



Overview

The Nar Phu, Tilicho, and Thorong La Trek is an extraordinary journey through some of the most remote and diverse landscapes of the Annapurna region. It begins with an exploration of the hidden valleys of Nar and Phu, where medieval Tibetan culture, ancient monasteries, and dramatic rock formations create a feeling of timelessness. Trekkers experience authentic high-Himalayan villages, yak pastures, and rugged canyons far from the busy main trails.

From Nar and Phu, the trail reconnects with the Annapurna Circuit route, gradually leading towards the turquoise Tilicho Lake, one of the world's highest alpine lakes at 4,919 m. The visit to Tilicho Base Camp and the lake itself is a highlight, surrounded by towering peaks like Tilicho, Nilgiri, and Annapurna ranges.

The trek culminates with the crossing of the legendary Thorong La Pass (5,416 m), the highest point of the Annapurna Circuit. The pass rewards trekkers with breathtaking views over the Annapurna and Dhaulagiri ranges before descending into Mustang's arid landscapes and finally reaching the pilgrimage town of Muktinath.

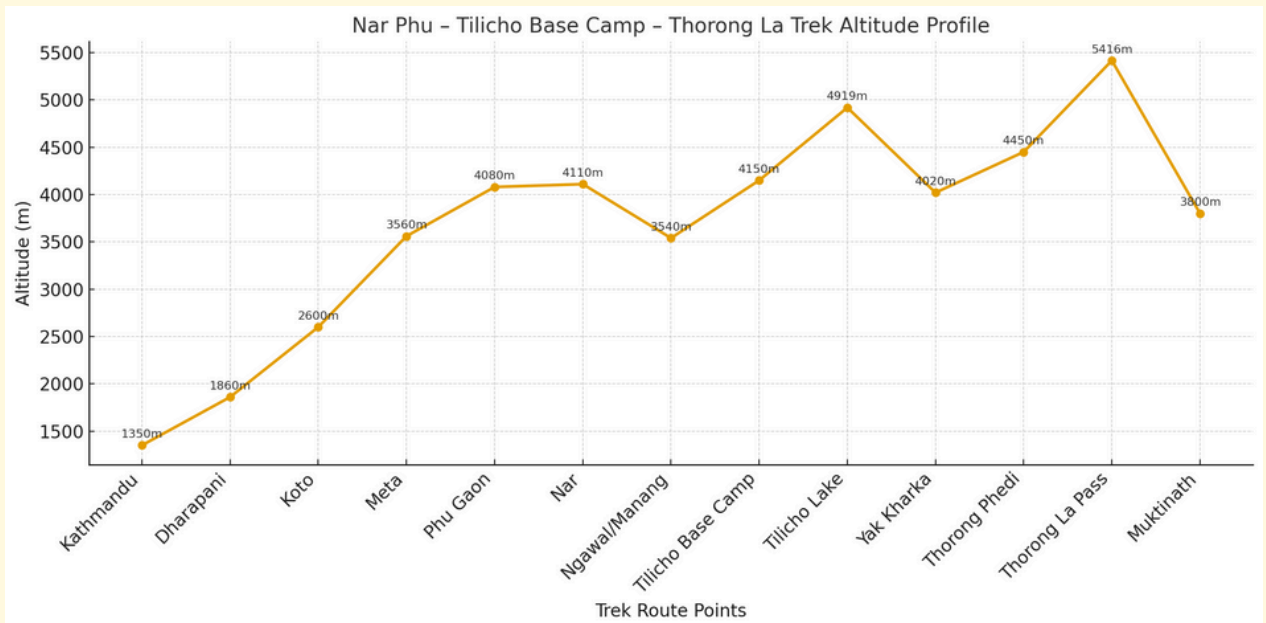
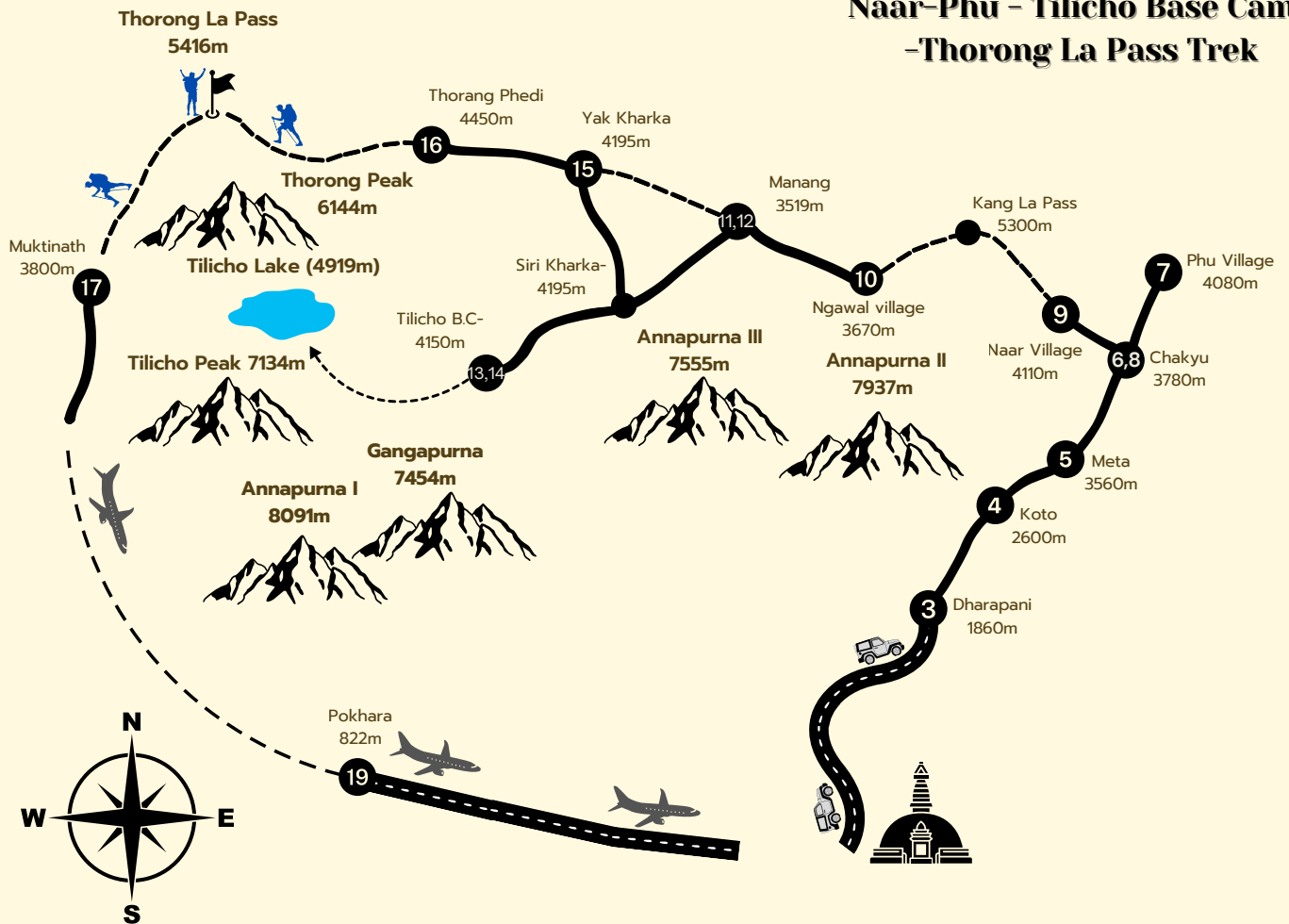
This combination trek offers everything: remote cultural exploration, high alpine adventures, sacred sites, and some of the most stunning mountain panoramas in Nepal—making it a perfect blend for trekkers seeking both cultural immersion and Himalayan challenge.

Difficulty: Strenuous Trek

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Naar-Phu - Tilicho Base Camp -Thorong La Pass Trek



Day 1: Arrival in the Kathmandu

After the group's arrival at Tribhuvan International Airport in Kathmandu, our office representative will warmly receive the guests and transfer them to the hotel. Depending on the arrival time, a short walk around the Kathmandu Valley near from the hotel will be arranged to help guests relax and begin to experience the local culture and surroundings.



1.5 hrs

Day 2 : Patan

Enjoy a cultural day hike through the traditional Newar villages of Bungamati and Khokana, known for their rich heritage, ancient temples, and timeless lifestyle. Walk along rural landscapes before heading toward the historic city of Patan, famed for its exquisite architecture and vibrant Durbar Square. This easy hike offers a perfect blend of culture, and history.

A City guide will accompany the group, sharing insights into the local traditions and craftsmanship along the way.



2-3 hrs



3-4 hrs

Day 3 : Kathmandu to Dharapani

After breakfast in your hotel first day journey start from Kathmandu to Besisahar by private vehicle driving about 175 km via Prithivi high way. Besisahar to Dharapani 1860-meter is about 43 km drive throw off road. Kathmandu to dharapani is about 218 km takes almost 8-9 hour's drive.



8 - 9 hrs

Day 4 : Dharapani to Koto (2600 m)

The first day of the Nar-Phu trek begins from Dharapani, following the Marsyangdi River Valley and passing through the villages of Danakyu, Timang, Thanchok, and Koto. The trail from Dharapani to Timang climbs steadily, with some steep sections before reaching the village. Timang (2,750 m) makes an excellent stop for tea, coffee, or even lunch depending on the time. From Timang, the route becomes gentler, following a motor road that gradually leads to Koto (2,600 m)—the gateway to Nar-Phu. The trek takes around 6–7 hours, covering roughly 14 km with an ascent of about 850 meters..



Day 5 :Koto to Metha (3560 m)

At Koto, trekkers must first present their special Nar-Phu trekking permit at the police check post before starting the journey. From here, the trail crosses the Marsyangdi River and continues along the Nar Khola, which you follow for most of the day, crossing it only once. The trek from Koto to Meta is about 16 km, with a steady and occasionally steep ascent of roughly 960 meters, taking around 6–7 hours. Meta (3,560 m) is beautifully set on a ridge, offering the first real glimpse of the remote Nar-Phu region.



Day 6 :Meta to Chyaku (3780 m)

The trek from Meta to Chyaku is a relatively short and gentle day, taking around 4–5 hours. The trail ascends gradually by about 220 meters over a distance of roughly 8–9 km, and the hike is usually completed before lunch. In the afternoon, you can enjoy a short walk around the area or simply relax. Chyaku (3,780 m) offers a peaceful stop surrounded by beautiful high-altitude landscapes.



Day 7 : Chyaku to Phu village (4080 m)

The trek from Chyaku to Phu Village covers about 8–9 km and is considered an easier, shorter day, usually taking around 4 hours. At 4,080 m, Phu is the last settlement of the Nar-Phu Valley. This ancient and culturally rich village is truly unique, offering stone-built houses, monasteries, and a fascinating glimpse into traditional high-Himalayan life. You'll have the afternoon free to explore its narrow alleys, visit monasteries, or simply enjoy the remote atmosphere.



Day 8 : Phu village to Chyaku

The return trek from Phu Village to Chyaku is an easy and short day, often allowing for a relaxed late-morning start. Following the same trail back, it takes only a few hours of gentle descent to reach Chyaku, making it one of the lightest days of the journey.



12 km



7 hrs



Minimal



900 m

Day 9: Chyaku to Naar village

Trek through alpine pastures and gentle ridges to reach Nar, another traditional stone-built village rich in culture. Spend the evening exploring its monasteries and village life.



13 km



7-8 hrs



500 -600 m



Minimal

Day 10 : Naar village - Kang la pass 5306 m - Ngawal village

Today is a crucial and exciting day as we cross the Kang La Pass (5,306 m) and make our way toward the Manang Valley. Please be prepared early in the morning at the designated time, carrying all essential gear, some energy bars or chocolate, and enough water. After a hearty breakfast, we will begin our trek.

The route from Naar Village to Ngawal Village via Kang La Pass spans approximately 15 km, with an ascent of 1,196 meters and a descent of 1,536 meters. The trek will take around 8–10 hours, depending on your pace.



15 km



8 - 10 hrs



1200 m



1536 m

Day 11 : Ngawal village to Manang village (3540 m)

The trek from Ngawal Village to Manang takes approximately 3–4 hours and is a relatively easy walk, descending around 150 meters over a distance of 9 km. Manang is a sizable village offering charming cafés and comfortable hotels, perfect for a leisurely afternoon exploration. Situated at 3,540 meters above sea level, Manang is an important stop along the Annapurna Circuit Trail.



9 km



4 hrs



Minimal



150 m

Day 12 :Acclimatization Day/ Rest day

Manang is primarily for acclimatization, allowing your body to adjust to the high altitude. However, there are still opportunities for short excursions around the village. A morning hike to Chongkor Viewpoint or Gangapurna Glacier Lake is ideal, as the weather is usually clear and offers spectacular views. In the afternoon, you can visit the local clinic to attend a talk about Acute Mountain Sickness (AMS) and learn tips for staying safe at higher elevations.

Day 13 : Manang to Tilicho Base Camp 4150 m

Trek starts after breakfast in your lodge at manang then walking above 3500-meter until we cross thorong la pass for few nights including Tilicho Base camp 4150-meter. The trek from Manang to shree kharka is mostly gradual uphill passing khangsar village. After lunch break at shree kharka the trail goes some up and down crossing some dry landslide area. Those area is always risk of rock falling down. You just walk in a bit distance each other and keep watch up while you are crossing landslide part. Manang to tilicho base camp is about 15km faraway and it takes 6-7 hours ascending 600 meters. Stay warm and hydrated, eat and drink properly.



Day 14 :Tilicho Base Camp – Tilicho Lake – Shree Kharka

Wake up early and be ready at mentioned time to start your hike to tilicho Lake 4919 meters about 6 km far away from Tilicho Base camp to Tilicho lake. It is almost 775 meters ascending takes 3-4 hours. After some time in tilicho lake you back same way down to Tilicho Base camp for some hot lunch then walk back to shree kharka for another 1-2 hours. today will be long day trek with breathtaking views.



Day 15 : Shree Kharka to Yak Kharka 4020 m

Take a hot breakfast and start your trek to Yak Kharka 4020-meter to join in Annapurna circuit trail. Trek from shree kharka to yak kharka is some uphill, downhill and some easy flat takes 5-6 hours and total distance is about 14km. you will enjoy the beautiful view of Annapurna range, tilicho peak, manang valley, chulu peaks range and other views.



Day 16 : Yak Kharka to Phedi 4430 m

Yak Kharka to Phedi 4430-meter is just 7km you can finish before lunch normally takes 4-5 hours. When you reach phedi take any hot drinks as you like, eat a lunch properly, stay warm and hydrated. You can have a good rest in the afternoon but don't go for deep sleep during the day.



Day 17 : Phedi – Thorong La Pass - Muktinath

Today is the big day to cross Thorong-La Pass, 5416 meters and descending all the way down to Mukthinath 3802 meters. So, wake up early morning on mentioned time with all necessary equipment and make sure to carry some dry food/chocolate bar, enough water. Take some hot breakfast before you leave lodge and start your trek as soon as possible to reach top on time before worse windy and cloudy. It is almost 1000 meters ascent from thorong phedi to thorong la pass and more than 1600 meters descent from thorong la pass to muktinath. The total distance from thorong phedi to muktinath is 15 km. this big day might need 7-10 hours. Muktinath is very important scared place for both Hindu and Buddhist and also popular for tourist as well. You can visit muktinath temple on the way down or tomorrow early morning if you have enough time before start your trek.



Day 18: Drive Mukthinath to Jomsom and flight to Pokhara

There is jeep, bus service from Mukthinath to Jomsom 2760 meters if you feel tired and boring to walk last day trek to Jomsom. You might need to pay yourself for this option service if you use. Mukthinath to jomsom is 21 km descending almost 1100 meters which normally takes 4-6 hours walking throw kali Gandaki river valley. It is your last day of Annapurna circuit trek with your Guide and porter. So, if you want you can offer them dinner and good celebration.

After we reach to Pokhara, it will be a rest day in PKR.

Day 19: Flight to Kathmandu

The drive from Pokhara to Kathmandu takes around 7–9 hours, covering approximately 200 km via the Prithvi Highway. The journey winds through scenic hills, river valleys, terraced fields, and small towns. Travelers pass notable spots like Mugling and the Trishuli River. Road conditions can vary, with occasional traffic or landslides during monsoon. Though long, the drive offers beautiful views of rural Nepal, making it a scenic and culturally rich overland experience between the country's two major cities.

Day 20: Departure Day.

Depending upon the flight schedule we plan the day today.

Accommodation



Hotel Thamel Park in kathmandu : 3 STAR HOTEL / Similar standards hotels



Hotel Shaara in Pokhara : 4 STAR HOTEL // Similar standards hotels

Rooms during the Trek



During the Narphu, Tilicho and Thorong La Pass trek, tea houses offer basic yet cozy accommodation with twin-sharing rooms, simple bedding, and shared bathrooms. Meals are hearty, featuring Nepali and international dishes. Facilities vary with altitude—lower regions have more amenities, while higher areas are simpler. Tea houses provide a warm, friendly atmosphere, often with communal dining areas and stunning mountain views, making them perfect for rest and cultural exchange along the journey.

Transportation



For: 10 Pax , All road transfers between towns and trekking starting points are provided in air-conditioned vehicles, ensuring a comfortable and cool journey throughout the trip.



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Food:

We will discover delicious Nepali vegetarian food, Asian (Chinese and Indian) and Continental (European) cuisines.



Packing list for Mardi Himal trek and Annapurna Base Camp Trek:

Pokhara (827 m) Daytime 22°C – 30°C Night 14°C – 18°C

Weather: Warm, pleasant, and generally clear; occasional pre-monsoon showers possible.

Annapurna Region (1700 – 4400 m) Daytime: 2°C – 22°C Night: -4°C – 12°C

Weather: varies with altitude

Some important hints :

- Scan VISA cards, passports and other critical documents to phone or email for easy access.
- There will be one porter between two trekkers, carrying a maximum of 20 kg (10 kg max. each) in a supplied soft duffel bag(s).
- Please keep packing to a minimum and & lt; 10 kg if possible.
- Each trekker to carry water, jacket, fleece, camera and daily needs in a small back-pack
- Most toilets on trek will be traditional squat toilets, with no toilet paper because local people wash themselves with their left hand and water, then wash their hands really well afterwards. Having some hard soap or hand-sanitiser is obviously a good idea. It's advisable to bring some wet wipes or toilet paper but discard it in the bin or bring the used paper with you in zip lock bags to be polite as throwing it down the hole is not advised.
- If you can't do without technology, think about bringing a camera or phone (with extra storage/batteries), charging cable (and universal plug adapter), power bank (solar optional), and offline trekking map app (Maps.me, Gaia , GPS).
- You cannot drink water from the tap, anywhere in Nepal, not even brush your teeth with it! Bottled water is universally available, but it is not environmental sustainable (think millions of plastic bottles that are not recycled).
- Money exchange are available in kathmandu and Pokhara. So when you arrived in kathmandu you can easily change the USD in NPR.

Clothing and accessories on trek

- Small back pack with thin packliner and rain-cover
- Beanie
- Sun hat
- Balaclava, buff or neck gaiter
- Fleece or wool gloves
- Windproof outer gloves (optional for High Camp)
- socks
- undies
- polyprop/merino long-sleeved
- top and leggings for walking
- polyprop/merino long-sleeved
- top and leggings for sleeping
- polyprop/merino short-sleeved
- top for walking
- lightweight hiking shorts (lower altitude)
- lightweight trekking trousers (evening)
- polar fleece
- down jacket
- waterproof windproof raincoat
- Boots with ankle support (well-worn-in)
- Ultra-lightweight EVA plastic
- sandals (evenings)

Other

- Headlamp with extra batteries
- Sunglasses (snow)
- Notebook & pen
- Reading glasses

Included:

- All meals are included on the whole itinerary (B,L,D)
- All the accomodation as per the itinerary.
- All legal permits to visit the trekking region
- Professional Guide and porter
- All transportation with a Air conditioned vehicle.
- One way domestic flights per the itinerary.
- One duffle bag per person for the trek.
- Sleeping bags but need to return after the trek.
- Company T-shirts.
- 1 Porter : 2 Guests.
- 1 Assistant Guide : 4 guests
- Insurance of our guides and Porters



Duffle bag

Not included:

- Personal expenses.
- Shower in the Treks and not included.
- Wifi and battery charge are not included in trekking trails, So better to have a power banks.
- Not included beverages (Alcoholic and Non alcoholic)
- Tips for staff (guides & drivers)
- International flights
- Personal travel and medical insurance that includes rescue evacuation

Min Pax - Max Pax : 4 Pax - 8 Pax

Preis: 2600 CHF

Extra 350 CHF for Single Supplement room in Kathmandu and Pokhara

Accommodation:

Hotel accommodation in Kathmandu, Pokhara are in the good hotel but during the trekking the it will be a Basic Tea Lodges with all the basic amenities.

No Single rooms will be available in the Trekking Trails.

Note : During our stay in the Trekking we will be staying in the basic Tea House Lodges with the basic amenities.

SAMSARA OUTDOOR

Who are we?

Samsara Outdoor (<https://samsaraoutdoor.com/>) was established in 2016 to focus on exclusive and personalized trekking itineraries within Nepal. We are based in Kathmandu alongside our partner company, Samsara Garden (<https://www.samsara-garden.com/>) a sanctuary of peace in the bustle of our large city. We offer personalized travel and trekking services in Nepal and work with you to personally tailor your holiday and outdoor adventures. Your safety, comfort, and a wonderful time are our primary concerns. We have a team of dedicated and experienced trekking guides, porters, and other partners who will ensure a memorable trip.

Samsara Outdoor is your one-stop company from which you can explore our beautiful country, experiencing culture, local flavor, walks and treks.

SOCIAL RESPONSIBILITY

Our commitment

We are a dedicated team of young and enthusiastic trekkers, and we love our country and are committed to preserving the natural, physical, and culture beauty of our country and its people, for future generations. We want to ensure that, through our work and services, we provide for our staff, their families, the communities that we pass through, and our clients who become our friends. Protecting the environment – a minimal footprint. The spectacular natural environment in Nepal is our primary resource for prosperity, so we do our part by managing waste and disposing of it carefully. We take the utmost care to maintain biodiversity while traveling around in nature, leaving only out footprints.

Guiding and helping those in need

It is our responsibility as humans to assist anyone in need. We support and guide people while traveling and donate through charities to people and places in remote parts of the country. Honest and fair business. We believe in fair and honest business with our staff, partners and clients. I not just about the money in this business; we are genuinely committed to treating all our staff, our business partners, and clients respectfully, and with gratitude.

Supporting economic growth

Along with the benefits that we receive through our services, we contribute to the economic growth of the communities we collaborate with, and in doing so, we contribute to the total income of Nepal. We are always seeking to support and generate employment opportunities through our services, as it is a team business.

Nurturing the next generation

Making a difference one child at a time

SUNITA DREAMING, established Nima and Padam Shrestha, founders of Samsara Outdoor, Kathmandu, is providing a safe home, education and a future for a young Nepalese girl, Sunita Gurung, Pasang Doma Sherpa and Ang Furba .

The goal of SUNITA DREAMING is to support one child at a time, but momentum is gathering towards the establishment of a vocational guidance workshop to provide training for any vulnerable children and young people so that they can look securely towards a strong, safe, and independent future.

At present we are investing into SUNITA DREAMING through a variety of means such as fund-raising and personal donations from our supporters. Five percent of net profit from Samsara Outdoor treks are being invested into this project.



From the Left Angfurba, Pasang and Sunita