Detail Itinerary

Overview of the Annapurna Wilderness and Hidden Valleys

The Nar Phu with Mesokanto Pass trek takes adventurers through medieval villages, narrow gorges, and high-altitude challenges in the Annapurna Himalaya. This extraordinary route combines Nar Phu and Tilicho Lake with the crossing of two major passes: Kang La (5,320m) and Mesokanto Pass (5,120m). Situated just off the main Annapurna Circuit trail, Nar and Phu are hidden, traditional Tibetan settlements where the primary livelihoods are agriculture and yak herding. Often called the "lost valley of Nepal," the region features unique stone-walled houses, with Phu (4,070m) reached first followed by Nar (4,180m), and while tourism is slowly increasing, it remains wonderfully remote and untouched.

Permits, Requirements, and Expedition Guidelines

Trekking through the Nar Phu Valley requires a special restricted area permit for a minimum of two members. The special permit fee is USD 90 per person per week from September to November, and USD 75 per person per week from December to August. Trekkers also require an ACAP permit and TIMS card (which serves as staff insurance). Because this route involves crossing two challenging high passes requiring technical rope usage for Mesokanto Pass and high-elevation camping, it demands experienced guides and support staff. Additionally, groups must carry personal sleeping tents for camping near Tilicho Lake (before and after Mesokanto La at 5,120m) and potentially at Kang La Phedi (approx. 4,300m) if unable to complete the 8 to 9+ hour trek from Nar to Ngawal across Kang La in a single day, though seasonal teahouses operate at Kang La Phedi for meals. Lying within the Himalayan rain shadow, this route offers brilliant views and unforgettable lifelong memories.

Trip Facts

Detail Itinerary

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