



Nar Phu Valley Trek – 13 Days

Trip Fact:

Designation: Nepal

Region: Annapurna Region

Duration: 13 Days

Maximum Altitude: 5,360m (Kang La Pass)

Outline Itinerary:

Day 01: Arrival in Kathmandu

Day 02: Drive from Kathmandu to Koto(2600m) via Besisahar (approx: 9-10 hours)

Day 03: Trek from Koto to Meta (3560m), (time: approx 8-9 hours)

Day 04: Trek from Meta to Phu (4050m), (time: Approx: 8-9 hours)

Day 05: Explore and acclimatization, rest day at Phu

Day 06: Trek from Phu to Nar Phedi (3750m), (time: approx 7-8 hours)

Day 07: Trek from Nar Phedi to Nar (4150m)-(time: approx 3-4 hours)

Day 08: Trek from Nar to Ngawal(3675m) via Kang La pass (5360m), (time: approx 9-10 hours)

Day 09: Trek from Ngawal to Humde(3519m), (time: approx 7-8 hours), continue the trek to Manang

Day 10: Trek from Manang to Yak Kharka (4000m), (time: approx 3-4 hours)

Day 11: Trek to Thorong Phedi (4420m), (time: approximately 4 hours)

Day 12: Trek from Thorong Phedi to Muktinath (5416m), (approximately time: 8-9 hours)

Day 13: Drive from Muktinath to pokhara (900m), (time: approx 6-10 hours)



Cost Include:

- ✔ Jeep from Kathmandu-Koto
- ✔ Jeep from Muktinath to Pokhara
- ✔ Government taxes, service charge as well as official expenses.
- ✔ Trekking lodge (Tea house) accommodations during the trek.
- ✔ Tims trekker information management system
- ✔ Assistant guide group size above 10+person
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ Strong, helpful porters with the right safety gear and walking gear, as well as a salary, food, a place to live, and insurance. (one porter for two people).
- ✔ Taxes and official costs paid to the government.
- ✔ A map of a trek and a certificate of completion of the trip
- ✔ During the trek, you will be provided with Trekking Lodges (Tea Houses).
- ✔ permit called the Nar and Phu Valley Restricted Area Permit, in addition to the Annapurna Conservation Area Permit (ACAP)
- ✔ Oxymeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are and basic medicines. Note: Don't forget your prescribed medicines.

Cost Exclude:

- ✘ Food that you will eat in Kathmandu and Pokhara for lunch and dinner
- ✘ Your accommodation at Kathmandu
- ✘ Airport Pickup and drop.
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ You can use a sleeping bag, a down jacket (if you don't have your own you can rent in Thamel)
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ Hot showers and charging on the tea house may cost you up to \$2-\$4



Trip Highlight:

- ✔ Nar Phu Valley is a hidden gem located between the popular Annapurna and Manaslu regions.
- ✔ Get ready to see amazing sights like Annapurna II, Himlung Himal, Gangapurna, and Tilicho Peak.
- ✔ Immerse yourself in the rich tapestry of Tibetan culture. Interact with friendly locals, experience warm hospitality, and explore a unique way of life.
- ✔ This valley offers a peaceful and quiet escape from the hustle and bustle of city life. The remote location lets you clear your mind and find inner peace amidst nature's tranquility.
- ✔ The journey takes you through a diverse landscape, including tall mountains, icy peaks, ancient villages, lush forests, and serene monasteries
- ✔ Nar Phu Valley promises an unforgettable adventure, combining natural beauty, cultural immersion, and culinary delights to create lasting memories.

List of Equipment

Packing list

Head and Hand

1. Balaclava
2. Neck Gaiter/High Neck
3. Sun Cap
4. Wool/Fleece Hat
5. Lightweight Synthetic Liner Glove
6. Wind Stopper Fleece Gloves
7. Heavy Gloves (Mitten)

Upper Body

1. Lightweight Top/Thermo Coat
2. Short-Sleeved Shirts/T-shirts
3. Midweight Top
4. Down Insulated Jacket
5. Synthetic or Fleece Jacket
6. Gore-Tex Jacket

Lower Body

1. Lightweight Long Underpants
2. Midweight Long Underpants
3. Trekking Pants
4. Gore-Tex Pants
5. Synthetic Insulated Pants
6. Underwear
7. Summit Socks
8. Trekking and Climbing Socks



Trekking Devices/Climbing Gears

1. Harness
2. Carabiners (Both Lock & Unlock)
3. Ascenders/Jumar
4. Climbing Helmet
5. Headlamp with Spare Batteries (Petzl/BD)
6. Ice Axe Semi-technical
7. Crampons
8. 1 Sleeping Bag: -30 +C to -40 +C
9. Thermarest Cell Foam Mattress
10. Belay Device (ATC Guide/Figure of 8)
11. Assistant Rope
12. Tape Sling
13. Ice Screw
14. Summit Boot/G2SM
15. Snow Goggle UV Protection
16. Sun/Glacier Glasses UV Protection
17. Extendable Trekking Poles (BD Alpine Flz)

First Aid Kit

1. Water Purification Tablets
2. Sunscreen (-50 Spf)
3. Lips Guard (-20/-50 Spf)
4. Zip-Lock Bags
5. Baby Wipes or Wet Towels
6. Handy Plaster
7. Crack Bandage
8. Tincture
9. Iodine
10. Aspirin
11. Sinex
12. Strepsils
13. Antibiotic
14. Paracetamol
15. Anti-Diarrhea Capsule/Eldoper
16. Brufen/Ibuprofens
17. Diamox
18. Eye Drops
19. Toiletries
20. Toothpaste
21. Toothbrush Hand Sanitizers & Hand wash
22. Wet Tissues
23. Laundry Soap
24. Garbage Bag
25. Bath Soap
26. Shampoo
27. Moisturizers



Miscellaneous

1. Rucksacks (45 - 55 Ltr.)
2. 1 Duffel Bag
3. Water Bottles
4. Thermos/Flask
5. Swiss Knife
6. Pee Bottle
7. Pack Towel
8. Umbrella/RainCoat
9. Spare batteries
10. Waterproof Stuff Sacks
11. Sandals
12. Lightweight Hiking/Trekking Boots
13. Camp Booties
14. Satellite Phone (if possible)
15. Solar chargeable power bank (optional)
16. Book/Board Game
17. Journal/Pen
18. Bars and Snacks

Travel Document

1. Valid Visa
2. Valid Passport
3. 4 PP Size Photo
4. Family/Company Contact Number & Address
5. Insurance Paper (Medical & Rescue) & Contact Address
6. Credit Card



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on **Instagram** ([@adventuremastertrek](https://www.instagram.com/adventuremastertrek)) or get in touch via **WhatsApp** ([+9779851033195](https://wa.me/9779851033195)). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

Adventure Master Trek

We are recommended on



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