

# NAR PHU TILICHO TREK

18 Sept. - 11 Oct. 2024



## DATES

## STATS

## COST

18 September - 11 October  
2024

Annapurna Region

US \$ 3950,-

4 nights Hotel in Kathmandu/ Phokara  
20 nights on trek  
some teahouses - mostly tents

Highest points:  
Kang La Pass 5306m &  
Mesokanto La Pass 5121m

Group size: 4 min. -12 max.

**CONTACT US:**

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## YOUR GUIDE

### SATISH MAN PATI

Satish is the owner and lead guide of Nireka Adventures. He has been guiding in the Himalayas and beyond for over 30 years and has summited Mount Everest (8848m), Lhotse (8516m), Cho Oyu (8201m), Manaslu (8163m), Mount Denali (6190m) in Alaska, Mt. Kilimanjaro (5895m) in Tanzania, Aconcagua (6961m) in Argentina and many more....

He is a true adventurer and loves sharing his passion for the mountains with others – no matter if it is trekking or high altitude mountaineering. He runs his company, Nireka Adventures, from the heart, with a deep care for people, clients and staff alike.





## Overview

We will trek into the rugged heart of the Annapurna range and explore the remote Nar Phu region and cross the Kang La (5306m), camp at Tilicho Lake (4900m), the highest lake for its size in the world. From here we will cross the Mesokanto La for sweeping views to Nilgiri and Dhaulagiri peaks.

With two remote passes, a high altitude lake and impressive views of some of the world's highest mountains. We ascend through the lower portion of the Annapurna region before turning into a secluded and rugged valley towards the villages of Nar and Phu. Well off the beaten path, we are rewarded with magnificent campsites, secluded villages and an awesome backdrop of peaks. After crossing the Kang La we enter the heart of the Annapurnas, camping alongside Tilicho Lake before crossing Mesokanto La. Rugged, adventurous and rewarding, this is Himalayan trekking at its absolute finest.

You will enjoy a fully supported camping based trek (with few exceptions of tea house stays where camping is not feasible), with three hearty meals prepared daily by our cooks. Wonder at the majesty of the highest mountain range on earth during flights from Jomson to Pokhara & Kathmandu. Immerse yourself in Kathmandu and visit sites such as Pashupatinath shrines and the giant Buddhist stupa at Boudha.



## What's included

- Hotels in Kathmandu will be available in twin sharing basis with Breakfast
- All domestic flights & airport transfer
- All internal transport by private bus or jeep
- English speaking local guide
- Accommodation on a twin shares basis in lodge/tea house and tents during treks. On some treks single tents can be made available at no extra cost – please inquire.
- Porters to carry all personal & group equipment
- Staff Insurance
- Emergency First-Aid Kit
- All park entrance fees and trekking permits
- Gear Package; Kitbag, sleeping bags and liner and down jackets during trekking
- Sightseeing in an around Kathmandu with guide, entrance fees

## What's NOT included

- Lunch and Dinner while in the city (Kathmandu, Pokhara, etc.)
- Staffs Tips (minim. 15,- US \$ per day)
- Visa Fee
- Bottled water, aerated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Personal Insurance for trekking gear, medicine, etc
- Travel Insurance. It is important to have an insurance coverage along with helicopter evacuation.
- Any extra cost incurred in case of delay or cancellation of flight, any political turmoil, natural disaster, pandemic
- Entrance fee for visiting monastery, etc during trekking
- All international flight tickets