



# Global Adventure Trekking

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## Nar Phu Valley Trek

*Summary:* Nar Phu valley trek that combines remote villages of Nar and Phu, fine canyons, lovely forests, wonderful rock formations, yaks, Monasteries, Kang La Pass and exceptional Himalayan cultures. Narphu Valley is highly inhabited by Tibetan tribes and the main occupation is collection of Yarsha Gunpa (summer plant and winter insect).

## Detail Itinerary

**Day 01 Kathmandu-Beshisahar 185km.-Bulbule.**After 5hrs drive to Beshisahar the Annapurna Circuit Treks begins. The road is quite smooth and very scenic to Beshisahar. Same day we trek about 3 hrs to Bulbule just for a warm up day. Over night at Guest House.L/D

**Day 02 Bulbule 840m.-Bahundanda 1310m.-Ghermu Phant 1120m.** We will be walking through the local village and trek 3hrs to Bahundanda for lunch and mountain overlook at paddy field and many waterfalls can be seen

then we keep walking 2hrs to

Ghermuphant 1120m.Over night at Guest House.B/L/D.



**Day 03 Ghermu Phant-Jagat 2hrs.**

**1300m.-Chamje Lunch 1.5hrs.-Tal**

**2hrs. 1700m.** After crossing the

Marshyangdi river the trek goes all the way up hill to Jagat which is the ancient Tax collection place. Mostly we are walking up hill and facing some mountain and boulders. Tal is one of the finest place to stay because silent noise from Marshyangdi river. Tal lies on the bank of the river. You will have real experience with local people and husbandry work. Over night at guest house. B/L/D

**Day 04 Tal-Dharapani 2hrs.1860m-Bagarchhap 1hrs. 2160m.-Danayku 1hrs.2300m.** We follow the Marshyangdi river for some time trail leads you ascend to the hill side but the path is wide and facing to the snow caved himalaya and waterfalls. As soon as you cross Dharapani check post the giant killer mt. Manaslu will appears for a short time and hide itself. Over night at lodge. B/L/D

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GPO Box: 8328, Thamel, Kathmandu, Nepal

Tel: +977 1 4700355, 4700356, Fax: +977 1 4700356

Email: [gat@wlink.com.np](mailto:gat@wlink.com.np), Website: [www.globaladventuretrekking.com](http://www.globaladventuretrekking.com)



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**Day 05 Danakyu-Timang 1hrs.2270m.-Lata manang 1.30hrs. 2400m.-Koto 2hrs.2600m.-**

**Chame 30 min.2670m.** Chame is the district head quator of Lamjung district and all internet services are available. The trail to Chame is easy and facing all the snow caped mountain and walking through Chir pine, on the lap of giant mount. Over night at Guest House. B/L/DL

**Day 06 Koto-Dharmasala 5hrs. 3300m.** Nar-Phu has long been considered a hidden land and even these days many trekkers pass without looking into the valley. Steep downhill to the river and cross over a suspension bridge the path lead you up hill through the deep gorge,pine trees and narrow path. Over night at Guest house/Tented camp.



**Day 07 Dharmasala-Khyang 6hrs.**

**3620m.** Your trek goes through the grass land and pass few Goth and straight up to White Chorten and abandon barley field will comes. It is always nice to see back of you for Annapurna walls. The trekking is more demanding than any trekking maps and books suggested. We are crossing many times rivers which comes from the hidden glacier from the cliffs. Once you are in the Khyang we will take you into the village to experience the local culture.Over night at Guest House/Tented camp.

**Day 08 Khyang-Phu 3hrs.3900m.** The path is more easy comperately and goes to grass land and often see the Blue Ship and boulder and cliffs. Arrive in Phu over night at Guest house/Tented camp.



**Day 09 Phu-Nar Phedi 6hrs.3410m.** We have to return back about 30 minutes to Chyarkha and Jhunam and the path turn right to Nar. The views are amazing and very old monastery, Sadik chorten and many more cultural things and descends to Nar phedi for overnight at Guest House/Tented camp.

**Day 10 Nar Phedi-Nar village 3hrs. 4110m.** The path is more uphill as soon as you left the Nar Phedi. Full of culture, tradition and The best view of Pissang peak and many more makes

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you the best. The Guru Choling Gomba at the top of village and Samten pelgye ling Gomba and many more Monastery keeps you excited all the time. If you are not able to go over a pass, it is possible to hike down to koto in a long day. Overnight at Guest house/Tented camp.

**Day 11 Nar-Kang la Phedi 2hrs. 4650m.-Pass 5300m-Ngawal 3500m.** As we are trekking only few hours so we will take into the village for sightseeing and depart to Kangla phedi. Mostly we are walking through the paster land and through the Kani village. Here is no permanent village so if you gear up early morning to pass and down to Ngawal also possible. Overnight at Guest house/Tented camp.

**Day 12 Ngawal-Humde/Pissang 3200m. 5hrs.** We are descending all the way through the tripical village and mane chorten. Facing all great Annapurna range and fomous village Manang. Over night at Guest house.



**Day 13 Humde-manang.** If you prefer to go over a Throng la pass then follow the Annapurna circuit trek itinerary if not trek down to Chame. Over night at Guest house.

**Day 14 Chame-Tal 5hrs.** You already meet the original path which we take to go up. Over night at guest House.

**Day 15. Tal to Syange 5hrs.** The path is all downhill through the local vegetation like pine tree and Rhododendron, and passing local settlement. Overnight at Guest House.

**Day 16, Drive back to Kathmandu 6hrs.** Transfer to hotel



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## Cost Include(s)

- Annapurna Conservation Entry Permit.
- 4 nights hotel accommodation in Kathmandu in Standard category level in B/B plan.
- Best available lodge Accommodation in the mountain
- Experienced English Speaking guide with equipment.
- Airport pick up and drop by private bus/Jeep/Car
- All the fooding and lodging and salary of guide and porters
- TIMS (Trekker Information Management System)
- One porter for each 2 clients.
- All Meals during the trek
- Insurance of Nepalese Staff.
- Gov't tax and VAT

## Cost Exclude(s)

- Personal expenses and all kind of drinks
- Personal Insurance of clients and staff tips,
- Lunch and dinner in Kathmandu
- laundry,telephone,Personal equipments.
- Emergency evacuation by Helicopter
- Int'l Air ticket and Airport tax and custom clearance
- Service which are not mention in included section

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