



## Upper Mustang, Teri La Pass and Nar Phu Valley Trekking - Itinerary

### 1. Arrival in Kathmandu

Arrival in Kathmandu and then transfer to hotel in the evening and briefing about trip plan. over night in hotel

### 2. Kathmandu: Sightseeing and Trek Preparation

Kathmandu rest day, prepare for the trek sightseeing around Swyambhunath/ Monkey temple, Buddha Stupa, Pashupatinath, over night stay in the hotel . Breakfast

## INCLUSIONS

- All airport pick up and Drop by private car/van.
- 2 /3 star level hotel accommodation in Kathmandu and Pokhara with bed and breakfast basis..
- Your tea house accommodation and all trekking meals (Breakfast, Lunch and Dinner) during the trekking.
- All necessary paper works and conservation entry permits.
- Kathmandu Sightseeing Tour with cultural English speaking tour guide
- Kathmandu - Jagat bus transportation.
- Kagbeni to Jomsom by Jeep drive
- Tea, coffee, cookies and seasonal fruits during the trekking.
- ACAP Permit, TIMS card and Airport taxes of domestic flights.
- Upper Mustang Restricted Area Permit worth of US\$ 500.00 per person for 10 days.
- Nar Phu Valley Restricted Area Permit (Sept to Nov per week/person US\$ 90 and Dec to Aug per week/person US\$ 75, Or equivalent convertible foreign currency.)
- Jomsom to Pokhara flight ticket and Pokhara to Kathmandu Deluxe tourist bus ticket
- Nar Phu and Upper Mustang both Restricted area especial trekking permit fee, Annapurna Conservation
- area fee, and applicable permits & taxes.
- Trekking equipment sleeping bag, down jacket, T- short and trip achievement certificates etc
- An experienced Government licensed holder guide and porter
- Salary, Food, Drinks, Accommodation, Transportation and Insurance for the Guide and Porter.
- Medical supplies (first aid kit will be available for all members).
- Fare well dinner with typical Nepali cultural show
- All government taxes and service charge.

## EXCLUSIONS

- International air ticket and Nepal visa fee.

- Lunch and dinner in Kathmandu & Pokhara
- Personal clothing expenses, laundry, shower etc & other equipment
- Travel insurance and helicopter evacuation
- Any kinds of alcoholic drinks, cold drinks, phone call, internet, etc.
- Tips for (Guide and porter)

URL: <https://sunriseadventuretrek.com>