



Nar Phu Valley Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

14 Days

MAX ALTITUDE

5,630m

BEST TIME

Mar - May & Sep - Nov

ACCOMMODATION

Tea House / Lodge

THE OVERVIEW

Nar Phu Valley Trek takes you to one of Nepal's remote and beautiful untouched region in Annapurna. Nar Phu is situated in a northeast valley near Chame, Annapurna. Nar and Phu is a different village in the valley. Those both villages are called Nar Phu at once and it is a day walking distance each other. Nar Phu Valley Trek needs a special permit because it is also listed in the restricted area by Government of Nepal. Nar Phu is ethnically Tibetan inhabitants with the high Himalayas. Nar is bigger than Phu village. Historically, Nar Phu is captured by Khampas (Tibetan refugee) and...

01

Arrival at Kathmandu

Arrive in Kathmandu, Nepal's vibrant capital. You will be greeted by your trek leader and transferred to your hotel for an overnight stay. In the evening, you'll receive a trek briefing and enjoy a traditional welcome dinner.

ALT: 1,400m MEAL: Dinner

02

Kathmandu Sightseeing Tour

Embark on a sightseeing tour around Kathmandu's UNESCO World Heritage Sites, including Swayambhunath (Monkey Temple), Boudhanath Stupa, and Pashupatinath Temple. This day allows you to experience Nepal's rich culture, art, and history.

ALT: 1,400m HIKE: 4-5 hours MEAL: B,L,D

03

Drive from Kathmandu to Jagat

After breakfast, begin your scenic drive to Jagat. On the way, pass through beautiful hills, forests, and rivers. Upon arrival, check into your lodge and prepare for the upcoming trekking days.

ALT: 1,300m MEAL: B, L, D

04

Trek from Jagat to Dharapani

Begin your trek from Jagat, walking through lush forests and picturesque villages. As you ascend, enjoy the sights of terraced fields and the stunning landscapes around you. Reach Dharapani and relax at your lodge for the night.

ALT: 1,700m HIKE: 5-6 hours MEAL: B, L, D

05

Trek from Dharapani to Koto

The trail continues to Koto, where you'll walk through forests and small villages. Koto marks the start of the Nar Phu Valley. Along the way, you can spot local wildlife and enjoy the serene atmosphere of the valley.

ALT: 2,600m HIKE: 5-6 hours MEAL: B, L, D

06

Trek from Koto to Mata

Trek from Koto to Mata, passing through narrow valleys and high forests. The landscape becomes more rugged as you approach the upper reaches of the Nar Phu Valley. Enjoy views of the surrounding snow-capped peaks.

ALT: 3,560m HIKE: 5-6 hours MEAL: B, L, D

07

Trek from Mata to Phu Gaon

Continue your trek to the remote village of Phu Gaon, a traditional Tibetan settlement. This village offers an incredible cultural experience with its unique customs and lifestyle. Enjoy the peace and tranquility of the valley.

ALT: 4,080m HIKE: 5-6 hours MEAL: B, L, D

08

Rest Day at Phu Gaon

Spend a rest day in Phu Gaon. You can visit nearby monasteries or hike to the high viewpoints for panoramic views of the surrounding mountains. Experience the local Tibetan culture and lifestyle on this day of exploration.

ALT: 4,080m MEAL: B, L, D

09**Trek from Phu Gaon to Mahendra Pool**

Depart Phu Gaon and continue your trek through the scenic Nar Phu Valley to Mahendra Pool. Along the way, enjoy views of remote villages, forests, and mountains. Mahendra Pool is a peaceful destination for your overnight stay.

ALT: 3,490m HIKE: 5-6 hours MEAL: B, L, D

10**Trek from Mahendra Pool to Nar**

The trail leads you to Nar, a village nestled in the high mountains. Nar offers magnificent views of snow-covered peaks and traditional Tibetan-style architecture. Explore the village and enjoy the local atmosphere.

ALT: 4,110m HIKE: 5-6 hours MEAL: B, L, D

11**Trek from Nar to Nawal Crossing Kang La Pass**

This is one of the most challenging and rewarding days as you cross the Kang La Pass (5200m). The panoramic views from the pass are unparalleled, offering glimpses of some of the highest peaks in the region. After the pass, descend to Nawal for an overnight stay.

ALT: 5,360m HIKE: 7-8 hours MEAL: B, L, D

12**Trek from Nawal to Upper Pisang**

Trek through lush forests and beautiful villages to Upper Pisang, a peaceful settlement offering stunning views of the surrounding mountains. This is a day of gradual descent as you make your way to the village for the night.

ALT: 3,300m HIKE: 5-6 hours MEAL: B, L, D

13**Local Jeep Drive from Upper Pisang to Besi Shahar, then Kathmandu**

Enjoy a scenic jeep ride from Upper Pisang to Besi Shahar, and continue by road to Kathmandu. Reflect on the incredible journey through the Nar Phu Valley as you make your way back to the city.

ALT: 1,400m MEAL: Breakfast

14**Departure from Kathmandu**

After breakfast, transfer to Tribhuvan International Airport for your flight back home, concluding your unforgettable trek through the Nar Phu Valley and Kangla Pass.

MEAL: Breakfast

END OF SERVICES

- What's Included

- International Airport Pickup and Drop
- Kathmandu Hotel Accommodation
- Transportation Fare (Kathmandu to Jagat and return)
- Annapurna National Park Fee
- TIMS Card (Trekking Information Management System)
- Nar Phu Permit Fee (Special Trekking Permit for Nar Phu)
- Trekking Food – Breakfast, Lunch, and Dinner (3 meals a day during the trek)
- Guide Insurance Fee
- Well English-Speaking Guide
- Porter to Carry Your Luggage (1 porter for 2 trekkers)
- Kathmandu Sightseeing Tour
- Down Jacket (provided if required)
- Welcome Dinner

- What's Not Included

- Travel Insurance (Please arrange your own travel insurance)
- Guide and Porter Tips (Optional, based on satisfaction)
- Donations (Any donations during the trek are not included)
- All kinds of Drinks (Alcoholic beverages, soft drinks, etc.)
- Visa Fee in Nepal (Visa fee for entry into Nepal is not included)

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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