**Sherpa Nomad Trek**
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

# Nar Phu Teri La Upper Mustang Trek - 24 Days

## NAR PHU TERI LA PASS UPPER MUSTANG TREK: MOST PRESERVED REGIONS

The Nar Phu Upper Mustang Teri La Pass trek, reaching an altitude of 5595m, is an exhilarating journey off the beaten path that offers a remarkable adventure. It highlights the rich cultural diversity of the remote and isolated Nar Phu region, as well as the historically significant Upper Mustang, known as the ancient Lo Kingdom, with its unique landscapes and mysterious atmosphere. This challenging yet thrilling trek immerses you in a captivating world where you can experience tranquility and nature, far removed from the chaos and crowds. Discover various climates, embrace Tibetan culture, and stay in monasteries, local lodges, and tents, gaining experiences that are incomparable to any other trip in Nepal. Initially, you will follow the Annapurna Circuit trek to Koto village before continuing to Nar Phu and ultimately summiting the challenging yet rewarding Teri La Pass, which connects you to Upper Mustang, a region that remained isolated until 1992 AD. Explore the hidden beauty and treasures of Upper Mustang beyond the Himalayas before concluding your journey in Pokhara. This adventure is known as the Nar Phu and Upper Mustang trek, but the trail offers an untouched experience ideal for seasoned trekkers who wish to witness the mountains from a close vantage point along less-explored paths.

Our 24-day Teri La Pass Trek is a comprehensive package led by local expert Sherpas, ensuring the best logistical arrangements throughout the journey. It begins in Kathmandu with a scenic 8-9 hour drive to Dharapani via a private jeep. From Dharapani, we will embark on the classic Annapurna Circuit, traveling from Koto to Meta Village, Phu Village, and Nar before reaching Teri La Pass at 5,595 meters. This stunning pass offers breathtaking views of the Annapurna and Dhaulagiri ranges. Nar and Phu are newly opened trekking routes, representing a remote corner of Nepal that carries centuries of civilization, warm hospitality, and natural beauty, characterized by Tibetan plateaus

and arid landscapes. The villages maintain an 18th-century lifestyle, allowing you to experience the deep harmony between nature and culture. After crossing Teri La Pass, we will connect with the Upper Mustang trail at Tange village, continuing to Yara, Luri Gompa, Lo Manthang, Chhoser, Ghar Gompa, Dhakmar, Ghami, Syanmochen, Chungsi Cave, Samar, Chele, and Kagbeni. Following our time in Kagbeni, we will trek to Jomsom along the Kali Gandaki Valley. The next morning, you can take a scenic flight to Pokhara, followed by a flight back to Kathmandu as per the itinerary. This challenging yet rewarding journey is perfect for those seeking untouched nature and off-the-beaten-path experiences, exploring some of the most preserved Tibetan villages, dramatic landscapes, and high passes. This iconic package is ideal for anyone looking for adventure. Join Sherpa Nomad Trek Pvt. Ltd. for exceptional service, safe travel, impeccable hospitality, authenticity, and flexibility. Book now to enjoy the finest adventure with local experts.

## NAR PHU TERI LA PASS TREK COST FOR 2026-2027

The Nar Phu Teri La Pass Upper Mustang Trek is priced between USD 3800 and USD 5000 per person, depending on the group size. The trek's cost may vary based on several factors, including group size, duration, service level, package details, itinerary, expertise, and safety considerations. Sherpa Nomad Trek Pvt. Ltd. is recognized as the top local company for the Nar Phu Teri La Pass Upper Mustang Trek, providing excellent service, safety, and security. Our package includes a full range of services from pick-up to drop-off, which encompasses accommodation, mountain meals, an expert guide, porter, permits, transportation, flights, and other services as specified in the inclusions and exclusions. Our team is dedicated to delivering exceptional support for this stunning and rewarding trek. The cost for the 24-day trek through Upper Mustang Nar Phu via Teri La Pass also varies according to group size. If you are traveling alone, the cost will be higher; however, if you are part of a group, the expenses can be shared, leading to discounts. The cost breakdown for the Nar Phu Teri La Upper Mustang Trek is as follows:

- For solo travelers, the cost is USD 5000

- For groups of 2-6, the cost is USD 4000 Per Person
- For groups of 7-10, the cost is USD 3800 per person

## MAJOR NAR PHU TERI LA PASS TREK HIGHLIGHTS

- Experience the Nar Phu, Teri La Pass, and Upper Mustang Trek as a solo adventure.
- This trek begins and concludes in Kathmandu, offering a comprehensive trekking package.
- It is a luxurious and comfortable option, featuring upscale accommodations in the city and private transportation.
- Enjoy a scenic drive from Kathmandu to Dharapani, followed by a trek to Koto along the Annapurna Circuit Trek trail.
- Trek into Nar Phu to fully immerse yourself in its unique culture, lifestyle, and the hidden gems of this restricted area.
- Discover the rich flora and fauna, breathtaking landscapes, monasteries, and the Annapurna ranges.
- Conquer the Teri La Pass at 5595m, one of the most challenging and thrilling passes between Upper Mustang and Nar Phu Valley.
- Explore the ancient Lo-Kingdom, its monasteries, statues, Tibetan culture, stunning landscapes, and rich history.
- Witness the magnificent Himalayan views of the Annapurna and Dhaulagiri ranges.
- Discover the lower Mustang, Kagbeni River Valley, the world's deepest gorge, and the stunning landscapes that surround them.

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## DETAILED ITINERARY

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

**Day 2:** Free Day In Kathmandu / Preparation

**Day 3:** Kathmandu to Dharapani (2000m): 225km, 8-9 hours' drive

**Day 4:** Trek from Dharapani to Koto (260mm): 6 hours

**Day 5:** Trek from Koto to Meta (3560m): 7 hours

**Day 6:** Trek from Meta to Phu Village (4250m): 7 hours

**Day 7:** Free Day in Phu Village

**Day 8:** Trek from Phu to Nar (4110m): 7 hours

**Day 9:** Trek from Nar to Yak Kharka (4400m): 7-8 hours

**Day 10:** Trek from Yak Kharka to Lapse Khola (4500m): 6 hours

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**Day 11:** Trek from Lapse Khola to High Camp (4900m): 6 hours

**Day 12:** Trek from High Camp to Pasphu Khola Camp via Teri La Pass-5590m, 9 hours

**Day 13:** Trek from Pasphu Khola to Yakpa (4300m), 6 hours

**Day 14:** Trek from Yakpa to Tange (3300m), 6 hours

**Day 15:** Trek from Tange to Yara (3600m), 7 hours

**Day 16:** Trek from Yara to Lo-Manthang (3800m), 7 hours

**Day 17:** Explore the Chooser cave / Jong Cave: 6 hours

**Day 18:** Trek from Lomanthang to Dhakmar (3810m) via Ghar Gompa, 7 hours

**Day 19:** Trek from Dhakmar to Samar (3500m), 7 hours

**Day 20:** Trek from Samar to Kagbeni (2810m): 7 hours

**Day 21:** Trek from Kagbeni to Jomsom (270m): 4 hours

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**Day 22:** **Flight to Pokhara from Jomsom : 30 minutes**

**Day 23:** **Flight from Pokhara to Kathmandu**

**Day 24:** **Departure**

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## PRICE INCLUDES

- International Airport Pick-up and Airport Drop-off Service
- 3 nights luxury hotel accommodation in Kathmandu at Hotel Romada Encore
- Kathmandu to Dharapani by Jeep
- Flight between Kathmandu and Pokhara round trip
- One night luxury hotel accommodation in Pokhara at Hotel Middle Path
- Flight between Pokhara and Jomsom by plane
- 20 Nights Mountain Accommodation
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, and energy bars every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- Porter support: 2 clients: 1 porter ratio
- All the required permits and formalities (Annapurna Conservation Areas & Special Permits)
- First Aid service and all the required equipment.
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, trekking gear, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

## PRICE EXCLUDES

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- 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 and Pokhara
- 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: USD80 per person
- Tips for Guide, Porter and Driver
- Personal expenses
- All the personal trekking gear
- Extra day in the mountains: USD 150 per person

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# EQUIPMENT & GEAR

## Clothing

- Thermal base layer (top and bottom)
- 2–3 quick-dry T-shirts
- Fleece jacket
- Warm down/puffer jacket
- Windproof and waterproof outer jacket
- 2 trekking/hiking pants
- Warm hat (beanie)
- Sun hat or cap
- Buff or neck gaiter (very useful against dust)
- Light gloves
- Warm socks (3–4 pairs)
- Comfortable underwear

## Footwear

- Comfortable hiking shoes or sturdy trekking boots
- Sandals/slippers for evenings
- Optional gaiters if traveling during dusty or muddy conditions

## Essentials

- Sunglasses with UV protection
- Sunscreen (SPF 50+)

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- Lip balm with SPF
- Moisturizer (the air is very dry)
- Reusable water bottle (1–2 L)
- Small daypack (20–30 L)
- Power bank
- Headlamp or small flashlight
- Camera/phone and chargers
- Health & Personal Items

### Personal medications

- Basic first-aid kit
- Motion sickness medicine (roads can be rough)
- Diamox (only if advised by your doctor for altitude)
- Wet wipes
- Hand sanitizer
- Tissues
- Toilaters

### Optional but Useful

- Trekking poles (for short walks around viewpoints)
- Binoculars
- Snacks (energy bars, nuts)
- Earplugs (jeep rides and guesthouses can be noisy)
- Travel pillow

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- Micro Spikes

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