



## Nar Phu valley trek - 16 Days

Nar Phu valley is isolated region trek of [Annapurna](#) in Nepal, one of the un- touched and unspoiled region from outside world. This trek leads to two villages popular in Annapurna region (Nar and Phu), which is also known as “[The Little Tibet](#)”.

Nar (4150 m) is a big village before [Kang La Pass \(5320 m\)](#) and Phu (4250 m) is a village in front of Himlung Mountain. This trek is a mixed of unique, wild and visiting remote village of Nar Phu region, numerous yaks and yak pastures, magnificent view of mountain peaks, lean and colorful Georges, high and quite difficult Kang La Pass and the glacier peaks.

Nar Phu valley trek is a quite strenuous and [less touristic region trek](#) of Annapurna. So, it is suitable for every trekker who wants to explore hidden place and love to spend their valuable time in a peaceful environment. The people of Nar Phu valley in Nepal practice a unique blend of [Tibetan Buddhism](#) and ancient Bon traditions. The valley is inhabited by people of Tibetan origin, and their culture, language, and religious practices reflect strong Tibetan influences.

Spring and autumn season is the best time to undertake the Nar Phu valley. The weather during this period is generally stable, with clear skies, and moderate temperature. Overall, Nar Phu valley trek offers opportunity to experience and witness unique traditions, participate in festivals, visit monasteries, and engage with the warm and hospitable local communities.



## PRICE INCLUDES

1. 2Night Hotel in Kathmandu (B/B basis)
2. Domestic flight from Kathmandu to Lukla to Kathmandu.
3. All Airport Pick and drop and vice versa.
4. Trekking permits and TIMS card
5. Experienced & English speaking License holder guide (Insurance, daily wages, equipment, meals and accommodation for a guide.)
6. All taxes and company service charges
7. Medical support kit box
8. Farewell dinner with cultural cuisine.

## PRICE EXCLUDES

1. Fees of visa for Nepal
2. International Airfare to get in and out of Nepal
3. Equipment (sleeping bags, down jackets, maps, trekking poles etc).
4. One porter for two guests
5. Travel and Evacuation Insurance
6. Accommodation in tea house during the trek
7. Meals a day (lunch, dinner and breakfast with 3 cups of tea or coffee during the trek)
8. Expenses for beverages, drinking water, desserts, extra porters, shower, laundry or any other services which are not mentioned by the company
9. Cost for spending extra nights in a certain destination in your will
10. Tips that you provide in a trip to guide, porter or any local people



## ITINERARY IN DETAIL

### Day 1: Drive from Kathmandu to Jagat

It will take maximum 8 to 9 hours to reach Jagat (1100m) which is the starting point of the trek from Kathmandu. You will be driving through the rivers, villages, farms, mountains, and greenery on the route to reach Jagat. Stay overnight in Jagat.

### Day 2: Trek from Jagat to Dharapani

The early morning you will start the trekking which continues through dense forest as well as enjoying the mountain views of Annapurna ranges and cross few suspension bridges to reach Dharapani (1960 meters), after a walk of 7 to 8 hours. Overnight at Dharapani on the second day of the trek.

### Day 3: Trek from Dharapani to Koto

Your today's hike will be for approximately 5 to 6 hours to reach an altitude of 2610 m at Koto. The main attractions of today's trek will be the white washed monastery as well as the views of mountains such as Manasalu and Peak 29. You will stay overnight at Koto.

### Day 4: Trek from Koto to Meta

You will be registering the trekking permit at the Check post in the early morning then will be walking through the bank of Soti khola with splendid pine forests to the suspension bridges to reach Meta village (3560 m). Overnight stay at tea house after a long walk of 7 to 8 hours.

### Day 5: Trek from Meta to Phu Gaon

Today you will be hiking for maximum 7 to 8 hours to reach Phu Gaon at (4250 m) crossing different streams, suspension bridges, and the Khampa settlements. You will be walking through rocky path to reach Phu Gaon. Stay overnight at tea house.

### Day 6: Acclimatization at Phu Gaon

You will spend the sixth day of your trek having rest at Phu Gaon which will help you a lot for acclimatization. You will be strolling around the culturally and naturally beautiful valley, inhabits of the Gurung and Ghale people. You will also visit the oldest Tashi Lkhang monastery and will experience the best views of Himlung Himal.

### Day 7: Trek from Phu Gaon to Nar

Today you will be passing high bridge above 80 m at Lapche River on the trekking route as well as pass through Buddhist Stupas until we reach Nar village (4110 m) which offers the best glimpse of Pisang peak and other smaller peaks. Stay overnight at Nar after 6 to 7 hours of walk.

### Day 8: Acclimatization at Nar

As you will be at an altitude where the air is much thinner so you will be taking another day rest at Nar to make our body comfortable for another day's trekking. You will be hovering around the village to witness the villager's lifestyle and culture.

### Day 9: Trek from Nar to Kang La Pass



The adventurous journey will begin as you walk for Kang La Pass at 5322 m from where you will see the Annapurna Massif. Then, you will descend from here to reach Ngwal at an altitude of 3660 m to have overnight stay.

### **Day 10: Trek from Ngwal to Manang**

From Ngwal, you will head for Manang today. You will pass through the isolated village of Paugh observing the impressive views of Annapurna range. Then, you will move gently uphill to Mungli and to the main trail of Annapurna trail at Mungli. You will eventually reach Manang where you set up your camps for overnight stay.

### **Day 11: Trek from Manang to Yak Kharka**

From Manang village the chase crosses a stream, climbs to a village of Tenki above Manang, and then continues to climb out of the Marshyangdi valley turning northwest up the valley of Jarsang Khola. The trail follows this valley north ward, passing a few pastures, a scrub of juniper trees, as it steadily gains elevation. The stream further passes near the small village of Ghunsa, a cluster of flat mud roofs just below the foot path. Now the trail goes through grassland where horses and yaks graze. After crossing a small river on a wooden bridge, the trail passes an ancient old Mani walls in a pleasant pastureland. Finally, reaches another small village of Yak Kharka.

### **Day 12: Trek from Yak Kharka to Thorong Phedi**

You will make the way to the foot of the pass, Throng Phedi. Thorong Phedi is a small busy settlement catering to the needs of tired climbers and trekkers. Most of the visitors use this point as a base camp. However, few visitors attempt a hike to the High Camp today so that the next day can be easier for them. Although you will have a tough day tomorrow, you will stop at Thorong Phedi. So, that you can have sound sleep in lower altitude rather than risking sleeping in a higher altitude at High Camp.

### **Day 13: Trek from Thorong Phedi to Muktinath via Thorong La Pass**

Crossing the arduous Thorong La Pass at a dizzying height of 5,416m/ 17,764 ft is another highlight of this trek. An early start is important to go through the icy high-altitude trail. But the picturesque mountain vistas are more than compensates the strenuous walk through the grueling chase. You will reach Muktinath by sunset which is an important pilgrimage site for both Hindus and Buddhist. You can stroll around the area which hosts a Vishnu temple and a Monastery nearby.

### **Day 14: Trek from Muktinath to Jomsom**

You will begin descending down the dramatic Kali Gandaki Gorge through the arid land. You will also pass by Jharkot and Khingar villages which has typical Tibetan architecture. Following the valley floor most of the way sprawled along the banks of the Kali Gandaki, you will reach Jomsom.

### **Day 15: Fly from Jomsom to Pokhara by flight**

After breakfast you will be check in the airport for Pokhara flight. The scenic flight takes us through the gorge of the two huge mountains, Annapurna and Dhaulagiri. On arrival at Pokhara airport, you will be transferred to lakeside hotel. You will get some rest and explore the beauty of Pokhara Valley in the evening. While you will leisurely walk along the bank of Fewa Lake, the second biggest lake of Nepal while admiring the mountain view of Machhapuchhare. You can also go for a boat-ride in Fewa or take a short hike to the World Peace Pagoda. Similarly,



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you can end the day with a leisurely stroll around the incredible lakeside.

### **Day 16: drive from Pokhara to Kathmandu**

Today after breakfast, You will make a 200 km drive back to Kathmandu. It's better to hold on to the left pane of the vehicle to enjoy the scenery through the route. Upon arrival in Kathmandu, you will be transferred to your hotel. There is nothing to do but trade emails with travel companions and organize your photos. You can spend the evening leisurely, perhaps catch up on some last minute shopping and celebrate dinner together with teams. You will stay overnight at Thamel hotel.