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

Nar Phu Thorong La Pass Trek - 18 Days

ANNAPURNA CIRCUIT & NAR PHU VALLEY TREK: EPIC JOURNEY

The **Nar Phu Valley and Annapurna Circuit Trek** is a comprehensive package that provides an exhilarating experience and joyful moments for those who wish to explore one of the world's most renowned trekking routes, along with its hidden gems of Nar Phu. This journey is arguably one of the finest treks in Nepal, showcasing the enchanting beauty of nature, rich culture, and the challenge of crossing high passes such as Kang La at 5306m and Thorong La Pass at 5416m. Sherpa Nomad Pvt. Ltd. offers the Nar Phu Thorong La Pass trek, also known as the **Annapurna Circuit Nar Phu trek**, which is among the best-selling treks in the Annapurna region, alongside the **Annapurna Circuit Trek** and the **Everest Base Camp Trek**.

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DETAILED ITINERARY

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

Day 2: **From Kathmandu to Dharapani by Private Jeep: 7-8 hours**

Day 3: **Trek from Dharapani to Koto village (2600m): 5-6 hours**

Day 4: **Trek from Koto to Meta, 3,560m: 6-7 hours**

Day 5: **Trek from Meta to Phu, 4,080m, 6-7 hours**

Day 6: **Acclimatization day in Phu with a side trip to Himlung Base Camp (4,800m)**

Day 7: **Trek to Nar Phedi, overnight stay at monastery, 3,490m, 6 hours**

Day 8: **Trek from Nar Phedi to Nar Village, 4,110m, 3-4 hours**

Day 9: **Trek via Kang La Pass (5,240m) to Ngawal, 3,650m, 7-8 hours**

Day 10: **Trek from Ngawal to Manang (3440m): 6-7 hours**

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Day 11: **Free Day in Manang Village**

Day 12: **Trek from Manang to Yak Kharka (4000m): 4 hours**

Day 13: **Trek from Yak Kharka to Thorong Phedi (4400m): 5 hours**

Day 14: **Trek from Thorong Phedi to Muktinath (3700m) via Thorong La Pass-5416m: 7-8 hours**

Day 15: **Trek from Muktinath to Jomsom (2747m) via Lubra Village: 7 hours**

Day 16: **Flight to Pokhara from Jomsom and free time explore Pokhara**

Day 17: **Flight from Pokhara to Kathmandu**

Day 18: **Departure**

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PRICE INCLUDES

- International Airport pick-up and drop-off service
- 2 nights Luxury Hotel Accommodation in Kathmandu at Hotel Ramada Encore
- Kathmandu to Dharapani by a comfortable private Jeep
- All the logistical arrangements
- 14 nights Mountain Accommodation in a private Room at the best lodge as per availability.
- Mountain Meals (Breakfast, Lunch, & Dinner)
- A professional English-speaking local guide
- 2 Guests: 1 Porter to carry your heavy backpack.
- Fresh Organic fruit, nuts, and energy bars every day on the trek
- Wifi, a hot shower, and a charging facility
- 3 Cups of Tea or Coffee every day during the trek.
- Requires permits (TIMS & ACAP Fees)
- Special Nar Phu Valley Permits
- Gov Tax and Official Fees.
- Scenic flight from Jomsom to Pokhara after the trek.
- One night hotel in Pokhara at the Middle path Hotel
- Trekking gear like a sleeping bag, a map, and a duffel bag
- Pokhara to Kathmandu by plane
- Farewell Dinner in Kathmandu
- Baggage storage service
- First Aid Service

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PRICE EXCLUDES

- Nepal Visa Fees (15 Days -30$ P/P, 30 Days -50$ P/P)
- Travel Insurance is ideal for safe travel and compulsory
- Meals in Kathmandu and Pokhara (Lunch & Dinner)
- Drinks like (Drinking Water, Soft and Hard Drinks, and extra Tea or Coffee)
- Trekking gear
- Chitwan safari Tour: 2 nights/3 days at USD170 per person
- Tips for the Driver, Guide, and Porter
- Trishuli River Rafting: 60$ per person
- Kathmandu Sightseeing at USD 80 per person
- Extra Activities and Services

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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
- 2–3 long-sleeve hiking shirts
- 3 pieces 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)/Thermos
- 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

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

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

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