



## Naar & Phu with Khang-la Pass 5280m -Thorong-la 5416m



### Introduction

Nar & Phu with Kangla-Thorangla has been legally opened to westerners from 2003 onwards. Considered as one of the Shangri-La in the hidden pockets of Himalaya. This trek will be one of the best picturesque classic area for wonderful adventure and visiting its valley, villages and old monasteries. A truly a pure Nepal's wild north west country in this least trekked area by any other western travelers, This classic journey offers medieval Tibetan ancient tradition. After a wonderful time at Nar and Phu village our journey continues on the remote end of this valley to cross a scenic high pass at Khang-la 5,280m. and then from Manang to Thorong-la 5,416m. with wide angle super panorama of Annapurna mountains ranging from Annapurna II (7,937m/26,040 ft) Annapurna IV at (7,525m/24,688 ft), Gangapurna (7,455m/24,457 ft) and many other peaks of over 6000m. After Manang through the highest pass of this awesome journey at Thorong-la 5,416 meters, then heading downhill to lower Mustang area at Jomsom after visiting the holy Muktinath area, from Jomsom a sweeping short scenic flight to the famous, popular tourist holiday destination at Pokhara, concluding this remarkable and memorable trip of a lifetime in Kathmandu with great support and friendly service of Xtreme Climbers.

### Facts

- Altitude: 5416<
- Duration: 19 days
- Grade: Moderate to Strenuous
- Group: 2 - 15

- Country: Nepal
- Best Season: February – May & September - December
- Start/Ends: Jagt-Jomsom
- Accommodation: 3\*\*\* to 5\*\*\*\*\* hotel in Kathmandu, Pokhara as per client's request & trekking base on teahouse/lodge
- Transportation: Private Car/Jeep/Bus and Domestic flight

## Highlights

- Exploring UNESCO World Heritage sites in Kathmandu
- Encountering with primitive culture and Buddhist monasteries
- Pokhara – The Lake City
- Passing through world's deepest Kali Gandaki River gorge and barren landscapes
- Strolling around spiritually sacred Muktinath Area
- Annapurna and several other Himalayan peaks
- Reaching at the desert like Lost Himalayan Valley

## Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2 :** Kathmandu Sightseeing - Trek Preparation. Meal includes: Breakfast Dinner
- **Day 3 :** Kathmandu - Jagat Drive 1,300m: 9-10 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 4 :** Jagat - Dharapani 1,910m. Meal includes: Breakfast/Lunch/Dinner
- **Day 5 :** Dharapani - Koto (2,610m): 5-6 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 6 :** Koto - Meta (3,560m): 6-7 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 7 :** Meta - Phu Gaon (4,250m): 6-7 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 8 :** Acclimatization at Phu Gaon. Meal includes: Breakfast/Lunch/Dinner
- **Day 9 :** Phu Gaon - Naar (4,140m): 6-7 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 10 :** Acclimatization and preparation at Naar. Meal includes: Breakfast/Lunch/Dinner
- **Day 11 :** Naar - Kang La Pass (5,322m) - Ngwal (3,660m): 8-9 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 12 :** Ngwal - Manang (3,540m): 5 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 13 :** Manang - Yak Kharka (4,110m): 3-4 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 14 :** Yak Kharka - Thorong Phedi (4,600m): 5 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 15 :** Thorong Phedi - Thorong La (5,416m) - Muktinath (3,800m): 7-8 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 16 :** Muktinath - Jomsom (2,810m): 4 - 5 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 17 :** Jomsom - Pokhara (1,600m): 2 hrs. Meal includes: Breakfast
- **Day 18 :** Pokhara Sightseeing. Meal includes: Breakfast
- **Day 19 :** Pokhara to Kathmandu: 6 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 20 :** 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

- 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, equipments, 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 Walki Talki
- Travel & Rescue arrangement.
- TIMS (Trekking Information Management System).
- All our government taxes, vat, local tax, tourist service charges.
- Farewell Dinner

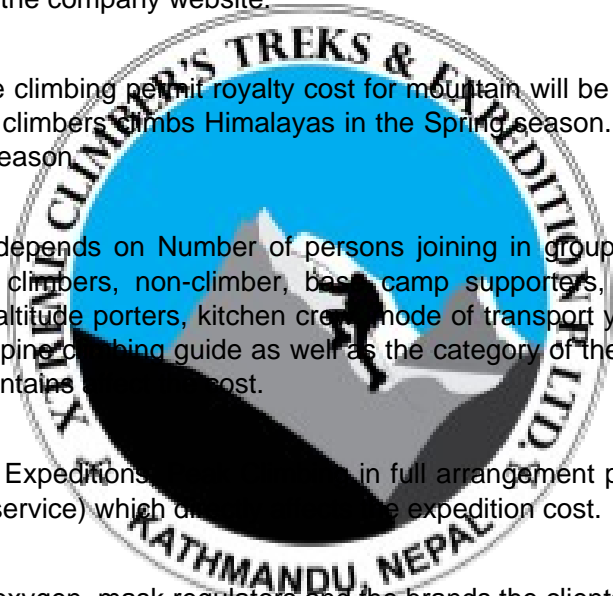
## Cost and payment details

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 permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climb 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 will affect the cost.
3. We operate the High Expeditions in full arrangement package and basic arrangement service (full board or base camp service) which does not include 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 others 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 concern, illness, change of government policy, political instability raises strike, moment etc.

