



Annapurna Circuit via Naar-Phu



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 welcome 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: 5280<
- Duration: 20 days
- Grade: Moderate to Adventurous
- Group: 2 - 15
- Country: Nepal
- Best Season: Sept – Dec, March – May
- Start/Ends: Kathmandu (Capital of Nepal)

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **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 Dinner
- **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. 4 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 3,490m. 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 3,675m. via the Karoli Pass 5,240m. 8-9 hours. Included meals:Breakfast Lunch Dinner
- **Day 14** : Trek to Manang 3,350m. 2 hours. Included meals:Breakfast Lunch Dinner
- **Day 15** : Drive to Khangsar and trek 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 4,949m. 5-6 hours. Included meals:Breakfast Lunch Dinner
- **Day 17** : Trek to High Camp (Big rock) 5,000m. 4 hours. Included meals:Breakfast Lunch Dinner
- **Day 18** : Cross Mesokanto la 5,190m. and trek to Yak Kharka 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

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

