



Annapurna Circuit via Naar-Phu (Special restricted Area) Trek Spring/Autumn



Introduction

The Annapurna circuit trek via Naar-Phu (Special restricted area) which has been opened only since 2003. and over Khangla Pass and Tilicho Lake (World's highest Lake) and Mesokanto La pass beginning with a couple of days trekking on the Annapurna circuit trail we will reach Koto, from where, we enter into the restricted area of Nar & Phu valley in an off the beaten trail where very few trekkers have explored. Passing through narrow canyons and beautiful valleys of the Naar and Phu, where you will be welcomed by surrounded mountains and untouched beauty of both valley.

After a couple days of exploring this exotic landscape with beautiful pine forests, overlooking waterfalls, stunning gorges picturesque villages, we cross the Khang La 5,280m, leaving behind Nar Phu, to join the Annapurna circuit trail which is was regarded as one of the top 5 treks in the world. Entering the Manang valley a Tourists hub;) which feels nice to socialize for a while. Leaving behind the highway of Manang and enter an even more fascinating valley leading to the Grand Barrier which is a massive 7,000m mountain barrier, and to the Tilicho lake "World's highest lake" at 4,949m. Then we cross the Mesokanto la pass at 5,190m, from the summit it offers breathtaking views of Tilicho Lake and soaring peaks of Annapurna II 7,937m, III 7,555m. Mt. Ganga Purna 7,455m and Mt Manaslu 8,156m range and the Chulus. After crossing the Mesokanto La, we leave the Manang valley and enter into another exotic valley of Mustang to end this fascinating dream trek that we take pride in.

Facts

- Altitude: 5,280m<
- Duration: 20 days
- Grade: Moderate to adventurous
- Group: 2-15
- Country: Nepal
- Best Season: Min 2 up to 17 max
- Start/Ends: Chyamje/ Pokhara
- Accomodation: Hotel/Lodge
- Transportation: Private Car / Van / Hiace as per group size/ Flight
- Meals Includes: Breakfast/Lunch/Dinner

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft] Arrive at any time, Xtreme Climbers vehicle and represent we'll pick you up from Tribhuvan International Airport and take you to the hotel. Your included activities consist of refreshments, introduction to your guide, as well as an introduction on The Trek. Meal includes:Breakfast
- **Day 2** : Preparation of trek and required special permit and briefing. Included meals:Breakfast Dinner
- **Day 3** : Drive to Chyamje 1,400m. (210 km. Drive approx). 7-8 hours. Included meals:Breakfast Lunch
- **Day 4** : Trek to Bagarchap 2,100m. 4-5 hours. Included meals:Breakfast Lunch Dinner
- **Day 5** : Trek to Koto 2,610m. 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 6** : Trek to Meta 3,560m. 6-7 hours. Included meals:Breakfast Lunch Dinner
- **Day 7** : Trek to Chyaku 3,700m. 7 hours. Included meals:Breakfast Lunch Dinner
- **Day 8** : Trek to Phu 4,080m. 3-4 hours. Included meals:Breakfast Lunch Dinner
- **Day 9** : Rest and acclimatization. Included meals:Breakfast Lunch Dinner
- **Day 10** : Trek to Nar Phedi 5,490m. 3-4 hours. Included meals:Breakfast Lunch Dinner
- **Day 11** : Trek to Nar 4,130m. 2-3 hours. Included meals:Breakfast Lunch Dinner
- **Day 12** : Trek to Kangla Phedi 5,090m. 2 hours. Included meals:Breakfast Lunch Dinner
- **Day 13** : Trek to Ngawal 5,675m. via the Kang La Pass 5,240m. 8-9 hours. Included meals:Breakfast Lunch Dinner
- **Day 14** : Trek to Manang 5,300m. 2 hours. Included meals:Breakfast Lunch Dinner
- **Day 15** : Drive to Khangsar and to Tilicho Base Camp 4,150m. 1 hours drive and 3-4 hours trek. Included meals:Breakfast Lunch Dinner
- **Day 16** : Trek to Tilicho Lake 4,940m. 2 hours. Included meals:Breakfast Lunch Dinner
- **Day 17** : Trek to High Camp (Big rock) 5,100m. 2 hours. Included meals:Breakfast Lunch Dinner
- **Day 18** : Cross Mesokanto la 5,100m, and trek to Yak Parka 3,600m. 6-7 hours. Included meals:Breakfast Lunch Dinner
- **Day 19** : Trek to Jomsom 2,760m. 4-5 hours. included meals:Breakfast Lunch Dinner
- **Day 20** : Fly to Pokhara 890m. 28 mins and transfer to Hotel in Pokhara. Included meals:Breakfast Lunch Dinner
- **Day 21** : Drive to Kathmandu. 7-8 hours: After breakfast we drive along the Prithivi highway passing the village of Dumre where we turned off from this highway on our drive to Besisahar at the beginning of the trek. From here we drive the same highway all the way to Kathmandu that we drove while coming in. We arrive out hotel in the late afternoon. The evening is spent either with a farewell dinner or just take an early night after a tiring drive, and get ready for the final departure the next day. Included meals:Breakfast Lunch Dinner

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- All the ground transportation as per itinerary.
- Hotel in Kathmandu (2 nights) and Pokhara (One night) with breakfast at 3 to 5 stars level as per client's request.
- Meals 3 times a day (B.L.D) during the trekking as per itinerary.

- Twin sharing comfortable and clean private room in trekking.
- Domestic flight ticket from Jomsom-Pokhara- Kathmandu with airport tax.
- Trip Map.
- An experienced, knowledgeable, helpful, friendly and English-speaking trekking guide and porter to carry your luggage during the trek (2 trekkers:1 porter).
- Food, drinks, accommodation, insurance, salary, equipment, transportation, local tax for Guide and porter.
- Group medical supplies (first aid kit will be available).
- Four season sleeping bag and down jackets to use for trekking, if necessary.
- Achievement Letter(Gift from our company).
- All necessary paper works and Annapurna conservation entry permits.
- Restricted special permit for Naar-Phu
- Thuraya SAT Phone (Emergency use only)
- Radio Walkie Talkie
- Travel & Rescue arrangement.
- TIMS (Trekking Information Management System).
- All our government taxes, vat, local tax, tourist service charges.
- Farewell Dinner

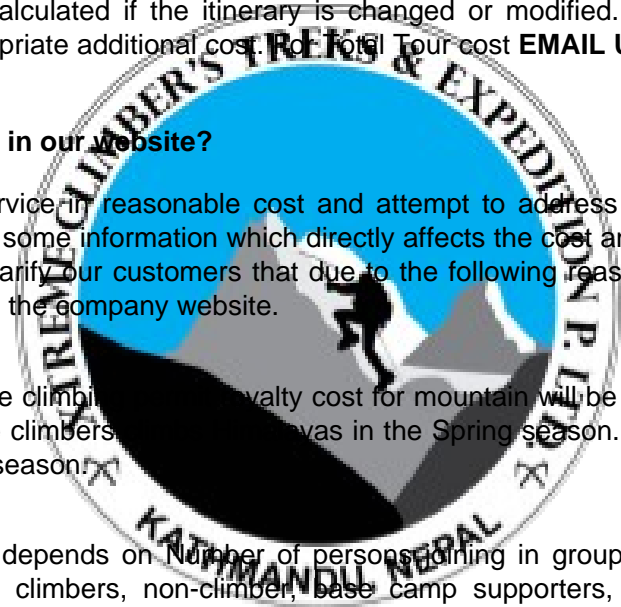
Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing season and valley cost for mountain will be different during Spring and Autumn season. Normally most of the climbers and trekkers was in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
- 7.



Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.

8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in _____ or login to _____ for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Lunch and dinner in Kathmandu
- All kinds of drinks in the mountain (hot, cold and alcoholic).
- Sightseeing in Kathmandu.
- Personal equipment.
- International airfare to and from Kathmandu.
- Travel and rescue insurance.
- Extra personal expenses (phone calls, laundry, bar bills, battery recharge, laundry, shower, excess baggage charges)
- Tips for trekking staff and driver (Tipping is expected).
- Any other expenses which are not mentioned on 'Price Includes' section.
- Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concerns, illness, change of government policy, political instability raises strike, moment etc.

