

# Nar Phu Valley Trek

## 3 Star Hotel Package

**2199**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**2499**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** Cultural Tour+Trek



**Trip Difficulty:** Moderate+2

The [Nar Phu Valley trek](#) is a hidden gem among the trekking routes of Nepal, offering breathtaking views of the Annapurna massif, cultural immersion in Tibetan-influenced villages, and unspoiled wilderness. This trek takes you on an off-the-beaten-path route, where you can explore the remote [Nar Phu Valley](#), which was opened for tourism only in 2002. The trek starts with a few days on the popular Annapurna trail, passing through lush rice fields and forests before gradually ascending to the High Mountains. As you climb higher, you will reach the **Nar Phu valley**, which is located on one of the trans-Himalayan communication routes to Tibet. Here, you will witness glaciers and traverse an altitude desert under the influence of Tibetan culture.

The dry stone villages of Metha, Chako, Kyang, and Phu are the highlights of this trek, where you can immerse yourself in the local culture and witness the resilience of the human spirit in the face of harsh terrain. The villages are adorned with chorten and prayer flags that flutter in the wind, adding to the serene ambiance of the trek. The Kang La Pass, which stands at a height of 5322 meters (17460 feet), offers stunning views of the surrounding mountains and valleys. After crossing the pass, you'll reach the beautiful village of Manang, where you can choose between two great options. You can traverse the spectacular Throng La Pass, taking in breathtaking views of the Mustang region and reaching Jomsom, where you can fly to Pokhara. Or, you can trek back to Chame and drive to Besisahar by jeep, seeing more of the stunning Annapurna region and avoiding crowds on the main circuit. Whatever your choice, the [Nar Phu trek](#) is an unforgettable adventure that offers a unique perspective on Nepal's beautiful mountain landscapes. Customize your itinerary and create the journey of a lifetime.

To trek in Nar Phu Valley, you'll need both a restricted area permit and Annapurna Conservation Area Permit (ACAP). As a leading local Sherpa agency, we manage all permits efficiently. Your safety is our priority, and our licensed Sherpa guide ensures an insightful journey into local culture. Relax as we handle permits, allowing you to savor Nar Phu Valley's beauty. We offer personalized, high-quality service with customizable trek options, ensuring an exceptional experience that exceeds expectations. Competitive and transparent pricing reflects our commitment to your satisfaction.

DURATION: 20 days

## ITINERARY

### Day 01.: Arrival in Kathmandu (1,350m/4,428ft). Transfer to Hotel.

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself

### Day 02.: Half day Kathmandu City Sightseeing & Trek Preparation. Overnight Stay at Hotel.

After Breakfast your day will start for sightseeing tour of 2 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. Our next sightseeing will be at Buddha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant.

We will also guide to visit Thamel areas where you can buy or rent necessary trekking equipment's. After that, we drive back to hotel then we get our equipment checked by our expert Sherpa guide, get introduced with team members and discuss our whole trek. Overnight in Kathmandu

### **Included meals:Breakfast & Welcome Dinner**

#### **Day 03:: Drive from Kathmandu to Jagat (1,300m/4,264ft) via Besisahar (7-8 hours)**

Today, you will begin your journey to the Nar Phu Valley. You will be picked up from your hotel in Kathmandu and drive towards Besisahar, a small town in the Lamjung district. After a brief stopover in Besisahar, you will continue your drive to Jagat, which is your starting point for the trek. The journey will take around 7-8 hours and will be a bumpy ride along a winding road that runs alongside the Marsyangdi River.

### **Included meals:Breakfast Lunch Dinner**

#### **Day 04:: Trek from Jagat to Dharapani (1,960m/6,430ft): 6-7 hours Overnight Stay at Lodge**

Embarking from Jagat, we delve into the steeper valley leading towards the picturesque village of Chamje. Crossing the awe-inspiring Marshyangdi River once again, the valley transforms, and the cliff sides become mildly impressive. We climb high and steep over the lush river, gradually reaching the valley where the charming village of Tal and its giant waterfall await. Tal boasts a long main street and a fun cowboy town ambiance, complete with shops and lodges. As we enter the city, we are greeted by two big-eyed women who have opened a souvenir shop with beautiful crafts and lovely rags. Interestingly, "Tal" means lake, a testament to the valley's history as a vast lake. Just outside Tal, we encounter the first mani of our journey, a clear indication that we are approaching the Tibetan Buddhist region. In Tal, there is a small office with a kerosene warehouse and medical clinic, both managed by the Annapurna Conservation Area Project (ACAP), a local education and sustainability initiative.

The valley's terrain changes again, becoming steep, rugged, and impressive until we arrive at Kharte and, most notably, the heart of Gyasumdo, Dharapani (waterway) at 1,960 meters. Across from us lies the Dudh Khola Valley and the Manaslu dragon, with the Larkya La Pass and the old trading road to Tibet over Gya La. Tibet is just 50 kilometers away, beckoning us with its mysterious allure.

### **Included meals: Breakfast Lunch Dinner**

#### **Day 05:: Trek from Dharapani to Koto (2,610m/8,563ft): 5-6 hours Overnight Stay at Lodge**

Leaving Dharapani behind, we embark on a scenic trek to Koto, situated at an altitude of 2,610 meters or 8,563 feet above sea level. The journey is expected to take around 5 to 6 hours and offers excellent views of the surrounding landscape.

As we make our way through the trail, we are greeted with breathtaking views of the Annapurna and Lamjung Himal ranges, lush green forests, and traditional Gurung and Tibetan settlements. We cross several suspension bridges over the Marsyangdi River, making our way through dense forests of oak, pine, and rhododendron trees.

The trek is moderately challenging, with a few steep ascents and descents, but the stunning natural beauty of the region makes it all worthwhile. Along the way, we pass through several charming villages such as Bagarchhap, Danakyu, and Timang, where we can observe the unique culture and lifestyle of the locals.

As we approach Koto, we are rewarded with incredible views of the majestic Himalayas, including Annapurna II and III, Gangapurna, and Tilicho Peak. Koto itself is a charming village, nestled amidst the lush green forests, and is home to several Buddhist monasteries and chortens, offering an opportunity to explore the rich culture and traditions of the region.

**Included meals: Breakfast, Lunch and Dinner**

**Day 06:: Trek from Koto to Meta (3,560m/11,680ft): 7-8 hours Overnight Stay at Lodge**

We begin our journey towards Nar and Phu by leaving Koto in the Annapurna region and heading north into the valley. Before departing from Koto, we need to obtain special permission to enter Nar and Phu. As we move forward, we cross a bridge and enter a flat and easy trail that gradually leads us into an impressive gorge. Along the way, we encounter a small hot spring and a few obstacles, but the newly constructed bridges make our trekking easier.

At Sothi Khola, we stop for lunch at a simple Dal Bhat teahouse. Later on, we witness a magnificent waterfall at Singhende Dharamsala, located at an altitude of 3,230 meters. The trekking trail to Nar is one of the closest in Nepal. The path winds through the valley and high above the river, sometimes carved into the rock. As we continue, we find ourselves deep inside the southernmost part of the Nar and Phu gorge and finally arrive at the shining Dharamsala, located at an altitude of 3,220 meters.

We keep climbing higher, and the majestic Pisang Peak, Lamjung Himal, and Annapurna II's mighty north wall become our neighbors. We trek through a landscape that showcases the Himalayas at their best. Soon, we come across a series of small winter residences and former Khampa camps. The Khampas were Tibetan freedom fighters who were expelled from Nepal in the 1970s. After an hour of trekking from Dharamsala, the trail becomes steep, and we make our way through the last remaining forest and into the open country before finally reaching the picturesque village of Meta, located at an altitude of 3,560 meters or 11,680 feet. Despite being half-empty, Meta's location amidst the stunning scenery is simply breathtaking. We spend the night in Meta, and the altitude may take some time to adjust, so it's crucial to remain hydrated and avoid over-exertion.

**Included meals: Breakfast, Lunch and Dinner**

**Day 07:: Trek from Meta to Phu Gaon (4,250m/13,944ft): 7-8 hours**

Leaving Meta at 3,560 meters/11,680 feet, we continue our journey to Phu Gaon at 4,080 meters/13,382 feet. The trail leads us through a beautiful landscape with stunning views of the surrounding peaks, including Lamjung Himal and Annapurna II. As we move forward, we come across the first of many winter residences and former Khampa camps. The Khampas were Tibetan freedom fighters who were expelled from Nepal in the 1970s.

The path takes us higher into the open country, and we pass through the last remaining forest before arriving at the quaint village of Phu Gaon. The trek takes approximately 6-7 hours, and along the way, we encounter some steep sections and rocky terrain. However, the stunning scenery and the traditional village of Phu Gaon make the effort well worth it.

Phu Gaon is a small but charming village with ancient monasteries and traditional houses made of mud and stone. The village is home to the ethnic group of people known as the Loba, who have their own unique culture and language. The locals are friendly and welcoming, and we get a chance to immerse ourselves in their way of life.

Overall, the trek from Meta to Phu Gaon is a challenging yet rewarding experience that provides us with a glimpse into the fascinating culture and stunning landscape of the Nar Phu Valley.

**Included meals: Breakfast Lunch Dinner**

**Day 08:: Acclimatization day at Phu Gaon, visit monastery of Tashi Lhakang overnight stay at lodge.**

Phu Gaon is a beautiful and traditional village situated in the remote Nar Phu Valley. Today is a well-deserved rest day where you can explore the village and surrounding areas. This is a unique opportunity to immerse yourself in the local culture and witness their way of life.

Phu Gaon is a small village, but it has a lot to offer. You can visit the ancient monastery, Tashi Lhakhang Gompa, which is said to be more than 800 years old. This is a unique opportunity to witness the traditional Tibetan architecture and see some of the ancient Buddhist artworks and statues.

There are also many other smaller gompas scattered throughout the village that you can explore. The village is surrounded by beautiful mountain scenery, and you can take a leisurely walk around the village to enjoy the views and see the traditional houses and farmland.

The villagers in Phu Gaon are known for their hospitality and friendliness. You can spend some time interacting with them and learn more about their culture and way of life. They have their own language, customs, and traditions that are distinct from the rest of Nepal. You can also try some of their local cuisine, such as thukpa (noodle soup), momos (dumplings), and tsampa (roasted barley flour).

Another interesting place to visit is the Himlung Base Camp, which is located nearby. You can take a short hike to the base camp and enjoy the views of the towering Himlung Himal (7,126m/23,380ft) mountain.

Indeed, this rest day in Phu Gaon is an opportunity to take a break from the trekking and soak in the local culture and scenery. It is a unique and unforgettable experience that you will cherish for a long time.

#### **Included meals:Breakfast Lunch Dinner**

#### **Day 09:: Trek from Phu Gaon to Nar Village (4,110m/13,484ft): 6-7 hours overnight stay at Lodge**

The trek from Phu Gaon to Nar Phedi is a picturesque and adventurous journey in the Manang region of Nepal. The trek begins at an altitude of around 13,776 feet (4,199 meters) in Phu Gaon, a remote and isolated village that offers a unique glimpse into the culture and lifestyle of the people in the region.

The trail takes you through stunning landscapes, including dense forests, rocky terrain, and high mountain passes. As you hike, you will encounter various streams, waterfalls, and grazing yaks along the way.

After trekking for around 6-7 hours, you will reach Nar Phedi, a small village located at an altitude of 11,450 feet (3,490 meters).

#### **Included meals:Breakfast Lunch Dinner**

#### **Day 10:: Acclimatizations & preparation day for Kang la high pass ( 5,320 meter/17,585 feet))**

After several days of trekking, we arrive at Nar village where we will spend an acclimatization and preparation day for the challenging Kang la Pass. This day is crucial for adjusting to the high altitude and preparing for the challenging ascent ahead. On this day, we take a day hike nearby and explore Nar village to have a close look over the local culture and lifestyle.

Nar village is situated at an altitude of 13,484 feet (4,110 meters), and it is known for its unique culture, traditions, and ancient monasteries. We can visit the monasteries, interact with the locals, and gain a deeper understanding of the rich cultural heritage of the region.

Apart from cultural exploration, this day is also essential for acclimatization and preparation for the upcoming challenge of crossing the **Kangla La Pass**. At an altitude of **17,585 feet (5,360 meters)**, the pass offers stunning views of the surrounding peaks, but it is a challenging climb that requires a good level of fitness and

acclimatization.

**Included meals:**Breakfast Lunch Dinner

**Day 11:: Trek from Nar to Kang La Pass (5,322m/17,460ft) to Ngawal (3,660m/12,008ft): 8-10 hours**

Today marks the day we will cross the classic Himalayan pass, Kang La, standing tall at **5,320 meters (17,454 feet)** above sea level. Although not considered a really difficult pass, it requires physical and mental preparation, as the climb's first few hours until Kang La Phedi's simple stone cottage is relatively long. The backdrop to Kang Guru, Manaslu, and even Ganesh Himal is amazing.

After Kangla Phedi, the trek becomes more challenging as we ascend through different ravines and small combs over the next couple of hours. It can be harsh walking due to the altitude, but after a couple of hours, we hit a small mountain lake and are just below the pass height, although the pass itself remains a mystery as it's not visible until just over the crossing.

**Kang La Pass** is one of the smallest mountain passes in Nepal, and there's not much space on either side, with the landscape falling beautifully. The classic views of Annapurna II, III, and IV, Gangapurna, and Tilicho Peak from Kang La are absolutely breathtaking!

The descent to Ngawal Village is steep and slightly challenging for the first few hundred meters. We take our time and sit still until the path flattens out. The entire trek will take between 8 to 10 hours, so we will start very early in the morning, and it will be cold.

Once we arrive at Ngawal, one of the finest villages in Manang, we will undoubtedly be tired. Ngawal is located over the valley bottom, offering the wildest view of the entire giant Annapurna chain, and it's an impressive sight to behold. We will spend the night in Ngawal, re-energizing ourselves for the next part of the trek.

**Included meals:**Breakfast Lunch Dinner

**Day 12:: Trek from Ngawal to Braga (3,540m/11,614ft): 3-4 hours overnight Stay at Lodge**

After breakfast, we will start our descent towards the main trail to Braga, a beautiful and adventurous town built halfway into the rocks at an altitude of **3,450 meters (11,318 feet)**. The trek to Braga is steep, but the stunning views of the Himalayan landscape make the journey worthwhile. Once we reach Braga, we will explore the area's largest and most interesting monastery, which is about 500 years old and follows the Kagyupa branch of Tibetan Buddhism.

The Kagyupa branch of Tibetan Buddhism was inspired by the Tibetan monk Tilopa and Marpa in the 11th century in an attempt to make Tibetan Buddhism more spiritual. Marpa's most famous disciples include Milarepa, Tibet's great mystic and poet. After our visit to the monastery, we will continue our trek for about 30 minutes to reach Manang, Nyeshang's largest town, which is located at an altitude of 3,540 meters (11,614 feet).

Manang is historically one of Nepal's most famous trekking towns and destinations, gently nestled alongside the Marshyangdi River and offering some of the most beautiful views of Gangapurna. We will spend the night in a tea house in Manang, where we can relax and prepare for the next leg of our journey.

**Included meals:**Breakfast Lunch Dinner

**Day 13:: Trek from Manang to Yak Kharka (4,110m/13,484ft): 3-4 hours**

Leaving behind the bustling Manang village at an altitude of 3,540 meters, the trail crosses a stream and ascends towards the village of Tenki above Manang. The path then continues to climb out of the Marshyangdi Valley, turning northwest up the valley of Jarsang Khola. The trail follows this valley northward, passing through a few pastures and a scrub of juniper trees as it steadily gains elevation.

The journey continues towards the small village of Ghunsa, with its cluster of flat mud roofs just below the trailhead. The trail then leads through picturesque meadows where horses and yaks graze. Crossing a small river on a wooden bridge, trekkers will come across an ancient Mani wall in a pleasant meadow before reaching the small village of Yak Kharka.

At an altitude of **4,110 meters (13,484 feet)**, **Yak Kharka** offers breathtaking views of the surrounding Annapurna range. This peaceful village serves as an important stopover point for trekkers on their way to Thorong La Pass. Overnight stay at one of the tea houses in Yak Kharka.

**Included meals: Breakfast Lunch Dinner**

**If you're not up for crossing the Thorong La Pass, don't worry! You can take an alternative route that still offers beautiful views of the Annapurna region. From Manang, trek to Chame through forests and small villages. Once in Chame, take a jeep to Besisahar and then another to Kathmandu. This drive takes around 9-10 hours and passes through charming towns and villages.**

Day 13: Trek from Manang to Chame (2,710m/8,891ft) (5-6 hours)

Day 14: Drive from Chame to Besisahar by Jeep (4-5 hours)

Day 15: Drive to Kathmandu by Private Car (6-7 hours)

Day 16: Fly back to Home from Nepal

**Day 14:: Yak Kharka to Thorong Phedi (4,600m/15,092ft): 3-4 hours overnight stay at Lodge**

Today, we will make our way to the foot of the Thorong La Pass at Throng Phedi. Throng Phedi is a small settlement that caters to the needs of tired trekkers and climbers. As trekkers, we will use this point as our base camp. Some visitors attempt a hike to the High Camp today to make the next day easier for them, but our team leader from Mountain Sherpa Trekking advises against it. Instead, we will stop at Thorong Phedi to have a sound sleep at a lower altitude, rather than risking sleeping at a higher altitude at the High Camp. This will prepare us for the tough day ahead tomorrow. Overnight stay will be at Thorong Phedi. Throng Phedi is situated at an altitude of 4,540 meters or 14,897 feet.

**Included meals: Breakfast Lunch Dinner**

**Day 15:: Thorong Phedi to Thorong La Pass (5,416m/17,764ft) to Muktinath (3,800m): 8-10 hours**

To reach Muktinath in the afternoon, an early start is necessary, as we will be crossing the challenging Thorong La Pass, which stands at a breathtaking altitude of [5,416m/17,764ft]. The ascent to the pass is partly done at night, and we will pass the High Camp [4,800m/15,748ft] on the way. The trail will gradually ascend until we reach the pass, where we expect to see a forest of prayer flags.

After taking a tea break and snapping some photos to capture the moment, we will begin the descent towards Muktinath. The initial descent is a bit steep, but the scenery that will unfold before our eyes will be worth it. Muktinath is the first village of Mustang and is a sacred sanctuary for both Buddhists and Hindus. Upon arrival in Muktinath, we will take a short break to visit the Hindu shrine, which is a major attraction for visitors.

On the opposite side of the village, the path will suddenly plunge into the valley, revealing the stunning Dhaulagiri Mountain as if it were a turning shoelace. We will spend the night in Muktinath, allowing us to rest and recharge for the next day's journey.

**Included meals: Breakfast Lunch Dinner**

**Safety requirements:** To ensure that we properly acclimatize and minimize the risk of altitude sickness, we have

decided to spend the night at the Thorung Phedi lodge [4500m/ 14,764ft] instead of the High Camp [4,800m/ 15,748ft]. This decision was made in consideration of the recommended acclimatization level of a 300m/ 984ft drop between two points where we sleep. Additionally, it is safer to avoid the High Camp at night as it can be difficult to navigate, especially for porters or participants carrying heavy loads. By staying at the Thorung Phedi lodge, we reduce the risk of triggering altitude-related illness and ensure that we are well-rested for the challenging day ahead.

#### **Day 16:: Trek from Muktinath to Jomsom (2,715m/8,910ft): 5-6 hours**

The trek from Muktinath to Jomsom is a scenic and relatively easy downhill walk that takes around 5-6 hours to complete. The trail passes through picturesque villages, lush green forests, and offers stunning views of the Himalayan peaks.

From Muktinath, we start descending towards the Kali Gandaki Valley, which is known for its strong winds that blow throughout the day. As we make our way down the trail, we pass by the village of Jharkot, which has a beautiful monastery and is home to the local Thakali people.

After a short break in Jharkot, we continue our descent towards the village of Kagbeni, which is situated at the entrance of the Upper Mustang region. Kagbeni is a small, ancient village that has preserved its traditional way of life and architecture.

From Kagbeni, the trail follows the Kali Gandaki River towards the town of Jomsom. Jomsom is the headquarters of the Mustang District and is a popular stopover for trekkers and travelers. The town has a small airport, which is the gateway to the Mustang region and the Upper Dolpo region.

In Jomsom, we can explore the local markets, visit the Thakali villages, and taste the local cuisine. We can also visit the Jomsom monastery, which is one of the oldest and most important monasteries in the region.

#### **Included meals:Breakfast Lunch Dinner**

#### **Day 17:: Jomsom to Pokhara Flight (823m/2,700ft): 30 min flight overnight stay at Hotel**

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

#### **Included meals:Breakfast**

#### **Day 18:: Pokhara to Kathmandu (1,350m/4,428ft): 5-6 hours drive**

Today, after breakfast, we drive back to Kathmandu. After reaching Kathmandu, we will be transferred to our hotel. There is nothing to do but trade emails with travel companions and organize our photos. We can spend the evening leisurely or perhaps catch up on some last minute shopping. Either way, we celebrate the successful completion of our journey with a farewell dinner in the evening. Overnight at Kathmandu.

#### **Included meals:Breakfast Dinner**

#### **Day 19:: Drive to Airport & Fly back to Home**

After breakfast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at **Mountain Sherpa Trekking & Expeditions** will cherish the bonds of our relationship created over the time you spent with us and we thank you

for choosing us as your travel partner and for visiting this amazing country Nepal. This thrilling adventure in the amazing Annapurna region will give you lifetime memories of a vacation worth its weight in gold. Ciao friends! Till we meet again. Breakfast