

# Nar Phu Valley Trekking

**Duration:** 20 Days

**Altitude:** 5,416m

**Starts At:** Kathmandu

**Ends At:** Kathmandu

**Grade:** Strenuous

**Group Size:** Min 2 Pax

**Accommodation:** Hotel And Tea House

**Meals:** Breakfast / Lunch / Dinner

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**Transport:** Flights / Car / Bus / Jeep

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## Highlights

- Adventurous trek towards the beautiful Narphu Valley.
- Observe the Tibetan culture and lifestyle of the area.
- Amazing landscape views.
- Explore Annapurna's most remote and untouched region.
- Sightseeing around the Kathmandu Valley including UNESCO world historical heritage sites.

## Overview

**Nar Phu Valley Trekking** takes you to one of Nepal's remote and beautiful untouched regions in Annapurna. Nar Phu is situated in the northeast valley near Chame, Annapurna. Nar and Phu is a different village in the valley. Those both villages are called Nar Phu at once and it is a day walking distance each other. **Nar Phu Valley Trekking** is open for tourists since 2003 and it needs a special permit because it is also listed in the restricted area by the Government of Nepal. Nar Phu is ethnically Tibetan inhabitants with the high Himalayas.

Nar is bigger than Phu village. Historically, Nar Phu is captured by Khampas (Tibetan refugee) and settled their inhabitants illegally and stabled later on. It is a non-touristic region yet because fewer tourists used to visit. The valley is naturally beautiful but due to its remoteness and sort of media promote it is still a virgin destination. There are more than one hundred houses within Nar and Phu. It is not just that two villages in the valley; you can see Jhunum, Chhyakhu Meta, and Kyang along the trail of Nar Phu trekking which shows ancient of the refugees was there at once. It offers a magnificent snow-capped mountains view, narrow gorges, nature beauty forest, an incredible , glacier, high pass of Kang la 5,200m.

People from the Nar Phu valley celebrate many festivals such as Lhosar, Derchi, Yakchha and many more locally. Of course, they are Buddhist and follow their own

culture. The dead body of the people buried or burned or fed to the vulture. It depends according to their date of birth and died after lama saw his luck of the way that how to end dead bodies. It is an expensive one to feeding vulture because someone should cut the body and wait until the vulture does not come.

Check out our fixed itinerary for **Nar Phu valley Trekking** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## Itinerary

Day 01 : Arrival in Kathmandu - (1400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Nar Phu Valley Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Stay the night at a hotel with breakfast.

Day 02 : Kathmandu sightseeing and preparation for the trek.

Today, we start our sightseeing tour in Kathmandu Valley which includes the cultural heritages in Kathmandu valley i.e. Kathmandu Durbar Square, Swayambhunath Temple, Boudhanath Stupa and Pasupatinath Temple. Enjoy the artistic palace, art, culture, paintings and history of Nepal. Overnight at hotel, breakfast included.

Day 03 : Drive to Syange/Jagat (1100m) - 8 hrs drive

After breakfast, we drive to Beshisahar. We then take a local jeep from Beshisahar to Syange. This drive gives you some insights about the rural people, their lifestyle and their culture. From Syange, we start our trek. We walk to Jagat. Overnight at Guesthouse, Breakfast, Lunch and Dinner included.

Day 04 : Trek to Dharapani (1960m) - 7 hrs walk

After taking breakfast, we trudge descend towards Chyamje. We pass through the rocky forest. Visiting some of the tantalizing waterfall situated there, we reach Chyamje. After crossing the river, we hit the road upwards for Dharapani. Throughout the footslog, we pass through several terrains, cliffs rice, potato, barley fields, and small Tibetan villages. we finally reach Dharapani, rambling some streams and rocky heights. Overnight at guesthouse in Dharapani. Included meals: Breakfast Lunch Dinner.

Day 05 : Trek to Koto (2610m) - 6 hrs walk

As we are passing over and up two hills, the trek can be a bit difficult today. But we shall have an ample opportunity to view Himalchuli, Lamjung Himal, Annapurna II and Manaslu. We shall adjoin local residents testing local apples. We can visit Apple vineyard and some Manangi Villages.

As we take breakfast, we ramble towards Bagarchhap by dint of pine and fir forest. As we reach Danaque, we head upwards for Timang. Continuing our trek, we reach Latamarang for our lunch. Finally, we reach Koto capturing the glom of Annapurna II and crossing the pine forests. Overnight at Koto. Included meals: Breakfast Lunch Dinner

Day 06 : Trek to Meta - (3560m) - 7 hrs walk

We are trekking in quite an immaculate atmosphere today. We should pick-up some packed lunch because we will not find any tea houses, houses or lodges on the way. We shall begin our journey registering at the Police Check Post for restricted area permit. Trekking through magnificent Rhododendron and pine forests we reach at Dharmasala. We banquet our packed lunch here. After some graduate inclines, trekking through backwoods and waterside we reach today's destination- Meta. We shall have excellent views of Lamjung Himal and Annapurna II from Meta. Overnight at the guesthouse in Meta. Included meals: Breakfast Lunch Dinner

Day 07 : Trek to Phu Village (4250m) - 7 hrs walk

We follow the Phu river, through an almost desert valley, enjoying stunning views of Kangaroo Mountain, Pokharkan and Amotsang Himal. It is a gradual incline today, not too difficult. The first migrants from Tibet settled in Phu Gaon nearly 200 years ago, we will stay here for the night in a very basic, local teahouse, breakfast, lunch and dinner included.

Day 08 : Rest day for acclimatization

This day is scheduled as an acclimatization day as we are trekking in higher elevation. We have gigantic opportunities to culture, tradition, religion and the way of living of some ethnic communities such as Lama, Gurung and Ghale. We can dwell around some ancient monasteries of this Lost/ Hidden Valley. Overnight at a local teahouse in Phu Gaon. Included meals: Breakfast Lunch Dinner

Day 09 : Trek to Nar Village (4110m) - 7 hrs walk

We again take a packed lunch, as there will be no lodges or restaurants along the way today. We descend to Mahayandra Pool. The old King of Nepal once visited here and financed the bridge you will see crossing the River Naar Khola. We then take a steep descent all the way to Nar where we will stay in a teahouse for the night. Breakfast, lunch and dinner included.

Day 10 : Another acclimatization day

Again, we have idle hours for relaxation and grasp the elevation with breathtaking views of mountains. We shall hike at around 2-3 hours to explore this magnificent Nar hamlet. We can capture picturesque and stunning panoramic views of Pisang Peak, Kangaroo, Amodsang Himal and Pokharkan from this place. Another reason for the acclimatization is to be prepared oneself before some more effortful trekking-next day. Overnight at a common local teahouse in the Nar. Included meals: Breakfast Lunch Dinner.

Day 11 : Trek to Ngawal (3660m) via the Kangla Pass (5322m) - 8 hrs walk

A challenging day ahead, we need to leave Ngawal by 4 am to be able to conquer today's difficult trek. A gradual incline for 2 hours before we will need to scramble up a steep, rocky track. You will not be disappointed when you reach the top and all your efforts will be worth it, you will be awestruck by a mountain paradise. 360 degree, panoramic views of these snow-capped, majestic mountains await you. We then descend down a very steep track to Ngawal and our teahouse for the night. Overnight at the tea-house, breakfast, lunch and dinner included.

Day 12 : Trek to Manang (3540m) - 4 hrs walk

An easy day ahead, with some panoramic appearance of Annapurna II, Annapurna III, Gangapurna, Pisang Peak, Tilicho, we descend towards the flat valley. We walk towards Braga village crossing pine forest, farming terrace along the riverside of Marsyangdi. As we reach at Munji, we find the main trail of Annapurna Circuit. Following this way, we reach Manang- a small town having many lodges, teahouses and a beautiful monastery. Overnight at a local guesthouse in the Manang. Included meals: Breakfast Lunch Dinner.

Day 13 : Trek to Yak Kharka (4110m) - 4 hrs walk

From Manang village, the trail 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 northward, passing a few pastures, a scrub of juniper trees, as it steadily gains elevation. The trail further passes near the small village of Ghunsa, a cluster of flat mud roofs just below the trailhead. Now the trail goes through meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the trail passes an ancient old Mani wall in a pleasant meadow and then reaches another small village of Yak Kharka. Little but Gradual ascent is the key to avoiding altitude problems. Overnight at Guesthouse, breakfast, lunch and dinner included.

Day 14 : Trek to Thorong Phedi (4600m) - 4 hrs walk

Our trek continues for Thorang Phedi Today. It is a day before passing Thorong La, high altitude. We gradually pass some ups and downs until we reach the bridge over the Marsyangdi River. After crossing the bridge, we ascend to the aerial domain. After a short ascent, we reach a teashop. We can have some drinks and can be refreshed there. Finally, we reach Thorong Phedi spending around 4 hours from Yak Kharka. Overnight at a local guesthouse in Thorong Phedi. Included meals: Breakfast Lunch Dinner.

Day 15 : Trek to Muktinath (3800m) via Thorong La Pass (5416m) - 8 hrs walk

The highest altitude of the entire journey is being passed today. Preparing early in the morning, we head towards Thorong La, a heavenly site situated at 5416m from the sea level. Trekking around 1000m upwards we reach Thorong La, the mount pass between the amazing bluffs of Yakwakang and Thorung Peak. It is the place from where we can beam Annapurna Himalayas. We are surrounded by the Mountain Peaks such as Yakgawa Kang and Khatung Gang. Crossing the Manang district we are heading towards Mustang District today. After taking some pictures and being refreshed at the teashop at the top, we gradually head towards Muktinath. Muktinath, a place having

temples, monasteries and core Muktinath Temple, surrounded by 108 water faucets. This area is famous for both Hindus and Buddhists. Moreover, it is one of the most visited areas of Mustang district by the internal as well as external tourists. Overnight at a local guesthouse in Muktinath. Included meals: Breakfast Lunch Dinner

Day 16 : Trek to Jomsom (2700m) - 5 hrs walk

While ascending, we hiked along with Marsyangdi River but while descending we follow the Kaligandaki River now. On the way to Jomsom, we follow Jharkot, Khingar and Kagbeni. We reach Ekle Bhatti, riverside of Kali Gandaki for our lunch. Further pushing ourselves at around 2 hours, we reach Jomsom. Jomsom is a windy place having an airport and has many lodges with sound facilities.

Our long, wonderful, memorable, adventurous trek is finished now. In the evening we exchange good wishes and happiness that helps us to forget the struggles of our journey. Overnight at a local guesthouse in Jomsom. Included meals: Breakfast Lunch Dinner.

Day 17 : Fly to Pokhara (850m) - 30 minutes flight

We head towards Jomsom Airport for our anticipated flight to Pokhara. We fly above the Kali Gandaki gorge-the deepest gorge and many mountains. After around 30 minutes, we land at Pokhara airport. You can enjoy sightseeing of Pokhara throughout the day. Overnight at the hotel in Pokhara. Included meals: Breakfast.

Day 18 : Drive back to Kathmandu - 7 hrs drive

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling, and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed. Overnight in Kathmandu inclusive with breakfast.

Day 19 : Leisure day in Kathmandu

Today is a leisure day. You can either rest or explore the Kathmandu city, as per your inclination. You can also use the day for shopping. Overnight at hotel, Breakfast included.

Day 20 : Departure Day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Himalaya, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again some day...

## **Trip Includes:**

- All the airport and hotel transfers by private vehicles.
- 4 nights of twin sharing basis hotel accommodations in Kathmandu city inclusive breakfast.

- 1 night of twin sharing basis hotel accommodation in Pokhara city inclusive breakfast.
- 14 nights of twin sharing basis local teahouses accommodations during the trek.
- 1 day Kathmandu sightseeing around 4 world heritage sites including city tour guide and private transport.
- Full board meals during the trek. (breakfast, lunch, dinner)
- All the essential long and short-range ground transfers by local bus and jeep as per the itinerary.
- An experienced trekking guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 guests)
- Domestic flight from Jomsom to Pokhara including airport tax.
- Rain protection duffel bags and sleeping bags for each person for the trek.
- All the necessary trekking permits for the trek.
- First aid medicine for the trek.
- All the government taxes and company service charge
- Nepali food farewell dinner with cultural program.

## **Trip Exclude:**

- Nepal entry visa and international airfares.
- Entrance fees for Kathmandu sightseeing.
- Your travel insurance
- Lunch and dinner in Kathmandu and Pokhara hotel.
- Tips to the trekking crews.
- Alcoholic beverages, mineral water, drinks, hot shower, use of WIFI during the trek.
- Any other extra cost which are not mentioned in our includes.