

Annapurna Circuit via Nar Phu and Kang La Expedition Information Pack

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Why Choose Earth's Edge

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business**. Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We're the only company to have a **dedicated expedition doctor** on every trip, providing you with peace of mind knowing you're in safe hands from start to finish.
- Our **exceptional expedition leaders** are true experts in their region, passionate about sharing their first-hand knowledge about the local culture, history, and geography while ensuring we consistently deliver unforgettable experiences.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're travelling solo or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training weekend** two months prior to each expedition. It includes a detailed expedition brief, two training hikes and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way**. Our friendly office team is available to answer any questions you have by phone, e-mail or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.

- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at [Great Outdoors](#) to ensure that you get the best gear for your expedition.
- **Responsible travel** is at the core of what we do at Earth's Edge. As a [certified B Corp](#) company, we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of environmental programmes and community projects, including;

- A [yearly scholarship](#) that gives porters the opportunity to become guides on Kilimanjaro.
- We plant 8 trees in Nepal for every person who travels with us in partnership with [Eden: People + Planet](#)
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the [Carry Me Back Program](#).
- We collect [clothing and gear donations](#) for our amazing porters on Kilimanjaro.
- We are striving to increase the number of [female staff](#) across our expeditions.

To read more about our sustainability practices, please visit our [responsible travel page](#).

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Description & Detailed Itinerary

Our 18-day **Annapurna Circuit via Nar Phu and Kang La** itinerary features **12 days of trekking** through some of the most remote and culturally preserved corners of the Nepalese Himalayas. This **immersive expedition** follows a lesser-known route through the **secluded Nar Phu Valley** - a remote region that was closed to foreigners until 2002, and still requires a special permit to enter.

This unique section of the trail feels worlds apart from the main Annapurna Circuit, leading you across **sturdy suspension bridges**, through **quiet pine and fir forests**, and steadily upward into an increasingly rugged, open landscape. The surroundings gradually transform, with ancient chortens (stupas), weathered mani walls, and cliffs marked with centuries-old prayer inscriptions.

A major highlight of this expedition is the crossing of **Kang La Pass (5,320 m)**, a remote and less-treked high-altitude route offering breathtaking views of the **Annapurna massif**, including Annapurna II, Gangapurna, and Tilicho Peak.

The route descends into **Ngawal** to rejoin the main Annapurna trail, where the landscape begins to soften again revealing rhododendron forests, cultivated fields and traditional mountain villages. The journey continues with a steady ascent towards the famous **Thorong La Pass (5,416 m)**, one of the highest trekking passes in the world!

With every step along this remote route, an **experienced expedition team** provides support led by a knowledgeable expedition leader and backed by an exceptional team of Sherpas and porters whose local knowledge and care will create an **enriching and unforgettable** expedition. A

dedicated expedition Doctor also travels with the group, ensuring your safety always remains a top priority.

This expedition isn't just about dramatic landscapes and reaching high-altitude passes, **it's about immersion**. We share the trails with yak herders, relax in traditional tea houses and experience the Himalayan culture untouched by modern life. This trek is perfect for those with a **good level of fitness** who crave more than just scenery, but a **deep cultural immersion** into one of the Himalaya's most remote and preserved regions.

Before and after the trek, we also spend some time in Kathmandu, Nepal's bustling capital, giving us the chance to **experience the country's culture beyond the mountains**. The city's lively markets, ancient temples, and rich blend of cultures will add another layer to your Himalayan experience.

Day 1: Expedition Briefing in Kathmandu

You will meet your expedition leader and group at a pre-agreed time and location in Kathmandu. There will be a full expedition briefing in the afternoon. Overnight hotel.

Day 2: Drive to Besisahar, 7 hrs.

We'll depart Kathmandu in the morning, travelling west along the scenic Pokhara Highway, where the journey unfolds with views of terraced hillsides, winding rivers, and lush valleys. Leaving the main highway near the town of Dumre, we begin to catch our first glimpses of the Himalayan foothills rising in the distance. By afternoon, we arrive in Besisahar - the traditional starting point of the Annapurna Circuit and the threshold to the high mountains ahead. Overnight tea house.

Day 3: Drive to Koto, 6 hrs.

The journey from Besisahar to Koto is an off-road adventure in itself. Travelling by jeep, we wind our way deep into the Marsyangdi Valley on a rugged mountain track, passing terraced hillsides and traditional villages as the landscape grows wilder and more dramatic. It's a thrilling prelude to the trek ahead, and a reminder that we're truly entering the remote heart of the Himalayas. We'll arrive in Koto by late afternoon. Overnight tea house. Altitude 2,600m.

Day 4: Trek Koto to Meta, 8 hrs.

After breakfast, we leave the main Annapurna Circuit trail and venture into the remote Nar Phu Valley. Our journey begins with a crossing over the Marsyangdi River via our first suspension bridge, leading us into serene pine and fir forests. The trail becomes increasingly rugged and peaceful, with occasional rest spots once used by local herders. As we gain altitude, the forest gradually gives way to a more open, alpine landscape revealing the dramatic and raw beauty of the high Himalayas. We arrive at Meta (3560m), a small settlement that offers our first real taste of the valley's isolated beauty. Overnight tea house. Altitude 3,560m.

Day 5: Trek Meta to Kyang, 5 hrs.

Today we embark on one of the most scenic and culturally fascinating days in the Nar Phu Valley. Crossing several suspension bridges over glacial streams, we pass through the ruins of ancient Khampa settlements - seasonal camps once used by Tibetan resistance fighters and refugees. The views today include wide open vistas framed by eroded cliffs and sandy plateaus, with breathtaking views of Lamjung Himal and Pisang Peak among other towering Himalayan Peaks. Arrive in the quiet and peaceful settlement of Kyang for the evening, offering a panoramic view of the valley. Overnight tea house. Altitude 3,840m.

Day 6: Trek Kyang to Phu, 5 hrs.

Leaving Kyang, we head north along the glacial-fed river of Phu Khola. Today's trail crosses several small streams, with the landscape becoming rocky at times. We enter a narrow canyon before emerging into the expansive Phu Basin, where the valley opens dramatically. Our destination is the medieval-like fortress village of Phu, where the rich and intact Tibetan Buddhist culture is immediately apparent. Overnight tea house. Altitude 4,080m.

Day 7: Acclimatisation Day in Phu

Phu Village is a captivating and ancient settlement, rich in culture and history. Today, we take time to explore its narrow, maze-like alleyways. For those feeling up to it, there's an optional hike to the High Ridge viewpoint at 4,500m. Located above the Tashi Lhakhang Monastery, this spot offers sweeping panoramic views and a valuable opportunity to gain altitude before descending back to Phu for rest and recovery (3-5 hrs total). Overnight tea house. Altitude 4,080m.

Day 8: Trek Phu to Chyakha, 6 hrs.

Today's trek begins with a gentle descent as we follow the left side of the valley. Along the way, enjoy stunning views of snow-capped peaks and rugged cliffs, while keeping an eye out for the diverse wildlife in the area such as blue sheep (bharal) and various bird species. In the afternoon, we traverse through shrubland and rocky meadows before making our final descent into Chyakha, a small settlement traditionally used by yak herders. Overnight tea house. Altitude 3,800m.

Day 9: Trek Chyakha to Nar, 5 hrs.

After breakfast, we depart Chyakha and begin our steady ascent toward Nar. The trail follows the Labsa Khola river, winding through open terrain until we reach the junction near Nar Phedi. At the fork, we bear right and continue gradually uphill along a scenic ridge. As we near Nar, a large gateway chorten marks our entry into the village - a traditional symbol welcoming us into a sacred space. We arrive in the vibrant and culturally rich village of Nar by evening. Overnight tea house. Altitude 4,150m.

Day 10: Acclimatisation day in Nar.

We begin our day at a relaxed pace, enjoying breakfast with sweeping panoramic views from Nar. For those feeling strong, an optional acclimatisation hike is available today, following a yak

trail that gently zigzags up the Western Ridge.

This rewarding 1.5-2 hour ascent brings you to an altitude of approximately 4,550 meters, offering breathtaking vistas of Pisang Peak and Kang Guru. The hike provides valuable altitude exposure in preparation for tomorrow's crossing of the Kang La Pass. Overnight tea house in Nar village. Altitude, 4,150m.

Day 11: Trek Nar to Ngawal via the Kang La Pass, 10 hrs.

We set off early this morning, climbing the rocky trail that leads out of Nar. The ascent is steady and gains elevation quickly as we approach the formidable Kang La Pass at 5,320 meters. From the summit, you'll be rewarded with sweeping 360-degree views of the Annapurna and Manang ranges - one of the highest and most memorable points of the entire trek. From here, the trail descends sharply toward Ngawal Village, offering dramatic views of the lush valley far below. As we make our way down through loose, rocky terrain, the landscape gradually shifts. We enter a subalpine forest filled with rhododendron and juniper, where the path becomes more sheltered and the air noticeably warmer with each step downward. We arrive in Ngawal by late afternoon, where a hot meal and well-earned rest await. Overnight tea house. Altitude 3,700m.

Day 12: Trek Ngawal to Manang, 5 hrs.

After breakfast, we leave Ngawal and enjoy a gentle descent to rejoin the main Annapurna Circuit trail. The route offers sweeping views of the Marsyangdi Valley and the dramatic north faces of the Annapurna range. Partway down, we detour to Ghyaru Village (3,670m), a picturesque village known for its traditional stone houses and rich cultural atmosphere. Next, we visit the remarkable Braga Gumpa (3,420m), a 600-year-old Tibetan Buddhist monastery built dramatically into the cliffs, with sweeping mountain views. From there, we continue along an easy trail to reach the bustling village of Manang by late afternoon. Manang is the largest and most vibrant settlement along our route, nestled beneath towering Himalayan peaks and offers bakeries, shops and insights into life in the high Himalayas. Overnight tea house. Altitude 3,540m.

Day 13: Trek Manang to Yak Karka, 5 hrs.

After a good night's rest in Manang, we set off after breakfast, beginning a steady ascent out of the Marsyangdi Valley. The green, cultivated slopes surrounding Manang soon give way to the rugged beauty of the high Himalaya. As with each stage of this journey, the scenery is unforgettable - highlighted by sweeping vistas and the dramatic icefall spilling down from the Gangapurna Glacier. Along the way, we cross a number of narrow streams and traverse the increasingly barren landscape. Eventually, we reach Yak Kharka - meaning "Yak Pasture" - a peaceful high-altitude stopover often dotted with grazing yaks. Overnight tea house. Altitude 4,050 m.

Day 14: Trek Yak Karka to Thorong High Camp, 6 hrs.

After breakfast, we begin a steady ascent from Yak Kharka. The trail today will rise gradually as we join the glacial Jarsang Khola river. After crossing a long suspension bridge, the trail becomes steeper as we climb towards Thorong Phedi, a key staging point for the pass. From

Phedi, a steep, switchbacking trail winds upward for about an hour, bringing us to Thorong High Camp. Though challenging, the final climb is quickly rewarded with breathtaking, panoramic views of the surrounding peaks. Overnight tea house. Altitude 4,880m.

Day 15: Trek over Thorung La Pass (5,416m) to Muktinath, Drive to Marpha, 9 hrs.

We start early this morning - usually before dawn - to take advantage of the stable morning weather on the pass. The trail climbs steadily from High Camp, and as daylight breaks, the surrounding peaks gradually reveal themselves. With every step, anticipation builds as we near the iconic sign marking Thorong La Pass (5,416m), one of the highest trekking passes in the world. Reaching the top is an unforgettable moment, surrounded by fluttering prayer flags and panoramic views stretching across the Annapurna and Dhaulagiri ranges.

After taking time to enjoy the incredible views and celebrate the achievement, we begin our descent. The trail drops through scree slopes and rocky switchbacks before easing into the striking, wind-carved valleys of the Mustang region. By late morning, we reach Muktinath, an important pilgrimage site for both Hindus and Buddhists, known for its eternal flame, sacred water spouts, and serene temple courtyards nestled beneath dramatic peaks. After some time to explore and rest, we take a scenic two-hour drive down the Kali Gandaki Valley to the charming village of Marpha, famous for its whitewashed houses and apple orchards. Overnight tea house. Altitude 2,670 m.

Day 16: Fly Jomsom to Pokhara to Kathmandu

After breakfast, we transfer to Jomsom Airport for a short and scenic flight to Pokhara, soaring above deep valleys flanked by towering Himalayan peaks. Weather permitting, this is one of the most beautiful short flights in Nepal, offering unforgettable aerial views of the Annapurna and Dhaulagiri ranges. In Pokhara, we have a brief layover before boarding our connecting flight to Kathmandu. The flight east to the capital is equally scenic, with views of terraced hillsides, winding rivers, and distant snow-capped peaks. Upon arrival in the capital, we transfer to our hotel where you can rest, refresh, or explore the city at your leisure. Overnight hotel.

Day 17: Kathmandu

Enjoy a full day at leisure exploring the vibrant city of Kathmandu. Whether you choose to visit ancient temples, browse local markets, or simply relax in one of the city's many cafes, there's plenty to discover. In the evening, we come together for a celebratory dinner in one of Kathmandu's best restaurants. Overnight hotel.

Day 18: Expedition Concludes

Say farewell to your group as our expedition comes to an end.

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Expedition Costs

Total Cost: €3,899

- A **deposit** of EUR/USD/GBP 399 is taken at the time of booking to secure your spot.
- A **part payment** of EUR/USD/GBP 1,000 is due six months prior to departure.
- The **final balance** can be paid in installments, but is due 90 days prior to departure.

For up to date prices in GBP and USD based on today's exchange rate, please visit our website.

Flights

Please consult us before booking your flights to ensure you arrive in time for the expedition briefing on the first day. It's essential you do not miss this meeting.

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Expedition Inclusions & Exclusions

Expedition Costs Include:

- Internal flights in Nepal
- Pre-departure training weekend
- Experienced expedition leader
- Dedicated expedition doctor
- Earth's Edge team of guides and a full support team
- All accommodation based on twin sharing in hotels in Kathmandu. On the trek you will be staying in teahouses where the room configuration is a mixture of twin rooms and dormitories
- All meals and drinking water (except in Kathmandu where accommodation is on a B&B basis)
- A celebratory dinner at the end of the expedition
- All group transport throughout the expedition
- Your permits for trekking within the Annapurna region
- All group gear consisting of a fully stocked med kit including an oxygen tank
- An Earth's Edge buff for all participants

Expedition Costs Exclude:

- International Flights
- Training weekend accommodation and food
- Personal travel insurance
- Medical vaccinations
- Tourist visas
- Personal equipment

- Tips
- Expenses of a personal nature like laundry, phone calls, alcohol, WiFi or showers in the tea houses and excess baggage charges.
- Any costs arising out of unforeseen circumstances which affect the itinerary such as bad weather, landslides, road conditions and any other circumstances beyond our control

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Spending Money and Tipping

Spending Money

We recommend that you put aside **USD/EUR450** in spending money for this trip. We suggest that you exchange a small amount of your spending money into the local currency, Nepalese Rupees, either at the airport or in Kathmandu, for purchasing small items like snacks on the trail. There are ATMs available in Kathmandu where you can withdraw cash using a credit/debit card.

At the time of writing, EU passport holders are able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately **USD50** payable in cash. This is included in the amount recommended above.

Our recommended **tip amount is USD/EUR200 per person**. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip evenly among all of our Earth's Edge team in Nepal. The recommended spending amount above includes the tip for the Earth's Edge Team.

Whilst on the trail, wifi and hot showers are available in some tea houses at a cost of approx USD/EUR 5 each.

Tipping

At Earth's Edge it is important to us that the tipping process is transparent and that all team members are tipped fairly.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the trek. Our average group size is 13 climbers plus our doctor = 14 people.

We recommend everyone tips **USD/EUR 200**. If everyone tips, that will give us a total tip amount of USD/EUR 2,800 (13 x USD/EUR 200 + USD/EUR 200 as we tip on behalf of our doctor).

With a group of that size, our Earth's Edge team in Nepal will be made up as follows and receive roughly the following share of tips.

Expedition Leader: 1 person	USD/EUR 400 x 1	= USD/EUR 400
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Assistant Sherpas: 3 people	USD/EUR 290 x 3	= USD/EUR 870
Porters: 9 people	USD/EUR 166 x 9	= USD/EUR 1494
Driver: 1 person	USD/EUR 35 x 1	= USD/EUR 35
	TOTAL	= USD 2,800

Please note the above figures are a guideline based on an average of 13 trekkers. We ask our clients not to tip any of the Earth's Edge team directly as it's important that all of the team get their fair share of the tips.

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Flights to Pokhara & Weather Contingencies:

In the event that your group's flights to or from Pokhara are cancelled due to inclement weather, additional spending money will be required. The domestic airline will aim to get us on the next available flight when weather conditions are favourable, either later the same day or on one of the following days. While we visit this region when the weather is most favourable, it's essential to note that adverse weather conditions can occur during the trekking season.

In some cases, the weather may be too poor for planes to fly but helicopters can often operate, as they can fly in less favourable conditions. Should the need arise, the cost of helicopter hire must be covered by you as changes due to weather are outside the control of Earth's Edge and as per our [booking conditions](#), we don't cover costs associated with changes outside our control (Force Majeure). At the time of writing, the estimated cost of helicopter hire is in the range of €300 - €600 per person per flight, but this is subject to variation. Please ensure you have access to sufficient additional finances for potential weather-related disruptions during your trek.

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Training Weekends

Before every expedition, we organise a training weekend where you'll have the chance to meet your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for the weekends are not included.

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Safety Standards

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced leader supported by a qualified doctor with a keen interest in adventure travel and expedition medicine.

Our expeditions are further supported by our dedicated Earth's Edge team of Sherpa guides and porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to Nepal. Up-to-date travel advice is available on the [DFA website](#).

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and apply **hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.
- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our [safety page](#).

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Special Offers

- **Return Customer Offer** - If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.
- **Group Discounts** - If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.



- **Couples Offer** - If you are booking with a friend or partner please visit our [couples offer](#) page for details on what discount you are entitled to.

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Book Your Trip Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your [consultation here](#).

Expedition FAQ:

Do you have a question that wasn't answered in this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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