

Annapurna, Nar Phu & Tilicho lake | Duration: 21 Days Days | Cost: \$2200

The finest challenging trek in the Annapurna region, our new itinerary has all the makings of a classic. We follow remote trails leading through secluded villages and camp in magnificent locations beneath an awesome backdrop of peaks. We traverse to the south of the Annapurna Range, where we ascend through conifer forests and cross pristine alpine meadows gaining Spectacular Mountain views (from Manaslu to Dhaulagiri). We enter the spectacular Nar region and traverse around the ice bound Tilicho Lake before crossing the Mesokantu Pass, bringing us into the very heart of the Annapurna.

At a Glance:

- **Tour code:** ANTLT017
- **Style:** Trekking and hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5,300m
- **Duration:** 21 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 2200

Highlights of the tour:

- Visit ancient temples, palaces and historic places in Kathmandu
- The finest challenging trek in the Annapurna region
- Breathtaking Mountain views
- Explore the spectacular Nar region
- Visit the highest Tilicho lake in the world

What's Included:

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- 3 meals during trek.
- Internal flights and land transport involved in the itinerary
- Airport tax
- Good standard Hotel (3-4*) accommodation in Kathmandu & Pokhara with breakfast
- Teahouse & camping accommodation on twin sharing basic
- Tims permit.
- Annapurna Conservation Fee
- Special Nar permit
- Insured and equipped porter as on IPPG rules
- Full Day to explore at Nar
- Trekking off the main trail to the village of Nar, Tilicho and Mesokantu La (5025m) - one of the vantage point to see the mountain view.

What's Not Included:

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch and dinner in the city.
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill
- Personal equipments such as sleeping bag

Arrive in Kathmandu (1300m)

When you arrive in Kathmandu at Tribhuvan international airport, You will be warmly greeted by our airport representative. After traditional warm welcome you will transferred to Kathmandu Hotel, we will discuss about the trip and briefing about the package, evening typical welcome dinner.

Kathmandu sightseeing

Your first day will begin with the breakfast at your hotel. Today is your full day sightseeing tour so at the very first beginning, you will be taken to Kathmandu Durbar Square. Kathmandu Durbar Square is one of the

important historic and tourist destination in Nepal. The main attraction in the Kathmandu Durbar square is Hanuman Dhoka palace. The striking place was named in honor of the monkey god, Hanuman. At the southern end of the Durbar Square there is the most curious attraction in Nepal, the Kumari Chowk. After visiting Kathmandu Durbar Square you will be guided to the famous Buddhist Swayambunath Temple in Kathmandu. This temple attracts Buddhists and tourists from round the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible for many miles and from all sides of the valley. The view of Kathmandu valley from the top of the temple is stunning.

Drive to Besisahar & Bhulbhule (approx 7 hr)

Early in the morning, today you will leave Kathmandu valley and drive towards Pokhara. You'll head along the road toward Pokhara through the beautiful scenic beauty. You leave the highway to Pokhara at Dumre and head north to Besisahar where you begin your trek. After lunch you will take a short drive to the roadhead at Bhulbhule in the Marsyangdi. Overnight.

Trek to Nagi (880m), walk approx 2 hrs

Today you are heading to Nagi, village known as "internet village", old settlement, unique culture and tradition of Magar people. You will be trekking through forest with wonderful mountain view like Dhaulagiri range, Gurja Peak, Annapurna south Brah Himal and Nilgiri south to Nagi. Passing by a tea houses you will continue to your camp in a small village in upper Nagi. Tonight you will stay at Nagi.

Trek to Jagat (1340m) via Syange (1136m), walk Approx 6 hrs

You will start early morning trek from Nagi to Jagat, crossing the bridge from Musi khola also you will climb Bahun Danda which is located at formidable ridge. You will gradually climb until you reach the valley which opens on the wide Plateau. Suspension bridge at Syange on the Marsyangdi River is on the way which you will be crossing then you will walk about half an hour, finally you will reach Jagat. Tonight you will stay at Jagat.

Trek to Dharapani (1870m), walk approx 6hrs

Our guide will be driven you to Dharapani today. First trail takes you to the Marsyangdi valley wide open up to Syange after that the wide narrow valley will appear when you go ahead. You can explore the Nepalese rural village and interact with the local villagers about their lifestyle, crossing through the barley, rice and potato field. At the evening dinner and overnight in Dharapani.

Trek to Koto (2575m). Walk approx 5- 6 hrs

Today after breakfast you trek a gradually ascending path and cross a stream to reach Koto. On the way you can enjoy the spectacular mountain views are of Annapurna II and Manaslu range along with beautiful views of forests which add another dimension to your trek. Furthermore walking you will reach Koto which is a small village mainly inhabited by Gurung and other ethnic groups where you can explore and interact the lifestyle of Tibetans people mainly influenced by Buddhist. Stay overnight in Koto.

Trek to Dharamsala & cave (3160m), Walk approx 5-6 hours

This morning after breakfast you head out early, as you have a long and somewhat difficult day before. You cross the river leading to the Nar Phu valley and hike up through beautiful woods above the Phu Khola. On the way to Dharmasala you can explore some beautiful woods and past several small caves, and a pilgrims "Dharmasala". After you emerge out a narrow canyon, you may actually enjoy under a wide waterfall just before Dharmasala. Evening dinner and overnight in Dharmasala.

Trek to Meta (3520m) Walk approx 2 hours

You start out trek to Meta from Dharmashala. You will climb out of the gorges to the small Buddhist settlement at Meta. Today after breakfast you will leave Dharmasala and start your another trek to Meta. The trail is carved into the narrow and steep sided walls of the Nar Phu Khola, climbing through pine forest. The trail breaks into a huge expanse, surrounded by the snow capped peaks of Pisang and Kang Guru. If you have time you can go to explore the remains of abandoned settlement where Tibetan refugees lived for a short time following the Chinese occupation of Tibet. Overnight in Meta.

Trek to Nar (4100m). Walk approx 3 - 4 hours

Another classic Himalayan trekking day, You will head to Nar from Meta today where you will visit superb views of huge peaks that stretch north towards Tibet, as you trek down to the old bridge spanning a deep, contoured and narrow gorge. It's a good thing the scenery is so stunning. The village of the Nar is the largest in the region where the villagers eke out the living trading and tending their barley field. You will visit monastery on that location.

Acclimatize at Nar (4100m) and explore around

At Nar you will explore the impressive gorge country. This day is a rest day. Make fit yourself for the further journey. This day is for acclimatization. Physiologically prepare yourself for adaptation to changes in climate or environment. Alternatives for the day is if you want to visit, you can explore Nar Phu Valley, to visit some of Gompas, climb the prayer-flag festooned hill above Nar for wonderful views, or sit at your lovely guest house overlooking the whole scene in the sun.

Trek to Kang La pass(4460m). Walk approx. 6-7 Hours

Today is adventurous day with long day hike so we get up early in the morning and head to Kang La pass. From pass you can see the Annapurna massif. You will ascend through Nar Valley and reach to Kang La pass crossing a series of alpine meadows where you will explore the high ridges in the vicinity that afford an almost 360 degree mountain panorama including Chulu East at the head of the valley. Overnight in Kang La Pass.

Cross Kang La (5100m) to Ngawal (3600m). Walk approx 5-6 hrs

You will set off early, as today is a long but spectacular day, a reak highlight of the trip. From Kang La Pass you make the ascent over the Kang La the trek's highest point. The view are phenomenal and from the pass you

can see far across the entire Annapurna range, with a stunning view of Annapurna II and Tilicho peak and beyond. It is a steep descend, which is mainly straight forward with sections of scree slopes that will need to be navigated. From here it's all the way down until you reach Ngawal. Stay in Ngawal for overnight.

Trek to Braga (3450m) & Manang (3540m). Walk approx 3 hrs

Today trek from Ngawal to Manang is little bit short than other day trek. The trail pass through leveled path along the bank of the Marsyangdi river to reach Manang. On the way to Manang you can explore the pine forests, and also the Braga village where you can interact with local people about their daily lifestyle and farming terraces. You can enjoy the majestic views of the Annapurna range, Tilicho Mountain and beautiful landscapes. Stay overnight in Manang

Trek to Siri Kharka (4000m), walk approx 6 hrs

Today's path is little up and little down, you will trek through Manang heading the western gates. You will cross the river and continue walking on the southern side through coniferous forest. After reaching Kangsar village you need to walk further up to towards Siri Kharka and pass a Monastery on the way. Then you can see the spectacular views of Gungang Himal and Mt. Chulu when you walk uphill. After a short walk you will reach Siri Kharka. Overnight in Siri kharka.

Trek to Tilicho base (4100m). Walk approx 3-4 hrs

After breakfast you will be trekking to the tilicho base camp through the small villages by crossing the Jomsom. The trail goes through the middle of the landslide area whereby you can see impressive rock formations along the trail. Beside that you can visit the wonderful village Khangsar and communicate with the local village peoples and about their cultures. Then after you can enjoy the natural beauty rivers and lake which are truly magical. Camp in river bank.

Trek to Tilicho Lake (4900m)

Today after breakfast our tour guide will take you to visit Tilicho lake. On the way you enjoy yaks and deer grazing above and below the trail. On the other side is Tilicho Lake, a large spectacularly set lake nestled at the foot of the north face of Tilicho Peak. The lake was referred to by the leader of the French expedition team as 'The Great Ice Lake'. The Lake also holds an important place for the Hindus as this sacred lake features in one of the holiest texts of the Hindus, The Ramayan.

Traverse Mesokantu La (5025m) to kharka camp (3600m) Walk approx 5 hrs

It's a tough stage at first involving a 300m ascent to a ridge high above the lake. The traverse includes a couple of ridge crossing before a short steep ascend to the Mesokanto La. From the pass anticipate views that stretch back to the lake as well as views to the Nilgiri peaks and Dhaulagiri on the far side of the Kali Gandaki Gorge. From the Mesokanto La there is a steep sometimes under snow – descent to camp at 4440m. Alternatively you might continue for a further hour to a lower camp at 4000m. From these vantage points you gain an eagle's view to the village of Marpha way down in the Kali Gandaki Gorge.

To Jomsom (2670m) Walk approx 5 hours

A long ridge descent that leads gradually down to the Kali Gandaki River and the village of Jomsom. You pass through the pretty village then cross through an extensive network of terraced fields to reach the valley bottom, Jomsom. On arriving you will stay in a comfortable lodge close to the airport. Overnight in Jomsom.

Fly from Jomsom to Pokhara and continue to Kathmandu

Today you board the early morning flight to Pokhara savoring magnificent views of the Annapurna and Dhaulagiri ranges. On arrival at Pokhara airport you will have transport on standby to take you into the town. Here you can wander the markets and the lakeside for a couple of hours before returning to the airport for the onward flight to Kathmandu. On arrival transfer you to your hotel.

Final departure

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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