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NAR PHU TREK

Overview

One of Nepal's most untouched and stunning regions, the Nar Phu Valley trek located north of Annapurna, offers an incredibly pristine cultural and panoramic experience. The Nar Phu trek, which takes you to the remote and enthralling settlements of Nar and Phu near Chame in the Annapurna range, has only been accessible since 2002. Nar and Phu are distinct but nearby villages where you get a firsthand look at the Khampas' (Tibetan refugees') civilization.

Along with these settlements, you can enjoy the spectacular view of snow-capped mountains, Annapurna Range, stunning glaciers, narrow canyons, wild exotic animals, amazing rock formations, yaks, gompas, unique ethnically Tibetan cultures as well as **Kang la (5,200m)**, and **Thorong la (5,416m)** high passes.

Itinerary

Day 1: Drive from Pokhara to Besisahar (760m / 2492 ft) and Trek to Jagat (1,300m / 4,265ft)

From Pokhara, the adventure begins with a 4-5-hour bus or jeep trip to Besisahar, the main center of the Lamjung District and starting point for the trek. Following our arrival at Besisahar, we go on the route to Pam Khola and climb into the town of Denauti, where we will get a close-up view of rural life in Nepal. As the path reaches the Khudi Khola, we reach the Gurung village of Bhulbhule, which is about three hour's drive from Besisahar. You must register your permits at the checkpoint to enter the trailhead at Bhulbhule. Once we reach the peaceful town of Jagat, a former trade center, we can see the Marshyangdi Khola below and the rugged hills.

- Hiking time: 5-6 hours
- Max. altitude: 1300 m
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Jagat (1,300m / 4,265ft)

Altitude Gain: 1300

Duration: 6

Accommodation: Teahouse

Day 2: Trek from Jagat (1,300m / 4,265ft) to Tal (1,860m / 6,200ft)

The second day of the trek starts at Jagat following the Marshyangdi River. The route passes by several waterfalls, breathtaking mountain cliffs, and the wooded Gurung Community with its own culture. We continue our journey until we reach our destination, Tal. We will hike up to the highest lake of the Annapurna circuit, the Kicho Tal, where Tal means “lake” and Kicho means “ice” or “frozen”. Many hikers avoid Kicho Tal because it is elevated above the primary Annapurna Circuit path. On a clear day, the lakes reflect the imposing mountains in stunning clarity. You can sense the location’s seclusion while sitting on the coast.

- Hiking time: 5-6 hours
- Trek Distance: 15km / 9.3miles
- Max. altitude: 1,600km
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Tal (1,860m / 6,200ft)

Altitude Gain: 1860

Duration: 6

Accommodation: Teahouse

Day 3: Trek from Tal (1,860m / 6,200ft) to Koto (2,620m / 8,563ft)

Following our departure from Tal, we will travel along the path that takes us through several waterfalls, stunning mountain cliffs, and a forested Gurung Community with its own unique culture. As we continue, we cross a suspension bridge to get to Dharapani. It will take us around four to five hours to get from Dharapani to Nar Phu Valley through the

paths of the Marshyangdi River through the forest. To get to Bagarchap, a Bhotia village with colorful prayer flags, the path travels through woods of pine and fir, several monasteries, and traditional settlements. After catching a glimpse of Annapurna II, we continue ascending through pine trees and steep slopes until we reach Koto, a tiny Gurung town.

- Hiking time: 6-7 hours
- Trek Distance: 15km / 9.3miles
- Max. altitude: 2,620m / 8,536ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Koto (2,620m / 8,563ft)

Altitude Gain: 2620

Duration: 7

Accommodation: Teahouse

Day 4: Trek from Koto (2620m / 6,200ft) to Meta (3560m / 8,563ft)

We need to register our restricted area permits at the police checkpoint at Koto before we can enter the restricted section of Nar Phu Trek. We proceed with our journey down the Soti Khola riverbed after completing all necessary formalities. Along the way, we pass through exquisite pine trees, innumerable suspension bridges, and waterfalls before arriving in Dharamshala in around five-six hours. From Dharamshala onwards, the forest starts to thin out and the panoramas get wider. We walk for approximately one and a half hours through the jungle, climbing steeply to Meta village on the Tibetan Plateau, and then we rise steadily. From here, we get a stunning vista of Lamjung Himal and Annapurna II.

- Hiking time: 7-8 hours
- Trek Distance: 15km / 9.3miles
- Max. altitude: 3,560m / 11,680ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Meta (3560m / 8,563ft)

Altitude Gain: 3560

Duration: 8

Accommodation: Teahouse

Day 5: Trek from Meta (3,560m / 11,680ft) to Phu Gaon (4,250m / 13,944ft)

Before reaching Chyaku, we continue our ascent down the riverbed and come across several mani stones. As we continue to climb, we begin to enjoy magnificent glimpses of Annapurna before entering **Kyang**. Pisang Peak and Annapurna II can both be viewed spectacularly from Kyang. Then we climb from the riverbed to the Phu gate – the entry point of Phu Village, crossing the Phu Khola on a steep route and leaving behind submerged rocks and perhaps a few campsites. It takes a two-hour hike from here to Phu village, one of the hidden settlements renowned for its distinctive blue sheep, unique culture, and interesting religious traditions. The Himlung Himal is one of the beautiful Himalayan ranges that can be seen from Phu Village.

- Hiking time: 7-8 hours
- Max. altitude: 4,250m / 13,944ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Phu Gaon (4,250m / 13,944ft)

Altitude Gain: 4250

Duration: 8

Accommodation: Teahouse

Day 6: Trek from Phu Village (4,250m / 13,944ft) to Nar (4,110m / 13,484ft)

We depart from Phu Gaon and carry on to Nar village. We pass through numerous breathtaking gorges and waterfalls, suspension bridges, including the Mahendrapul, and two high passes, Phu Pass (5,050m) and Nar Pass, along the route (5,400m). We get the chance to see the magnificent Pisang mountain and many other peaks from the trek.

- Hiking time: 6-7 hours
- Max. altitude: 4,250m / 13,944ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Nar (4,110m / 13,484ft)

Altitude Gain: 4249

Duration: 7

Accommodation: Teahouse

Day 7: Acclimatization and preparation at Nar

At Nar, we'll be acclimatizing for a day. Instead of resting at a high elevation, we'll go to Nar village, a treasure in the Annapurna region. We hike and explore the Nar village, its inhabitants, their traditions, culture, and way of life throughout the day. There are several monasteries and Chortens in Nar village.

- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Duration: 1

Accommodation: Teahouse

Day 8: Trek from Nar (4,110m / 13,484ft) to Kang La Pass (5,320m / 17,460ft) to Ngawal (3,660m / 12,008ft)

Today's trek will be a challenging and drawn-out day. From Nar, we rise across the lateral moraine of **Temdenzon Khola** on a pleasant route that travels through yak pastures and offers breathtaking views of the west ridge of Pisang Peak.

The journey will then lead to Kang La Phedi, which is the base of the Kang La pass. It will take roughly two hours to hike from Kang La Phedi to Kang La Pass. Although the trail is steep, it is worth it once we have passed through the Kang La pass. After a short trek, we arrive at the pass' summit and are rewarded with a captivating sight of Pisang peak, Annapurna II, Gangapurna, and Tilicho peak.

- Hiking time: 7-8 hours
- Max. altitude: 5,322m / 17,460ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Kang La Pass (5,320m / 17,460ft) to Ngawal (3,660m / 12,008ft)

Altitude Gain: 5322

Duration: 8

Accommodation: Teahouse

Day 9: Trek from Ngawal (3,660m / 12,008ft) to Manang (3,540m / 11,614ft)

We depart Ngawal after breakfast and go along the shores of the Marshyangdi River to Manang. We will pass through several forests and communities along the way, including the hamlet of Braga, where we can admire a spectacular monastery with short walls and mani walls. We will also enjoy the panoramas of the Tilicho Peak and Annapurna ranges as we walk along the route. Our destination for today is Manang, so we will continue walking till we get there.

- Hiking time: 4-5 hours
- Max. altitude: 3,660m / 12,008ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Manang (3,540m / 11,614ft)

Altitude Gain: 3540

Duration: 5

Accommodation: Teahouse

Day 10: Trek from Manang (3,540m / 11,614ft) to Yak Kharka (4,050m / 13,287ft)

Our next destination from Manang is to reach Yak Kharka located 120 meters above Manang. Before reaching Tenki village, we must first cross many streams and climb. Then we continue climbing past Marshyangdi Valley in the northwest direction of Jar Sang Khola valley.

We will be passing through scrub juniper and alpine grasses, marking the difference in altitude, as we approach the little settlement of Gunsang (3960 meters), where the residences are built of flat mud roofs. After travelling only, a short distance, we ascend the breathtaking valley to Yak Kharka, an open, peaceful grassland.

- Hiking time: 3-4 hours
- Max. altitude: 4,050m / 13,484ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Yak Kharka (4,050m / 13,287ft)

Altitude Gain: 4049

Duration: 4

Accommodation: Teahouse

Day 11: Trek from Yak Kharka (4,050m / 13,287ft) to Thorong Phedi (4,525m / 14,600ft)

To reach Thorong Phedi, the highest point on the Annapurna Circuit, we depart from Yak Kharka and proceed to the foot of Thorong La pass.

From Yak Kharka, we climb gradually to a ridge before descending to the headwaters of the Marshyangdi and crossing via a covered wooden bridge. After climbing up the mountain, we follow a narrow trail across an unstable steep slope until we reach Thorong Phedi.

- Hiking time: 3-4 hours
- Max. altitude: 4,525m / 15,092ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Thorong Phedi (4,525m / 14,600ft)

Altitude Gain: 4524

Duration: 4

Accommodation: Teahouse

Day 12: Trek from Thorong Phedi (4,450m / 14600 ft) to Thorong La Pass (5,416m / 17,769ft) to Muktinath (3,760m / 12,336ft)

Today, we will cross Thorong La Pass, one of the world's highest passes and the highest point of this trek. It will be an incredible adventure to hike from Thorong Phedi (4,525m/14,525ft) to Muktinath Temple (3,760m/12,623ft) through the Thorong La high pass (5,416m/17,756ft). It is also one of the most difficult sections of the path, and also one of the hardest parts of the trek. As soon as you leave camp, the climb gets steep, but the panoramic views of the majestic Himalayan peaks and the Annapurna Ranges that reach Tibet make it all worthwhile. We next descend to Muktinath, a sacred Buddhist and Hindu shrine. 108 stone sprouts with water coming from the Kali Gandaki are what make the Muktinath Temple famous. Additionally, you may witness the 2,000-year-old perpetual flame that is present. Although the 1600-meter descent to Muktinath is difficult, the beautiful panoramas of Dhaulagiri make it all worth it.

- Hiking time: 7-8 hours

- Max. altitude: 5,416m /17,756ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Thorong La Pass (5,416m / 17,769ft) to Muktinath (3,760m / 12,336ft)

Altitude Gain: 5416

Duration: 8

Accommodation: Teahouse

Day 13: Trek from Muktinath (3,800m / 12,467ft) to Jomsom (2,715m / 8,910ft)

After seeing Muktinath Temple in the morning, we continue our trek journey to Jomsom. We first go through the Tibetan-style villages of Jharkot and Khingar, where we can explore beautiful monasteries before arriving at Jomsom. We get wonderful views of both the Dhaulagiri and Nilgiri Himalayas. We will walk along the banks of the Kali Gandaki River past Kagbeni to reach Jomsom. The view of Dhaulagiri and Nilgiri is splendid throughout the trail.

- Hiking time: 4-5 hours
- Max. altitude:3,800m / 12,467ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Jomsom (2,715m / 8,910ft)

Altitude Gain: 3799

Duration: 5

Accommodation: Teahouse

Day 14: Drive from Jomsom (2,715m / 8,910ft) to Tatopani (1200m / 3,940ft) by local bus

We will take a ride from Jomsom to Tatopani, which is known for its natural hot springs and where we may unwind by fully submerging ourselves in them. At the beginning of our trip, we will travel across the landscape in the same geographic and climatic region as Tibet before arriving at the impressive Kali Gandaki valley. We will see breathtaking glimpses of the Kali Gandaki River, which divides Dhaulagiri, the seventh-highest mountain in the world, from Annapurna, the tenth-highest summit in the world.

- Driving time: 6-7 hours
- Max. altitude: 2,715m / 8,910ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

Destination: Tatopani (1200m / 3,940ft) by local bus

Altitude Gain: 2714

Duration: 7

Accommodation: Teahouse

Day 14: Drive Tatopani (1200m / 3,940ft) to Pokhara (850m / 2,789ft)

Early in the morning, from Tatopani, we take a seven-hour bus or jeep ride to Pokhara, passing Beni Bazaar. The rest of the day may be spent relaxing and seeing the city, or you can take a flight back to Kathmandu.

You may rent a boat and explore the mysterious caverns or go sightseeing or go boating in the exotic Phewa, Rupa, and Begnas Lakes in Pokhara Valley. You will have the opportunity to shop for memories and enjoy the vibrant city's nightlife.

Destination: Pokhara (850m / 2,789ft)

Duration: 7

Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner)
- Accommodations in Tea House during the Trekking.
- Drop to trek destination from Pokhara
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Proper First aid kit
- Trekking permit (Annapurna Conservation Area Permit fee)
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses
- Company's duffel bag will also be provided. (If needed)
- All essential official fees.

Excludes

- International Airfare
- Your travel insurance
- Nepal visa fee
- Any kind of drinks during the trek
- Other items of personal expenses like hot shower, battery charge, telephone, porter, etc.
- Tips for the Guide and Porter(expected).