Detail Itinerary

Overview of the Remote Damodar Himal Expedition

The Teri La Pass Trekking route is located close to the Tibetan border within the remote Damodar Himal range, bridging the isolated regions of Mustang and Nar. The trail showcases an extraordinary wilderness landscape featuring red rock walls, colorful canyons, and striking erosion structures. Adventurers traverse the challenging Teri La Pass at an altitude of 5,590m, descending into the hidden Nar Phu valley and the culturally rich village of Phu, where ancient villages and monasteries remain untouched by the modern world.

Formerly restricted, the region was opened to trekking in 1992, though special restricted area permits and individual consent from the Department of Immigration are still required to safeguard the environment. While the route offers a glimpse into authentic Tibetan-Buddhist culture, historic castles, palaces, and ancient settlements near Lo Manthang, it is a demanding high-altitude expedition that requires prior trekking experience and strong physical fitness.

Essential Gear and Preparation Guidelines

Due to the remote and challenging nature of this high-altitude route, Nepal Kailash Trekking strongly recommends undertaking the trek between May and September, or early October. Trekkers should adequately prepare with the following equipment and safety measures:

- **Experienced Crew:** Hire an experienced guide and supporting staff.
- **Technical Gear:** Bring an ice axe and approximately 50 meters of climbing rope.
- **Navigation & Communication:** Carry a detailed, high-quality map, a GPS device, and a satellite phone.
- **Personal Equipment:** Use good sunglasses, a reliable headlamp, durable trekking poles, and waterproof/windproof climbing boots paired with at least 5 pairs of socks.

Trip Facts

- Trip Duration: 30 days
- Trek Duration: 24
- Trip Code: 007
- Primary Activity: Trekking/climbing
- Secondary Activity: City sightseeing
- Max. Group Size: 10
- Min. Group Size: 2
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Hard
- Max. Height: 5590m
- Accommodation: Lodge/tent
- Season: May - Oct
- Other Info:

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Cost Includes

- All ground transports by private vehicle as per itinerary required

- Kathmandu and Pokhara accommodation inclusive breakfast as per itinerary

- All entry fees as per itinerary – Upper Mustang special permit per head US $ 500 for the first 10 days, then after 10 days US $ 50 per head per day, ACAP fee 2000 per head and required monasteries entrance fee {bring 2 copies passport size picture}

- Pokhara-Jomsom-Pokhara round trip airfare and airport tax + Guide

- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee

- An English speaking highly experienced friendly and helpful trekking guide

- One porter for two members for lodge trekking and required porters for camping

- An experienced trekking cook from Day 14 to Day 27 and his salary/food/accommodation/insurance

- Guide salary/food/accommodation/insurance and required transports

- Porters salary/food/accommodation/insurance and required transports

- Tent, mattress, chair, table and cooking utensils during camping trek and transports

- Rain protection duffel bag for luggage

- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us

- Government taxes and office service charge

Cost Excludes

- International airfare

- 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}

- Pokhara staying on flight cancelation due to bad weather

- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking

- Hot shower except Jomsom

- 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

- Horse riding along the trek

- Horse or jeep to Chhoser cave or border { talk to guide because the rate gets better on locally discussion}

- Extra cost on natural disaster

- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}

- Any other expenses which is not mentioned in the cost include

- Tips to staffs