

Nar-Phur valley trek

Hidden Valley / explore the nature

High route of annapurnas

Recently opened regions for trekkers, savage villages.

Highlighted information

- This area is a hidden gem for those seeking a unique blend of natural beauty, cultural exploration, and trekking adventure
- Explore the ancient monasteries, traditional houses, and vibrant prayer flags that the landscape of Phu Gaon and Nar Valley.
- Beautiful trail, off the beaten track, allows an in-depth approach to the culture
- A complete change of scenery brought by this trek: dazzling in front of the Himalayas
- The glacial lake Tilicho, the highest lake in the world
- The exceptional view from Khang La pass (5313 m), Tilicho 4920 m

Overview

The Nar-Phu Valley is a remote and stunning region located in the Annapurna Conservation Area in Nepal. It is known for its pristine landscapes, ancient culture, and off-the-beaten-path trekking experience close to the Tibetan border. where traditional Tibetan Buddhist culture thrives. The trek often includes crossing the Kang La Pass (5,320m), which offers breathtaking views and connects the Nar Valley to the Annapurna Circuit. Due to its restricted area status (requiring special permits), Nar-Phu sees fewer trekkers compared to other popular regions in Nepal, preserving its tranquility and authenticity

Important notice

Special Restricted Area Permit (RAP) is required for Nar & Phu Valleys

ACAP (Annapurna Conservation Area Permit) and TIMS card are also mandatory

Trekkers must be accompanied by a registered guide and a minimum group of two for the restricted area

World highest lake Tilicho 4919m. Kang La Pass (5,306 m). Thorongla pass 5416m

From Manang to Tilich Base camp, Exposed to rockfalls – caution required

Itinerary & map

Day1

Arrive Kathmandu 1350m. Transfer to the hotel

Your happy holiday starts in Kathmandu. From airport to hotel transferred included depending on arrival times, you will be able to have a freshen up before briefing with guide in the late afternoon. According to the time, you can walk/drive to Swayambhunath Stupa (Monkey Temple) and from here watch your first Nepali sunset over the Kathmandu Valley, from the oldest stupas in Nepal and is now an important centre for Buddhism. This is one of the most Important world heritage sites of Nepal.

Accommodation: Hotel.

Meals included: breakfast. Excluded: Noon and evening

Day2

Kathmandu - Besi Sahar (760 m) - Dharapani (1860 m)

Early morning departure to Besisahar. This route main highway between Nepal and India, we allow till Mugling. Throughout passing numerous villages we arrive to Besisahar to change the jeeps. After Besisahar, the road then turns into a stony track, a little bumpy but bordered by beautiful landscapes of rice fields and traditional Nepalese villages. A few landslides can sometimes delay us or force us to change vehicles several times; Faced with these little daily adventures, it is wise to follow the example of the Nepalese who maintain a smile and good humor... We finally arrive at the Dharapani. Installation at the lodge.

Accommodation: lodge.

Meals included: morning, noon, and evening.

Transfer: 6-hour drive (Besi Sahar) + 3-hours of road

Day3

Dharapani - Koto (2,620 m)

After the breakfast, The trail climbs steeply to Timang, marking the end of the vast Marsyangdi Gorge, and then gradually levels out as the vegetation changes from dense pine woods to drier hillsides. After Besisahar, Chame, the district headquarters of Manang, is the biggest settlement.

Accommodation: Lodge. Meals included: morning, noon and evening

Elevation gain: 705 m. Elevation loss: 313 m

5 hours of walking.

Day4

Koto - Meta (3560 m)

Starting from here, with minimal morning chill, you go on your quest by heading for Meta. You pass through gorgeous forests, quaint towns, and breathtaking scenery on the trail. a less-visited and more isolated trekking destination in Nepal. Following lunch, the trail traverses steep terrain and tiny valleys before rising to an open plateau with a number of stone cabins.

Elevation gain: 1200 m. Elevation loss: 200 m. 7 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day5

Meta - Kyang (3,840 m)

We depart from Meta's little plateau, which boasts a stunning panorama. The trail winds through an open valley and climbs gradually. As it transitions into a high-altitude, arid desert, the terrain gets more rugged and has fewer trees. Known locally as Kharka, we pass a number of abandoned towns that were once utilized as makeshift shelters by Tibetan yak herders and traders. Rare animals like blue sheep and even snow leopards can be seen in this valley.

Elevation gain: 500 m. Elevation loss: 200 m. 4 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day6

Kyang - Phu (4100 m)

Buddhist chortens and well-carved mani stones, which represent the area's spiritual legacy, will be seen throughout the route. This valley is narrow once more up to the Phu gate before descending into the riverbed. See the Tashi Lhakhang Monastery, a hallowed Buddhist location where Guru Rinpoche (Padmasambhava) is said to have visited.

Elevation gain: 400 m. Elevation loss: 200 m. 3 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day7

Phu –Mahendra Pul (3840 m) (Sartek Thrangu Gomba)

Deep gorges, high-altitude plateaus, and dramatic rock formations, the trail is rugged, with steep ascents and descents. These villages are known as spiritual ambiance and remarkable blend of natural beauty, cultural immersion, and adventure, making it a unique experience you. Embark on a challenging trek from Phu Gaon to Nar, passing through rugged terrain and crossing pristine landscapes.

Elevation gain: 200 m. Elevation loss: 700 m. 4 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day8

Mahendra Pul - Tibetan village of Naar (4200 m)

You start a steep ascent at first and gradually smooth with spectacular views of snow-capped peaks like Kang Guru, and Pisang Peak. Tibetan-style chortens, prayer walls, and mani stones along the trail. Afternoon free day.

Elevation gain: 600 m. Elevation loss: 100 m. 4 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day9

Naar - Khang La Pass (5313 m) - Ngawal (3660 m)

The day starts with early in the mornin g, the path gradually ascent towards the Kangla pass. Gaining more altitude, more you'll be rewarded with unparalleled views of the Himalayan peaks. The pass will be pretty challenging as well steep descent after pass to Ngawal.

Elevation gain: 1250 m. Elevation loss: 1600 m. 10 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day10

Ngawal - Braga Monastery - Manang (3542 m)

The trail offers stunning vistas of the Annapurna range, including Annapurna, as it progressively descends from Ngawal. The trail winds past terraced farms and tiny communities.

Discover a Tibetan-style monastery that dates back 600 years and is situated atop a steep hill. embellished with paintings, statues, and pieces of old art. There are expansive views of the Manang valley and the Annapurna range from the location.

Along the trip, there are stunning views as the scenery changes to a more desert and alpine region.

Ngawal is a lovely community renowned for its tranquil ambiance, stone homes, and traditional culture. Savor the evening by touring the nearby monastery and taking in the Annapurna range's sunset. The most gorgeous day of your journey is today.

Elevation gain: 140 m. Elevation loss: 273 m. 4 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day11

Manang - Tilicho Base Camp 4150 m

Leaving Manang within a 1h30, we explore the beautiful village (Khangsar) an unusual village with its unique houses and culture. Expansive views of snow-capped peaks, glacial valleys, it's an awe-inspiring journey that offers breathtaking views, cultural richness, and a pathway to

Tilicho Lake (4,920 m), and rugged alpine terrain. At end of the day attention Narrow paths with loose rocks in some sections.

Elevation gain: 860 m. Elevation loss: 266 m. 6-7 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day 12

Tilicho BC – Tilicho lake (4920 m) – Shree Kharka (4080 m)

After our early morning breakfast, we start a dramatic day of trekking today, the colour of The world highest lake changes, light causes the colour of the lake to change through many shades of blue. This trek offers a once-in-a-lifetime experience and a chance to witness Tilicho Lake's incredible beauty amidst Nepal's majestic mountains. After some time admiring the lake and surrounding peaks, we take a break beside the calm waters and soak-in the astounding views before heading back to the Shree Kharka.

Elevation gain: 1155 m. Elevation loss: 1208 m. 6-7 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day13

Shree Kharka - Thorong Phedi (4500m), at the bottom of Thorong La

The trail involves a gradual ascent through alpine meadows and barren landscapes. This route is less commonly used compared to the direct trails from Manang to Thorong Phedi but offers a quieter and scenic alternative. It traverses rugged high-altitude terrain with breathtaking views of the Annapurna range and Marsyangdi Valley. A peaceful and less crowded trail compared to the main Annapurna Circuit route.

Be cautious in areas prone to landslides and rockfalls. And today is pretty long day, its around 24km

Elevation gain: 1180 m. Elevation loss: 715 m. 6 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day14

Thorung Phedi - Thorong La pass (5416 m) - Muktinath (3760 m)

Starting early, the trail is steep but manageable as it crosses the Thorung La Pass (5416 m). After climbing, arrive at the top of the pass, which is decorated with prayer flags, a typical stupa (chorten), and stone cairns that travelers have constructed. Marvel at how far you've climbed and pause to take in the breathtaking vistas. As it continues, the route drops off sharply in the direction of Chabarbu. The walk then passes through meadows, descends into a deep gorge, climbs out, and continues along a broad path to Muktinath, a sacred location revered by both Buddhists and Hindus.

Elevation gain: 912 m. Elevation loss: 1691m. 8 hours of walking.
Accommodation: lodge. Meals included: morning, noon, evening

Day15

Muktinath - Lupra (3000 m) – Drive to Tatopani (1200 m)

We head out of Muktinath and toward the little, historic settlement of Lupra, avoiding the road. The Bön monasteries, an ancient religion that predominated in the Himalayas before the arrival of Buddhism, are among the last in the area.

The settlement is reached by a steep descent into the riverbed. We travel three hours by jeep from there to Tatopani, a sizable, administrative, bustling, and commercial town on the banks of the Kali Gandaki. Tato means hot in Nepali, and pani means water. There is a source of hot water there, and you can refresh yourself for a small fee of 150 rupees per person. Don't forget to bring your swimming gear. On the Tukucho summit, the Dhaulagiri (8167 m), and the north face of the Nilgiri, the vista is breathtaking.

Elevation gain: 200 m. Elevation loss: 1100 m. 5 hours of walking.
Accommodation: lodge. Meals included: morning, noon, evening. Transfer: 3 hours

Day16

Tatopani - Sikha (2000 m) – Ghorepani (2860 m)

We begin with a section of road before we cross the bridge. The trip uphill today is stunning but difficult, passing past terraced farms, thick rhododendron trees, and quaint villages. As you climb toward the well-known Poon Hill viewpoint, you can catch a glimpse of the Annapurna and Dhaulagiri mountain ranges.

The trail continues to Ghara, which is a relatively small settlement, and Sikha settlement, which is an hour down the track. We go down the trail from Sikha to Ghorepani, where we will complete the Annapurna balcony trek circuit.

Elevation gain: 1200 m. Elevation loss: 150 m. 5 hours of walking.
Accommodation: lodge. Meals included: morning, noon, evening.

Day17

Ghorepani – Poonhil (3210 m) Phulbari (3000 m) – Mohare Danda (3030 m)

To see the expansive dawn from Poonhill, there is a difficult ascent over stone steps in the early morning. On this lovely day with rhododendron forests and alpine pastures, we depart from the crowded trail. Views of the Annapurnas and the Dhaulagiris are breathtaking. Following this ridge, we continue to go for the Dhaulagiri. Arriving at the Mohare Danda community lodge,

where the Annapurnas, Machapuchare, Hiunchuli, Mardi Himal, and Lamjung Himal are all visible, the vista is once again magnificent. And the Dhaulagiri, on the other.

Elevation gain: 700 m. Elevation loss: 274 m. 5 hours of walking.

Accommodation: lodge. Meals included: morning, noon, evening.

Day18

Mohare Danda – Pokhara (850 m)

After admiring the sunrise, the day begins with magnificent ridges, rhododendron, tropical forests, and a descent towards the village of Ulleri. Long, steep downhill via stone steps. After lunch, catch jeeps to Pokhara.

Elevation up: 1260 m. Elevation down: 72 m. 4 hours of walking. 3h our transport.

Accommodation: Hotel. Meals included: morning.

Day19

POKHARA - KATHMANDU

Once breakfast is finished, you will drive back to Kathmandu.

Approximately six or seven hours are needed to finish this picturesque drive along the Prithvi Highway. **Elevation gain: 260 m. Elevation loss: 1480 m. 4 hours of walking. 1h30 transport**

Accommodation: Hotel. Meals excluded: morning, noon.

Day20

Kathmandu – souvenirs day, sightseeing day or free day.

Among the option, if you are heading for sightseeing, this day-day cultural tour will offer you a well-rounded experience of Kathmandu's history, spirituality, and art while being guided by an expert, certified who can enrich your understanding of the city's unique heritage.

here's a suggested itinerary and price that balances history, culture, and local experiences. Maximum visited only three sites in day.

- Swayambunath
- Bhaktapur
- Boudhanath
- Patan Darbar square
- Kathmandu Darbar square

In this price, an expert and certified cultural and tour guide a vehicle reserved and a professional driver for whole during the sightseeing.

2-3 pp 70€

4-6 pp 50€

7-10 pp 35€

11-15+ 30€

Day 21

FINAL DEPARTURE

Back to the native land

According to your flight schedule the grand departure. We will come to drive you to the airport.

What's included

- Ground travel as specified in the programme.
- Domestic flights as described.
- Accommodation as described in the programme.
- Meals as described in the programme.
- Entrance fee to Annapurna Park.
- A French/Chinese/English-speaking guide (as you need)
- Assistance from a local team during the trek.
- A first aid kit.
- 1 porter for 2 clients
- A number-containing Nepalese SIM card for 4/5G networks

What's not included

- Travel Insurance
- Visa fee on arrival
- International flight
- Tips for porters, guides and other trek staff

- Anything not listed under "price includes".
-

Personal expenses

Trekking in Nepal includes most major costs, but personal expenses vary depending on individual spending habits. On average, €200 (\$200-250 USD) should cover:

- Beverages – Soft drinks, tea, coffee, and alcoholic drinks (prices increase with altitude).
- Snacks & Extras – Chocolates, energy bars, and personal food purchases along the trek.
- Souvenirs – Handicrafts, prayer flags, and traditional items from trekking villages.
- Tips for Guides & Porters – Tipping is customary in Nepal; recommended \$8-\$12 per day for guides, \$7-\$9 for porters.
- Meals in Kathmandu's except breakfast
- Visa fee on arrival
- Entrance & donation fees during visits to temples and monasteries
- Insurance

Tips and Gratuities

Tipping is a long-standing tradition in adventure sector in Nepal and a meaningful way to show appreciation for the hard work of guides, porters, and trekking staff. While not mandatory, it is customary to tip at the end of the trek, usually as a group, to ensure a fair and organized distribution. Your trek guide will advise on an appropriate amount based on the trek duration and team size.

Many groups present tips with a small farewell gathering or celebration on the last evening, marking the end of their trek. Additionally, trekkers often choose to donate equipment such as boots, gloves, hats, scarves, and trekking poles to the porters and crew. These items are highly valued and appreciated, especially by those working in the mountains.

Tour leaders can be tipped separately during the final group dinner in Kathmandu or Pokhara. Though not obligatory, a small personal token of gratitude for their efforts enhances the spirit of mutual respect and appreciation.

Best Time to Visit Nepal

Frankly, Nepal is an all-season tourism destination. However, for adventure enthusiasts, there are 2 major seasons to visit Nepal. Here is a detailed look at the seasons and their weather patterns in Nepal for you to decide when best to visit:

Season	Months	Weather Characteristics	Trekking Conditions
Spring	March – May	Mild temperatures, clear skies, blooming rhododendrons	Excellent for trekking, colorful landscapes
Summer/ Monsoon	June – August	Heavy rainfall, humid, cloudy	Difficult due to slippery trails and poor visibility
Autumn	September – November	Stable weather, clear skies, moderate temperatures	Best season for trekking, peak tourist time
Winter	December – February	Cold temperatures, snowfall at high altitudes	Suitable for lower-altitude treks, high passes may be closed

Average Temperature: Weather & Condition in Spring (March – May)

- Kathmandu & Pokhara: 10°C – 30°C
- Everest Base Camp & Annapurna Base Camp: 5°C – 15°C
- weather, clear mornings, occasional afternoon clouds.
- Flowers and rhododendrons bloom, making the trails scenic.
- increasing humidity in late May, signalling the approaching monsoon
- Everest Base 3 passes – Trek Best visibility of Everest
- Peaky Peak Trek – Best for rhododendrons, Sherpa culture and mountains.
- Annapurna Regions – Best for rhododendrons, lush landscapes and moderate temperatures.
- Langtang Valley Treks– Ideal for nature lovers with vibrant forests and mountains.

Average Temperature: Weather & Condition in Spring (March – May)

- Kathmandu & Pokhara: 20°C – 35°C
- Everest Base Camp & Annapurna Base Camp: 0°C – 20°C Weather & Conditions
- Heavy rainfall (average 200–500mm per month), especially in July and August.

- Frequent landslides and flight cancellations, especially in hilly areas.
- Leeches on lower-altitude trails due to humidity.

Autumn (September – November) – Best Trekking Season

- Kathmandu & Pokhara: 10°C – 28°C
- Everest Base Camp & Annapurna Base Camp: -5°C – 15°C

Weather & Conditions:

- Stable weather, crystal-clear skies, and moderate temperatures.
- Best visibility of Himalayan peaks, making it the most popular season.
- Crowded trekking trails, especially on Everest Base Camp and Annapurna Circuit.

Best Treks for Autumn:

- Everest Base Camp Trek – Peak visibility of Everest.
- Manaslu Circuit Trek – Challenging but scenic and less crowded.
- Gokyo Lakes Trek – Stunning turquoise glacial lakes.

Winter (December – February)

- Kathmandu & Pokhara: 2°C – 20°C
- Everest Base Camp & Annapurna Base Camp: -15°C – 10°C

Weather & Conditions:

- Cold temperatures, snowfall at higher elevations.
- Shorter daylight hours, some high passes (e.g., Thorong La) may be closed.
- Fewer trekkers, offering solitude.

Best Treks for Winter: (Lower-altitude treks to avoid extreme cold)

- Ghorepani Poon Hill Trek – Short, scenic trek with snow-capped views.
- Everest Panorama Trek – Lower-altitude trek with Everest views.
- Helambu Trek – Close to Kathmandu, no high passes.

Best Trekking Destinations in Nepal

This is tough to say because every destination in Nepal is a wonder in itself. Broadly, from an adventure perspective, you'll find two major types of destinations. The first ones are the most

popular ones, which often are the most accessible and will have a huge number of trekkers in seasons. These destinations often have a long history of exploration and something of global sensation, which makes them popular every year. These destinations include:

- Everest Base Camp Trek
- Annapurna Circuit Trek
- Annapurna Sanctuary Trek
- Upper Mustang Trek
- Upper Dolpo Trek
- Langtang Valley Trek
- Manaslu Circuit Trek, etc.

Then there are these other groups of destinations which are not as popular but offer an unmatched level of serenity, peace and wilderness that is hardly found anywhere. They offer the true sense of adventure, experience and the thrill of exploration. These destinations in Nepal include:

- Ruby Valley Trek
- Tamang Heritage Trail
- Api Himal Base Camp Trek
- The Great Himalayan Trail
- Makalu Base Camp Trek
- Sherpini Col Trek
- Kanchenjunga Base Camp Trek
- Dhaulagiri Circuit Trek
- Sisne Himal Trek, and so on.

The choice of your destination depends on your time, cost, and the experience you wish to have.

Best Treks for Summer: (Only in rain-shadow areas with minimal rainfall)

- Upper Mustang Trek – Lies behind the Himalayas, shielded from the monsoon.
- Dolpo Trek – Dry, high-altitude desert with unique Tibetan culture.

Travel Advisory for Nepal

Before travelling to Nepal, it's important to stay informed about safety, health, and entry requirements. Below is a detailed travel advisory covering safety, health guidelines, political stability, and essential travel tips.

Health & Vaccinations

- Required Vaccines: No mandatory vaccines for entry, but the following are recommended:
- Hepatitis A & B – Due to potentially contaminated food or water.
- Typhoid – For protection against foodborne illnesses.
- Rabies – If planning extended stays in remote areas.
- Tetanus & Diphtheria – Basic precaution.
- Malaria & Dengue: Malaria risk is low in Nepal's trekking regions but present in southern Terai areas (Chitwan, Lumbini).
- Dengue outbreaks occur seasonally (especially during the monsoon). Use mosquito repellent and wear long sleeves in affected areas.

Political Stability & Security

- General Safety: Nepal is politically stable and safe for travellers.
- Border Security: Certain trekking areas (e.g., Upper Mustang, Manaslu) require special permits. Travel to remote border regions (Tibet, India) may be restricted without prior approval.

Natural Hazards & Trekking Safety

- Earthquakes: Nepal lies in a seismically active zone. Follow emergency protocols in case of tremors.
- Landslides & Flooding: Monsoon season (June–August) increases risks of landslides and road blockages. Trekkers should avoid landslide-prone areas and check the weather forecast before trekking.
- Avalanches & Glacial Lake Outbursts: Winter and spring treks in high-altitude areas (Everest, Annapurna, Manaslu) may be affected. Hiring an experienced guide is strongly recommended. Our guides are well trained in avalanche safety and glacial hazards.

Crime & Personal Safety

- Crime Rate: Nepal has a low crime rate, but petty theft and scams exist.
- Common Scams: Overpriced taxis – Always negotiate fares or use ride-hailing apps.

- Fake trekking permits – Only book with registered trekking agencies. Booking with us gives you mental relief.
- Donation fraud – Verify NGOs before donating.
- Solo Travellers: Nepal is safe for solo travellers, including women, but trekking alone is not recommended in remote areas.

Transportation Safety

- Domestic Flights: Mountain weather can cause delays in flights to Lukla, Jomsom, and Pokhara. Book flexible return tickets in case of cancellations.
- Road Travel: Roads in Nepal are poorly maintained, and bus travel can be dangerous. Hiring a private vehicle with a driver is the safest option.

Communication & Emergency Contacts

- IM Cards & Internet: NCELL and Nepal Telecom (NTC) offer prepaid SIM cards for tourists. The internet is available in major cities but can be unreliable in remote trekking areas.
- Emergency Numbers:
- Tourist Police: 1144
- General Police: 100
- Ambulance: 102
- Nepal Immigration Office: +977 1-4113045

Food and Accommodation in Nepal

Food (meal plan) and accommodation are among the most important things when in Nepal and in course of the trek. Please make sure to let the booking agency know of your allergies if you have any and also let them know if you are in any personal medication and need special attention at any time during the trek. Accommodation in Kathmandu & Pokhara ♣ Hotel Standards – Most trekkers stay in 2-3 star hotels in Thamel (Kathmandu) or Lakeside (Pokhara) before and after trekking. ♣ Twin-Sharing Basis – Standard bookings are twin-sharing, but single rooms can be arranged at an extra cost. ♣ Facilities – Hotels offer hot showers, Wi-Fi, laundry services, and 24-hour electricity.

Accommodation in Trekking Regions

In Trekking

- Teahouses / Lodges – These are family-run guesthouses with dorm-style or twin rooms.

- Basic Bedding – Rooms have wooden beds, foam mattresses, blankets, and pillows, but heating is not available in most lodges.
- Shared Bathrooms – Most lodges have shared toilets and limited hot water (solar-heated in some places).
- Dining Areas – Warm communal dining halls serve as social hubs for trekkers.
- Electricity & Wi-Fi – Available in lower-altitude teahouses but may require extra charges at higher altitudes.
- No Single Rooms at Higher Altitudes – In remote areas, multi-bedded rooms may be the only option.

Insurance

Things to Check Before Buying Insurance

- Read the fine print – Some policies exclude high-altitude activities unless specified.
- Ensure the policy covers Nepal – Some insurance providers exclude certain countries
- Confirm the claim process – Check how to contact insurers in case of an emergency.
- Carry a printed copy – Some lodges and trekking agencies may require proof of insurance before issuing permits.
- ***Recommended Insurance Providers***
- **Reliable insurance providers for Nepal trekking include:**
 - World Nomads – Covers trekking up to 6,000m, medical, evacuation, and delays.
 - Global Rescue – Specializes in helicopter evacuation and high-altitude trekking coverage.
 - Allianz Travel Insurance – Comprehensive trip cancellation and medical coverage.
 - Trawick International – Covers adventure sports, including peak climbing.
 - True Traveller (for EU/UK residents) – Covers altitude trekking and medical emergencies.
- **Cost of Travel Insurance for Nepal**
- Basic trekking insurance (up to 3,000m) → \$50 – \$100 USD per trip
- High altitude trekking insurance (above 5,000m) → \$150 – \$300 USD per trip
- Climbing insurance (6,000m+ peaks) → \$500+ USD per trip Having the right insurance policy ensures you are financially and medically protected during your Nepal trek. Always verify coverage details before purchasing

Accessories & Trekking Essentials

Backpacks & Bags

- 50-70L Backpack (for self-supported treks)
- Daypack (25-35L for guided treks with porters)
- Dry bags or waterproof pouches for electronics and important documents

Sleeping Gear

- Sleeping bag (rated -10°C to -20°C for high-altitude treks)
- Sleeping bag liner (for extra warmth & hygiene)

Hiking Accessories

- Trekking poles (collapsible, lightweight)
- Headlamp (with extra batteries)
- Sunglasses (UV protection, polarized)
- Water bottles (Nalgene or insulated flasks, 2L capacity minimum)
- Hydration bladder (optional but useful for easy access to water)

Navigation & Safety Gear

- Map & Compass (or GPS device if trekking solo)
- Multi-tool knife (Swiss Army or equivalent)

First Aid Kit & Medication

- Personal prescription medications
- Diamox (for altitude sickness, if advised by a doctor)
- Painkillers (ibuprofen or paracetamol)
- Blister treatment (Compeed, Moleskin patches)
- Bandages & antiseptic wipes

Personal Hygiene & Toiletries

- Biodegradable soap & shampoo
- Toilet paper & wet wipes
- Lip balm (SPF protection for dry, cold air)

- Sunscreen (SPF 50+)

Electronics & Communication

- § Power bank (10,000-20,000mAh)
- Solar charger (for remote trekking routes)
- Local SIM card (NCELL or Nepal Telecom for network coverage)

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Communication & Emergency Contacts

- IM Cards & Internet: NCELL and Nepal Telecom (NTC) offer prepaid SIM cards for tourists. The internet is available in major cities but can be unreliable in remote trekking areas.
- Emergency Numbers:
- Tourist Police: 1144
- General Police: 100
- Ambulance: 102
- Nepal Immigration Office: +977 1-4113045

about nepal

Nestled between India and China, Nepal is a stunning landlocked nation in South Asia. Nepal is renowned for having the highest mountain in the world, Mount Everest, and for its breathtaking Himalayan scenery, rich cultural legacy, and friendly people. Lord Buddha was born there, and it's a popular destination for hikers, climbers, and adventurers. A vibrant and spiritual destination, Nepal is remarkably diversified in terms of race, language, and religion despite its tiny size.

Total Population of Nepal

- As of 2025, Nepal has a population of approximately **31.5 million** people.
 - The population is diverse, with over 100 ethnic groups and languages.
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Nepalis Working Abroad

- Roughly **15–20%** of Nepal's population is working overseas, mostly in countries like **India, Malaysia, Qatar, UAE, and Saudi Arabia**.
 - **Remittances** from these workers make up about **20–25% of the national GDP**, making it a major part of the economy.
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Condition of Youth in Nepal

- Many youths are **unemployed or underemployed**, even after getting a degree.
- Due to limited job opportunities and political instability, a significant number choose to **migrate abroad** for work.
- Despite challenges, Nepali youth are **resilient, talented, and active** in fields like tech, tourism, and entrepreneurship.

Current Condition of Nepal

- Nepal is a **developing country** with immense natural beauty and potential, especially in tourism and hydropower.
 - Major challenges include **poverty, unemployment, infrastructure issues**, and a high dependency on foreign aid and remittance.
 - There's a growing **urban-rural gap**, and many remote areas still lack basic services.
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Political Situation

- Nepal is a **federal democratic republic**, but its political landscape is often **unstable and fragmented**.
- Frequent changes in government, internal party conflicts, and a lack of long-term vision have slowed national progress.
- Citizens are hopeful for **better leadership and accountability**, especially from the younger generation of politicians.

major city in nepa

Kathmandu

- Capital and largest city
- Cultural and political hub, full of ancient temples and UNESCO sites
- 1.4 million Population
- The political, cultural, and economic heart of Nepal.

Pokhara

- Tourism hotspot and gateway to the Annapurna trekking region
- Known for beautiful lakes, mountain views, and adventure sports
- 600,000 Population
- **Lalitpur (Patan)**
- Located right next to Kathmandu
- Famous for its arts, crafts, and traditional Newari architecture
- 551,667 Population

Bhaktapur

- Historic city in the Kathmandu Valley
- Known for its preserved medieval atmosphere and cultural heritage
- 79,136 Population

Biratnagar

- Major industrial city in eastern Nepal
- Important for business and manufacturing
- 243,927 Population

Birgunj

- Main trade gateway between Nepal and India (border town)
- Economic lifeline for imports and exports

Nepalgunj

- Key city in western Nepal
- Commercial and transportation hub, close to Bardia National Park
- 272,382 Population

Butwal

- Rapidly growing city in Lumbini Province
- Known for trade and its connection to Lumbini, the birthplace of Buddha

Dhangadhi

- Major city in the far west of Nepal
- Growing infrastructure and access point to western hill regions
- 198,792 Population

Janakpur

- Religious and cultural city in the southeast
- Famous for Janaki Temple and Maithili culture
- 194,556 Population