High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Nar-Phu Valley Trek

2. Overview

Are you looking for something different and adventurous? If so, you should choose the Nar Phu Valley Trek package provided by High Route Adventure. This newly opened trekking route takes place on the northern side…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1400 meter | Stay: Hotel

- Pick up and meet & greet at the airport
- Transfer to your hotel in Kathmandu
- Overnight stay at your hotel

Traveler's note: The airport is just a few minutes away from Thamel, the main touristic area of Kathmandu, where most of the hotels, souvenir shops, and restaurants are located. Try out the Nepalese MoMo, a traditional dumpling and a staple of Nepalese Cuisine!

Day 02: Sightseeing in Kathmandu/Trip preparation

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

• Breakfast at the hotel • Pick up by our tour guide • Sightseeing in Kathmandu: Swayambunath Monkey Temple, Pashupatinath Hindu Temple, Boudhanath Buddhist Stupa, Kathmandu Durbar Square • Drop of back at your hotel • Detailed trip briefing and preparation • Overnight at your hotel Traveler's note: Did you know the Thamel is filled with trekking gear and backpacker shops? Here you can buy or rent some last-minute trekking gear for your trip!

Day 03: Drive to Chyamche (Chamje)

Altitude: 1430 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Hotel Breakfast and check out • Drive with a local bus to Beshisahar • Transfer to a more comfortable jeep • Jeep ride to Chyamche (Chamje) • Dinner and overnight stay at the teahouse Traveler's note: Did you know that from the Kundi you can see some of the first views of the Manaslu Mountain Range, just south of Mt Manaslu you can see the Ngadi Himal 7,871m/25,824ft and the Himalchuli 7,893m/25,896ft. A bit to the left you get to see the Lamjung Himal 6,983m/22,910ft. Near Chyamche (Chamje) we get to see one of the longest waterfalls stretching about 202m/663ft!

Day 04: Trek to Dharapani

Altitude: 1860 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Start today's trek by crossing the suspension bridge • Follow the trail passing various villages • A bit further ahead is Dharapani • Dinner and overnight stay at the teahouse

Day 05: Trek to Koto

Altitude: 2600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Follow the trail into the pine forest • Trek to Bagarchhap village • Continue to Timing • Head on to Latamarang • Reach at Koto • Dinner and overnight stay at the teahouse Traveler's note: Today Mt. Manaslu 8,163m/26,781ft the world's 8th highest mountain comes in view!

Day 06: Trek to Meta

Altitude: 3560 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Today after breakfast we check our permits • Follow the Seti Khola riverbank • Pass by Dharmasala • Trek up a Tibetan plateau to reach Meta Village • Dinner and overnight stay at the teahouse

Day 07: Trek to Phu Goan

Altitude: 4080 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • The trek today leads along rivers and across suspension bridges • Head to Kyang village • Continue along the Phu Khola River • Reach at Phu Goan • Explore around Phu Gaon • Hike up to the Takshi Lhakang Monastery • Dinner and overnight stay at the guesthouse

Day 08: Trek to Nar

Altitude: 4110 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Start by heading to the Mahendra Pul bridge • Cross the high suspension bridge over the Lapche River • Continue along the trail to Nar by passing various stupas • Reach at Nar • Dinner and overnight stay at the teahouse

Day 09: Acclimatization and preparation at Nar

Altitude: 4110 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast • Explore around Nar village • Witness the culture and lifestyles of the locals • Acclimatization hike to get used to the upcoming altitudes • Evening preparation for crossing the Kang-La Pass • Dinner and overnight stay at the teahouse

Day 10: Trek to Ngawal via the Kang-La Pass (5,306m/17,408ft)

Altitude: 3660 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Early breakfast and departure • Climb up the Kang-La Pass • Enjoy the incredible views from ontop the pass • Head down to Ngawel • Dinner and overnight stay at the teahouse

Day 11: Trek to Manang

Altitude: 3500 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Head for Paugh village • Climb slightly uphill to Mungli • Continue on to reach Manang • Dinner and overnight stay at the teahouse Traveler's note: Today you'll get to see incredible views of the Annapurna Mountain Range!

Day 12: Trek to Yak Kharka

Altitude: 4110 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Continue through Manang village by crossing a stream • Head towards Tenki village and climb out of the Marshyangdi Valley • Follow the Jarsang Khola • Head by a small village called Ghunsa • Reach at Yak Kharka • Dinner and overnight stay at the teahouse Traveler's note: Did you know that Ghunsa Village is a cluster of mud rooftop buildings made in an ancient style of local architecture! Today you'll get to see yaks grazing in the meadows with some horses.

Day 13: Trek to Thorang Phedi

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Trek uphill towards Thorang Phedi • Pass Ledar village and ascend furthermore • Traverse through towering cliffs to reach Thorang Phedi • Explore around Thorang Phedi • Dinner and overnight stay at the teahouse Traveler's note: Today you can enjoy the views of Mt. Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan among others

Day 14: Trek to Muktinath via the Thorang-La Pass (5,416m/17,764ft)

Altitude: 3800 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Head up to the Thorang La pass, one of the highest passes in the world • Cross the mountain pass from east to west (Manang to Muktinath) • The trail becomes more barren and the landscape becomes more of a Wild West • Continue on the downhill to Muktinath • Arrival in Muktinath • Dinner and overnight stay at the teahouse Traveler's note: Did you know that the Thorang-La Pass is one of the highest mountain passes in the world! Muktinath famous for its Temple with 108 water sprouts is said to have a healing and cleansing effect to all who take a dip in its holy water. This pilgrimage site is visited a whole year long by both Hindus and Buddhists.

Day 15: Trek to Jomsom

Altitude: 2670 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast • Visit the Muktinath temple with its 108 water sprouts • Start to trek by descending downwards • Head to the Kali Gandaki River to reach Kagbeni • Follow the Kali Gandaki river southwards to reach Jomsom • Dinner and overnight stay at the teahouse Traveler's note: Did you know that Kagbeni and Jomsom are famous for their apple orchards, depending on the season you'll get to see these apple trees in full bloom!

Day 16: Fly to Pokhara

Altitude: 822 meter | Meals: Breakfast | Stay: Hotel

• Breakfast and check out • A morning flight takes us to Pokhara • Hotel transfer • Enjoy the amazing sights and activities in Pokhara • Overnight stay at the hotel Traveler's note: While in this package there are no activities in Pokhara included, High Route Adventure is more than happy to arrange some for you, such as bungee jumping, paragliding, ultra-light flying, boating on Phewa Lake or a city sightseeing tour! Just request us during your booking.

Day 17: Drive back to Kathmandu

Altitude: 1350 meter | Meals: Breakfast/Dinner | Stay: Hotel

• Breakfast and check out • Transfer to the tourist bus park • Drive via tourist bus back to Kathmandu • Hotel check-in • Review of your trip • A complimentary farewell and thank you dinner is planned with a culture show • Overnight stay at your hotel Traveler's note: It is also possible to fly back to Kathmandu, this will give you more time to spend back in Kathmandu as the flight just takes 25min, compared to the 6-hour bus ride.

Day 18: Departure

Altitude: 1350 meter | Meals: Breakfast

• Hotel breakfast and checkout • Transfer to the international airport approx. 3 hours before your departure • High Route Adventure hopes that you enjoyed the Nar-Phu Valley trek and to see you soon for your next Himalayan adventure

5. Cost Includes

- Airport-Hotel-Airport Pick up & Drop up By Private Vehicle
- Three nights' accommodation with B/B plan at 3- star category hotel in Kathmandu
- A night accommodation with B/B plan at 3- star category hotel in Pokhara
- Kathmandu sightseeing including tour guide & private vehicle
- Kathmandu to Beshisahar public transportation & Beshisahar to Chyamche by public Jeep
- Jomsom to Pokhara flight
- From Pokhara to Kathmandu by tourist standard bus
- All standard meals during the trek (Breakfast/Lunch/Dinner)
- Teahouse/Lodge accommodation during the trek (Twin sharing room)
- Down jacket and sleeping bag (Returned after trip completed)
- Government lenience holder High Route Adventure experienced & qualified trekking guide(Leader) and Porter to carry trekkers luggage(2 trekkers: 1 porter)
- Included their(guide & porter) meals, insurance, salary, lodging, transportation, and equipment
- Annapurna conservation area project(ACAP) permit fee
- Nar-Phu Valley restricted area special permit
- TIMS fee (Trekkers information management system)
- High Route Adventure appreciation of certificate after over the successful trek
- All government and local taxes

6. Cost Excludes

- Extra night accommodation in Kathmandu and Pokhara in case of early arrival or late Departure
- Dinner and lunch in Kathmandu and Pokhara
- Entrance fee for a world heritage site in Kathmandu.
- Nepal visa fee
- Travel and medical insurance
- International flights
- Personal expenses(laundry, bar bills, phone calls, internet, hot shower, etc
- Tips for guide, porter, and driver (tipping is expected)
- Any unseen expenses due to circumstances

7. Equipment / Packing List

Planning your Nar Phu Valley Trek? Packing smart is the key to enjoying this remote and beautiful journey in the Annapurna region of Nepal. Here's the best packing list to help you stay warm, safe, and comfortable during the trek.

? Trekking Gear

- Backpack (40-60L) – Light, strong, and with a rain cover
- Daypack (20L) – For your daily essentials

? Clothing (Layering is Key)

Base Layers:

- 2–3 moisture-wicking T-shirts
- 2 thermal tops and bottoms

Insulation:

- Fleece jacket or down jacket (must-have)
- Light sweater or hoodie

Outer Layers:

- Waterproof jacket (windproof too)
- Waterproof trousers

Bottom Wear:

- 2–3 trekking pants
- 1 warm trekking trouser

Innerwear:

- Enough pairs of quick-dry underwear and sports bras
- Thermal underwear for cold nights

? Footwear & Accessories

- Strong trekking boots (broken-in)
- Comfortable camp shoes or sandals
- 3–4 pairs of woolen and synthetic socks
- Warm gloves (inner + outer)
- Warm hat/beanie
- Sun hat or cap
- Neck gaiter or buff

? Personal Hygiene

- Travel towel (quick-dry)
- Toothbrush, toothpaste, soap, shampoo
- Sunscreen (SPF 30+)
- Lip balm with SPF
- Wet wipes & hand sanitizer
- Toilet paper & small towel
- Nail cutter & small mirror

? First Aid & Health

- Personal medications
- Diamox (for altitude sickness – consult doctor)
- Band-aids, blister plasters
- Pain relievers (Paracetamol/Ibuprofen)
- Antiseptic cream & insect repellent

? Gadgets & Extras

- Headlamp (with extra batteries)
- Power bank & charging cable
- Camera or phone for photos
- Travel adapter (if needed)
- Sunglasses (UV protection)
- Water bottles (or hydration bladder)
- Water purification tablets or filter

? Documents & Money

- Passport & Nepal visa
- TIMS card and trekking permits
- Travel insurance copy
- Some cash (Nepali Rupees – no ATMs on the trail)

? Final Tips

- Pack light but smart – every item should have a purpose
- Keep important items in waterproof zip-lock bags
- Carry a small snack stash (nuts, energy bars, chocolates)
- Sleeping Bag – Warm up to -10°C comfort rating
- Trekking Poles – Helps reduce knee strain and gives balance