

**Lama Adventures Pvt. Ltd.**

# **Nar-Phu Tilicho Trek**

<b>Difficulty</b>	<b>Duration</b>	<b>Region</b>	<b>Max. Altitude</b>	<b>Type</b>	<b>Group Size</b>	<b>Accommodation</b>
Moderate	23 Days	Annapurna	4940m	Trekking	2-14 pax	Tea House and Hotel

## **Overview**

One of the most beautiful hidden valley in the Annapurnas of Nepal is the Manang valley. Manang is one of the largest villages in Manang district and one of the acclimatizing zones for trekkers doing the Annapurna Circuit Trek. In the close proximity of Tibetan border, Manang valley is still used as the yak and salt trading point and it remains one of the important trading points in the northern border of Nepal. Enriched and blessed with many remarkably alluring mountains like Pisang peak, the Chulu range, Gangapurna, Tilicho Peak, Kangaru Peak, Thorung peak, the trek to Manang will take you along the gorgeous valley full of beautiful scenery, flora and fauna and a desert like barren landscape, beautiful nonetheless.

The northern part of Manang is more preserved in its old style; in the southern part you will find many hotels, shops and even a cybercafe, with satellite internet connection. The people in Manang are well-known traders and have a different type of culture and tradition than the people living near the region. From Manang the trail continues to Thorung La Pass at 5415 meters above sea level which connects Manang district to Mustang District by providing a route between the town of Manang and the village Muktinath. This part of trail of Manang trek to Muktinath has been used by the locals for hundreds of years to transport huge herds of sheep and yak in and out of Manang and is also the route of Annapurna Circuit Trek.

The trek to Manang will provide you splendid views of the mountains that will leave you in awe. The cultural aspects of the Himalayan region, the popular Milirepa cave situated only a day's walk from Manang village and to the highest freshwater lake in the world, Tilicho is enough to tempt you to take on this trek.

## **Itinerary**

## **Days 1: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

## **Days 2: Sightseeing around Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

## **Day 03 : Drive to BeshiSahar - Tal**

You will take a bus and drive to Besisahar from Kathmandu. On the way we can see the lifestyle found in rural communities, which are surrounded by rivers and pastureland. Besisahar is a "sahar" which supply the daily requirements for the villagers near to it. You can find an average type of climate in Besisahar. Then, we head for Tal. Overnight stay at a guesthouse.

## **Day 04 : Trek to Danakyu**

Today we head out on a trail crossing a wide, flat valley. The trail then climbs a stone stairway to 1860m. The journey continues up and down to Dharapani at 1890m. There we find a stone entrance Chorten, typical of the Tibetan influenced villages. We then visit the Danakyu at 2190m which offers typical flat-roofed stone houses of Tibetan design. Accommodation in a guest house.

## **Day 05 : Trek to Koto**

After having breakfast at Danakyu, we hike up a steep 600m incline up to Timang. Between Timang and Koto there are only very small villages that seem like ghost towns. Overnight in Koto.

## **Day 06 : Trek to Meta**

After breakfast in Koto, you'll start the day early as there is a lot of ground to cover. The walk through the spectacular narrow valley is one of the most beautiful on the trek with a mixture of beautiful oak, rhododendron, and bamboo forests, as well as sheer cliffs and a series of suspension bridges as you cross back and forth ascending

up the valley. The last stretch into Meta involves climbing a steep hill, where there are amazing views of some of the giant snowy peaks in the distance. This is a small village with a few clean tea houses for trekkers.

### **Day 07 : Trek to Pho**

You'll trek out of the village and begin to notice some of the unique, colorful Tibetan Buddhist stupas that make Nar and Phu famous. You'll walk along the ridge with great views of the Phu valley and the magnificent Nar Phedi monastery. From here, you can see the three villages in the area. Just before crossing the bridge into Phu, a line of more wonderful stupas will appear in the landscape. Overnight in Phu.

### **Day 08 : Explore Pho village**

Due to the Phu village being on high altitude, it is best to spend an extra day here acclimatizing with the thin air in the place. Phu is a beautiful village, so we can use that acclimatizing time to explore this interesting village. Interact with the locals as they are busy with their daily chores. A more adventurous option would be to hike up to Himlung Base Camp walking through a glacial valley. Overnight in Phu.

### **Day 09 : Trek to Nar Phedi**

After a hearty breakfast at Phu, you retrace the route back down towards Meta. While descending, you call it a day at Nar Phedi monastery. You'll be spending your night at the monastery because there are no other shelter options in Nar Phedi. The monastery has clean rooms and the nuns there are very friendly. Join them in the kitchen and watch as they prepare dinner on a modest fireplace.

### **Day 10 : Trek to Nar Village**

Today's trek to Nar village from Nar Phedi is a pretty easy one. Climb your way through Nar valley crossing a suspension bridge over the Labse River, and then following a winding path up a hill towards Nar. Even though Nar is not far from the main Annapurna trail, it is rarely visited by trekkers and is about as picturesque as it gets. Overnight in Nar village.

### **Day 11 : Acclimatization**

This day is planned and separated for acclimatization because next day you climb the Kang La Pass (5,322m). It's vital to adjust with the diminishing air before climbing the pass rather than climbing additional height; the day will be spent doing side outings and different exercises that assist during the time spent acclimatization. You view the settlement and the living way of individuals throughout. However, night will be spent in the teahouse of Nar village where you have already spent the earlier night.

## **Day 12 : Trek to Ngawal via Kang la pass**

You continue to walk towards the base of the Kang La Pass by following the wide level valley and yak field, which takes around a couple of hours from Nar village. Therefore, you climb through a steep ridge passing various landslide regions to the Kang La Pass with an entrancing perspective of the Annapurna Range and other little peaks. Appreciating the view, you descend down to the lush way, which is very steep and generally unsafe in hard snow. Finally, the beginning of the grassy path exhibits us the perspective of Chulus fall before stopping at Ngawal for overnight.

## **Day 13 : Trek to Manang**

Today, we take the more challenging way to Manang from Ngawal which will take around 5-6 hours. The walk is a tough one but it offers some of the most incredible views you can see on the Annapurna Circuit trek. Overnight in Manang.

## **Day 14 : Acclimatization**

In order to keep fit on the trails that follow, we keep ourselves busy today with a short hike to either Bhojo Gumba or Gangapurna Lake. If we have the energy, we can even hike to Vraga Village where we can visit the Himalayan Rescue Association which will give us some idea about Acute Mountain Sickness (AMS). Overnight in Manang.

## **Day 15 : Trek to Khangsar**

You continue your trek to Tilicho Lake, from Manang and head out through the western gates and then follow the path down to the river. After crossing the Khangsar Khola on the bridge below Khangsar and ascend the slope to the village, a village still in the old Tibetan stylish Khangsar. Overnight in Khangsar.

## **Day 16 : Trek to Tilicho Base Camp**

After passing Khangsar, pass a monastery and the route ahead goes on a recently constructed path up towards a high ridge. At one point is an intersection. One path maintains the altitude, traversing the slopes towards a place where the valley is narrow; the other continues to ascend towards the line of the ridge. The former is the old path, and is much more difficult as it goes on a really steep screed; the latter is the new path that goes a completely different way. Continue along the new path, reach a high crest, and descend on switch backs carved out through the screed slopes to a side valley of the main valley. At its bottom is a brook. On the other side of it is a building known as Tilicho Base Camp at an elevation of 4200 meters. Overnight in a tent.

### **Day 17 : Trek to Tilicho Lake**

The hike up from Tilicho Base Camp to the lake is an easy one. So, you walk along a narrow trail until you arrive in a beautiful turquoise lake Tilicho. Take pictures and enjoy your time there. We head down to Tilicho Base Camp to prepare for tomorrow's trek to Yak Kharka over Meso Kanto Pass.

### **Day 18 : Trek to Yak Kharka Over Mesokanto Pass**

Today as you pass over Meso Kanto Pass, you will be climbing steep uphill and give some time to enjoy the view from the pass and also capture some beautiful moments from the pass. After the pass we will descend down and reach Yak Kharka. Overnight in Yak Kharka.

### **Day 19 : Trek to Jomsom**

Today our destination will be Jomsom, which is the headquarters of Mustang region. The trail goes down most of the time with normal slopes. It will take 4-5 hours to reach Jomsom. Overnight in Jomsom.

### **Day 20 : Back to Pokhara**

After breakfast at Jomsom, we stroll around the place for sightseeing. The area boasts a unique landscape with a feeling that you are in the desert. You drive back to Pokhara from Jomsom. Overnight in Pokhara.

### **Day 21: Back to Kathmandu**

After breakfast, we say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu, we have the rest of the day off to rest or do some souvenir shopping. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

### **Day 22: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

### **Day 23: Final Departure**

It's time to leave Nepal, of course with smiles and many memories to cherish.  
Depending on your flight time we will drop you at Tribhuwan International airport for your final departure to your destination.

## **Inclusion / Exclusion**

### **Cost Includes**

Arrival in International Airport and Departure.  
Hotel in Kathmandu with Bed & Breakfast.  
Sightseeing in Kathmandu Valley with Guide.  
Entrance fees.  
Conservation Fee.  
Peak Permit and Climbing Guide.  
Round Domestic Flight Ticket.  
Local Transfer.  
Domestic airport departure taxes.  
Tea House Accommodation, breakfast and dinner.  
All camping Equipment, two men tents, Dining tent,  
Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner in trekking and climbing  
period.  
Guide, Cook, sherpa, Kitchen staffs and porters.  
Insurance for trekking staff and Equipments.

### **Cost Excludes**

Personal equipment for Trekking &  
Peak climbing.  
Personal travel Insurance.  
Lunch & dinner in Kathmandu.  
Emergency Rescue evacuation.  
Personal expenses/Bar bills.  
Tipping for trekking staff.