

Detailed Itinerary

Trip Name: [14 days] Nar Phu Trek Wellness Tour (2021)

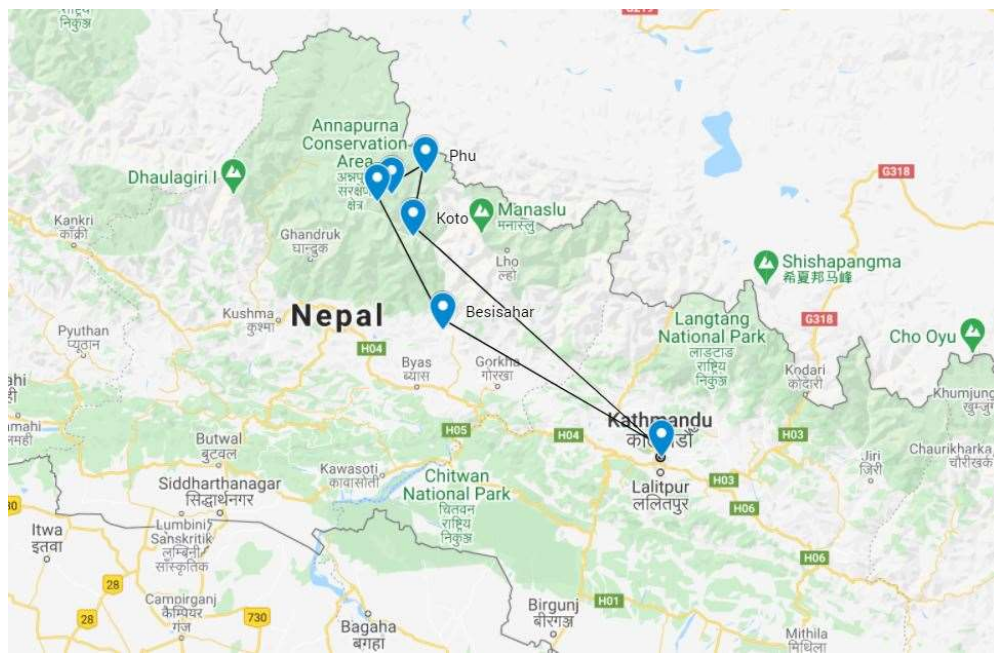
GENERAL

Dates: Variable. Choose a start date on a Sunday between March and June, or between October and December.

If you've wanted to trek through a carefully protected and preserved part of the Annapurna range and truly get off the beaten path in West Nepal, come join us for this exclusive trek through an area only accessible by special permit to authorized agencies.

Main Stops:

Kathmandu – Koto – Dharamshala – Chyaku or Kyang – Phu – Nar – Kangla Phedi – Ngawal – Besisahar



About the Tour:

This will be an authentic, small group trekking tour in a less-trafficked area of West Nepal. Our knowledgeable guides will take you off the beaten path and focus on wellness and safety to give you a transformational travel experience. This is a “mobile glamping” trek – porters and/or pack animals will carry gear and food (and cook nutritious meals for you). You only need to carry daily necessities. We pride ourselves on sustainable, ethical, “leave no trace” travel. Come experience the more untouched side of Nepal!

DAY BY DAY ITINERARY



Day 01: Kathmandu

- Arrive in Kathmandu, transfer to hotel, and have a welcome dinner

Accommodation: Hotel

Included meals: Dinner

Day 02: Kathmandu

- Half-day guided sightseeing tour – walking tour of Asan market (an old spice market), seeing Monkey Temple, and the Palace Square (a UNESCO World Heritage Site)
- Trek briefing—overnight Kathmandu.

Accommodation: Hotel

Included meals: Breakfast

Day 03: Koto

- Drive to Koto (elevation: 2,600m), approx. 10+ hours along a very scenic route, in a chartered Jeep (non-airconditioned).
- Part of the drive will be on paved black top road, some will be on unpaved, rough road. It will be an adventure!
- We will stop for lunch and then transfer to local Jeeps.

Accommodation: Lodge

Included meals: Breakfast, Lunch Dinner



Day 04: Dharamshala

- Trek begins
- Trek to Dharamshala (elevation: 3,550m). 6-7 hours.

Accommodation: Camp (Tents are 3 person tents, but we'll only have 2 guests in each tent. Solo travelers will be paired with somebody of the same gender or be by themselves if we have an odd number of guests.)

Included meals: Breakfast, Lunch Dinner

Day 05: Chyaku or Kyang

- Trek to Chyaku or Kyang (elevation: 3,750m) 3-4 hours.

Accommodation: Camp

Included meals: Breakfast, Lunch Dinner

Day 06: Phu

- Trek to Phu (elevation: 4,240m). 4 hours.

Accommodation: Camp

Included meals: Breakfast, Lunch Dinner

**Day 07: Phu**

- Rest day (no trekking)
- Acclimatize to the altitude. You may visit local villages, see viewpoints, do laundry, etc.

Accommodation: Camp

Included meals: Breakfast, Lunch Dinner

Day 08: Nar Phedi

- Trek to Nar Phedi (elevation: 3,500m). 7-8 hours.

Accommodation: Camp

Included meals: Breakfast, Lunch Dinner

Day 09: Nar

- Trek to Nar (elevation: 4,100m). 3-4 hours.

Accommodation: Camp

Included meals: Breakfast, Lunch Dinner



Day 10: Kangla Phedi

- Trek to Kangla Phedi (elevation: 4,500m). 3 hours.
- This will be the evening when your meals will be provided in your tent as the teahouse here is smoky, it will be one evening of inconvenience.

Accommodation: Camp

Included meals: Breakfast, Lunch Dinner

Day 11: Ngawal

- Trek to Ngawal (elevation: 3,660m) via Kangla Pass (elevation: 5,320m). 9-10 hours.
- Trek ends

Accommodation: Lodge

Included meals: Breakfast, Lunch Dinner

Day 12: Besisahar

- Drive 9-10 hours to Besisahar in a local Jeep (non-airconditioned).
- We will stop for lunch.
- This is a scenic route, but it will be a rough, unpaved road. This will be an adventure!

Accommodation: Hotel

Included meals: Breakfast, Lunch Dinner



Day 13: Kathmandu

- Drive to Kathmandu. 5 hours.
- This drive is on a paved road in either an air-conditioned private vehicle or a non-airconditioned bus (depending on group size)
- We will stop for lunch.
- Arrival time to Kathmandu depends on traffic, weather, etc. If all goes smoothly, we should arrive in the early afternoon (2-3 PM) which will leave free time to explore.

Accommodation: Hotel

Included meals: Breakfast

Day 14: Kathmandu

- Departure day from Kathmandu



PRICING

Tour cost:

- \$2300 USD per person for the small-group trek
- \$3450 USD per person for a private trek (requires a minimum of 4 people to book)

***BOOK WITH CONFIDENCE:** To reserve your spot on a tour, a \$500 deposit will be required. However, you can book with complete peace of mind as this deposit will be 100% refundable until 3 months prior to the trip start date.

*Cancellation Policy:

Cancellation will take effect only after the receipt of a written confirmation and cancellation fees will apply as follows:

- **More than 90 days before departure** – fully refundable
- **More than 60 days before departure** – we'll refund you the tour cost minus the deposit
- **Between 60-30 days before departure** - we'll refund you 50% of tour cost
- **Within 30 days of departure date** - no refund is possible

We will not be responsible for / compensate if:

- The tour is canceled due to natural calamities or political unrest.
- You choose to leave the tour/trek after it has started, be it of your own will or due to ill health or medical emergency. A cover letter will be provided to help facilitate your claim through your insurance company.

If minimum numbers to operate a tour are not reached, we reserve the right to cancel the trip and advise you of this no later than 28 days before departure. We will refund all payments made to us but will not be liable for any claims made by you or for additional costs incurred by you.

INCLUSIONS

- **Accommodation:** All accommodation
 - Boutique hotel in Kathmandu (Days 1, 2, 13)
 - Lodge (Days 3, 11)
 - Camping tents during the trek (Days 4-10). *(Tents are 3 person tents, but we'll only have 2 guests in each tent. Solo travelers will be paired with somebody of the same gender or be by themselves if we have an odd number of guests.)*
 - Hotel in Besisahar (Day 12)
- **Meals:**
 - Breakfast at hotel in Kathmandu
 - Breakfast, Lunch, Dinner throughout trek (Days 4-10) – all healthy and nutritious to support physical wellness on the trail
 - Filtered and alkalized water throughout the trip while we're outside of Kathmandu (Days 3-12). Our method doesn't create any extra plastic bottle waste. Please bring your own reusable water bottle.
- **Transportation:**
 - All airport transfers
 - Sightseeing in Kathmandu on Day 2
 - Chartered jeep to Koto on Day 3
 - Private vehicle to Besisahar on Day 12 and to Kathmandu on Day 13
- **Permits, Fees, Guides:**
 - Expert trek leader
 - One assistant guide per 4 trekkers
- **Other:**
 - All sightseeing mentioned
 - Trekking chef and chef's assistants
 - Porters to carry all camping gear, food, and equipment
 - Toilet tent (like a screen that gives you privacy)

EXCLUSIONS

- **Meals:**
 - Any meals not mentioned as covered above & in Detailed Itinerary, specifically, Lunch & Dinner in Kathmandu on Days 2 & 13; no meals on departure day.
 - Bottled drinks
- **Transportation:** Flights to/from Nepal
- **Permits, Fees, Guides:** Passport/visa fees
- **Other:**
 - Tips
 - Any activities not mentioned in Detailed Itinerary
 - Travel insurance (mandatory)