



## Nar-Phu Valley via Khang-La Pass



### Introduction

Nar-Phu Valley via Khang-La Pass trek is the ideal trek for those who want to discover a hidden valley and trek off the beaten trail. A fantastic experience in a natural and unexplored part of Nepal Himalayas positioned in the remote corner of Annapurna region. This trek starts from Chamje after 9/10 hours of driving from Kathmandu. After arriving to Koto, we cross the bridge leading over the Marshyangdi River to the steep portals of the Nar Phu valley is easily missed, but although the entrance is narrow and forested, the valley system above opens up to a huge expanse of high snow-peaks, ancient villages and high altitude grazing settlements. Trekkers until late 2002, very few westerners have explored these virtually untouched villages or climbed the many 7000m peaks surrounding it. We will venture into this remote region of Nar Phu valley. Buddhist pilgrims from around Nepal might accompany us up to Phu to visit the renowned Tashi Lhakhang Gompa and receive a blessing from Lama Karma Sonam Rinpoche. Along with spending plenty of time at these colorful and timeless villages, we explore the high alpine valleys above Phu. The Kang La (5315m) pass is amazing. We may enjoy mountains view like Annapurna II, Gangapurna, Tilicho peak. You will trek down to Chame, Tal and Chamje from where you can drive back to Kathmandu by public Jeep. If you have time, you can also continue to Jomsom via Thorong La Pass.

### Facts

- Altitude: 5320<
- Duration: 16 days

- Grade: Moderate
- Group: 2 - 15
- Country: Nepal
- Accommodation: Local Tea House Lodge
- Transportation: Domestic Flight, Ground Transportation by Private car or van as per group size

## Itinerary

- **Day 1** : Arrival in Kathmandu Airport
- **Day 2** : Kathmandu: Sightseeing and Trek Preparation. Meal includes:Breakfast
- **Day 3** : Drive from Kathmandu to Jagat. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Trek from Jagat to Dharapani. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Trek from Dharapani to Koto. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Trek from Koto to Meta. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Trek from Meta to Phu Gaon. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Rest and Acclimatization day at Phu Gaon. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Trek from Phu Gaon to Nar. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Explore Nar village. Meal includes:Breakfast/Lunch/Dinner
- **Day 11** : Trek from Nar to Ngwal after crossing Kang La Pass: Meal includes:Breakfast/Lunch/Dinner
- **Day 12** : Trek from Ngwal to Manang: Meal includes:Breakfast/Lunch/Dinner
- **Day 13** : Trek from Manang to Yak Kharka: Meal includes:Breakfast/Lunch/Dinner
- **Day 14** : Trek from Yak Kharka to Thorong Phedi: Meal includes:Breakfast/Lunch/Dinner
- **Day 15** : Trek from Thorong Phedi to Muktinath after crossing Thorong La: Meal includes:Breakfast/Lunch/Dinner
- **Day 16** : Trek from Muktinath to Jomsom: Meal includes:Breakfast/Lunch/Dinner
- **Day 17** : Fly from Jomsom to Pokhara: Meal includes:Breakfast/Lunch/Dinner
- **Day 18** : Drive from Pokhara to Kathmandu: Meal includes:Breakfast/Lunch/Dinner
- **Day 19** : Final Departure

**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](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Accommodation in Kathmandu on bed and breakfast basis as per the itinerary
- City tour in Kathmandu with guide by private car
- Nar-Phu restricted area special permit, National Park Trekking/Entry Permit.
- Trekkers' Information Management System (TIMS) registration fee
- Round trip / internal flights / overland transport / if needed / as per the itinerary
- Accommodation in guest houses/lodges during the trek
- Three meals (Breakfast, Lunch and Dinner) a day during the trek
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Qualified and experienced trekking guide and porter services
- Transportation, accommodation, meal allowance, equipment and insurance for trekking staff
- All the official paperwork and all the applicable government taxes
- Airport pick-up on arrival and drop-off on departure

## 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 permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas 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 you require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the food available here.
8. Either any of the climbers intend to set 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 [contact us](#) or login to [our website](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Meals other than breakfast when staying in hotels
- Personal expenses and bar bills
- Clients' travel insurance
- Tips and gratuities
- Emergency Heli Rescue (If needed we can arrange).