



Nar Phu Valley with Thorong La Pass Trek - Itinerary

1. Arrival in Kathmandu

You are welcome to Kathmandu; our Sunrise Adventure Trek representative will welcome you in the airport then transfer to hotel and will give shortly brief further details of the trip program.

2. Kathmandu Valley Sightseeing & last minute preparations

After breakfast, visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Baudhanath Stupa and Pashupatinath Temple. Then in the evening, you can prepare and double check your stuffs for incredible trekking experience.

3. Drive to Syange via Besisahar (3608m/1100m): 8 – 10 hrs

After breakfast, we drive to Syange and on the way we can enjoy beautiful view of the different flora and fauna, rivers, country side and some Himalayas as well. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek to Dharapani. (1910m/7 hours.)

After the refreshing journey, we now head toward Dharapani following the path of Syange (1136m.). From here we start our first trek with beautiful sceneries around us. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Trek to Koto. (2610m/5 hours.)

Ascending up, we move to Timang which is at the elevation of 2460 meters from where we can see views of Annapurna II and Manaslu Peak. Then along the forest we pass through Thanchok village and reach Koto. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Trek to Meta. (3560m/7 hours.)

Upto Koto we trek via the Annapurna Circuit trail and from here we split for another route. The trek passes through forest and reaches Nar River. Then we can see few caves and pilgrimages. The trail is also rocky and offers beautiful views of Lamjung Himal. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Trek to Phu Gaon (Village). (4250m/ 7 hours.)

We slowly gain altitude and land gets more and more barren. Through the village of Chyakhu and Kyang we can see herds of Yak and then we start climbing. Though, we need to descend to the Phu village for our stay there. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Acclimatization Day in Phu Gaon.

It is very necessary to adapt ourselves in new environment for safe trekking. And for this, we acclimatize in Phu Village. Phu village is where you can see remains of fort called Dzong in Tibetan. There are numerous monastery, Yaks, sheeps and villagers doing their daily activities Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Trek to Naar (4110m/7 hours.)

From Phu village we trek further to Nar Vilage. Then we spend the day here enjoying the beautiful fields of Barley, Mustard and few Gompas. The village is very remote and people there engage themselves in spinning & weaving woolen clothes, carrying woods, grazing sheeps and yaks. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek to Ngwal (3660m) via the Kangla Pass (5322m/8 hours in total.)

Today, the trek is meant to be tougher than other as we pass through the altitude of 5306 meters. And to mention the effort you make will be fruitful at the end. The path is steep and you get to see amazing view of mountain giants like Annapurna II, Gangapurna, Tilicho and many others. Then we reach Ngawal after crossing Kangla Pass, Ngwal is village adored with the traditional architectural buildinga and mani walls placed with prayer wheels Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Trek to Manang (3540m/4 hours.)

From gwal, we head to Manang. The journey passes through the sparse forest straight for two hours and then we reach to Brage village. From there we descend to Manang village. Manang village is a busy marketplace with number of hotel and lodges. This is also the famous tourist area and you get to see many Gompas and better services there. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Trek to Yak Kharka. (4020m/4 hours.)

This is a great moment for trekkers as we will be continuously gaining altitude while getting a wonderful chance to see horses and Yaks grazing here and there. We even have to cross some villages and rivers and encounter with Juniper forest. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Trek to Thorang Phedi. (4420m/14501ft.)

This day, we trek to the foot of Thorang La & we will have to climb uphill, cross a suspension bridge and ascend down a towering cliff. During the trek we are rewarded with t wonderful view of Mt. Gundang, Mt. Syagang, Thorung Peak & Mt. Khatungkang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Trek to Muktinath (3800m) via the Thorong La Pass (5416m/7 hours total.) and Drive to Jomsom.

From Thorang Phedi we finally will be heading to the top of our destination but before that we have to go through the words highest pass, Thorang La Pass. Celebrating our victory taking photo in top is guaranted to be amazing. Befor the evening we drive to Jomsom. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Fly to Pokhara.

We take flight to Pokhara from Jomsom. You can see mountain views while on the way. Then you can spend your days in Pokhara by doing sightseeing. It depends on the schedule of your flight. The flight is relatively short and well offering in case of scenery. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

16. Drive to Kathmandu.

For the return trip two options are available, you can either take easy 25 minute flight to Kathmandu or take longer 7 hours of scenic drive to Kathmandu, the choice is yours. Both the means are great with beautiful mountain views during flight and fascinating views of landscapes in drive. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

17. Free Day in Kathmandu and cultural dinner program.

Today is the free day in Kathmandu, you can roam around the famous touristic area of Nepal, Thamel and buy souvenirs to take you home country. Meals included: dinner by our side and finally an overnight stay in hotel.

18. Departure/Farewell

For departure day, you can either safely make return journey to home or you can join for another exciting adventure. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight to your next destination.

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary\
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

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