

Nar Phu Valley Trek – A Hidden Himalayan Paradise Awaits

Overview:

The Nar Phu Valley Trek is one of Nepal's most spectacular and remote trekking adventures, offering a perfect combination of untouched Himalayan landscapes, ancient Tibetan-influenced culture, and challenging high-altitude trails. Located in the restricted area of the Annapurna region, this trek takes us deep into the hidden valleys of Nar and Phu, where traditional villages, centuries-old monasteries, and unique mountain lifestyles remain beautifully preserved.

Our journey begins with a scenic drive from Kathmandu before entering the Annapurna region through the classic trails of the Marsyangdi Valley. From Koto, we leave the busier trekking routes behind and follow a remote trail into the Nar Phu Valley, surrounded by dramatic cliffs, deep gorges, alpine forests, and breathtaking Himalayan scenery. The trail leads us through traditional settlements such as Meta, Kyang, Phu Village, Nar Phedi, and Nar Village, where we experience the authentic lifestyle, culture, and hospitality of the local communities.

One of the major highlights of the trek is crossing the challenging Kang La Pass (5,320 m), which rewards us with incredible panoramic views of Annapurna II, Gangapurna, Tilicho Peak, and the surrounding Himalayan ranges. After crossing the pass, we continue towards the beautiful Manang Valley and connect with the famous Annapurna Circuit trail, eventually crossing Thorong La Pass (5,416 m) before descending towards Muktinath and Jomsom.

The Nar Phu Valley Trek is ideal for trekkers seeking an authentic Himalayan experience away from the crowds. This adventure combines remote mountain wilderness, rich cultural heritage, ancient Buddhist traditions, and some of Nepal's most dramatic landscapes. With experienced guides, proper acclimatization, and careful planning, the trek offers an unforgettable journey into one of Nepal's last hidden valleys.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Jagat / Dharapani / Dharmashala / Kyang / Phu Village / Nar Village / Kang La / Manang / Throng La Pass / Tatopani / Ghorepani / Pokhara

Duration: 22 Days

Trek starting point: Jagat

Trek ending point: Nayapul

Grade: Moderate

Transportation: Tourist coach / private vehicle / local jeep

Accommodation: Tea house, tourist standard hotel in Kathmandu

Max altitude: 5,416 m

Activities: Hiking & trekking, cultural tour, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▮ **Day 1: Arrival at Kathmandu**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at a hotel.

▮ **Day 2: Kathmandu Sightseeing and preparation for trekking**

Morning wake-up and breakfast in the hotel

Our guide will meet you at your hotel and brief you about the upcoming trek. He will guide you through all the formalities and necessary paperwork required for the trek.

After that, we then do a sightseeing tour in Kathmandu Valley of famous UNESCO world heritage sites like Boudhanath, one of the largest Stupas in the world & Swayambhunath, a famous monkey temple. Apart from Sightseeing, we also get a TIMS card and permits for our trekking on this day. In the evening, we do initial preparation for the trek.

Overnight stay at the hotel.

▮ **Day 3: Drive from Kathmandu to Jagat (1,330 m) : 8 – 10 hours drive**

We will begin our Nar Phu Valley Trek with a scenic drive from Kathmandu to Jagat, following the Prithvi Highway and continuing towards the Annapurna region. The journey takes us through beautiful countryside landscapes, passing terraced hillsides, traditional villages, green valleys, and the flowing waters of the Trishuli and Marsyangdi rivers.

After reaching Besisahar, the gateway to the Annapurna region, we will continue along the mountain road towards Jagat. The route gradually becomes more adventurous as we travel through winding hills, waterfalls, narrow valleys, and remote settlements surrounded by the natural beauty of the Himalayas.

Depending on road and weather conditions, the drive will take approximately 8–10 hours. Upon arrival in Jagat (1,300 m), we will settle into a comfortable teahouse lodge and enjoy our first evening in the mountain region before beginning the trek into the remote Nar Phu Valley.

▮ **Day 4: Trek to Dharapani (1,860 m): Walking Distance: 15 – 16 km | 6 – 7 hours**

Leaving Jagat behind, we will begin our trek through the beautiful landscapes of the Annapurna region, following the Marsyangdi River and crossing suspension bridges along the way. The trail passes through lush forests, waterfalls, and traditional mountain villages, with a mix of gradual ascents and descents offering scenic views of the surrounding valleys. We will reach the picturesque village of Tal, known for its stunning waterfall and peaceful riverside setting.

From Tal, we will continue through fertile farmlands growing barley, rice, and potatoes, along with pine forests and charming settlements such as Khotro, Karte, and Nache. The trail gradually leads us towards Dharapani through a traditional stone Kani (gateway), marking the entrance to the Manang Valley. After approximately 6–7 hours of trekking, we will arrive at Dharapani (1,860 m), an important junction connecting the Annapurna Circuit and the route towards the remote Nar Phu Valley. Overnight at a comfortable teahouse lodge.

▮ **Day 5: Trek from Dharapani to Koto (2,600 m): Walking distance: 14 – 15 km | 5 – 6 hours**

Continuing our journey deeper into the Annapurna region, we will trek from Dharapani towards Koto (2,600 m), the gateway to the remote Nar Phu Valley Trek. The trail gradually climbs through beautiful pine and fir forests, passing traditional mountain villages, terraced fields, and peaceful landscapes along the Marsyangdi Valley. Throughout the walk, we will enjoy impressive views of Annapurna II, Lamjung Himal, and the surrounding Himalayan peaks. The route takes us through charming settlements including Bagarchhap, Danaque, and Timang, where we can experience the local culture and traditional lifestyle of the mountain communities. As we approach Koto, the trail becomes quieter and the scenery more dramatic, marking our entry towards the less-traveled Nar Phu region. After approximately 5–6 hours of trekking, we will arrive at Koto (2,600 m), where we will spend the night at a comfortable teahouse lodge.

▮ **Day 6: Trek from Koto to Dharmashala (3,230 m): Walking Distance | 14 – 15 | 6 – 7 hours**

Leaving Koto behind, we will enter the remote and less-traveled trail towards the Nar Phu Valley. After completing the necessary permit checks at the checkpoint, we will follow the trail through the narrow gorge of the Naar Khola River, surrounded by dramatic cliffs, waterfalls, and dense forests of pine and juniper. The peaceful surroundings and untouched landscapes make this one of the most memorable sections of the trek.

The trail gradually climbs through the valley, crossing suspension bridges and passing through beautiful woodland areas with occasional views of the rugged Himalayan terrain. As we gain elevation, the landscape becomes more alpine, with fewer trees and more open mountain scenery. After approximately 6–7 hours of trekking, we will reach Dharmashala (3,230 m), a peaceful resting place surrounded by the wilderness of the Nar Phu region. Overnight at a teahouse lodge.

▮ **Day 7: Trek from Dharmashala to Kyang (3,887 m): Walking Distance: 10 – 12 km | 5 – 6 hours**

Continuing our journey into the remote Nar Phu Valley, we will trek from Dharmashala towards Kyang (3,840 m), following the trail through a peaceful and rugged Himalayan landscape. The route gradually ascends through narrow valleys, crossing streams and passing alongside dramatic cliffs, unique rock formations, and sparse alpine vegetation.

As we gain elevation, the scenery becomes increasingly impressive, with wide-open mountain landscapes and views of the surrounding peaks. The trail reflects the untouched beauty of the Nar Phu region, where ancient traditions, stone-built settlements, and a Tibetan-influenced way of life have been preserved for generations.

After approximately 5–6 hours of trekking, we will reach Kyang (3,840 m), a remote high-altitude settlement surrounded by spectacular mountain scenery. We will explore the peaceful surroundings and spend the night at a comfortable teahouse lodge.

▯ **Day 8: Trek from Kyang to Phu Village (4,050 m): Walking Distance | 6 - 7 km | 3 - 4 hours**

Our trail leads us further into the hidden landscapes of the Nar Phu Valley as we trek from Kyang towards the ancient village of Phu (4,050 m). The route follows the Phu Khola through a dramatic high-altitude environment, surrounded by towering cliffs, fascinating rock formations, and rugged Himalayan scenery. As we approach Phu Village, the unique stone-built houses, traditional architecture, and ancient monastery begin to showcase the rich cultural heritage of this remote mountain region.

Upon reaching Phu Village, we will explore one of the most remarkable settlements of the Nar Phu Valley, where traditional Tibetan-influenced culture and a centuries-old way of life have been preserved. The village offers incredible views of the surrounding mountains, peaceful trails, and an authentic glimpse into the lifestyle of the local communities. After approximately 3–4 hours of trekking, we will spend the night at a comfortable teahouse lodge in Phu Village.

▯ **Day 9: Trek from Phu Village to Nar Phedi (3,490 m): Walking Distance | 8 - 9 km | 4 - 5 hours**

After exploring the fascinating Phu Village, we will continue our trek towards Nar Phedi, following a scenic trail through the remote landscapes of the Nar Phu Valley. The route gradually descends through the valley, offering beautiful views of rugged cliffs, barren hills, and the surrounding Himalayan peaks. Along the way, we will pass through peaceful mountain terrain where the traditional lifestyle and untouched beauty of the region remain well preserved.

As we move closer to Nar Phedi, the trail becomes quieter and more peaceful, leading us to the famous monastery area where trekkers often spend the night. Nar Phedi is known for its simple Buddhist monastery and warm hospitality, providing a unique opportunity to experience the spiritual atmosphere of the Himalayas. After approximately 4–5 hours of trekking, we will arrive at Nar Phedi (3,490 m), where we will stay overnight at a monastery lodge.

▯ **Day 10: Trek from Nar Phedi to Nar Village (4,110 m): Walking Distance | 4 - 5 km | 3 - 4 hours**

Today, we will ascend towards the traditional Nar Village (4,110 m), following a scenic mountain trail through the remote and peaceful landscapes of the Nar Phu Valley. The route gradually climbs through rugged terrain, crossing streams and passing across open hillsides with impressive views of the surrounding Himalayan peaks and deep valleys. The short but scenic trek offers a wonderful opportunity to experience the untouched beauty and unique atmosphere of this hidden mountain region.

As we approach Nar Village, we will enter a remarkable Tibetan-influenced settlement surrounded by spectacular Himalayan scenery. The village is known for its ancient monasteries, stone-built houses, and traditional way of life that has been preserved for generations. After approximately 3–4 hours of trekking, we will arrive at Nar Village (4,110 m), where we will explore the local surroundings and spend the night at a teahouse lodge.

▮ **Day 11: Trek from Nar Village to Ngawal (3,660 m) via Kang La (5,320 m): Walking Distance | 17 - 18 km | 8 - 9 hours**

We will begin an early morning trek from Nar Village towards the challenging yet rewarding Kang La Pass (5,320 m), the highest point of the Nar Phu Valley Trek. The trail gradually ascends through alpine landscapes, rocky terrain, and open mountain slopes, offering breathtaking views of the surrounding Himalayan peaks. As we climb higher, the panoramic scenery becomes increasingly impressive, with views of the Annapurna range, Gangapurna, Tilicho Peak, and the dramatic valleys below.

After reaching the top of Kang La Pass, we will take time to enjoy the spectacular mountain panorama before beginning our descent towards Ngawal. The trail drops steeply through rocky sections and alpine landscapes before reaching the beautiful village of Ngawal, located above the Manang Valley. This long and rewarding trekking day combines adventure, high-altitude scenery, and unforgettable Himalayan views. After approximately 8–9 hours of trekking, we will arrive at Ngawal (3,660 m), where we will spend the night at a teahouse lodge.

▮ **Day 12: Trek from Ngawal to Manang (3,540 m): Walking Distance: 10 - 11 km: 4 - 5 hours**

Following breakfast in Ngawal, we will continue our trek towards Manang, descending gradually into the beautiful Manang Valley. The trail offers spectacular views of Annapurna II, Annapurna III, Gangapurna, Tilicho Peak, and the surrounding Himalayan landscapes. Along the way, we will pass through traditional settlements, Buddhist chortens, mani walls, and peaceful mountain landscapes that reflect the unique culture of the region.

As we approach Manang, the trail becomes more scenic, with views of the Marsyangdi River valley and the impressive peaks surrounding the area. Manang is one of the most important villages in the Annapurna region and serves as a major stop for trekkers heading towards Thorong La Pass. After approximately 4–5 hours of trekking, we will arrive at Manang (3,540 m), where we will spend the night at a teahouse lodge.

▮ **Day 13: Acclimatization day at Manang**

Today, we will take a well-deserved rest day in Manang to allow our bodies to adjust to the increasing altitude and prepare for the upcoming high mountain section of the trek. Rather than staying completely inactive, we will enjoy a short acclimatization hike to explore the surrounding viewpoints and experience the unique beauty of the Manang Valley.

We can visit nearby attractions such as Gangapurna Lake, the surrounding hills, and traditional villages while enjoying spectacular views of Annapurna II, Annapurna III, Gangapurna, and other Himalayan peaks. This day also provides an opportunity to explore the local culture, visit monasteries, and experience the lifestyle of the people living in this high-altitude region. Overnight at a teahouse in Manang.

▣ **Day 14: Trek from Manang to Yak Kharka (4,020 m): Walking Distance | 9 – 10 km | 4 – 5 hours**

Leaving the beautiful village of Manang, we will continue our trek towards Yak Kharka, gradually gaining altitude as we enter the higher alpine region of the Annapurna area. The trail climbs steadily through dry landscapes, juniper bushes, and open mountain slopes, offering magnificent views of Annapurna III, Gangapurna, Tilicho Peak, and the surrounding Himalayan peaks. As we ascend, the scenery becomes more rugged and peaceful, with fewer trees and vast high-altitude pastures used for grazing yaks and other livestock. The trail passes through the small settlement of Gunsang, where we can observe the traditional mountain lifestyle and enjoy the breathtaking views of the surrounding valleys. After approximately 4–5 hours of trekking, we will reach Yak Kharka (4,050 m), where we will spend the night at a teahouse.

▣ **Day 15: Trek from Yak Kharka to Phedi (4,540 m): Walking Distance | 7 – 8 km | 3 – 4 hours**

With the high Himalayas surrounding us, we will continue our ascent towards Thorong Phedi, following a scenic trail through the upper Annapurna region. The route gradually climbs along the eastern side of the Marsyangdi Valley, passing through rocky landscapes, alpine pastures, and barren mountain slopes. As we gain elevation, we will enjoy impressive views of the surrounding peaks and the dramatic beauty of the high-altitude terrain. The trail becomes steeper and more rugged as we approach Thorong Phedi, a popular resting point before crossing the challenging Thorong La Pass (5,416 m). This short but important trekking day allows us to acclimatize further while preparing for the early morning climb ahead. After approximately 3–4 hours of trekking, we will arrive at Thorong Phedi (4,540 m), where we will spend the night at a teahouse.

▣ **Day 16: Trek from Thorang Phedi to Muktinath via Thorong La Pass (5,416 m) and Drive to Jomsom (2,720 m): 7 – 9 hours**

We will begin an early morning trek from Thorong Phedi towards the spectacular Thorong La Pass (5,416 m), the highest point of the Annapurna Circuit and one of the most challenging sections of the journey. The trail gradually climbs through rocky and icy terrain as we make our way towards the pass. Upon reaching the top, we will be rewarded with breathtaking panoramic views of the Annapurna, Dhaulagiri, and Mustang mountain ranges, along with the unforgettable feeling of crossing one of the world's highest trekking passes. After enjoying the incredible scenery from Thorong La Pass, we will begin a long descent towards the sacred village of Muktinath (3,800 m). The trail drops through the rugged landscapes of Mustang, offering stunning views of barren hills, deep valleys, and the unique Himalayan scenery of the rain-shadow region. Upon reaching Muktinath, we will visit this important pilgrimage site, known for its temple, natural springs, and religious significance for both Hindus and Buddhists.

From Muktinath, we will take a scenic drive to Jomsom (2,720 m), following the Kali Gandaki Valley through dramatic landscapes and traditional mountain villages. After completing approximately 7–9 hours of trekking and driving, we will arrive in Jomsom, where we will spend the night at a teahouse.

▣ **Day 17: Drive from Jomsom to Tatopani (1,190 m) : 4 – 5 hours**

After breakfast in Jomsom, we will begin our scenic drive towards Tatopani, following the dramatic Kali Gandaki Valley. The journey takes us through the world's deepest gorge, surrounded by towering peaks, rugged cliffs, and traditional Thakali villages. Along the way, we will pass through charming settlements such as Marpha, known for its apple orchards, and enjoy beautiful views of the Annapurna and Dhaulagiri ranges.

As we gradually descend to lower elevations, the landscape becomes greener, with lush forests, rivers, waterfalls, and terraced hillsides replacing the dry landscapes of Mustang. Upon reaching Tatopani (1,190 m), we will have the opportunity to relax and enjoy the famous natural hot springs, a perfect way to rest after the long journey. Overnight at a teahouse.

▣ **Day 18: Trek from Tatopani to Ghorepani (2,860 m): Walking distance | 15 – 16 km | 6 – 7 hours**

Leaving the warm and peaceful surroundings of Tatopani, we will begin our trek towards Ghorepani, ascending gradually through beautiful villages, terraced farmlands, and lush forests. The trail climbs steadily through the Magar settlements of the Annapurna region, offering a wonderful opportunity to experience the local culture and traditional mountain lifestyle. Along the way, we will enjoy views of green hills, waterfalls, and glimpses of the surrounding Himalayan peaks.

As we gain elevation, the trail enters dense rhododendron and oak forests, which become especially vibrant during the spring season when the hills are covered with colorful blossoms. We will continue through charming villages and peaceful woodland trails before reaching Ghorepani (2,860 m), a famous viewpoint village located along the Annapurna trekking route. After approximately 6–7 hours of trekking, we will arrive at Ghorepani and spend the night at a teahouse.

▣ **Day 19 : Trek from Ghorepani to Poonhill (3,210m) and Tikhedhunga (1,540 m):
Walking distance | 12 – 13 km | 6 – 7 hours**

We will begin the day with an early morning hike to Poon Hill (3,210 m), one of the most famous viewpoints in the Annapurna region. From the top, we will enjoy a breathtaking sunrise over the Himalayas, with panoramic views of Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), Nilgiri, and other surrounding peaks. After spending some time at the viewpoint, we will return to Ghorepani and continue our trek towards Tikhedhunga.

The trail descends through beautiful rhododendron and oak forests, passing traditional villages, terraced fields, and peaceful mountain landscapes. As we gradually lose elevation, the scenery changes from alpine forests to greener hillsides and fertile valleys. After approximately 6–7 hours of trekking, we will reach Tikhedhunga (1,540 m), where we will spend the night at a teahouse lodge.

▣ **Day 20 : Trek from Tikhedhunga (1,540 m) to Nayapul (1,070 m) and Drive to Pokhara (820m):**

We will begin our final trekking day with a gradual descent from Tikhedhunga towards Nayapul, following the scenic trail through traditional villages, terraced farmlands, and lush green hills of the Annapurna region. The route passes through charming settlements and follows the beautiful landscapes of the lower foothills, offering a peaceful conclusion to our trekking journey. After reaching Nayapul (1,070 m), we will complete our trek and take a scenic drive to Pokhara (820 m). The journey follows winding mountain roads through rural landscapes before arriving at the vibrant lakeside city. Upon reaching Pokhara, we will transfer to the hotel and enjoy a relaxing evening after completing the memorable Nar Phu Valley Trek. Overnight stay at a hotel.

▣ **Day 21: Drive from Pokhara to Kathmandu: 7 – 8 hours drive**

After breakfast in Pokhara, we will begin our scenic drive back to Kathmandu, following the Prithvi Highway through the beautiful landscapes of central Nepal. The journey takes us alongside the Marsyangdi and Trishuli Rivers, passing through terraced hillsides, rural settlements, green forests, and winding mountain roads.

As we gradually leave the Annapurna region behind, we will enjoy the final views of Nepal's countryside and observe the daily lifestyle of local communities along the way. Depending on traffic and road conditions, the drive will take approximately 7–8 hours. Upon arrival in Kathmandu (1,400 m), we will transfer to the hotel and conclude our memorable Nar Phu Valley Trek. Overnight at a hotel.

▣ **Day 22: Farewell and Final Departure**

Today marks the end of our memorable Nar Phu Valley Trek. Depending on your flight schedule, we will arrange a timely transfer to Tribhuvan International Airport for your final departure from Nepal. Our team will assist you with the airport transfer and ensure a smooth conclusion to your Himalayan adventure.

We hope the journey through the remote Nar Phu Valley, the high mountain passes, traditional villages, and breathtaking Himalayan landscapes has created unforgettable memories. We look forward to welcoming you again for another adventure in the Himalayas.

Alternative: YOU CAN ALSO TAKE A DOMESTIC FLIGHT FROM POKHARA TO KATHMANDU. THE DURATION OF THE FLIGHT IS ABOUT 30 MINUTES. ONE-WAY FLIGHT COSTS AROUND 125 USD PER PERSON. WE CAN MAKE A FLIGHT RESERVATION FOR YOU. PLEASE LET US KNOW.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☐ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☐ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☐ Domestic flight POK – KTM
- ☐ Personal interest items or gears
- ☐ Tips to guide / driver / porter
- ☐ Lunch and dinner in Kathmandu and Pokhara
- ☐ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☐ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☐ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.