

South Col Expeditions

The Remote Valleys of Nar and Phu



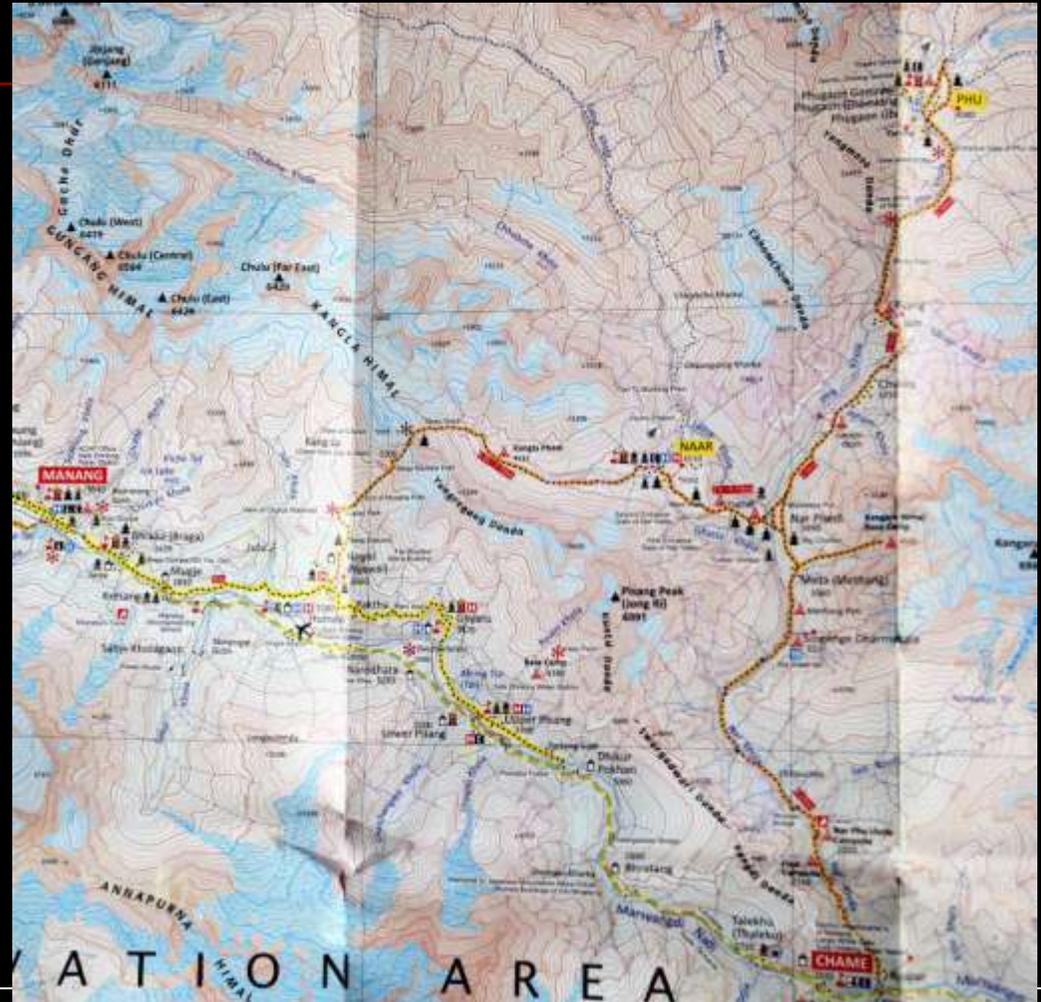
View from the Kang La 5320m

Photo Courtesy: Robin Boustead

- The trek initially follows the Annapurna Circuit route but branches off north east at Koto Qupar and then enters a restricted valley bordering Tibet. It then crosses the 5300 metre Kangla pass and returns to the Annapurna circuit
- The costs of this trek is **Rs 75,000/- for SAARC citizens and USD 1400/- for foreigners.** Exclusions apply For details please see page 8.
- The trek duration is 11 days Kathmandu to Kathmandu

Map of the Nar Phu Region

- The remote valleys of Nar and Phu lie in the rain shadow of the Himalaya. They are in a restricted area of Nepal lying north east of the busy Annapurna circuit. Similar to the former forbidden kingdom of Mustang it is an area of high mountains, monasteries following the Tibetan way of life.
- Do the trek now before it becomes too crowded and commercialized!



The Nar Phu Trek - Itinerary - 1

■ **DAY 1: Drive from Kathmandu to Besisahar 820m and up to Dharapani 1900m if possible.**

We leave Kathmandu early around 7 00am and drive to Besisahar around 5 to 6 hours. We either spend the night in Besisahar or if we can get a connecting jeep we carry on to Dharapani four hours away. Night: TEA HOUSE

■ **DAY 2: Besisahar/Dharapani to Koto Qupar 2600m 4 to 5 hours**

The drive from Besisahar to Dharapani on a rough road will take around four hours. After lunch we start our walk to Koto Qupar the entrance of the Nar Phu Valley which will take us around four to five hours and we should reach the lodges of Koto Qupar by evening. Night: TEA HOUSE

■ **DAY 3: Koto Qupar to Dharamsala 3220m: 5 to 6 hours**

Travel along the gorge keeping on the right bank of the Nar Phu Khola and reach Dharamsala by late afternoon. It is a walk in the shadow of the forests hugging the cliffs. After around four hours reach a small cave marked Holaki Odar at 3060m. From here it is about a half hour to Dharamsala NIGHT: CAMP

■ **DAY 4: Dharamsala to Khyang 3840m 6 to 7 hours**

The trail leaves Dharamsala climbing all the way and reaches the winter settlement of Meta 3610 metres. From Meta reach the deserted fields of Chyakhu 3800 metres. Keep climbing and reach a small pass with excellent views of the Annapurnas. Finally reach Kyang with outstanding views of Pisang Peak, Annapurna II etc NIGHT: CAMP

■ **DAY 5: Khyang to Phu 4070m 4 hours**

The trail clings to the side of the cliffs and in about two hours passes the Phupi Gyalgoe gate to enter the spectacular region of Phu. In about an hour from the gate the village of Phu consisting of about 40 houses is reached. NIGHT: TEA HOUSE

The Nar Phu Trek Itinerary - 2

- **DAY 6: Phu village to Nar Phedi 3550m 6 to 7 hours**
From Phu retrace your steps down the valley until you reach the junction beyond Junam from where a trail heads westwards to the village of Nar Phedi which is our night stop.
NIGHT: CAMP
- **DAY 7: Nar Phedi to Nar 4180m 4 to 5 hours**
From Nar Phedi it is a steady climb up the valley proceeding west. Nar has 65 houses and is a bigger village than Phu with both tea houses and a number of monasteries.
NIGHT: TEA HOUSE
- **DAY 8: Nar to Kang La Phedi 4620m 2 to 3 hours** Today is a very short day and a good aid to acclimatisation. You can leave late after exploring Nar and get into Kang la Phedi at the bottom of the pass by lunch time. It can get very cold at Phedi due to the height so be properly prepared. There is a small ACAP camp site here. NIGHT: CAMP



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The Nar Phu Trek Itinerary - 3

DAY 9: Kangla La Phedi to Kang la pass 5320m and down to Ngawal 3615m 7 to 8 hours

Make an early start for the pass and get there in three to four hours. It is a long way down from the pass to Ngawal where you rejoin the Annapurna circuit and the lodges of the circuit. NIGHT: TEA HOUSE

DAY 10: Ngawal to Chame 5 to 6 hours

We descend from Chame to Ghyaru with fabulous views of the Annapurnas and the stop for lunch at lower Pisang. After lunch we drop to Bhrtang and then down to Chame by evening. NIGHT: TEA HOUSE

DAY 11: Chame to Besisahar to Kathmandu

We leave Chame in the early morning by jeep and reach Besisahar in time for lunch. After lunch we take our own micro bus and return to Kathmandu. It's a long day and we should be in Kathmandu by evening.



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The Nar Phu Valleys Trek Costs 2015

- For Nationals of SAARC countries - Indian Rs 75,000/- For foreign nationals- US\$ 1400/-
- The cost is per person for Kathmandu to Kathmandu (15 days) as per the itinerary given. **Service Tax @ 3.09% is included as per Govt rules.**
- Costs given above are at current rates and may change without notice. Changes if any will be notified 2 months before the trek.

Costs include:

- Transport from Kathmandu to Besisahar to Kathmandu in our own vehicle. Also jeep cost to DharapaniChame.
- All permits including Nar Phu restricted area permit, ACAP and TIMS as applicable.
- All accommodation on the trek on twin sharing basis. **There are no luxury lodges on this route and accommodation will be basic without attached bathrooms. Tents for camping and fooding at camp included**
- Hotel accommodation in Kathmandu one night on the way in and one night on the way out is covered in a three star hotel with breakfast.
- Cost of porters/guides for the trek. Please note that porters will carry one duffel bag or backpack not exceeding 10 kgs in weight for each trekker comprising of personal items, clothing, sleeping bag etc.

Costs not included

- Meals in Kathmandu and Meals at the Tea Houses are not included
- Breakfast lunch and dinner on the trek is not included. Desserts, drinks, and exotic items listed in the lodge menus are not included. Alcohol, cold drinks (coca cola, sprite, beer), juices, ice cream etc on the trek and in Lukla. Bottled drinks; boiled, filtered or bottled water; alcohol; snacks etc
- Client travel and medical insurance of any kind. Emergency evacuation costs if needed.
- Hot showers (Rs 200-300 per shower); Personal clothing and equipment; sleeping bag; down/ goretek jacket, medicines for personal use etc.
- Air fare from residence country to Nepal and back
- Tips to porters and guide at the end of trek

Why trek the Nar Phu region with South Col?



- South Col is a small, personalized firm specializing in treks in the Himalayan region. Every single trek done till date has been led by Sujoy Das.
- We are keenly aware of the fragility of environment and cultures in which we trek and recognize our responsibility in maintaining them. "Take pictures, leave only foot prints" is our motto.
- Trekkers get personalized attention both in the planning stage as well as during the trek itself.
- Support team of guides and porters as needed are personally supervised by Sujoy to ensure that the clients are comfortable and well looked after.
- Sujoy has intimate knowledge of the trekking trails so can advise on the best stops for photographs and local culture etc.
- Lodges for night stops and camping sites if needed are selected to ensure the best views, food and comfort. Due to low overheads, costs are less than other companies offering similar treks.

The Nar Phu Trek FAQ #1

How fit do I have to be to do a trek? Whilst you do not need to be super-fit, you need to be fit enough to comfortably walk for 5-6 hours per day in the mountains on reasonable trails. There is also a high pass crossing Kang la which may have snow. . You will definitely need to walk for around an hour at least every day to get fit. If you can spend some time in the gym it would help. Walking uphill/stairs etc also helps a great deal.

What is a typical group? Will I fit in? Groups range in size from 8 up to 12, and typically comprise a range of nationalities and experience. We have also had a group upto 14! So far, all of our groups have got along very well. One of the attractions of such a trip is the chance to meet people with different backgrounds and personalities.

Do I need to buy special equipment? Usually our clients simply bring their existing clothing and equipment and if necessary supplement this with some extra items purchased cheaply in Kathmandu.

I am a single trekker. How does this work? Normally single trekkers have no problems fitting in with a group. Normally single trekkers share rooms or lodges with other trekkers of the same sex, but if we have an odd-number we ensure that a room or lodge is organized accordingly.

Will I be able to deal with the high altitude? Our itineraries are designed so that our clients ascend at a sensible and safe rate. The effects of altitude are felt by everyone, even the guides and Sherpas, but most people find that gentle acclimatization allows them to reach their high point without any problems. We will be monitoring this closely on the trek and in the event of any problems we will ensure that there is no compromise on safety. For details on AMS visit http://www.ismmed.org/np_altitude_tutorial.htm#prevention

What are the Tea Houses like? Tea houses are a way of life for almost all trekkers. They are the combination of guest house, restaurant, and social hang out. . Our many years of experience along these routes have helped us find the friendliest, cleanest, and most enjoyable tea houses with the best views.

However, tea houses along this trail are not of the standard which you can expect on the Everest or Annapurna circuit as they are just coming up. We will also use tents where needed



The Nar Phu Trek FAQ #2

What is the accommodation at the tea houses? Private rooms are available in most tea houses except for those at very high altitudes. Most bathrooms are shared on this route..

Where do we eat our meals? If you are on a tea house trek you will eat breakfast and dinner at your tea house. We will stop for lunch at one of the various trail side restaurants. And snacks are always easy to find at tea stalls including tea and coffee.

What type of food is served on the trek? Almost every tea house serves the traditional Nepali meal Dal Bhat (rice and curried lentils). All tea houses we stay at have a variety of different foods on the menu including noodles, rice, potatoes, vegetables and soup. Some have Nepali versions of western food such as pizza, lasagnia, pasta etc.

Where do we get water during the trip? It is our suggestion that in order to save money, trekkers carry iodine tablets or lugols solution with them so that they can purify the water every day. Though tea houses will have bottled mineral water available it is likely to get expensive as one goes higher up. Iodine is available in Kathmandu.

What type of shoes or boots should I wear? The proper foot wear depends on the trek. The trek should be done in boots with firm ankle support. Having said that you will find locals and porters trekking in sneakers! Shoes and boots are best purchased before your arrival for the trek with proper break in.

What will the weather be like? Weather affects everything in Nepal and trekking is no exception. Sudden rain storms or snow flurries are always a possibility at higher altitudes. The weather during the trekking season is somewhat more stable. We pay close attention to weather reports during the trekking season. April weather is usually sunny mornings with cloudy afternoons and chance of snow above 4000 metres.

How should I give my equipment to the porter? Ideally the gear should be given to the porter in a duffle bag locked and this will be returned to the client in the evening. As you may not be able to access the duffle bag during the day please carry the essentials like water, jacket, camera, sweets etc in your daypack.

Trek Leader Profile

Sujoy Das has been trekking and photographing in the Himalayas for more than thirty years.

His notable treks include: Winter ascent of Kala Pattar peak (Everest region) Dec 2003; Everest Base Camp 18,500 feet (2001); Thorung-la pass/Annapurna Circuit 17,746 feet (2000); Annapurna Base Camp 14,300 feet (1999); Gokyo Ri peak Everest region 18,275 feet (1998); Rupkund Lake, Garhwal 16,200 feet (1996); Kangchendzonga Base Camp North and Green Lakes 16,875 feet (1987); Dorji La peak North Sikkim 18,644 feet (1986); crossing of Lhonak-la pass North Sikkim (1987).

He has visited the Annapurna region six times including two visits to the Base Camp and the entire circuit of Annapurna. He has trekked in the Everest region ten times including the winter of 2003-04. In the Eastern Himalaya he has trekked the Singalila ridge of Sandakphu and Phalut six times and made four visits to the alp of Dzongri in West Sikkim.

In September 2009 he trekked across seven passes in Ladakh from the monastery of Lamayuru to Padum in Zaskar. In April - May 2011 he led a successful trek with twenty one persons to Thyanboche Monastery and upto Kala Pattar and Everest Base Camp.

He is the joint author of Sikkim- A Travellers Guide and author & Lonely Planet - Nepal for the Indian Traveller. His essays and photographs have been published in books and magazines worldwide. He is currently working on a book on the Indian Himalaya and organizing treks and photo expeditions. For a view of his photographs of the Himalaya please visit www.sujoydas.com. He can be contacted at sujoyrdas@gmail.com



Om Mani Padme Hum!

Hail to the Jewel in the Lotus



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