Nar Phu Terila Pass Trek

Standard Iterinary

Nar Phu Teri La Pass Trek Itinerary:

Day 01:

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Day 02:

Drive to Pokhara in 6/7 hours. Overnight at hotel on BB plan.

Day 03:

Fly to Jomsom, then trek to Kagbeni 2800m/9186ft. Overnight at lodge.

Day 04:

Trek to Chele 3100m/9172ft. Overnight at lodge.

Day 05:

Trek to Syangboche 3800m/12467ft.Overnight at lodge.

Day 06:

Trek to Dhakmar 3820m/12532ft or Charang 3560m/11679ft. Overnight at lodge.

Day 07:

Trek to Lo Manthang 3840m/12598ft. Overnight at lodge.

Day 08:

Explore Lo Manthang and Chhoser at 3897m/12785ft. Overnight at lodge.

Day 09:

Trek to Yaragaon at 3607m/11833ft. Overnight at lodge.

Day 10:

Side trip to Yara. Overnight at lodge.

Day 11:

Trek to Tangya 3240m/10629ft. Overnight at lodge.

Day 12:

Trek to Yak Kharka/Yakpa 4100m/13451ft. Overnight at Tent.

Day 13:

Trek to Samena Khola 4220 meters / 13845 feet. Overnight at Tent.

Day 14:

Trek to Teri La base camp 4630m/15190ft. Overnight at Tent.

Day 15:

Trek to Teri La High Camp 5100m/16732ft. Overnight at Tent.

Day 16:

Trek to Teri La Phedi 5000m via Teri La 5595m/18356ft. Overnight at Tent.

Day 17:

Trek to Labse Khola 4800m/15748 ft. Overnight at Tent.

Day 18:

Trek to Naar Gaon 4110m/13484ft. Overnight at lodge.

Day 18:

Naar Exploration. Overnight at lodge.

Day 19:

Trek to Phu Gaon 4080m/13385ft. Overnight at lodge.

Day 20:

Trek to Meta 3560m/11679ft. Overnight at lodge.

Day 21:

Trek to Koto 2600m/8530ft. Overnight at lodge.

Day 22:

Drive back to Kathmandu via Besi Sahar. Evening farewell dinner in a typical Nepali restaurant with a cultural dance program. Overnight at hotel on BB plan.

Day 23:

Departure from Kathmandu to your onward destination.

Includes and Excludes

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Sightseeing in world heritage sites in Kathmandu valley with a private vehicle and experienced cultural guide
- Drive by public van from Kathmandu to Besishar/Koto 230 km guest and guide (optional: private vehicle as per participant’s preference).
- Drive from Lomantang to Jomsom by local jeep (optional: private vehicle as per participant’s preference).
- Flight fare Jomsom/Pokhara guest and guide.
- Drive to Kathmandu 200 km by tourist bus guest and guide (optional: flight to Kathmandu or private vehicle as per participant’s preference).
- Staff transportation Kathmandu/Koto/Lo Manthang/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge, tent).

- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- All camping equipment north face tent for guest dining tent kitchen tent toilet tent mattress and kitchen equipment etc., All kitchen and camping staff.
- Necessary Porter one porter carries 25kg only.
- All Government and local Taxes (ACAP and TIMS).
- Upper Mustang and Nar Phu Valley restricted area permits.
- Annapurna conservation area project entry permits (ACAP).
- Trekking information management systems (TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.
- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
- Tips and gratuities for the staff.
- Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.