

Manaslu Nar Phu Valley Trek - 28 Days

MANASLU 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 Manaslu and Nar Phu trek.
- Experience the diverse cultural and natural wonders along this unique trekking route during your holiday.

- 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.

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 Jagat 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

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

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

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

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: 2 nights/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

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

- 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



