Nar Phu Valley Trek



Trip Overview

The Nar Phu Valley Trek takes you through remote, hidden corners of the Annapurna region, offering a blend of high-altitude adventure, Tibetan culture, and pristine Himalayan landscapes. The trail passes through traditional Tibetan-style villages, high-altitude pastures, dramatic gorges, and serene monasteries, providing opportunities to encounter local communities and witness their unique lifestyles. Highlights include the Kang La Pass, Phu and Nar villages, and the sacred temple at Muktinath, combined with spectacular views of Annapurna II, Lamjung Himal, Tilicho Peak, and Himlung Himal.

Total Trip Days: 17 DAYS

Region: Annapurna Region

Max Altitude: 5416 meters

Activity: Trek

Difficulty: Moderate to Fairly Challenging

Group Size: 2-10

Trip Highlights

- Explore hidden Nar and Phu Valleys, remote Tibetan-style villages
- Cross Kang La Pass (5,240 m) and Thorung La Pass, offering panoramic Himalayan views
- Visit ancient monasteries, shrines, and traditional settlements
- Scenic drive along the Trishuli River and diverse landscapes from forests to high-altitude plateaus
- Cultural experiences with local farmers, yak herders, and monks
- Opportunity to witness Annapurna II, Tilicho Peak, Himlung Himal, and other majestic mountains

Itinerary

Day 1:

At an arrival at the international airport we will be picked up and then transferred to the hotel. Check in at the hotel and stay overnight.

Day 2:

Set off from Kathmandu in the early morning in to reach Dharapani in the early evening. The road out of the Kathmandu Valley and onto the lower-lying lands follows the Trishuli River, where you may see people enjoying white water rafting. There are plenty of good coffee and lunch stops on the way. We follow the road until we turn off at Besisahar and enter Manang, with its more winding roads.

Day 3:

The trail from Dharapani to Koto winds through dense pine and fir forests, passing waterfalls, small villages, and traditional wooden bridges. Gradual ascents offer scenic views of the surrounding mountains and river valleys. Koto, a peaceful village surrounded by towering cliffs, marks the entrance to the remote Naar-Phu Valley. You'll rest here for the night amid cool mountain air and tranquil surroundings.

Day 4:

Leaving Koto, the trail enters the secluded Nar-Phu Valley, following the narrow Soti Khola river gorge through dense pine forests. You'll cross several

suspension bridges and ascend steep, rocky paths with occasional glimpses of waterfalls and cliffs. As the forest thins out, the landscape opens to arid hills and Tibetan-style stone huts. After a steady climb, you reach Meta, a windswept plateau with stunning views of Annapurna II and Lamjung Himal. Tonight's stay offers a taste of the region's remote, high-altitude beauty.

Day 5:

The trail from Meta to Phu winds through a stark, high-altitude landscape of eroded cliffs, sandy trails, and ancient caves. You pass through small seasonal settlements like Chyakhu and Kyang, once used by Khampa refugees.

As you ascend further, the valley opens up with dramatic views of Himlung Himal and other snowy peaks. After crossing a few suspension bridges and mani walls, you finally reach Phu Village, a remote Tibetan-style settlement perched above the valley. Phu offers an unforgettable cultural and scenic experience in the hidden folds of the Himalayas.

Day 6:

We spend an extra day in Phu to acclimatize to the altitude before we trek higher and over the Kang La Pass in the days to come. Acclimatization is best done by keeping active, so we head off for a hike to Himlung Himal Base Camp and a glacier valley. Alternatively, there is plenty to see around the village of Phu itself with its yaks and yak herders. We stay overnight at Phu again.

Day 7:

Today we retrace our steps a little to reach Nar. Before that, we cross a bridge over an amazing 80m deep narrow canyon. Tonight we attend evening prayers with the nuns who live there. We will also share dinner prepared by the nuns and experience the day-to-day life of the monastery. Please feel free to donate at the monastery and light some oil lamps for your loved ones.

Day 8:

Today we take an acclimatization day in Nar, a farming village in its bowl-like valley. With its name meaning 'place of blue sheep,' we notice that the people speak a Sino-Tibetan language, different from the rest of Manang.

Day 9:

A challenging day but with views that make up for the ache in our legs! From

the top of the Kang La Pass (5240 meters, 17192 Ft.), we see the stunning mountains of Annapurna II, Gangapurna, and Tilicho Peak. Finally, we reach Ngawal, and here we can find Wi-Fi to relay some of our stories back home.

Day 10:

Today our bodies appreciate the shorter trekking time and less steep trails. Our spirits also enjoy the rich Buddhist heritage we will see today. Leaving Ngawal, we drop down, passing Sher Gompa and surrounding settlements and even Milarepa's cave. Milarepa is a major figure in the Kagyu school of Tibetan Buddhism and was a dedicated yogi, spiritual leader, and teacher. Born around 1052, he travelled to what is now Nepal, and various sites are dedicated to his memory. We also pass Braga Gompa, which is around 900 years old, and the Gompa of Godzo before crossing the Ghatte Khola and reaching the town of Manang, where we overnight.

Day 11:

Another short day in this stunning Tibetan-like landscape. There are steep sections of the trail, but some shops in Manang are exciting. And some artifacts are being sold on the trail. But remember, the Thorong La Pass is coming, so don't buy too much!

Day 12:

The stark landscape continues, and there is a landslide area to pass today. Pay close attention to your guide's advice. Since it is a relatively short trek, you should spend the afternoon hiking to High Camp in preparation for Tomorrow's high-altitude pass crossing. Alternatively, enjoy the surrounding mountains, Annapurna II, III, IV, Pisang Peak, Chulu, and Tilicho, while enjoying a cinnamon roll. Yes, last time we were there, there was a bakery at one of which we highly recommend is make complete preparation for the morning. We will be setting off early to cross the Thorong La Pass so please pack your belongings the night before and get a good night's rest.

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Day 14:

After breakfast, you have time to visit the temple of Muktinath with its 108 water spouts. No need to bathe in them all unless you are Hindu or particularly enjoy cold showers! Then we trek down to the airport town of Jomson. Suppose you wish to spend more time in Muktinath or explore the interesting village of Kagbeni on the route. In that case, it is possible to take a jeep down from Muktinath to Jomson or Kagbeni (then it’s around a 2-3 hour walk from Kagbeni to Jomson). In Jomsom, we find many shops, bars, and hotels to relax in.

Day 15:

This itinerary includes the early morning flight to Pokhara, which gives you a whole day in this vibrant lakeside town. An alternative would be to continue your trek for another 3 or 4 days down through Mustang and perhaps up to the famous Poon Hill. Please discuss this with us when booking your trek.

Day 16:

After spending relaxing day in Pokhara we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

Day 17:

Our airport representative will help you with checkout procedure and then escort you to the airport for final departure from Nepal for your onward journey.

Route Map

17 Days

NAR PHU VALLEY TREK



ALTITUDE CHART

