplored vicinity located north of Annapurna, this rugged and wild trek takes us to the exotic and enthralling valley of Nar Phu. Nar Phu Valley trek starts from Jagat following the popular trekking routes of Annapurna Circuit trail and then branch off from Koto to follow the off the beaten track to Nar Phu valley in the north of Manang and pass the Kang La pass with magnificent panorama of Annapurna massifs.

The Nar Phu Valley trek is a real Himalayan wilderness experience that is as unforgettable as it is spectacular. Tucked between the more visited Annapurna and Manaslu regions, Nar Phu is a true hidden gem that offers trekkers a rare opportunity to explore unspoiled valleys that feature a mix of raw Himalayan nature and ancient Buddhist culture.

The program begins with a drive to Beshisahar then Jagat, from Jagat we trek and heading to Koto via Dharapani village, and we trek Jagat following the popular trekking routes of Annapurna Circuit trail and then branch off from Koto to follow the off the beaten track to Nar Phu valley in the north of Manang. Then we pass through Khang-La Pass which is 5365 meter from the sea level, after all decent down to Beshisahar via Ngawal and Chame. While once we reach at Koto we will make full circuit of the Pisang Peak.

Go on this trip by Discovery Mountain to explore the peaceful and hidden villages of Nar, Phu, and others. The best time to visit here is in the spring and in autumn. You will need a good level of physical fitness with a regular walking habit to go on this memorable trek from Discovery Mountain Trek.

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Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	5365m
Duration:	:	17 Days
Walking Days:	:	12 Days
Activity:	:	Trek
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

#### **DAY 1 : ARRIVAL IN KATHMANDU (1365M)**

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. You can have the rest of the day to yourself. Later, you'll be given a brief about the trip ahead.

#### **DAY 2 : DRIVE FROM KATHMANDU TO BESISAHAR TO JAGAT (1300M) 9/10H**

We begin by driving from Kathmandu via a scenic route to Mugling. After a brief stop there, take the route to Pokhara. Before arriving Pokhara, the road forks north to Besisahar. With a second stop at Besisahar, we take the route to Jagat.

#### **DAY 3 : TREK FROM JAGAT TO DHARAPANI (1965M) 6/7H TREK**

It's a seven hour trek today. Starting after breakfast, we descend to the river and cross it. The terrain gets more and more beautiful as we head north until reaching Tal. At this point the giant peaks of Annapurna have already come into view. Take a rough trail from Tal, cross a dense forest to arrive at the village of Karte, and reach Dharapani in the Manang Valley where we will stay for the night

#### **DAY 4 : TREK FROM DHARAPANI TO KOTO (2615M) 5/6H TREK**

At first the trail climbs along a narrow trail through a forest of fir and pine, and then comes to a river. We follow along the river and clip upwards through a forest of oak and maple. Coming out of the forest, we will have excellent views of Annapurna II and Manaslu Range all the way

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to Koto. The village of Koto is mostly inhabited by the Gurung community. Here, we will sleep in a camp tonight.

#### **DAY 5 : TREK FROM KOTO TO META (3560M) 6/7H TREK**

We enter the valley of Naar Phu and we climb up to Dharamshala (3305m) through bamboo forests and deep gorges that overlook the Naar Khola (khola = river) that we cross (bridges) several times then we overnight at Meta.

#### **DAY 6 : TREK FROM META TO KYANG (3840M) 5/6H TREK**

Start early with a quick breakfast. Pack your bags and climb the steep winding trail near ridges and moraines. The vegetation is not so dense in this region but today you will have crystal-clear views of the surrounding valleys and hills. Next up, you will pass through some chortens and have wonderful views of Annapurna II and Pisang Peaks. Once you've arrived at Phu, you will see an old forts. Set up camp for the night here at Phu.

#### **DAY 7 : TREK FROM META TO PHU GAON (4255M) 6/7H TREK**

Start early with a quick breakfast. Pack your bags and climb the steep winding trail near ridges and moraines. The vegetation is not so dense in this region but today you will have crystal-clear views of the surrounding valleys and hills. Next up, you will pass through some chortens and have wonderful views of Annapurna II and Pisang Peaks. Once you've arrived at Phu, you will see an old forts. Set up camp for the night here at Phu.

#### **DAY 8 : ACCLIMATIZE AT PHU GAON**

It's a day of rest here at Phu. Start at leisure in the morning, take a stroll around the village and see the wide valleys above. Make sure that you take short hikes around to see the amazing landscape. We recommend hiking to a pasture located above the village. Keep fit during the day but return to Phu and explore the village more to witness a unique lifestyle. Sleep early to save up on energy.

#### **DAY 9 : TREK FROM PHU GAON TO NAR PHEDI (3490M) 5/6H TREK**

The trail descends passing many streams and suspension bridges until Mahendra Pul which takes about four to five hours. We pass the high suspension bridge 80m over the Gorge of Lapche River then. We have lunch at Chyaku after lunch, the trail decent and ascend passing trough pine forest until Nar Phedi.

#### **DAY 10 : TREK FROM NAR PHEDI TO NAR VILLAGE (4110M)**

Today we start our trek after our breakfast, the trail steeply ascends passing many Buddhist

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stupas until Nar Village which takes about 2 hours. We find several Buddhist Monasteries here to visit coupled with the glorious vistas of Pisang Peak and other small peaks. Afternoon free time and explore the Nar Village.

**DAY 11 : TREK FROM NAR VILLAGE - KHANG LA PASS (5365M) NGAWAL (3350M) 8/9H**

It's a long day of trek today, so start early. Ascend through a steep trail with views of Kangru Peak. Arrive at a pasture by a river and trek along with magnificent views of Pisang Peak ahead. Take a break and continue on to Kang-La Phedi, the base of Kang-La Pass. Gradually climb up to have a wonderful views of Pisang, Gangapurna, a section of Annapurna Massif, and Tilicho Peak. If it's a clear day, you will see the airstrip of Hongde as well. After a break at the pass, descend through a scenic trail to the beautiful village of Ngawal. Set up camp for the night here.

**DAY 12 : TREK FROM NGAWAL TO UPPER PISANG (3240M) 5/6H TREK**

From Ngawal we walk up and down a several times into pine forest with good views of Annapurna range, And passing through Gyaru village where we will having our lunch then continue decent to Pisang.

**DAY 13 : TREK FROM UPPER PISANG TO CHAME (2715M) 5/6H TREK**

A gradual up and down and narrow path through pine forest passing through Dukur Pokhari village and continue trek and pass on the suspension brige on Marsyangdi river so the trail is carved into the vertical rock, And we pass through Bratang Village(Apple garden) and very dense forest to chame.

**DAY 14 : DRIVE FROM CHAME TO BESHISAHAR (875M) 5/6H DRIVE**

We start to drive after breakfast, our road is the ruff road which is takes about five to six hour drive from Chame to Beshisahar.

**DAY 15 : DRIVE FROM BESHISAHAR TO KATHMANDU 5/6H DRIVE**

Today our 17 days trek in the mountain come to end so we drive back to Kathmandu by private vehicle. On the way to Kathmandu After reaching Kathmandu you have the rest and free day. In the Evening we have well come dinner to celebrate our successful trek.

**DAY 16 : KATHMANDU SIGHTSEEING**

After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

**DAY 17 : DEPARTURE ON YOUR DESTINATION**

According to your schedule, we will take you to the airport for your flight ahead.

### **INCLUDED IN THE COST**

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu and Pokhara with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: ACAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- Special permit for Nar Phu Valley
- All Government and local taxes

### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Pokhara
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

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## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns

- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

### **PRACTICAL ITEMS**

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

### **MEDICAL**

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.



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## Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

## Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

## RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

## IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.