

## NEPAL TREKKING: AROUND ANNAPURNA

### **HNTR # 5: ANNAPURNA – NAR PHU TREK**

#### **Itinerary:**

#### **Day 01:**

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



**KATHMANDU DURBAR SQUARE:** Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

#### **Day 02:**

Kathmandu city sightseeing (1315 m)

Today we explore the Kathmandu valley

**SWOYAMBBHUNATH:** Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

**PASHUPATINATH:** It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing sadhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

**BOUDHANATH:** The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

#### **Day 03:**

Drive Kathmandu to Koto (2,610 m/8,700 ft) 5 - 6 hrs

Today we negotiate a few steep forested ridges along with several landslides en route on the west of the deep valley. We should not forget to look up though, as we will be treated to some of the most sensational views of Lamjung Himal, Annapurna II, and Annapurna IV (7,525 m / 24,688 ft) while approach nearby large mani wall of Chame. Small hot springs add relief on our long day hard trek. Overnight in Chame.

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### Day 04:

Koto - Dharmasala  
(3,230 m / 10,600 ft) 4 - 5 hrs

Trail cross the suspension bridge over Marshyandi River and head up true right side of the Nar-Phu Khola. Trek continues through the dense forested gorge looking behind for superb view of Annapurna range, which climbs



of steeply above the river to silent forest of vertical world cliff, pine and bamboo forest. Cross another suspension bridge of the day, pass Hulaki Odar at 3060 m (Postman cave) to a small hot spring. Here after the trail ducks dramatically under a waterfall to arrive Dharmasala.

Overnight stay in camp or Lodge.

### Day 05:

Dharmasala – Kyang (3,740 m /12,400 ft) 5 - 6 hrs

After Dharmasala trail climbs passing the sheep shelter to Chorten at 3540m. Continue wide bowl, past abandoned barley field to the winter settlement Meta at 3650m. Traverse the Meta bowl to reach the chorten on the northern side. A short walk brings you to a trail junction which has clear view of Nar valley with monastery and chorten. Trail continues to Jhunam at 3640m which was the base of Khmapa rebel arms in the late 1960s. Passing many chortens, uphill and downhill finally, we arrive at winter settlement of Phu valley Kyang.

Overnight stay in camp or Lodge.

### Day 06:

Kyang – Phu village (4,050m/ 13,500 ft) 3 - 4 hrs

After Kyang, we gradually enter into less trees and trail continues through gorge of Phu Khola. Pass but not cross the wooden bridge and ascending short staircases past a smooth eroded rock. Keep an eye out for blue sheep grazing on the khaki hill. The trail edges a long the eroded hillside past Phupi Gyalgen Gate to descend to the collection of chorten beside the bridge. Continue passing a mani wall and some caves high on the far cliff to reach the suspension bridge.

Campsite is just across the Phu village.

Overnight in Camp or Lodge.

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### Day 07:

Phu village excursion day

We hike up either to the summer pasture Ngoru Kharka or to Himlung Base Camp for the magnificent view of Mt Himlung (7125 m) to acclimatize and physical fitness to Kang La pass. Explore local culture with awesome life style and visit the



most famous Tashi Lhokhang gumpa at 4150 m. 'Phu' means 'Head of the Valley' and the 6364 m pyramid shaped mountain to the north is named Bhrikuti after a Nepali wife of Tibetan king Songtseng Gompo beyond is Tibet. Phu village is snow bounded almost completely deserted in winter.

### Day 08:

Phu Village – Nar Phedi (3,850 m / 12,800 ft) 5 - 6 hrs

Retrace to Khyang and Jhunam to trail junction which has clear view of Nar. The trail then drops and passes fantastically eroded hoodoos over sandy gullies connected by bridge like platform. Look for the ruined Zampa Cho Dzong (a dzong is a fort: zampa is Tibetan for bridge) Cross the bridge to Nar Phedi campsite. Overnight stay in camp or Lodge.

### Day 09:

Nar Phedi – Nar village (4150 m / 13800 ft) 4 - 5 hrs

Trail ascends up as we start our day walk with the view of Kkangarun peak passing Nar gate and collection of mani stone. The trail curves facing fantastic view of Pisang peak. A simple porter shelter with 10 chortens makes a possible campsite, turn to the corner then you will see Nar village curving around barley field in a natural bowl. Nar a home for blue sheep is larger than Phu village. Overnight stay in camp or Lodge.

### Day 10:

Nar village excursion day

Explore village with the horizon dominated view of Kangaru Himal and Pisang peak. Visit Guru Cholling Gumpa on the top of the village and similarly Samten Polgye Ling, Kunsel Dochen choling Gumpa and Samdru Choling. Take complete rest and get prepare to next day long walk to Kang La pass.

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### Day 11:

Nar village –  
Kang La (5,320 m / 17,700 ft) -  
Ngawal (3,615 m / 12,000 ft) 6 - 7 hrs

Trail leads through the village with the superb view of Pisang Peak to yak grazing alps. Traverse Yak pastures and descend to the head of the valley. Pass a small flat land of Jhambu Kharka also known as Kang La Phedi. Cross a stream on a long bridge and climb steeply on Z-shaped path to chorten before curving into the bridge ahead. Climb consciously along the small frozen lake to the pass with the breathtaking view of Pisang Peak and rewarded with the incredible view over the Annapurna range. Descend down overlooking the picturesque landscape and cinerary which past Yak and sheep shelter finally brings you Ngawal after long day walk. Overnight at local lodge.



### Day 12:

Ngawal – Manang (3,550 m / 11,800 ft) 5 - 6 hrs

Today we follow the Annapurna trail. It's a easy day to Manang with the superb view of Annapurna II, Gangapurna, Annapurna III, Gandarba chuli and Pisang Peak on the background. We pass a famous and huge Braga monastery built in 17th century. While we waiting for Lunch, makes worth to visit Gompa on the side of the cliff. After Lunch short walk through the upstream of the Marshyangdi River to large modern village Manang with cozy Guest Houses. Overnight stay in Lodge.

### Day 13:

Manang: Rest Day

Today is the scheduled acclimatization day. It is not recommended to stay idle but a short walk to higher altitude is suggested to get acclimatized with the altitude. This is the perfect place to do that as the next two days will be very challenging and tiring trek for us with rapid gain in altitude. We should never be confident with the altitude and always be cautious. Bhojo Gompa or Gangapurna Lake is worth visiting sites from acclimatization point of view. Also worth visiting to the Himalayan Rescue Association after 03:00 PM where we can get some ideas about Mountain Sickness awerness. Overnight in Manang.

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### Day 14:

Manang - Yak Kharka (4,110 m / 13,484 ft) : 3 - 4 hrs

From Manang village, the trail crosses a stream, climbs to a village of Tenki above Manang, and then continues to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. The trail follows this valley northward, passing a few pastures, a scrub of juniper trees, as it steadily gains elevation. The trail passes near the small village of Ghunsang, a cluster of flat mud roofs just below the trailhead. Then the trail goes through meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the trail passes an ancient old Mani wall in a pleasant meadow and then reaches another small village of Yak Kharka. Little but gradual ascent is the key to avoid altitude sickness.

Overnight in Yak Karka.

### Day 15:

Yak Kharka - Thorong Phedi (4,600 m / 15,092 ft) : 3 - 4 hrs

We make our way to the foot of the pass, Throng Phedi. Cross the river at 4310m then climb up through desolate scenery to Thorong Phedi is a small busy settlement catering to the needs of tired trekkers and climbers. This place use to say base camp and some of trekkers also attempt a hike to the High Camp, this makes next day trek easier but we do not advise attempting High Camp and overnight there because sleeping in higher elivation is not really advisable. Although we will have a tough day tomorrow, we stop at Thorong Phedi so that we can sleep sound rather than a risky sleep in higher altitude at High Camp.

Overnight at Thorong Phedi.

### Day 16:

Thorong Phedi – Muktinath (3,800 m / 12,467 ft) : 8 - 10 hrs

We reach the climax of our Annapurna circle trek. It will be a lifetime unforgettable experience- crossing the famous high pass, Thorong La (5416 m) Phedi means 'foot of the hill' and that's exactly where it is, at the foot of the 5416 m Thorong La. An early start is important to complete the mission. The trail climbs steeply and through the icy high-altitude trail though, the outstanding high Himalayan scenes are such tempting that our eyes love to watch more over the horizon than on our trail. The effort is worth while view from the top – from Annapurna along the great Barrier to the barren Kali Gandaki valley – is magnificent. We reach Muktinath just before the day light off. Muktinath is an important pilgrimage place for both Hindus and Buddhist. The area hosts a Vishnu temple and a Monastery nearby demonstrates the religions harmony in Nepal.

Overnight in Muktinath.

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### Day 17:

Drive Muktinath - Tatopani  
(1,200 m / 3,937 ft) : 6 - 8 hrs

Today, as there are vehicles available (bus / jeep), we take advantage of it to drive along a plateau above the Kali Gandaki - world's deepest gorge. We have to adjust ourselves in a public vehicle on sharing basis. The drive



would not be pleasant as the road is newly constructed, still to be coal-tarred, so is bumpy and dusty though marvelous view of Dhaulagiri and Annapurna ranges. The barren landscape of this area resembles Tibetan Plateau. At some point, we have to change our vehicles too, so today is going to be an uninteresting day. Arriving Tatopani, we relax our weary muscles with a dip in one of the hot spring pools. Overnight at Tatopani.

### Day 18:

Tatopani - Ghorepani (2,850 m / 9,350 ft) : 7 - 8 hrs

While we walk we observe the lifestyle of the people in the midland villages of Nepal. Ghara and Sikha are the villages with terraced and inclined farmlands. We gradually walk steep up to ascent Ghorepani. Passing through the Phalate and Chitre, walking through a no-habitation area through rhododendron, birch, magnolia and some meadows. As we gain height the peaks ahead look wonderful. We stay at Ghorepani to make the climb to Poon Hill (most scenic view point & photographer's paradise) early next morning. Overnight in Ghorepani.

### Day 19:

Poon hill hike (3,210 m / 10,528 ft), and trek to Tadapani (2,520 m / 8,268 ft),  
6 - 7 hrs

An early morning start for 45 minutes hike up to Poon hill (3210m/10530ft), the route offers the glimpse of the pleasant rhododendron forest. This brilliant viewpoint provides us an unobstructed sunrise over the high Himalayas and the wide range of panoramic scenery from the far western Himalaya of Dolpo, Mt. Dhaulagiri, and wide range of Annapurna Himalayas including Mt. Machhapuchre (Fish Tail) and all the way to Manasalu. After a great time in Poon Hill, trek back to Ghorepani, breakfast and continue trek to Tadapani for overnight.

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### Day 20:

Trek to Ghandruk  
(1,950 m / 6,398 ft), 3 - 4 hrs

Today, we have short and pleasant walking day through the forested and downhill path most of the way with occasional view of the Mountain leads us through the gradual path most of the trail to Ghandrung village for overnight stop. This is heavily



settled Gurung village, a modern sample clean and modern village of Nepal and explore the surrounding area, visit typical museum and simply relax at the hotel.

### Day 21:

Trek Ghandruk & drive back to Pokhara (910 m / 2,986 ft), 3 - 4 hrs

Last day of the trek. It's an easy walk through the ridge about an hour with the fantastic view of right flank Annapurna range to another large village Dhampus. Trail descends down through scattered village and paddy field. Continue drop to Phedi (Pokhara, Baglung, Highway) Finish the trek before lunch an short drive to Pokhara (22 km, 40 minutes) and transfer to Hotel Asia, Lakeside.

### Day 22:

Pokhara – Kathmandu

Early morning after breakfast we'll visit Nepal Mountaineering Museum & later we will drop you at Domestic airport for flight back to Kathmandu. Transfer to Royal Penguin Boutique Hotel

### Day 23:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips. Tour ends with THANK YOU!!



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### Package Cost:

1 pax: US \$ 3700

2 – 4 pax: US \$ 3300

5 – 8 pax: US \$ 2960

9+ pax: US \$ 2700

### Single Supplement:

US \$ 405 per person

### Hotels:

Kathmandu: Royal Penguin

Boutique Hotel

Pokhara: Temple Tree Resort

In the tour it is also possible to take **1 hr mountain flight to Everest.**



### SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All transfers by private Japanese Vehicle for the whole trip
- Driver expenses for whole trip
- English speaking tour guide for 2 day S/S
- Annapurna – Nar phu trekking package
- All meals & Tea OR Coffee 3 times a day while on trek
- 1 good English speaking Sherpa guide with necessary porters
- Special permit, TIMS card & ACAP permit
- Trekking equipments like: dawn jacket, sleeping bag, trekking stick, water bottle, rain poncho etc.
- Sightseeing entrance fees
- Flight ticket PKR – KTM + airport taxes
- Insurance for our staff
- All Government taxes

### SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu, Pokhara
- All bar bills
- Travel insurance
- Any extra cost not mentioned in service includes