



Short Nar Phu Valley Trek Package - 10 Days

Overview of the Short Nar Phu Valley Trek

The [Nar Phu Valley Trek](#) is a captivating journey into one of Nepal's most secluded regions, offering an unparalleled blend of natural beauty and cultural heritage. Located in the remote northern part of the [Manang district](#), the trek reveals two enchanting villages—Nar and Phu—hidden high above the tree line. These settlements, rich in Tibetan-inspired traditions, remained largely unknown to the outside world until recent decades. Today, they offer a rare glimpse into a lifestyle that has changed little over centuries.

This trek combines adventure and serenity, taking travelers through rugged mountain trails, narrow gorges, and vast alpine landscapes. The Nar Phu Valley is not just about its stunning vistas; it's also about the cultural immersion in the unique way of life of its inhabitants. As a restricted area, the region has retained its authenticity and traditions, requiring trekkers to obtain special permits, ensuring that the environment and cultural heritage are preserved for future generations.

For adventurers seeking a less-traveled path, the [Nar Phu Valley Trek](#) is an excellent choice. It provides a unique perspective of Nepal's diverse ecosystem, from dense forests to stark, high-altitude terrain. Combined with the allure of historic monasteries, chortens, and the warm hospitality of the locals, this journey is a memorable experience for both seasoned trekkers and cultural enthusiasts.

The [Experience of Nar Phu Valley Trek](#)

The trek is a gateway to pristine wilderness and unspoiled landscapes. From the moment you set foot in the region, the towering peaks of [Annapurna](#), [Manaslu](#), and [Dhaulagiri](#) form a majestic backdrop. As you navigate the trails, you'll encounter roaring rivers, cascading waterfalls, and dense rhododendron forests, all adding to the trek's allure. The thrill of crossing high passes, such as Kang La, is complemented by the serene beauty of the surrounding mountains and valleys.

The [cultural](#) immersion in Nar and Phu villages is a highlight of the journey. Nar, known for its [pastoral lifestyle](#), and Phu, celebrated for its fertile lands, offer a rare glimpse into an ancient way of life. The houses, clustered in traditional Tibetan styles, and the vibrant gompas and monasteries, exude an old-world charm. Interacting with the villagers, who maintain their customs and traditions, is a humbling experience, providing insights into their resourceful and resilient lifestyle.

This trek is as much about [self-discovery](#) as it is about exploring the physical landscape. The tranquil surroundings, coupled with the locals' deep spiritual connection to the land, inspire a sense of inner peace. Whether it's witnessing a yak herder's daily routine or standing amidst the vast, untouched Himalayan vistas, every moment of the Nar Phu Valley Trek is an invitation to connect deeply with nature and culture.

Restricted Area Trekking in Nepal

To preserve the [cultural heritage](#) and natural environment of sensitive regions near the Tibetan border, the Nepalese government regulates trekking in areas like Nar Phu Valley. Permits and compliance with specific guidelines are



required, including:

- A minimum group size of two trekkers.
- Permits for conservation areas or national parks.
- Payment of local rural municipality fees.
- Hiring a licensed trekking agency and a certified guide.
- Obtaining a special immigration permit.
- Securing travel insurance.
- This trek offers not only adventure but also a meaningful connection to Nepal's cultural and natural legacy.

Best Time for the [Nar Phu Valley Trek](#)

Spring (March to May) is considered the best time to embark on the Nar Phu Valley Trek. During this season, the region comes alive with blooming rhododendrons and lush greenery, creating a vibrant and picturesque landscape. The stable weather conditions make trekking more enjoyable, with clear skies offering unobstructed views of the surrounding Himalayan peaks. Temperatures are mild and comfortable, even at higher altitudes, ensuring a pleasant trekking experience. Moreover, the spring season coincides with various local festivals, particularly in May, giving trekkers an opportunity to witness the rich cultural traditions and celebrations of the Nar and Phu communities.

[Autumn](#) (September to November) is another favorable time for the trek, marked by cool temperatures and generally clear skies. This season follows the monsoon, leaving the trails refreshed and the views pristine. However, weather in autumn can be slightly unpredictable, especially in the higher altitudes, so trekkers are advised to be prepared for sudden changes. Despite this, the autumn months are popular among trekkers due to the breathtaking landscapes and the crisp mountain air that enhances the overall trekking experience. Both seasons provide unique opportunities to explore the natural and cultural wonders of the Nar Phu Valley.

Key Highlights of the Nar Phu Valley Trek

- Immerse in an ancient Nepalese-Tibetan way of life.
- Explore the secret valleys of Nar and Phu villages.
- Enjoy panoramic views of Himalayan giants like Dhaulagiri, Manaslu, and the Annapurna range.
- Visit ancient monasteries, gompas, and traditional chortens.
- Witness diverse flora and fauna in the region.
- Optionally visit the world-renowned Tilicho Lake (4,919 m).
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Journey Begins

The trek begins at Jagat, which is reachable by a jeep ride from Kathmandu. Initially, the trail follows the Annapurna Circuit route to Meta, crossing the Marshyangdi River bridge. From there, you'll enter the Nar and Phu valleys, trekking through narrow canyons and mountain trails before being rewarded with stunning views of peaks like Pisang and Kang Garu.

These valleys are home to century-old monasteries, yak herds, and the picturesque traditional villages of Nar and Phu. Nar is known for its alpine pastures, while Phu is a farming hub, with houses clustered in a unique style



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reflecting a bygone era.

After exploring these villages, trekkers cross the Kang La Pass to reconnect with the Annapurna Circuit at Ngawal Village. From there, they can choose to continue the circuit by crossing the Thorong La Pass or return to Kathmandu via Besisahar.



PRICE INCLUDES

- Airport pick-up and drop-off.
- Accommodation in Kathmandu, during the trek, and in Pokhara.
- All meals (breakfast, lunch, and dinner) during the trek.
- Trekking permits and restricted area permits (Nar Phu).
- Transportation (Kathmandu to Koto by jeep, and Manang to Pokhara).
- Experienced English-speaking guide and porters.
- All necessary trekking gear (if required).
- Insurance for guide and porter.
- All government taxes and service charges.

PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays
- Personal expenses such as bar and beverage bills, Wi-Fi access, hot showers, bottled water, additional porters, laundry, or any other items not explicitly included by the company are not covered.



ITINERARY IN DETAIL

Day 1: Day 1: Drive from Kathmandu to Koto(1,400m) 8-9 hours

The adventure begins with a scenic drive from Kathmandu to Koto, which takes about 8–9 hours. Leaving the hustle and bustle of the capital, the route gradually ascends into tranquil mountain landscapes, passing through verdant valleys, terraced fields, and picturesque villages. Along the way, you'll catch glimpses of the majestic Himalayas as they rise in the distance. Koto, situated at an altitude of 2,700 meters, serves as the starting point for the trek and offers an ideal setting to acclimatize and prepare for the exciting days ahead.

Day 2: Day 2: Trek from Koto to Meta Duration: 6–7 hours Distance: 13 km

The first trekking day leads from Koto to Meta, a journey of 6–7 hours through dense pine forests and alongside crystal-clear rivers. The trail features suspension bridges and small cave shelters, showcasing the rugged charm of the Nar Phu region. As you ascend, the views expand to reveal stunning snow-clad peaks and dramatic landscapes. Meta, perched at 3,560 meters, offers a serene environment and breathtaking vistas, providing the perfect introduction to the remote beauty of the Himalayas.

Day 3: Day 3: Trek from Meta to Kyang/Chyako Duration: 4–5 hours Distance: 12.8 km

The trek to Kyang, a remote seasonal herding settlement at 4,080 meters, immerses you in the wild splendor of the Nar Phu Valley. The path winds through high-altitude deserts, abandoned villages, and yak pastures. Along the way, you'll be greeted by towering cliffs and panoramic views of the surrounding peaks. This 4–5 hour trek provides an excellent opportunity to experience the timeless culture and dramatic landscapes of the region.

Day 4: Day 4: Trek from Kyang to Phu Gaon Duration: 5–6 hours Distance: 9.5 km

This leg of the journey takes you to Phu Gaon, a traditional Himalayan village situated at 4,110 meters. The trail is adorned with ancient chortens, mani walls, and windswept cliffs, reflecting the region's deep spiritual roots. Along the way, you might spot blue sheep grazing on rocky slopes or catch sight of eagles soaring high above. Phu Gaon is rich in Tibetan culture, with ancient monasteries and a timeless way of life, making it one of the trek's most memorable highlights.

Day 5: Day 5: Trek Back from Phu Gaon to Kyang/Chyako Duration: 6–7 hours Distance: 8.9 km

Retrace your steps from Phu Gaon to Kyang, descending from 4,110 meters to 3,850 meters. The 6–7 hour journey offers a new perspective on the valley's stunning terrain, from its steep cliffs to its expansive pastures. As you pass through ancient trails and revisit familiar landmarks, take time to absorb the region's remote beauty. Kyang provides a peaceful stop to rest and reflect on the journey so far.

Day 6: Day 6: Trek from Kyang to Nar Duration: 6–7 hours Distance: 12.1 km

The trek to Nar is a 6–7 hour ascent to 4,344 meters, offering captivating views of windswept landscapes and rugged trails. Along the way, prayer flags and traditional chortens punctuate the route, adding to the cultural richness of the journey. Nar is a picturesque village with traditional stone houses and vibrant Tibetan culture, providing a warm and welcoming atmosphere to relax and recharge.

Day 7: Day 7: Acclimatization and Exploration in Nar



Spend the day acclimatizing in Nar at 4,250 meters. Explore this enchanting village, known for its centuries-old monastery, narrow stone alleys, and traditional prayer wheels. Interact with locals to learn about their daily lives and customs, and hike to nearby ridges for panoramic views of the surrounding peaks. This day offers a perfect blend of cultural immersion and natural discovery, ensuring you're ready for the challenging days ahead.

Day 8: Day 8: Trek from Nar to Nawal via Kang-La Pass Duration: 7–9 hours Distance: 12.4 km

This exhilarating day involves crossing the Kang-La Pass at 5,306 meters. Starting in Nar, the trail ascends steeply, rewarding you with breathtaking views of Annapurna II, Gangapurna, and other iconic peaks. After savoring the panoramic scenery, you'll descend to Nawal at 3,675 meters, a charming village where you can rest and celebrate the accomplishment of crossing one of the trek's most challenging and scenic passes.

Day 9: Day 9: Trek from Nawal to Pisang Duration: 4–5 hours Distance: 7.9 km

The journey to Pisang is a scenic 4–5 hour trek through lush forests, terraced fields, and traditional villages. The trail provides stunning views of the Annapurna massif, blending natural beauty with cultural exploration. Arriving in Pisang, you'll find a welcoming community and opportunities to explore ancient monasteries, offering a perfect conclusion to the trekking portion of your adventure.

Day 10: Day 10: Drive Back to Kathmandu Duration: 10–11 hours Distance: 185 km

The return drive to Kathmandu takes approximately 10–11 hours, providing a final chance to appreciate Nepal's diverse landscapes. From serene mountain valleys to bustling cityscapes, the journey encapsulates the country's beauty and charm. Reflect on the unforgettable experiences of the trek as you return to the vibrant capital, concluding your Nar Phu Valley adventure.



FAQ

1. 1. Is the Nar Phu Valley Trek difficult?

The Short Nar Phu Valley Trek is considered moderate to challenging due to its high altitude, remote location, and the crossing of Kang La Pass. Some prior trekking experience is recommended.

2. 2. Do I need a guide and porter for this trek?

Yes, a guide and porter are required for this trek. A guide ensures safety, navigation, and communication, while a porter helps carry your heavy gear.

3. 3. Is it necessary to acclimatize during the trek?

Yes, acclimatization is essential, especially in the higher altitudes. We have built-in acclimatization days in the itinerary to help prevent altitude sickness.

4. 4. What is the best time to do the Short Nar Phu Valley Trek?

The best times are from March to May and September to November, as the weather is clear and ideal for trekking. The spring and autumn seasons offer the best trekking conditions.

5. 5. What kind of accommodation can I expect during the trek?

During the trek, you will stay in teahouses and guesthouses. Basic but comfortable, they offer local hospitality, warm meals, and a cozy place to sleep. However, you should be prepared for simple amenities, especially in more remote areas.