Sherpa Nomad Trek
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Manaslu Nar Phu Valley Trek - 28 Days

MANASLU CIRCUIT TREK & NAR PHU TREK: 28 DAYS

The Manaslu Circuit Trek and the Nar Phu Valley Trek are thoughtfully combined into a trekking package ideal for those seeking off-the-beaten-path adventures. Manaslu and Nar Phu Valley are distinct trekking routes that offer unique cultural, natural, and scenic experiences. Both treks are restricted and less explored routes in Nepal. The Manaslu Circuit Trek is situated in the Manaslu Conservation Area, while the Nar Phu Trek is located in the Annapurna Conservation Area. The 28-day epic trek through Manaslu, Nar Phu, and the Annapurna Circuit is ideal for those eager to immerse themselves in natural beauty and cultural diversity amidst varied landscapes. Experience the off-the-beaten-path classic trek of the Manaslu Circuit, which includes ancient Tibetan villages, monasteries, glacial lakes, towering mountains, and a pleasant atmosphere, offering a peaceful journey above the clouds and beneath the majestic Himalayas. The trek around the Manaslu Circuit encircles the breathtaking Manaslu region. After exploring Manaslu, you can venture into the remote and unexplored Nar Phu Valley, starting from Dharapani to Koto, then continuing to Meta, and finally reaching the ancient villages of Phu and Nar, where you can appreciate the natural and cultural richness of the Nar Phu Valley. After discovering the stunning Nar Phu Valley and its hidden treasures, you will ascend to the summit of Kangla Pass at 5320m, where you can enjoy panoramic views of the surrounding mountains. Following the Kangla Pass, you will connect with the Annapurna Circuit Trek in Nagwal village and proceed to Thorong La Pass at 5416m, also known as the Three Pass Trek. The journey concludes in Pokhara after visiting Muktinath and Jomsom. Book this epic Himalayan adventure to uncover the hidden gems of Manaslu and Annapurna.

This package is ideal for those looking to explore Nepal's remote trekking routes. Both treks are of moderate difficulty, making them suitable for both novice and experienced trekkers. However, a reasonable level of fitness is required, which includes physical endurance and mental resilience. The views are unparalleled, the history and culture remain untouched, and the landscapes are

rejuvenating. The challenges you face will provide you with wonderful positive energy. Travel in the Himalayas and enjoy a heavenly atmosphere that is unlike any other experience. It is advisable to travel with a local company for an authentic experience, impeccable hospitality, and purity.

THE COST OF THE MANASLU & NAR PHU VALLEY TREK

The cost of the Manaslu and Narphu Valley trek ranges from $2,400 to $3,000, depending on the size of the group. Several key factors can influence the overall cost, including duration, service level, group size, the package selected, and the trekking company chosen. Sherpa Nomad Trek is recognized as the premier local company in Nepal, providing high-quality service at a reasonable price. Our focus is on building our brand, ensuring that you receive professional service at every stage of your journey. The Manaslu and Narphu Valley trek package includes airport pick-up, luxury accommodations in Kathmandu and Pokhara, private transportation, all necessary permits, a professional local guide, porter support with a ratio of one porter for every two guests, mountain meals, top-notch mountain lodging, and more, as detailed in the package inclusions and exclusions. Booking your trip with Sherpa Nomad guarantees professionalism, authenticity, satisfaction, security, exceptional hospitality, and competitive pricing for luxury packages. Below is the cost breakdown for the Manaslu and Nar Phu trek based on group size:

- A single traveler can book the trek for $3,000 for a comprehensive package
- For groups of 2-6, the cost is $2,500 per person
- For groups of 7 to 10, the cost is $2,400 per person.

MAJOR HIGHLIGHTS OF MANASLU & NAR PHU TREK

- Discover the stunning beauty of the lesser-known Mnaslu and Nar Phu trek.
- Experience the diverse cultural and natural wonders along this unique trekking route during your holiday.

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- Marvel at the impressive waterfalls, streams, river valleys, and cultivated farms found on the lower sections of the trail.
- Uncover the key highlights of the Manaslu Trek before venturing into the Nar Phu Valley.
- Visit the Tibetan villages along the Manaslu trek, immersing yourself in their rich culture and breathtaking landscapes.
- Observe the diverse flora and fauna that change with the climate zones, enhancing the scenic beauty at every step of your journey.
- Explore Pungan Gompa and Manaslu Base Camp, perfect for acclimatization before summiting Lake La.
- Delve into the remote and authentic natural and cultural beauty of the Nar Phu Valley.
- Visit ancient villages and monasteries that embody the region's spiritual and historical significance.
- Discover the hidden gems of the Nar Phu Valley, where you can witness the lifestyle of the 18th century
- Conquer the Kangla Pass (5320 m) and Thorong La Pass (5416 m), and explore the majestic valley and stunning Lower Mustang, an epic journey for adventure enthusiasts.

IMPORTANT NOTES

- The Manaslu and Nar Phu Valley Trek stands as an exceptional restricted and remote trekking destination.
- This adventure necessitates obtaining Manaslu and Nar Phu restricted permits, in addition to permits for both the Manaslu and Annapurna Conservation Areas.
- We recommend acquiring appropriate gear specifically suited for this challenging trek, particularly for navigating high mountain passes such as Larke La Pass at 5,106 meters and Kang

La Pass at 5,320 meters.

- Demonstrate respect for the indigenous culture and traditional livelihoods of local communities.
- Minimize exposure to smoke and altitude-related discomfort above 3,000 meters while maintaining consistent hydration throughout your journey.
- Prioritize walking on stable terrain rather than along gorges or riverbanks.
- Yield the pathway to local porters and pack animals, positioning yourself safely away from their passage.
- Tipping is an established custom in the trekking field; we encourage providing generous gratuities to both your guide and porters.
- Select an appropriate organization for this demanding expedition, such as Sherpa Nomad Pvt. Ltd.
- When partnering with Sherpa Nomad Trek Pvt. Ltd., you can explore the Himalayan region with a knowledgeable professional.
- Be sure to obtain authorization before photographing local residents and communities.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

Day 2: **Drive from Kathmandu to Machha Khola (900m): 180km, 6-7 hours**

Day 3: **Trek from Machha Khola to Jagat (1410m):20km, 6-7 hours**

Day 4: **Trek from Jaget to Deng (1860m): 21km, 6-7 hours**

Day 5: **Trek from Deng to Namrung (2630m): 18km, 6-7 hours**

Day 6: **Trek from Namrung to Shyala (3500m): 17 km, 6-7 hours**

Day 7: **Hike to Pungen Gompa (4100m) from Shyala for 3 hours and Trek down to Sama (3550m): 2 hours: 12km**

Day 8: **Rest Day in Sama/ Manaslu Base Camp Hike (4800m): 13km, 8 hours**

Day 9: **Trek from Sama to Samdo (3800m): 6km, 2-3 hours**

Day 10: **Trek from Samdo to Dharmasala (4460m): 7km, 3-4 hours**

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Day 11: **Trek from Dharmasala to Bhimthang (3700m) via Larke La Pass-5106m: 18km, 7-8 hours**

Day 12: **Trek from Bhimthang to Dharapani (2000m): 20km, 6-7 hours**

Day 13: **Trek from Dharapani to Koto (2600m): 14km, 6hours**

Day 14: **Koto to Meta (3,560m/11,680ft): 15km, 6/7 hours**

Day 15: **Trek from Meta to Phu Village (4,250m/13,944ft): 16.5 km:7/8 hours**

Day 16: **Rest Day in Phu Gau Village**

Day 17: **Trek from Phu to Nar Village (4,110m/13,484ft): 20km, 8/9 hours**

Day 18: **Acclimmazation Day in Nar Village**

Day 19: **Trek from Nar to Ngwal (3,660m/12,008ft) via Kang La (5,322m/17,460ft): 15km, 7/8 hours**

Day 20: **Trek from Ngwal to Manang(3,540m/11,614ft):10km,5/6 hours**

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Day 21: **Rest Day in Manang / Hike to Ice Lake or Gangapurna Lake**

Day 22: **Trek from Manang to Yak Kharka (4000m): 10 km, 4 hours**

Day 23: **Trek from Yak Kharka to Thorong La Phedi (4460m): 7 km, 4hours**

Day 24: **Trek from Thorong La Phedi to Muktinath (3700m) via Thorong La Pass-5416m): 15km, 7-8 hours**

Day 25: **Trek from Muktinath to Jomsom (2743m) via Lubra Village: 20km, 6-7 hours**

Day 26: **Flight/ Drive to Pokhara**

Day 27: **Pokhara to Kathmandu flight**

Day 28: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights at Deluxe Hotel in Kathmandu, Ramada Encore
- Kathmandu to Machhe Khola by Private Jeep
- 24 Nights of Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- One night of Accommodation in Pokhara at Hotel Middel Path
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities (MCAP, Nar Phu Special Permit, Manaslu Special Permit, ACAP, and Local regional Fees)
- First Aid service and all the required equipment.
- Trekking gear such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Scenic flight from Jomsom to Pokhara by plane
- Pokhara to Kathmandu by Plane
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

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PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD 80 per person
- Tips for Guide, Porter, and Driver
- Personal expenses
- All the personal trekking gear
- Extra day in the mountains: USD 90 per person
- Extra day in Kathmandu: USD 90 for single and 110$ for Double /Twin

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

ADDITIONAL INFORMATION

Manaslu Circuit and Nar Phu Valley Trek Overview

The **Manaslu Circuit Trek** combined with the **Nar Phu Valley trek** offers an exceptional experience, merging the highlights of both the Manaslu and Annapurna Circuit Treks. This journey also allows you to explore the untouched Nar Phu Valley, renowned for its ancient lifestyle, rich culture, Tibetan monasteries, and unique, pristine landscapes. Experience the restricted Manaslu Circuit Trek, where you can admire stunning scenery, diverse climates, various vegetation, cultural villages, and monastery viewpoints, along with the rich flora and fauna of the Manaslu region. At lower elevations, you will encounter magnificent waterfalls and lush green valleys, including the Gurung village.

As you ascend, the scenery shifts to Tibetan-influenced villages with less greenery, offering closer views of the mountains and glaciers. You will have the opportunity to visit Pungen Gompa, hike to Manaslu Base Camp, and summit the Larkya La Pass at 5,106 meters, concluding the renowned Manaslu Circuit Trek in Dharapani Village. Celebrate the high pass and join the Annapurna Circuit Trek from Dharapani, continuing your journey to Koto Village at 2,600 meters. From Koto, head towards Nar Phu Valley, departing from the Annapurna Circuit Trail to explore the Nar and Phu villages nestled beneath the Himlung Himal. These villages are among the most preserved and

untouched, still reflecting an 18th-century lifestyle. After this meaningful experience, reconnect with the **Annapurna Circuit Trek** at Ngawal, following the Kang La Pass Trek at 5,320 meters.

From Ngawal, trek to Manang, Yak Kharka, and Thorong La Phedi before reaching Thorong La Pass at 5,416 meters. Explore Muktinath, the lower Mustang landscape, and enjoy breathtaking mountain views of Annapurna, Dhaulagiri, and the deepest gorge of the Kali Gandaki Valley. The 28-day Manaslu Nar Phu Valley trek concludes in Pokhara and ultimately in Kathmandu. This route is considered one of the best trekking paths in Nepal, connecting the Manaslu, Nar Phu, and Annapurna Circuit Treks.

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