



Himalayan Adventure Treks & Tours

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Nar Phu and Tilicho Lake Trek :- 20 Days - USD 2500 Per Person

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Highlights

- ***Remote Valleys:*** Explore the secluded Nar and Phu Valleys, known for their pristine landscapes and ancient Tibetan culture.
- ***Tilicho Lake:*** Witness the stunning beauty of Tilicho Lake, nestled amidst towering Himalayan peaks, including Annapurna and Gangapurna.
- ***High Mountain Passes:*** Conquer challenging passes like Kang La Pass, offering panoramic vistas of snow-capped peaks and rugged landscapes.
- ***Cultural Immersion:*** Immerse yourself in the rich Tibetan-influenced culture of the region, interacting with locals and visiting ancient monasteries.
- ***Off-the-beaten-path:*** Trek through remote and lesser-known trails, away from the crowds, providing a sense of solitude and tranquility.
- ***Alpine Landscapes:*** Traverse diverse terrain, from alpine forests and meadows to rocky cliffs and glacial valleys, showcasing the natural beauty of the Annapurna region.
- ***Wildlife Encounters:*** Spot rare Himalayan wildlife such as blue sheep, snow leopards, and various bird species along the trekking route.
- ***Adventure and Challenge:*** Embark on a physically demanding adventure, tackling steep ascents, rocky terrain, and high-altitude conditions.
- ***Camping Experience:*** Camp under the stars in remote wilderness areas, surrounded by majestic mountains and serene landscapes.
- ***Photographic Opportunities:*** Capture breathtaking vistas, colorful prayer flags, traditional villages, and dramatic mountain scenery throughout the trek.

Overview

Nar Phu and Tilicho Lake Trek pose as a hidden gem for off-beaten trek lovers. The trek lies along the Annapurna region. The rugged trail paves the way to majestic scenarios of high peaks and low valleys. The region blesses travelers with sightings of rare species of snow leopards and musk deer. Nar Phu and Tilicho Lake Trek run 20 days long. The long journey proves to be a fantastic opportunity to explore the exotic areas of beautiful Nepal. Similarly, the trek showcases the remote villages of Nar Phu. Consequently, Tilicho Lake at 4919m is one of the highlights of the trek. The lake houses no aquatic animals, but trekkers can spot the mystical Himalayan Thar around it. Firstly, the trek starts with the drive to Besisahar. Likewise, another day is a drive from Besisahar to the starting point of Koto (2600m). As the trail progresses from Kyang (3840m), trekkers get to explore the Phu village. The village is home to ancient culture and traditions. Moreover, the village leads to the Nar village (4110m), which is another rustic village. Finally, Tilicho Base Camp (4150m) leads to Tilicho Lake at 4920m and Khang La Pass at 5320m in Manang Annapurna. Nar...



Itinerary

Outline itinerary:

Day 01: Arrival at Kathmandu Airport.

Day 02: Full-day Kathmandu sightseeing. (B)

Day 03: Drive from Kathmandu to Besisahar (760m) 6-7 hours. (B/L/D)

Day 04: Drive from Besisahar to Koto (2600m) 6-7 hours. (B/L/D)

Day 05: Trek from Koto to Meta (3570m) 6-7 hours. (B/L/D)

Day 06: Trek from Meta to Kyang (3840m) 4-5 hours. (B/L/D)

Day 07: Trek from Kyang to Phu village (4080m) 3-4 hours. (B/L/D)

Day 08: Trek from Phu Village to Nar Phedi (3490m) 5-6 hours. (B/L/D)

Day 09: Trek from Nar Phedi to Nar village (4110m) 2-3 hours. (B/L/D)

Day 10: Trek from Nar village to Ngawal (3675m) via Kang La Pass (5240m) 7-8 hours. (B/L/D)

Day 11: Trek from Ngawal to Manang (3540m) 3-4 hours. (B/L/D)

Day 12: Trek from Manang to Sri Kharka (4080m) 4-5 hours. (B/L/D)

Day 13: Trek from Sri Kharka to Tilicho Base Camp (4150m) 4-5 hours. (B/L/D)

Day 14: Trek from Tilicho Base Camp to Tilicho Lake (4920m) and back to Sri Kharka 6-7 hours. (B/L/D)

Day 15: Trek from Sri Kharka to Yak Kharka (4020m) 4-5 hours. (B/L/D)

Day 16: Trek from Yak Kharka to Throng High Camp. (4880m) 4-5 hours. (B/L/D)

Day 17: Trek from High Camp to Muktinath (3800m) via Throng La pass (5416m). 8-9 hours. (B/L/D)

Day 18: Drive from Jomsom to Pokhara. 6-7 hours. (B/L)

Day 19: Drive from Pokhara to Kathmandu 8-9 hours. (B/D)

Day 20: Departure to Airport. (B)

What's included?

- *Pick/drop up from the Airport and Transfer to the hotel.*
- *Three-night 3* hotel in Kathmandu with Breakfast.*
- *One Night 3* hotel in Pokhara with Breakfast.*
- *Muktinath to Pokhara by Bus.*
- *Sightseeing in Pokhara by private vehicle.*
- *Your standard meals (Breakfast, Lunch, and Dinner) during the trekking.*
- *Kathmandu/Besisahar/Pokhara/Kathmandu by tourist bus.*
- *Besisahar to Koto by sharing jeep.*
- *National Park Permit (ACAP).*
- *'Trekking' Information Management System (TIMS) Permit.*
- *Special Nar Phu permit.*
- *All necessary paperwork.*
- *All accommodations in tea houses/ Tented Camp during the treks.*
- *An experienced, helpful, Govt Licence holder and friendly Guide, and porter (1 Porter for 2 Clients).*
- *Medical supplies (first aid kit will be available).*
- *All government taxes.*
- *Last Night's farewell dinner at an authentic Nepalese restaurant with a cultural performance.*

What's excluded?

- *Nepal Visa fee you may obtain easily at Kathmandu airport.*
- *International airfare to and from Kathmandu.*
- *Entrance fee in Pokhara.*
- *Extra night Hotel accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.*
- *All meals in Kathmandu and Pokhara. (and also in the case of early return from mountain than the scheduled itinerary).*
- *Travel and rescue insurance.*
- *Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc).*

Equipment

Equipment List for Nar Phu and Tilicho Lake Trek:

Nar Phu and Tilicho Lake is difficult trekking but however our long-year experience of operating Trekking to Nepal, We learn many things and would like to give some information to pack your equipment list for your Trekking and we hope, this information will be helpful you so success your trip.



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Luggage/Duffle bag:

You will require a duffel bag or a backpack for trekking (65- 75 L) max, and all our trekking stuff is kept in this duffel bag, and our porters will carry this. However, Himalayan Adventure also provides the duffel bag if needed.

A day backpack:

You will need a day backpack and you will be carrying it every day by yourself and we recommend you it has to be at least 25L and you can carry important documents like Passport, credit card along with a need to carry a water bottle, snacks bar and clothing layers (hat, gloves, fleece, sunblock, poles, etc...).

Trekking/Hiking boots:

Nar Phu and Tilicho Lake are difficult to trek, and It is essential to have good trekking boots, and it should be waterproof (in case of snow, or rain) Make sure should be fit on your feet and comfortable during walking. Also, recommend you bring the Crompton during the winter season in Nepal.

Sport Sandals:

You need to have a pair of sports shoes or sandals to use while you are in camp or tea houses after the trek.

Sneakers:

Nar Phu and Tilicho Lake is difficult trekking so sneakers are not suitable for this trek so you can leave your sneakers in the Kathmandu hotel until you get back.

Sleeping Bag:

You need to have a lightweight sleeping bag that works for minus 15 degrees for the summer season but during the winter we recommend minus 20 degrees for the trekking. Himalayan Adventure can provide it if you need one but has to be returned after the trek.

Fleece jacket:

You need to have good quality fleece jacket at least 1 synthetic jacket or pullovers are a great alternative to fleece because they are lighter and more compressible and gives you enough warmth during trekking.

Down jacket:

A down jacket is compulsory and recommends you to bring the warm enough so can keep you warm during the Trek.

Socks:



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You need to have at least 5 pairs of thick socks during the spring & autumn but winter and monsoon need at least 7 pairs of socks for this trekking.

Lightweight/ warm insulated pants:

You need to have at least 3 pairs of lightweight trekking pants like Lightweight expedition thermal bottoms, Nylon hiking shorts, Softshell and hardshell trekking pants, Water/windproof trousers, and Casual pants so we can use them like the weather.

Short-sleeved shirts:

You need to have 3 ice-breaker merino wool to keep you warm from the cold or synthetic shirts and if you are not allergic to wool products, merino wool is ideal for Nar Phu and Tilicho Lake Trek & Himalayan Adventure also provide the 1 company T-shirt as a souvenir.

Long-sleeved shirts:

You need to have at least three shirts.

Underwear:

You need to have few pairs of underwear and this can be as much as you need as there are no washing facilities every day on Nar Phu and Tilicho Lake Trek so, we highly recommend you to have enough pair of underwear.

Waterproof jacket:

You need at least one waterproof jacket for the rain/snow and wind for the Nar Phu and Tilicho Lake Trek and waterproof pants may be an option.

Head and face gear:

Sun Hat or cap during the daytime, Woolen Hat for morning & Evening, and Polarized sunglasses are compulsory.

Hand gear:

You need warm gloves.

Traveling supplies:

Adapter Plug for Charging the Camera and Mobile, Camera belt, Passport belt (nice to have), Swiss army knife (option), Flashlight, Headlamp, Water bottle, Extra camera battery, Hand sanitizer, Alarm clock, Hiking poles (optional), and Binoculars (optional).

Toiletries:



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Razor, razor blades, shaving cream, aftershave toothbrush, toothpaste, dental floss, sunscreen, toilet paper, small towel, and period pads (for women).

Medication:

First Aid Medical Kit box (can be purchased in Thamel Kathmandu), Altitude Medicines (Diamox), Tylenol, aspirin, ibuprofen, Anti-diarrheic, Powerful antibiotics, and Nasal Spray or Drops.

Trip Notes

Entrance fees of Heritage Sites of Nepal:

Nepal is famous for world heritage sites, Tourist attractions places, and monuments areas. Tourism is the second income source of the country. Entrance fees, National park fees, climbing royalties are the backbone of the Nepalese economy. Foreigner tourists visiting heritage sites, attraction places, and monuments of the country and have to pay a certain entrance fee to get inside the area. The people of South Asian countries (SAARC) have to pay fewer entrance fees in comparison to tourists from other countries. Many tourists want to see the typical Nepalese art and cultural places, happily paying the entrance fee because it is worth paying to visit.

The 7 heritage sites of Kathmandu valley are amazing. Boudhanath, Pashupatinath, Swayambhunath, Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, and Changunarayan have their own history. They are not only rich in art and architecture but also fountain spiritual places of Hinduism and Buddhism. Most of the constructions made have a tantric background and old history. Not only the Kathmandu valley but other parts of the country are also rich in nature and history. Lumbini (Birth Place of Gautam Buddha) Chitwan National park, Pokhara, Nagarkot, Trekking trails, Peak climbing, Expedition are the main tourist destination in Nepal and the main income sources of the country. It is the government that keeps the price of priceless monuments and makes some money from tourists who visit them.

Please find the attached PDF file for the Entrance fees of World heritage and other attraction places in Nepal.

[Entrance Fees of UNESCO World Heritage Sites in Nepal](#)

Physical Fitness:

Many people have questions as to what level of physical fitness is required for trekking in Nepal and that is extremely reliant on what activity the visitor is engaging in Nepal. With that said, for a standard easy trek to Extreme hard level of trekking. The daily activity (trek) would be 5-6 hours, (depend on the trekking trail) and elevation will generally not exceed 5,600 meters like Everest Base Camp, Throng la passes, Chola passes treks and other passes or Base Camp but some of them are less than 4000m. The trekking day is involving both long steep climbs, and descents with a variety of terrain underfoot from well-trodden paths, to rocks covered with ice or snow, depending on the season. Mostly a day would

include a number of climbs or descents of 600 meters more or less, starting after the early morning breakfast, resting at a lunch place in the afternoon, then continuous trekking until arriving at the teahouse.

In preparation for trekking in Nepal, it is important, to begin with, the basic training requirement at least 2 months before departing for trekking in Nepal. Two to three hours of aerobic exercise like running, walking, swimming, cycling & some gym work per week is the minimum and most will find it beneficial to add some basic strength training to their physical fitness routine required for the hard trekking and for normal and easy trek just have some physical fitness is enough. One of the best ways to prepare is to take practice hikes with a daypack roughly the same weight as what you will be taking during the trek. Your calf should be enough fit and prepare for trekking. Mostly during the trekking calf pain or tiredness is the main issue. Do this only after a baseline of fitness has been reached. Moving fast is not our goal, will provide a more enjoyable and safe adventure trekking in Nepal for all easy and hard level.

Trekking Seasons in Nepal:

There are main two seasons in which Nepal where the most amount of visitors visit. (September, October & November) being the most popular season which is also called the peak season in Nepal, and spring (March, April & May) coming in close behind which is also called the mini-season in Nepal. The summer months of June, July, and August are the monsoon season and most of the time raining as such the trails are mostly washed out sometimes, and roads can sometimes be impassible due to landslide activates. Nevertheless, you can trek to rain-shadow regions like Upper Dolpo and Upper Mustang during the monsoon seasons. Nepal is a suitable destination for all seasons.

Winter is very dry & extremely cold and all the high passes become inaccessible due to ice and snow conditions. The temperature doesn't usually fluctuate during the day time temperature is around 20-25 degrees. However, you gain altitude the temperature decreases. The temperature can drop to around 0 to -25 degrees at night when staying at tented camps in the Himalayan regions. Winter trek in higher altitudes is not advised due to the danger of avalanches and also altitude sickness. Although some may enjoy the sight of the snow-covered mountains as you reach your destination. However, the temperature does not change as much in lower mountain regions the nights are slightly colder than days' time.

Autumn & Spring is the best timing for trekking in Nepal because the weather is generally warm and dry, and flowers are in bloom in the lower elevations of the country on the same time you can see the many festivals during that period.

Trekking Day:

A typical trekking day begins with the early morning breakfast around 7 am in the hotel. (Depend on the trekking region). It would advise you to pack your trekking gears in a duffle bag and essential supplies in your day pack after having breakfast; we begin the trek and head along the trail at around 8 am. The morning walk is more energetic to be longer as we begin with refreshed bodies and enthusiasm. A good morning's walk, we make a stop for lunch at around 11-12 pm. The lunch involves group meals enjoying the vicinity around the stop & enjoys the organic & local food in the



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mountain. After resting for about an hour or two, we resume our trek to reach the teahouse or camp by 2-3 pm. The afternoon walk is relatively shorter and can involve games and side trips as organized by the trekking experienced guides. You also can enjoy breaks during the trek to relax, read, and stroll around the area, or doing yoga. You can explore with the local people and observe their lifestyle & culture. Dinner is served around 7-8 in the evening to round off the day.

Meals and Accommodations:

During the trekking period, the accommodation is commonly referred to as teahouses. These are family-run basic lodges that fill the role of the restaurant, Dining hall, and boarding house for tourists. Now a day's electricity can be found in the rooms, which means one light bulb, and one or two outlets for charging electronics. The common areas are also lit by electricity. Alternatively, teahouses may also use solar, hydroelectric, or have electrical lines running into the village, so the commonality and availability of electricity may vary. Still, a few of the trekking route electricity service is not available. Use the local traditional kerosene light.

Most of the teahouses have private rooms, though if the trek is in a more remote or high altitude place there are limited teahouses so season time dormitories are the norm. Most of the room has 2 single beds with basic bedding, and the bathroom is shared. Some of the places we can get the private bathroom also with a mix of western and squat style toilets in the bathrooms.

Breakfast and dinner are taken at the same teahouses and these lodges have large family-style dining rooms centered on a stove or coal to provide heat basically in mountain areas. Most of the area's menu will have Nepali-style western foods such as pancakes, pizza, burgers, fries, etc. Also on the menu is the traditional Nepali food Dal Bhat meal. This is a lentil soup with rice, vegetable, Pickle, or meat curry. Most menus will also offer a smattering of local cuisine.

Internal Flight Delays:

Nepal is an incredible and beautiful country mixed with the White Mountains, deep valleys, Landscape, rivers, and green rolling hills. With this incredible diversity of landscapes, road travel can be extremely time-consuming and flights within Nepal to reach popular trekking destinations is the easiest way. Not all the trekking destination has flight service, so road transportation is the only option. Mountainous terrain also comes with the possibility of in-climate weather. It mentions the incredibly high number of visitors during peak seasons makes internal flight delays a genuine possibility. To manage this situation, it may be helpful to have a few extras days on either end of your tour. If any cancellations or flight delays do occur (high chances of flight delays from around Kathmandu to Lukla, Everest region, Pokhara to Jomsom, Annapurna region), we also provide services to arrange chopper on the last stage to help you to be on your schedule on the premises of Civil Aviation Rules in Nepal which state that helicopters can fly if the visibility is 1500m. The cost ranges from USD400 to USD650 according to the number of passengers. The payment can be made either to the helicopter company or to us directly and can be made either by cash or using a credit card. It will be beneficial to purchase and review your insurance, the insurance companies may cover some of the alternative measures of travel. Flight insurance may cover changing your international flight if it is necessary.

Travel Insurance:



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Most expeditions, Adventurous trekking, and tours require that travel insurance, and it is purchased prior to arriving in Nepal, but other normal treks and tours may not require it. However, travel insurance is definitely an important consideration. There are a number of reasons to consider insurance. Firstly, it may be required, so check to see what is being asked for by the company. Second, Nepal is a landlocked country, and there are only a few direct flights. Travel in and out of the country can encounter some disruptions if purchasing insurance, make sure flight delays and cancellations also included. Always choose insurance that, though every safeguard is in place during your Holiday, there are always extenuating circumstances that may result in an accident during trekking & tours. Read the printout of insurance policies carefully to ensure that the trekking or any other activity you are engaging in is covered or not, as some policies have stopped covering trekking in certain places. If you are going above 5000 m or high always mention the policies, so it's cover the chopper service in the last condition. It is vital that if you have the comfort of good insurance, so do the research and choose carefully, which makes your trip relaxing and joyful.

Nepal Visa Entry Procedure:

There is only one International airport which is the Tribhuvan International Airport in Nepal. Immigration Office, TIA (Tribhuvan International Airport) under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival.

The 'On Arrival' visa procedure is very quick and simple. October, November, March, April can expect some queues during peak Tourist season and October is basically the Nepalese got the Main festival Dashain. You can also get Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. The choice is yours.

Visa obtains from Nepalese Diplomatic Missions, and then you must enter Nepal within six months from the visa issued date. Your total stay is counted starting from the day you enter Nepal.

Visas obtained on Arrival at the Entry and Exit points are 'Tourist Visas'. They bear multiple Re entry facilities. Tourist Visa 'On Arrival' is the only entry visa to Nepal. If you are visiting Nepal for purposes other than Tourism (sightseeing, tour, travel, mountaineering, trekking, visiting friends and families), you should still get a 'Tourist Visa' to get into the country. However, you must change the category of visa as per your purpose and length of stay in Nepal from the Department of Immigration by producing the required documents.

Please click below for the online Visa form.

<http://online.nepalimmigration.gov.np/tourist-visa>

The following visa rules apply for tourists:

For 15 days Multiple Entry Visa, the visa fee US \$ 30 or equivalent to foreign currency.

For 30 days Multiple Entry Visa, the visa fee US \$ 40 or equivalent to foreign currency.

For 100 days Multiple Entry Visa, the visa fee US \$ 100 or equivalent to foreign currency.



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According to the immigration regulations, a tourist is allowed to stay in Nepal only for 150 days a year. You can extend the visa up to another 90 days.

US\$ 2 or equivalent Nepalese currency per day for extension.

Additional US\$ 25 or equivalent Nepalese currency on visa fee, if Multiple Entry facility is required for the extended period

For more details please visit our FAQ link

<https://www.himalayanadventuretreks.com/faq/>

Acute Mountain Sickness (AMS):

Acute Mountain Sickness (AMS) is usually seen in un-acclimatized people shortly after ascent to high altitudes. The condition occurs due to the thinning of air as the altitude increases. The condition, if not taken seriously and treated immediately, can be life-threatening and its symptoms can be seen generally above 3200 meters. The symptoms of Acute Mountain Sickness are nausea, vomiting, tiredness, shortness of breath, and cerebral pain. The itineraries are designed to properly acclimatize you to the change in high altitude climate and sufficient precautionary measures too are taken to take utmost caution for our valuable guests. Our staff also equipped with cell phones and satellite phones (Option) in the occurrence of any emergency cases. We are greatly driven to keep the safety and security of our clients as our foremost concern.

Drinking-Water:

Water is essential for life, and clean water is imperative while on holiday. When visiting less developed countries like Nepal it is a concern that all travelers should consider. There are few options when trekking or traveling in Nepal that will mitigate any chances of drinking contaminated water. The first consideration to take into account is that tap water should not be ingested. That even means when brushing your teeth in an urban area. Most will choose to buy bottled water and if doing so make sure the cap has sealed properly. Plastic bottle reuse is a big problem, and with that being said there are other options on the market to assist in making water drinkable. Mountain spring water is drinkable but if you use the purified tablet. The conservation area project also sells this tablet to most of the trekking area. A guide will assist you to find out it also.

Arrival Instruction:

Upon your arrival at Tribhuvan International Airport (TIA) Kathmandu Nepal, our company representatives are stationed to welcome you to the country. We request you to carefully look for your and company name placard being held by our representatives following the events upon landing. Our representatives will be responsible to escort you up to your hotel in Kathmandu. There are many brokers, Taxi drivers, and troublemaker people offering you to carry your luggage and take you to your destination as you exit from the gate. We request you to pay no attention to these people and follow the company representatives and follow their instructions.



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How to Book Your Tour:

Before booking any tour or trekking please read all the terms and conditions thoroughly and call or email the company representative with any questions prior to making any payments. Begin by filling out a booking form and pay the non-refundable deposit. Fill out the form completely and if any confusion contacts the company person so as not to disrupt the expediency of the process. The form may be submitted online or by downloading the form and mailing or Whatsapp the form to your company representative.

It is very important to understand all aspects of the chosen trip, from what's included and excluded, to the level of service, or even what trip may be right for your level of experience and fitness. Take the time to get all the questions answered so that when booking the trip, it is without trepidation.