



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

12 days Naar Phu & Kangla Pass trek

OVERVIEW

The remote valleys of Nar and Phu were restricted to foreigners until 2002. Even today, villages within these valleys remain virtually untouched. Most of the inhabitants of this region are involved in trading with Manang and Chame while some rely on tourism as a source of income.

Our trek starts from Besisahar and it is only on the ninth day of our trek that we reach the village of Phu. From Phu we trek further to the village of Nar and continue trekking up to Manang. From Manang we trek to Jomsom before we catch a flight back to Kathmandu.

ITINERARY

- Day 1

Arrival in Kathmandu 1300m, transfer to hotel stay in Kathmandu, overnight stay in hotel

- Day 2

stay extra night in Kathmandu: Trek Preparation and official work

- Day 3

Drive Kathmandu to Besisahar and catch local jeep drive to Chamje or Taal (1,430m), overnight stay in TEA HOUSE STAY

▪ Day 4

Drive Chamje to Koto (2,600m), overnight stay in Koto 2,600m stay in TEA HOUSE STAY, about 5 hours walking

▪ Day 5

Trek Koto to Forest camp (3,230m), overnight stay in TEA HOUSE STAY, about 4 hours walking

▪ Day 6

Trek Forest camp to Meta (3,560m), overnight stay in TEA HOUSE STAY, about 4 hours walking

▪ Day 7

Trek Meta to Kyang (3,887m), overnight stay in TEA HOUSE STAY, about 3 hours walking

▪ Day 8

Trek Kyang to Phu (4,080m), overnight stay in TEA HOUSE STAY, about 3 hours walking

▪ Day 9

Phu rest day and acclimatization and visit around the monasteries, overnight stay in TEA HOUSE STAY

▪ Day 10

Trek Phu to PHU pass (5,050m), overnight stay in Loang (4,680m), only camping services stay, about 6 hours walking

▪ Day 11

Trek Loang to Naar Pass (5,400m), overnight stay in Kharka camping services stay, about 6 hours walking

▪ Day 12

Trek Kharka to Naar village (4,200m), overnight stay in TEA HOUSE STAY, about 3 hours walking and visit the village and monasteries in the evening

▪ Day 13

Trek Naar village to Kang La pass (5,320m), overnight stay in Ngawal TEA HOUSE, about 7 hours walking

▪ Day 14

Trek to HUMDE (3,280m), about 2 hours early morning and catch the flight HUMDE to Kathmandu, overnight stay in hotel

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International and Domestic airport to your hotel
- One night stay at the Hotel in Kathmandu
- All government taxes and Annapurna Conservation entry fees
- Annapurna conservation entry permit fees
- TIMS CARD (Trekking Information Management System)
- Naar Phu special permit fees
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- Tent accommodation during the trek on camping services
- Necessary ground transportation depends on your services requested via tourist bus or private transport
- Flight ticket of guide Humde – Kathmandu
- Light for a night by Battery or “generator” as a group

size

- Trekking poles, sleeping bag/duffle bag & down Jacket (if necessary we provide).
- Trekking maps
- Rubbish care to clean up the environment
- PNT official services charge and government taxes

Medical support: emergency first aid kit carried by the support staff

Camping equipments: We always provide every guest holiday trek with high qualities equipments: good qualities tent, Gas stove for food prepare, toilets tent and papers, kitchen tent with necessary utensils, Dining tent (for eating), table and chairs as a group, hand clean up towel and soap with tap water, Ice axe and sable.

Accommodation and meals: During camping treks an expert cook accompanies us and serves the best local dishes with different items on our plates. Both food and accommodation during camping treks are our responsibilities. We serve three meals on camping treks.

Breakfast Verities: Tea, coffee, hot chocolate, milk, boil water/different kinds Tibetan bread, toast, omelet fried or scrambled, boil egg, porridge, musli, cornflake, chapatti, jam, honey, pinner butter, rice pudding, pani cake, butter, salami, sinoman role.

Lunch: Juice, tea (black/lemon/coffee), boil water/ sandwich, potato cheaps, different items bread, vegetable, macaroni, chaumin, fried/boil potatoes, plan chapatti, backbeans.

Dinner: Different items Soup, popcorn, prawan, cookies, papad/ local Nepali verities food (Daal/rice/vegetables/meat/pickle), pizza (vegetable/mushroom/chicken), burger, pasta, chicken meat, can meat, veg/non veg momo, spagity, noodles, tuna fish, sasit, spring role.

Desert: tea, coffee, milk, chocolate, boil water, cake, pie, seasonal fruits, tin fruit, mango, apple, banana.

Water: we serve with boil water drink along the trek either you can make tea or coffee for day trip. It should be better to bring good quality water bottle for trek.

EXCLUDES

- All meals in Kathmandu city.
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies).
- Internal flight tickets.
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal expenses and any other unforeseen expenses.
- Personal trekking equipments.

Travel Insurances: –

Travel Insurances are compulsory for clients trekking or climbing with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

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- Spring : March – May
 - Summer: June – August
 - Autumn: September – November
 - Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Enquire about any trekking region and we will tell you about the best season to visit that area.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block

- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are required during the Climbing period: –

(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tax Jacket with hood).