

Naar Phu Valley Trek

Trip Facts

Duration: 21 days

Trekking Destination: Trekking Destination

Transportation: Drive / Flight

Highest Altitude: Max: 4530m

Trekking Hour: Approximately 5-8 Hours Per Day

Mode Of Trekking Tour: Teahouse/Lodge

Himalayan View: Dhaulagiri, Fishtail, Annapurna Range, Nilgiri, Manaslu

Trekking And Hiking Best Season: March/April/May/Sept/Oct/Nov

Group Size: 2 Persons Or Above



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Day to Day Itinerary

Day 1: Arrive in Kathmandu. Overnight at hotel

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Day 2: Sightseeing in Kathmandu and trek Preparation day, overnight at hotel

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Day 3: Drive Kathmandu to Syange (1100m), 8 : 10 hrs, Overnight at Lodge

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Day 4: Trek Syange to Dharapani (1,960m), Overnight at Lodge

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Day 5: Trek to Narphu valley first camp (2740m), Overnight at Lodge

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Day 6: Trek to Sinhege Dharamsala (3230m), Overnight at Lodge

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Day 7: Trek to Upper Chaku (illage (3720m). Overnight at Lodge

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Day 8: Trek to Phu Village (3980m). Overnight at Lodge

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Day 9: Rest day in Phu Village). Overnight at Lodge

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Day 10: Trek to Naar Campsite (3550m). Overnight at Lodge

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Day 11: Trek to Kang La Phedi (4530m). Overnight at Lodge

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Day 12: Trek to Munje (3330m). Overnight at Lodge

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Day 13: Trek to Manang (3520m). Overnight at Lodge

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Day 14: Trek to Letdar (4250m). Overnight at Lodge

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Day 15: Trek to Thorung Phedi (4500m). Overnight at Lodge

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Day 16: Trek to Muktinath (3800m). Overnight at Lodge

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Day 17: Trek to Jomsom (2713m). Overnight at Lodge

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Day 18: Flight to Pokhara. Overnight at hotel

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Day 19: Pokhara sightseeing tour. Overnight at hotel

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Day 20: Drive to Kathmandu, 210km, 6 hrs. Overnight at hotel

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Day 21: Departure

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Trip Cost Includes

- Arrival / departure transfer in Kathmandu.
- Accommodation in Kathmandu and Pokhara twin sharing room with Breakfast.
- Sightseeing tours in Kathmandu and Pokhara as per above program.
- Accommodation on Trek tea house/ mountain lodge.
- All Meals during the trek (breakfast, lunch dinner).
- Annapurna Conservation area permits fee and TIMS Card.
- Kathmandu to Syange via Besishahar (trek starting point) transfer.
- Naar Phu valley Restricted area permits.
- All required supporting crews with experienced leader (guide), porters to carry luggage
- Jomsom to Pokhara flight ticket and domestic airport tax.
- Food, salary, transport, insurance, for supporting crews.
- Pokhara to Kathmandu Transfer.
- First Aid Kit.
- All applicable taxes and service charges

Trip Cost Excludes

- Lunch and Dinner in Kathmandu and Pokhara.
- Nepal entry visa fee.
- Insurance for you and baggage.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks etc)
- Extra Tea & coffee after/before meal.
- Any rescue and evacuation services.
- Tips for guide and porter.
- Any additional cost due to unforeseen circumstances.



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