

# Detail Itinerary

Nar Phu with Mesokanto Pass brings you medieval villages across narrow gorges and altitude challenges. Nar Phu and Tilicho Lake with Kang La (5320m) and Mesokanto Pass (5120m) are one of the most adventurous treks in Annapurna Himalaya. We, Nepal Kailash Trekking designed a trekking tour package by given named Nar Phu and Tilicho Lake for adventurous trekkers. Nar and Phu are two different hidden villages from just beside of the highway trekking route of the most popular Nepal trek Annapurna Circuit. The main income is agriculture and yak herding of these villagers. Now a day's slow increasing tourism in the Nar Phu Valley as well, which is still not enough. This is why Nar Phu valley called the lost valley of Nepal. Nar Phu Valley is the Tibetan group settlement in the region and traditionally made stone walled houses. During the trek, Phu (4070m) village comes first then Nar (4180m).

Trekking to Nar Phu Valley requires a special permit with minimum two members. The special permit fee is USD 90 per person per week during the months of September to November and December to August USD 75 per person per week. You need another ACAP and TIMS permit too. TIMS is not compulsory who buy special permits but it is a kind of insurance of the trekking staffs. Nar Phu Tilicho Lake with Mesokanto pass needs highly experienced trekking guide and supporters. Why does it need? Because of two high potential passes of Annapurna Himalaya where needs technically used rope for Mesokanto pass and sleep at high elevations. It also needs to carry an own sleeping tent for the nights of Tilicho Lake camp (before and after Mesokanto La (5120m) and can be needed for Kang La Phedi camp (approx 4300m) in the case you cannot walk a long distance from Nar to Ngawal via Kang La (5320m). It takes normally 8 to 9 plus hours from Nar to Ngawal. At the Kang La Phedi, keeps opening a tea house in Nepal Trekking Seasons for food. Nar Phu and Tilicho Lake Trek are one of the Himalayan rain shadow trekking regions in Nepal. The route of Tilicho Lake with Mesokanto Pass (5120m) via Nar Phu Valley offers brilliant Himalayan views and picturesque landscape which definitely non-forgettable memories of your lifetime.

## Trip Facts

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## Cost Includes

- ü All ground transports by private vehicle as per itinerary required
- ü Kathmandu and Pokhara accommodation in 3 star or similar one inclusive breakfast as per itinerary
- ü All entry fees as per itinerary like Nar Phu special permit, Annapurna Conservation Area Protection fee (ACAP), Trekker's Information Management System
- ü Three-time meals including Lunch, Dinner, and breakfast during the trek with tea/coffee at available tea shop/lodge and camp/tented at Kang La Phedi, Tilicho Lake Camp, and Nam Phung

## Caves

- ü An English speaking highly experienced friendly and helpful trekking guide
- ü One porter for two-member
- ü Guide salary/food/accommodation/insurance and required transports
- ü Porter salary/food/accommodation/insurance and required transports
- ü Rain protection duffel bag for luggage
- ü Jomsom-Pokhara airfare and airport tax + guide
- ü Company guarantee the rescue services if needed; please hand over your insurance policy copy to us
  
- ü Government taxes and office service charge

## **Cost Excludes**

- International airfare
- A Nepal visa fee, which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Meals in Kathmandu and Pokhara
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Extra cost of natural disaster
- Kathmandu sightseeing {it will be extra because we should arrange according to your staying in Nepal}
- Any other expenses which are not mentioned in the cost include
  
- Tips to staffs