



Nar Phu valley trek

Trip Facts

Difficulty Challenging	Max Altitude 5,416m/17,769ft	Accommodation Standard Hotels (Pokhara/Kathmandu) & Tea houses (Trek)	Meals
Activity Trekking	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 17-18 Days

Trip Overview

Nar Phu lies in the Annapurna circuit section of the trekking routes, spanning roughly of 250 km. The trail showcases a stunning transitional landscape, shifting from lush subtropical river valleys and agricultural terraces to high alpine deserts. Located within the protected Annapurna conservation area, the region is also home to spectacular high altitude glacier lakes, like ice lake and Tilicho lakes. Along the way, trekkers walk through ancient culturally rich villages, with the lower sections populated by Gurung and Magar communities, while the upper valleys are deeply rooted in Tibetan Buddhism and Bon spiritual traditions.

Nar Phu Valley is considered as “The Lost Frontier of the Himalayas”

Tucked away in the rugged rain-shadow of the northern Annapurna massif lies the hidden enclave of **Nar and Phu**. This is a land that time completely forgot. Composed of two distinct, ancient villages inhabited by people of Tibetan origin, this region was entirely closed to outsiders until late 2002.

Even today, it remains a heavily regulated, restricted area requiring specialized government permits. Because it receives a fraction of the tourists that visit the neighboring Annapurna Circuit, it stands as a wild, pristine sanctuary of authentic Tibetan-Buddhist culture, medieval architecture, and raw trans-Himalayan landscapes. The Twin Valleys explained while frequently grouped together, the two medieval settlements offer entirely distinct atmospheres and landscapes for your clients to explore:

The Fortress of Phu (4,080m)

Phu is an architectural masterpiece of the ancient world. The village appears out of nowhere, clinging like a stone fortress to a massive crag overlooking a roaring river canyon.

- **The Architecture:** Natural mud-and-stone houses are stacked vertically on top of one another, sharing roofs and connected by a maze of dark, narrow stone tunnels.



- **The Culture:** The residents (known as *Nar-Phu-wa*) live a traditional agro-pastoral life, spinning yak wool, farming high-altitude barley, and herding blue sheep.
- **The Spiritual Heart:** Hovering directly above the village is the ancient **Tashi Lhakhang Monastery**, one of the oldest and most important spiritual epicenters in the trans-Himalayan belt.

The Terraced Valley of Nar (4,110m)

Larger and livelier than its twin, Nar Village sits on a wide, sweeping alpine plateau surrounded by towering snow-capped peaks.

- **The Landscape:** Unlike the rocky canyons of Phu, Nar is flanked by beautiful, emerald-green terraced fields where locals grow cold-weather crops.
- **The Atmosphere:** Nar is known for its vibrant community life, colorful prayer-flag-lined streets, and beautiful, intricately painted entrance chortens (Buddhist shrines).
- **The Gateway Ridge:** Nar serves as the ultimate high-altitude staging ground for trekkers preparing to tackle the formidable **Kang La Pass (5,309m)**.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Welcome Briefing

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 2 - Permit Processing Day & Kathmandu Heritage Tour

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 3 - Scenic Drive from Kathmandu to Jagat via Besisahar

Difficulty	Max altitude 1,300m/4,265ft	Accommodation	Meals
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Day 4 - Trek from Jagat to Dharapani

Difficulty	Max altitude 1,860m/6,102ft	Accommodation	Meals
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Day 5 - Trek from Dharapani to Koto (The Forbidden Gateway)

Difficulty	Max altitude 2,600m/8,530ft	Accommodation	Meals
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Day 6 - Into the Wild Frontier: Trek from Koto to Meta



Difficulty	Max altitude 3,560m/11,680ft	Accommodation	Meals
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Day 7 - Trek from Meta to the Lost Village of Phu

Difficulty	Max altitude 4,080m/13,386ft	Accommodation	Meals
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Day 8 - Exploration & Acclimatization Day in Phu

Difficulty	Max altitude 4,080m/13,386ft	Accommodation	Meals
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Day 9 - Trek from Phu Village to Nar Phedi Monastery

Difficulty	Max altitude 4,080m/13,386ft	Accommodation	Meals
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Day 10 - Short Ascent from Nar Phedi to Nar Village

Difficulty	Max altitude 4,110m/13,484ft	Accommodation	Meals
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Day 11 - Cross the Majestic Kang La Pass to Ngawal

Difficulty	Max altitude 5,309m/17,418ft	Accommodation	Meals
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Day 12 - Trek from Ngawal to the Hub of Manang

Difficulty	Max altitude 3,540m/11,614ft	Accommodation	Meals
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Day 13 - Trek from Manang to Yak Kharka

Difficulty	Max altitude 4,050m/13,287ft	Accommodation	Meals
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Day 14 - Trek from Yak Kharka to Thorong Phedi

Difficulty	Max altitude 4,540m/14,895ft	Accommodation	Meals
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Day 15 - The Grand Conquest: Cross Thorong La Pass to Sacred Muktinath

Difficulty	Max altitude 5,416m/17,769ft	Accommodation	Meals
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Day 16 - Rugged Drive from Muktinath to Pokhara via Jomsom



Difficulty	Max altitude 3,760m/12,336ft	Accommodation	Meals
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Day 17 - Travel Back from Pokhara to Kathmandu

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 18 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- 1 night accommodations during Pokhara stay in twin sharing basis.
- Internal ground transfer by local bus, Jeep and by tourist bus from Pokhara to Kathmandu.
- Required Permits & Fees: 1. Annapurna conservation Park Entry Permit. 2. Restricted Area Permit of NarPhu valley. 3. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 14 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single Supplementary fee
- Internal flight transfer.
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & Pokhara and extra stay in Kathmandu/Pokhara hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

FAQs



Trip Planning & Logistics with Himal Trek Nepal

• **Best Time to Visit:** October to November offers the clearest skies and best mountain views, while March to April brings beautiful blooming rhododendrons. • **Trek Duration:** Routes range from short 3-day hikes (like Poon Hill) to epic 12-to-22-day journeys (like the full Annapurna Circuit). • **Required Permits:** Trekkers need the ACAP Permit, RAP permit and a TIMS Card, both of which Himal Trek Nepal handles completely for our clients. • **Solo Trekking Rules:** Nepal restricts solo trekking in most mountain regions; our agency provides licensed, experienced guides to ensure full legal compliance and safety.

Accommodation & Facilities

• **Teahouse Lodging:** Expect basic, cozy tea houses with twin sharing beds, communal dining spaces, and shared bathrooms carefully vetted by our team. • **Internet and Wi-Fi:** Available in most lower-elevation villages for a small fee, but connection becomes unreliable and slow at higher altitudes. • **Charging Devices:** Electricity is accessible at most teahouses, though hosts usually charge a fee per device higher up the trail. • **Water Availability:** Safe drinking water is available via boiled water from teahouses, water purification tablets, or UV filters; buying plastic bottles is discouraged.

Safety & Preparation

• **Physical Fitness:** You need a moderate to high level of cardiovascular fitness; training with stairs and cardio 2–3 months prior is highly recommended. • **Altitude Sickness:** Acute Mountain Sickness (AMS) is a risk above 3,000 meters; our guides are trained in altitude safety to monitor your pacing and hydration. • **Travel Insurance:** Your policy must cover high-altitude emergency helicopter evacuation up to 6,000 meters before starting your trip with us. • **Packing Essentials:** Prioritize sturdy hiking boots, thermal layers, a down jacket, a 4-season sleeping bag, and reliable rain gear.