PO Box No.: 2721
Samakhusi-29, Kathmandu, Nepal
Contact No.: +977-9851133894
Email: jag@himalayancompanion.com
www.himalayancompanion.com

Upper Mustang to Nar Phu Valley trek via Teri La Pass - 28 Days

Upper Mustang to Nar Phu Valley via Teri-La Pass Camping Trek is an extraordinary adventure trek which entrance through a restricted Buddhism region Upper Mustang crossing Teri La (5595m) to secluded Nar Phu valley. This trek is an expedition style trek which offers an immense exploration of ancient caves, monasteries, medieval villages, breathtaking valleys, and to get an insight of Buddhist art and culture.

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PRICE INCLUDES

- Airport pickup and drop
- 3 Nights Hotel Accommodations in Kathmandu
- One-night hotel accommodation and dinner in Pokhara
- Domestic airfare: Kathmandu-Pokhara-Jomsom and drive from Jagat to Kathmandu
- All the government procedure
- Trekking permits and National Park fee
- Experience English speaking guide, Cook, Helpers and Porters
- Trekking equipment (Mattresses, Member tents,
  Kitchen tent, dining tent and toilet tent), Dining Table, Chairs and Kitchen utensils.
- Three-time meals during trek along with Tea/coffee and snacks
- Staff's salary, food, insurance and clothing
- Farewell dinner in Kathmandu

PRICE EXCLUDES

- International flight ticket and Nepal Entry Visa
- Personal travel insurance (Which should include coverage for trekking)
- Lunches and dinners in Kathmandu, except the farewell dinner
- Personal gear for trekking (Including any your may wish to hire in Kathmandu), any personal expenses (i.e. soft and alcoholic drinks, snacks etc.)