

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

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)