

## Nar Phu Trek

Duration: 19 days Days



### Overview

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| <b>Trip Grade: Strenuous</b>                                     | <b>Max Altitude: 5,416m.</b>                                      |
| <b>Activity: Trekking</b>  | <b>Group Size: 02-12 People</b>                                   |
| <b>Arrival On: Kathmandu, Nepal</b>                              | <b>Departure From: Kathmandu, Nepal</b>                           |
| <b>Meals: All meals during trek &amp; breakfast in kathmandu</b> | <b>Accommodation: Stone Built Houses (tea houses) during trek</b> |

“The world is a book, and those who do not travel read only a page.” To a great degree, **Nar Phu Trek** is an exceptional trek that takes you on an enterprise to one of the regularly vivid valleys of Nar and Phu. Situated north of the Manang Valley in the Annapurna range this valley is open for outside travelers since 2003 AD. Hence, the valley has not yet been touched by modern developments. Socially this valley upholds the Buddhist religion regardless of the way that at the beginning of this trek, travelers can see some Hindu religion moreover the routes. Our Nar Phu Valley Trek starts from Besisahar through the Chamje town then onward move to the Nar Phu valleys or also referred as to the “Hidden Valley”. The initial days of Nar Phu Valley Trekking are alluring with light social orders, natures, religious and typical lifestyle flourishing throughout the trek. At present people from this valley generally, depend majorly upon Yarsagumba trading business which occurs from May to July. Continuing on with our trek, we shall hike up the same trail as [Annapurna Circuit Trek](#). In the wake of getting in contact with Koto village, we now navigate our way through the Marshyangdi River into the knotty doors of the Nar Phu valley. Disregarding the fact that the way ahead is lush and forested, the valley system above opens up to a colossal banquet of soaring snow-peaks, old towns and high stature touching settlements. Trekkers until late 2002, had not explored these basically untouched towns or climbed the various 7000m apexes incorporating it in a particular manner so even though it’s starting to capture the eyes of the trekkers, the trails are still not packed like those of other popular regions. We now meander into this remote range of Nar Phu valley so Buddhist pioneers from around Nepal may run with us up to Phu to visit the well-known Tashi Lhakhang Gompa and get a blessing from Lama Karma Sonam Rimpoche. Nearby contributing a great deal of vitality at these lovely and godlike towns, we explore the high snowcapped valleys above Phu. Among which the Kang La Pass will be a spectacular place situated at an elevated height of 5315m. Also, we get to see mountains like

Annapurna II, Gangapurna, Tilicho then join a trail into Manang. The town of Manang (3,500m/11483feet) we start our trek from to Muktinath via Thorong La (5,416m) and later descend further down to Jomsom where we can take an early flight to Pokhara and end our trek via drive back to Kathmandu. The Nar Phu Valley is gone to by only an unassuming group of visitors every year so it's the perfect trek for trekkers expecting to discover something new that trekkers have yet to wander upon. Generally, April to June and September to November are considered as the best months for this particular trek. So be a part of this venture through some hidden valleys within the Himalayas with our trekking group to experience a vainglorious trek in Nepal.



## Itinerary

Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu(1350m) and transfer to hotel.

Day 02: Kathmandu Valley full day Sightseeing tour

Day 03: Kathmandu to Jagat Drive (1100m/3608ft): 8-9 hours by jeep/bus.

Day 04: Jagat to Dharapani (1,960m/6,430ft): walk about 7-8 hours.

Day 05: Dharapani to Koto (2,610m/8,563ft): walk about 5-6 hours

Day 06: Koto to Meta (3,560m/11,680ft): walk about 7-8 hours

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

Day 08: Acclimatization/exploring day at Phu Gaon

Day 09: Phu Gaon to Nar (4,110m/13,484ft): walk about 6-7 hours

Day 10: Acclimatization and preparation day for the pass at Nar

Day 11: Nar to Kang La Pass (5,322m/17,460ft) to Ngwal (3,660m/12,008ft): walk about 7-8 hours

Day 12: Ngwal to Manang (3,540m/11,614ft): walk about 4-5 hours

Day 13: Manang to Yak Kharka (4,110m/13,484ft): walk about 3-4 hours

Day 14: Yak Kharka to Thorong Phedi (4,600m/15,092ft): walk about 3-4 hours

Day 15: Thorong Phedi to Thorong La pass (5,416m/17,764ft) to Muktinath (3,800m/12,467ft): walk about 7-8 hours

Day 16: Muktinath to Jomsom (2,715m/8,910ft): walk about 5-6 hours

Day 17: Jomsom to Pokhara Flight (823m/2,700ft): walk about 30 min flight

Day 18: Pokhara to Kathmandu (1,350m/4,428ft): walk about 5-6 hours drive and farewell dinner at evening time.

Day 19: Final departure day.

## Cost Includes

- => Airport pick up and drop in a private vehicle
- => Hotel accommodation in Kathmandu in B/B basis
- => Tea house accommodation during the trek
- => Three times meal in the trek
- => Hot soup in the high places
- => Farewell dinner in Kathmandu
- => All the transportation as per the itinerary
- => A professional guide for trek and sightseeing
- => Porter service(2 trekkers: 1 porter)
- => Insurance for guide and porters
- => Food and accommodation for guide and porters
- => All necessary documents(Permits and TIMS)
- => Nar Phu special permit
- => All government and local taxes
- => Medical kit
- => Trip completion certificate.
- => Trekking map as itinerary and
- => T-shirt from the company

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu
- => Lunch and dinner in Kathmandu
- => Travel and rescue insurance of clients
- => Personal expenses: shower, battery charge during the trek, bar bills, mineral water and laundry.
- => Extra night accommodation in Kathmandu in exception of an itinerary
- => Tips for guide and porters