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Nar Phu Valley Trek

URL: <https://himalayatrip.com/nar-phu-valley-trek/>

Destination

Less Crowded Treks

Activity

Adventure Treks

Duration

12

Per Person From

USD 899

Accommodation

custom-content

Region

Manang Region

Max. Altitude

5320m Kangla Pass

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Best Season

March, April, May, June, July , August, September, October, November

Transportation

Flight/Car/Jeep/Bus

11 Nights at Lodge

12 Breakfast 12 Lunch 11 Dinner Adventure

Highlight of Nar Phu Valley

- Nice Nar , Phu village, Ngawal, Gyaru village
- A adventure Kang La pass
- Beautiful landscape
- Beautiful view of Annapurna Himalayas range
- oldest monasteries and stupas, stone mane walls
- Water falls, suspension bridge
- Rain shadow area
- Less crowed and peaceful area

Nar Phu Valley Trek Overview

Nar Phu Trekking is an adventurous voyage in the north western reach of Nepal. Embodied inside of the Annapurna Conservation Area, this secluded valley is nothing less compared to heaven. Nar Phu region in Manang district is affluent in biodiversity, cultural homogeneity and semi-arid landscape. This **restricted trek in Nepal** ventures on the remote eastern vicinity of Manang region through a secluded atmosphere. The natural enriches spread across the area is one of a kind experience for adventurers. This valley is called "hidden valleys" for they were restricted to all people until 2 decades back. Your traverse to Nar Phu is nothing sort of any other mainstream trek but dim and distance exploration.

Nar Phu Valley Trek Details

Nar Phu Valley Trek is Manang region in western Nepal sits adjacent to the towering Annapurna Massifs. Situated as a river cut valley beside the tenth highest mountain, Annapurna I(8091m), Manang is filled with enigmatic experiences. Marsyangdhi river which originates from Annapurna range of mountains paves its way through the plains of Manang region. The area flattened by this river is inhabited by Manangi Gurung community people. The area surrounding Manang is enriched with biodiversity and geographical amusements as a part of Annapurna Conservation area.

Nar and Phu are two distinct villages situated in the eastern reach of the Manang district. Both of these villages portray rural hamlets that date back centuries before. Apart from the distinct outlook of the villages , they are spiritually awakened by Bon Buddhist practitioners in the area. Additionally, the scenic mountain ranges encircle this picturesque barren valley on all sides. During your **trek to Nar Phu**, you will be bestowed with views of: Annapurna II(7937m), Pokarkhang(6272m), Kangaru Himal(6981m), Himlung Himal(7126m), Gangapurna(7454m), Khangsar Kang(7485m), Annapurna I (8091m) and others.

Nar Phu Trekking Route

Your typical trek to Nar Phu valley commences from Kathmandu. We take the classic [Annapurna Circuit Trek](#) route until Koto and then diverge north towards the hidden valley of Manang. Until Koto you will be following Marsyangdi river. From hereon, we will follow another major river of Manang region, Nar river, named after Nar village. The trek then moves forward along Nar river basin along the baseline of Mt.Kangaru. We make a circuit trek by first trekking towards Phu Gaon, located at the base of Himlung Himal. From there, the trail heads westward making its way back to Nar Phedi. After Nar is the **highest point of Nar Phu trek**, Kangla Pass (5320m) which we traverse to reach the end point of our trekking journey at Ngawal. Trek continue to Manang and drive back to Besishahar and Kathmandu.

Geology and Biodiversity in Nar Phu region

Annapurna Conservation Area Project encapsulates the Nar and Phu valley including the whole of Manang district. Manang district is covered by the high Himalayan mountains that are mostly included in Manaslu and Annapurna range. This bowl-shaped valley stays as a semi-arid land mass in between the gigantic mountains. Numerous glacial lakes, rivers and streams originate from these mountains that confluence into the mighty Marsyangdi river. The area surrounding Manang district is filled with geological affluence. It boasts typical Manangi villages with mud built structures, Tibetan buddhism, vast glaciers, towering peaks, rocky mountains, barren landmass and dense forests. The only accessible space

to pierce into this valley is from the district headquarter of Lamjung district, Besisahar. Lamjung district is the southern neighbor of Manang.

Manang region is affluent when it comes to biodiversity. The geographical variation of the area ranges from a mere 1500 meters till more than 8000 meters. This makes it a suitable habitat for varieties of Flora and Fauna. You will discover lush forests, alpine meadows, rugged mountains, and glacial lakes. Also residing here are snow leopards, Himalayan tahrs, and blue sheep. You will also find in abundance rhododendrons, birch, and juniper trees, while alpine meadows host an array of colorful wildflowers.

Festivals and Cultural Practices in Nar Phu

The Indo Tibetan communities living in the Manang region of Nepal have a distinct lifestyle. Being a remote area still untouched by modern sophistication, the space still disperses originality and authenticity of culture. Inhabited by the Buddhist community in most areas, you will discover amazing cultural practices and celebrations. Inquire with Himalaya trip to schedule your **Nar Phu trek itinerary** with festival time in Manang.

Lhosar is one of the biggest celebrations of the Buddhist community. It marks the Tibetan new year in the months of February or March. Another prominent festival that indicates celebration in Manang is the Yartung festival. This fest is celebrated in August and is characterized by masculine arts and competitions. Archery and Horse Racing during Yartung are the most famous ones. It is celebrated in the month of August. You might be in for a bigger treat if you schedule your travel plans during these months.

Weather and Climate during Nar Phu Trek

This is an ascent trek with your trail climbing up from a lower elevation to a higher one. As the elevation ascends, the temperature decreases making it colder at higher elevations. The weather pattern also differs during the trek based on what altitude you are at. The elevation range in Nar Phu Trek begins from 2600 meters at Koto. The trail then followingly traverses through high hills before making the **highest point of Nar Phu trek**, [Kangla Pass](#) at 5320 meters.

During the Spring months (March to May), the daytime temperature ranges from 10°C to 15°C (50°F to 59°F). Autumn months (Sept to Nov) temperature goes from 10°C to 15°C (50°F to 59°F). Winter months (Dec-Feb) are the coldest with daytime temperatures dropping to 5°C to 10°C (41°F to 50°F). Summer months are also suitable for this traverse. Nar and Phu sits in a rain shadow area beyond the Himalayas. There is very little rainfall even during the peak monsoon months (July and August). Nar Phu can be one of the **best summer treks in Nepal**. At higher altitudes, daytime temperatures during the summer can be cooler, ranging from 5°C to 15°C (41°F to 59°F). Below given table provides data pertaining to temperature and humidity of various places in **Nar Phu Trekking**.

Place	Spring Temperature (°C)	Autumn Temperature (°C)	Spring Humidity (%)	Autumn Humidity (%)
Besisahar	15 - 25	10 - 20	30 - 50	30 - 50
Koto	10 - 20	5 - 15	40 - 60	40 - 60
Meta	5 - 15	0 - 10	50 - 70	50 - 70
Kyang	0 - 10	-5 - 5	60 - 80	60 - 80

Phu	0 - 10	-5 - 5	60 - 80	60 - 80
Nar Village	5 - 15	0 - 10	50 - 70	50 - 70
Ngawal	10 - 20	5 - 15	40 - 60	40 - 60
Manang	10 - 20	5 - 15	40 - 60	40 - 60

Please note that temperatures and humidity mentioned in the table above is based on approximate data. These can vary based on various factors.

Kathmandu Hotel

For your flexibility, we have not include Kathmandu Hotel on the Package. You can book at your desire categories and number of nights. But if you want us to book it, this option also available with extra cost.

Nar Phu Valley permit day

Nar Phu valley trek is a control area. You need restricted permit to do this trek. We need your one extra day and original passport with visa to process this permit.

Nar Phu Valley Trek Info

Duration and Distance

The approximate trekking distance of Nar Phu trek that begins from Dharapani and ends at Chame is approximately 102 kilometers. The roundtrip journey for Kathmandu-Dharapani and Manang -Kathmandu is approximately 487 kilometers. This means that you will be trekking for a total of 9 days traversing 102 kilometers walking for 5-6 hours each day. The jeep drives from Kathmandu to Dharapani and the return journey from Manang - Besishahar -Kathmandu takes 3 days. The standard **duration of Nar Phu Trek** is 12 days including road transfers to the starting point of the trek. We can customize the said itinerary for **Nar Phu trek** based on your preference and schedule. Inquire to know more.

Meals during Nar Phu Trekking

During the Nar Phu Trekking, your meals will be prepared at the teahouses. Throughout your journey, we will stop at midpoint villages for lunch. As for dinner and breakfast, these will be served at the teahouse where you are staying. The teahouses offer a variety of food options to choose from. Primarily, they provide Basic Tibetan and Nepalese cuisine. However, they also offer Continental dishes. One highly recommended meal is "Dal Bhat", which is both filling and nutritious. This Nepalese set dish consists of rice, lentil soup, curries, and pickle. Many trekkers prefer this option due to its nutritional value and ability to keep one satiated during their trekking adventure. Apart from Dal Bhaat, you can also find pasta,noodles,pies or other delightful treats available at the tea houses along the way.

If you have any specific dietary requirements or preferences concerning food availability please let us know in advance so that we can make suitable arrangements accordingly.

Lodging in Nar Phu Trekking

Lodging facilities during your Nar Phu Trek are basic and limited to a teahouse stay. A teahouse is a popular form of accommodation while trekking in Nepal. It is a mixed lodging option that culminates with the concept of homestay and modern hotel system. The houses of inhabitants living along the trekking trail in Nar Phu have modified their homes into a hotel. These are usually a wooden structure with several rooms built in them. A teahouse room can accommodate. There is a kitchen, dining and a small confectionery shop built in the teahouse. You can warm yourself in the night by the logfire created in the dining area. During your stay, you will be provided with a bed, mattress, pillows and quilt. You can carry a sleeping bag which can be rented in Kathmandu if the quilt provided is not sufficient. If you want to know more about **accommodations in Nar Phu trek**, inquire with Himalaya Trip.

Difficulty of Nar Phu Trek/ How to Prepare for Nar Phu Trekking?

Due to its high elevation reaching above 5320 meters, the Nar Phu trek is considered challenging. Acute Mountain Sickness (AMS) can be a potential risk during this journey; therefore, caution must be exercised. The terrain and landscape surrounding Nar Phu village are remote and isolated. The only means of transportation available are helicopters or horses. Throughout the traverse at higher altitudes, you will need to walk daily for around 5-6 hours. The trail itself consists of rough and uneven footpaths primarily used by mules and locals for their everyday tasks. Walking on such trails continuously can prove quite demanding each day.

Also, during the trek, you will be staying at tea houses that provide very basic modern amenities. You will have to adjust to the cold environment and rural lifestyle of the area during your **12 days of trekking in Nar Phu**.

As your preparation regimen, we suggest you begin with cardio exercises, short hikes and endurance training. As the traverse is challenging, you need to be mentally and physically prepared before your journey begins. We recommend that you start your fitness training at least 2 months before your trekking dates.

Solo Trekking in Nar Phu

Similar to other restricted treks in Nepal, it is not possible **trekking to Nar Phu solo**. According to the guidelines set by the Nepal Government, a certified trekking guide is required for those who wish to explore these restricted areas. It is important for the trekking agency you choose to be licensed and professional. Unfortunately, solo trekkers or independent travelers (FITs) are not allowed permits for these restricted areas. Furthermore, it is mandatory that you undertake this trek with a minimum of two individuals.

Nar Phu Trekking Permit

The region encompassing Nar and Phu in Nepal has been designated as a secluded area, requiring special permission for access due to its proximity to the border with Tibet. In order to embark on the Nar Phu trekking experience, it is necessary to obtain a permit specifically for restricted areas. This permit can be acquired in Kathmandu through a registered trekking company. Additionally, this area falls within the jurisdiction of the Annapurna Conservation Area Project (ACAP), so an ACAP permit is also required for those wishing to trek in Nar Phu.

The cost of permits for Nar Phu trekking are as follows:

- From early September until November: \$100 for the first 7 days, followed by \$15 per day thereafter.
- From December until August: \$75 for the initial 7 days, then \$10 per day afterwards.

For those planning their trip to Nar Phu valley, it is important to take into account that ACAP permits will also need to be obtained. The approximate cost of ACAP permits specifically tailored towards exploring Nar Phu valley amounts to around USD 30 throughout the entire duration of your journey. You will have to show both of these permits at Besisahar (Day 2), Koto (Day 3) and Meta (Day 4) during your trekking journey.

When Is The Best Time To Do This Trek?

We organize this trek every day in whole year. But if you are planning to do this trek at the best time. We recommend you following time.

- **Winter (December - February):** This is coldest time of the year. It will be difficult to trek because of there will be heavy snow. There is high chance to closed the trek during this time.
 - **Spring (March - May):** This is best time to trek on Manaslu trek. You will have wonderful weather with warm temperature.
 - **Summer (June - August):** This is monsoon in Nepal. But Nar Phu Valley is rain shadow area. It is still good to trek here. The rain poncho or rain jacket is needed.
 - **Autumn (September - November):** This is another best time to do this trek. After the raining season. It will be fresh and clear weather will be appear. It will be warm temperature.
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Foods menu in Nar Phu Valley Trek ?

The Lodges have Menu; you will have your own choice. The foods are hygienic. But it is not like cities foods. Non-veg food are not recommend. It is not fresh and hygienic .

- **Breakfast:** Simple Breakfast (Eggs any item has-brown potato, toast or Tibetan Bread, Pancake, Muesli, Oat Porridge etc.)
- **Lunch and Dinner:** Nepali Thali (Plain Rice, Lentil soup, Potato Curry, Green Vegetable,

Papadam, Tomato Hot spicy, Chicken curry optional), Macorani , Spaghetti, Potato item, Mo.Mo or dumpling, Pizza, Friend Rice, Fried Noodles, French fries etc.

- **Dessert:** Fresh Fruit (Apple, orange, pomegranates, Banana with any seasonal fruit) serve as sweet dessert.

Note: All the drinks soft, hot, hard drinks are not included.

Do You Have A Packing List For The Trek ?

Nar Phu Valley Trek is one of the adventure trek in Nepal. You need special gears for this trek, for the reference of [packing list](#)

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Nar Phu Valley Trek Outline Itinerary

Day 01 Drive Kathmandu - Besishahar - Dharapani (1860m, 225km or 10 hour drive)

Day 02 Trek Dharapani - Koto (2630m, 13km or 5-6 hours walk)

Day 03 Trek Koto (Nar Phu entry point) - Meta (3570m, 15km or 7 hours walk)

Day 04 Trek Meta - Kyang (3720m, 9.6km or 4 hours walk)

Day 05 Trek Kyang - Phu village (4050m, 8.5km or 4-5 hours walk)

Day 06 Phu village

Day 07 Trek Phu - Nar Phedi (3550m, 15km or 6-7 hours walk)

Day 08 Trek Nar Phedi - Nar village (4150m, 5km or 2 - 3 hours walk)

Day 09 Nar - The Highest Point Kang La Pass 5320m - Ngawal (3675m, 15km or 8-9 hours walk)

Day 10 Trek Ngawal - Manang (3540m, 9 km or 3-4 hours walk)

Day 11 Drive Manang - Besishahar (760m, 94 km or 6-7 hours drive)

Day 12 Drive Besishahar - Kathmandu (1340m, 178km or 6-7 hours drive)

Nar Phu Valley Trek Details Itinerary

Day 01: Drive from Kathmandu - Besishahar - Dharapani

Begin your first day with a satisfying breakfast at the hotel. Afterwards, you will embark on your journey westward from the outskirts of Kathmandu. Our route will trace along the Trishuli river basin as we travel on the Prithvi Highway. Upon reaching Mugling, a well-known transit point where the Trishuli and Marsyangdi rivers converge, we continue our westward journey for another 100 kilometers from Kathmandu. From here, we cross over the Trishuli river and proceed further west for 28 kilometers until we reach Dumre. The road then veers northbound from Dumre, leading us to Besisahar after approximately two hours of driving alongside the Marsyangdi river. We continue drive from Besishahar to Dharapani. You will have to disclose your ACAP and restricted area permit at Besisahar before embarking further. Our offroad drive begins from Besisahar. We take the dirt unpaved road beginning from Besisahar and venture for the remote Manang experience. You might have to share your seat with a Manangi person travelling for his daily errands. 65 kilometers after the journey from Besishahar to Koto, we reach Chamje, a prominent settlement of Manang district. We still follow along the road paved by Marsyangdi river bank. This could be one of a kind drive for you. The journey traverses through the cliffs and rocky road sections that could be uncomfortable for your back. Our vehicle for this section of the trail will be a public jeep to Dharapani. We stay at a hotel in Dharapani for the night.

Note: If you want to take a private Jeep, It is possible to make Kathmandu to Dharapani via Besishahar , it is possible with extra cost.

Activity:

225km or 10 hours drive

Highest Altitude:

1860 meters, Dharapani

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Lodge

Day 02: Trek from Dharapani - Koto

Today, we will trek from Dharapani to Koto. The journey, we reach Chamje, a prominent settlement of Manang district. We still follow along the road paved by Marsyangdi river bank. This could be one of a kind drive for you. The journey traverses through the cliffs and rocky road sections that could be uncomfortable for your back. We traverse through small settlements of Bagarchhap , Timang, Thanchock villages and finally at Koto. Koto is the entry point of Nar Phu Valley trek. Annapurna Circuit trek traverses towards Chame but our journey heads north from Koto towards Nar and Phu valley.

Activity:

13km or 5-6 Hours walk

Highest Altitude:

2630 meters, Koto

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Lodge

Day 03: Trek from Koto - Chhumchu - Meta

Today's trekking route diverges from the powerful Marsyangdi river and takes us northwards through the Nar river basin. Koto is the entry point for the restricted area of Nar Phu trekking.

We cross a suspension bridge that hangs over the Marsyangdi river and follow the trail towards Nar and Phu village. After approximately one hour of trekking, we arrive at Nar Phu khola campsite (2900), where we cross a wooden bridge that connects both sides of the Nar river. Our path then gradually ascends through the basin, crossing this river multiple times along the way. To our west lies Kangaru Himal (6981m), with numerous streams originating from its glacier. We are greeted by a magnificent waterfall that marks the starting point of Singenge Dharamshala at 3230 meters. This is our second-to-last stop before reaching Meta.

From here, we embark on a steep ascent for more than an hour, with an incline of 300 meters until we reach Koto. Upon arrival in Methang, you will immediately feel immersed in traditional Himalayan village vibes. Methang serves as a junction for those heading towards Kangaru Himal Base Camp. For tonight's accommodation, we will be staying in a comfortable teahouse in Methang.

Activity:

15km or 7 Hours walk

Highest Altitude:

3570 meters), Meta

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 04: Trek from Meta to Kyang

The route from Methang to Kyang takes the easier path through the Himalayan river basin. There is a ACAP and restricted area check post at Meta before you proceed further. Our journey begins by reaching Nar Phedi from Meta, which only takes about an hour of walking. This point marks the confluence of Labse and Phu khola rivers. Following the Phu river, we continue our ascent towards the north. After approximately two hours of gradual climbing, we arrive at Junam Goth, where a river originates from the eastern massifs of Kangaru Himal. Continuing further, we make our way via Lowe Chyako and Upper Chyako until finally reaching Kyang for our overnight stop. Kyang is situated in a flat farm land beside the river. From this vantage point, you will be treated to astounding views of various Chulu mountains such as Chulu East (6429m), Chulu West (6418m), and Chulu Central (6584m). Throughout this trekking route, you will have ample opportunities to admire nature's beauty as you traverse through stunning landscapes and encounter breathtaking mountain vistas along your journey from Methang to Kyang in Nepal's majestic Himalayas region.

Activity:

9.6km or 4 Hours walk

Highest Altitude:

3720 meters, Kyang

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 05: Trek from Kyang to Phu Village.

Today's trail is characterized by gentle inclines as we make our way along the Phu river. This particular area, which encompasses both Phu village and the wider Manang region, falls within the Annapurna Conservation Area Project (ACAP). Hikers on this stretch of the trek have reported numerous sightings of Blue Sheep along the route. It's important to note that from Kyang to Phu, there are treacherous rocky terrains to navigate. Additionally, caution should be exercised as there are several landslide-prone areas after crossing Kyang. After approximately five hours of traversing this terrain, we finally reach Phu village where we can settle down for a well-deserved rest for the night.

Activity:

8km or 4-5 Hours walk

Highest Altitude:

4050m, Phu

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 06: Excursion Phu Village, and Monastery

Phu Village presents a unique sight, unlike any other village you would come across. Nestled against the backdrop of Kangla Himal at an impressive altitude of 5329m, this village exudes the timeless charm of a rural setting. The stacked mud houses add to its distinct appeal. Surrounding Phu Village are vast stretches of pastureland and lush green grasslands that border the Phu river. This quaint settlement also serves as a gateway to Himlung Base Camp. In close proximity lies Kyauchyu Waterfall, an awe-inspiring cascade that dazzles under the sunlight as its waters dance and sparkle. The area is home to two prominent Buddhist monasteries - Thashi Gompa on the northern bank across the river and Samdu Choling Monastery at the western end of the village. Adorned with old mud-built chhortens (stupas) and prayer flags, this region emanates a vibrant atmosphere.

As part of your visit, you will have an opportunity to explore a typical Manangi house and observe their unique settlement patterns. Additionally, during your stay in Phu, you can embark on a hike to one of the nearby hill stations for spectacular views of Annapurna massifs and Lamjung Himal on your day off. Experience Phu Village—an enclave frozen in time—where tradition meets natural beauty in perfect harmony.

Highest Altitude:

4050m, Phu

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 07: Trek from Phu Village to Nar Phedi.

Starting from Phu village, the path retraces our previous pathway descending through the Phu river banks. We take the same path back towards Nar Phedi traversing through Kyang, Chyako, Junam Goth before reaching Nar Phedi, This path is easy going with gradual descent providing a comfortable trekking

experience. Alternatively, you can choose to take the arduous trekking path through Phu and Nar pass to reach Nar village. Our stopover for the night will be Nar Phedi located at the confluence of Labse and Phu rivers.

Activity:

15km or 6-7 Hours walk

Highest Altitude:

3550m, Nar Phedi

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Monastery

Day 08: Trek from Nar Phedi to Nar Village

Today's traverse takes the western route towards Nar village from Nar Phedi. It's a relatively easy going trail. We first cross the Nar river to get to the other side. After a short walk through the straight pathway, you will reach the campsite. This location is a revered Buddhist site and you will find the monastery captivating. Several small Chhortens border the village. We head further ahead from the campsite. Next you will reach Yughat where you will enter the first entrance gate of Nar alley. Traversing further through stone built Mani walls and another entrance gate, you will reach Nar village after 3 hours of traverse. Nar village is amusing to gaze at and is filled with several Buddhist heritages including 4 prominent monasteries. You can spend the rest of the day wandering around the village. Overnight at Nar village.

Activity:

5km or 2-3 Hours walk

Highest Altitude:

4150 meters, Nar

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 09: Trek from Nar - Kang La Pass 5320m-Ngawal (3675meters).

Today's hiking trail encircles the base of Kangla Himal, following the meandering paths of small streams that originate from the lofty glaciers of Kangla peak. The terrain is quite challenging and consists of steep inclines with numerous switchback ascents. To reach our highest point for today, Kangla Pass, we will ascend over 1000 meters. Just before reaching the pass, we will arrive at Kangla Phedi (ACAP shelter), which marks the beginning of our traverse to the top. This part of the trek is physically demanding but rewards us with occasional sightings of rare snow leopards, making Kangla Phedi especially renowned.

Once we reach Kangla Pass itself, a breathtaking panorama unfolds before us as Chulu, Annapurna and other majestic massifs come into view. As we begin our descent from this vantage point, expect a dry and arid path that occasionally exhibits patches of grassy terrain. The trail narrows considerably at certain sections and serves as a pathway for yaks. The journey downward is steeply inclined and continues for another 3-4 hours. Then, we finally arrive at Ngawal where we will spend the night in comfortable accommodations.

Activity:

15km or 8-9 Hours walk

Highest Altitude:

5320m , Kangla Pass

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 10: Trek from Ngawal to Manang

Our return journey begins from Ngawal as we start trekking eastbound towards Manang. The traverse today is the easiest of all as we descend through numerous settlements located along Marsyangdi river bank. You will have the perfect ambiance of Manang region with Mani walls, prayers flags, small hamlets, monasteries located along the way. Our first village to pass will Mungji located at an altitude of 3670 meters. Then we make gradual ascend towards Bhraka village, which is another popular touristy village of Manang area. Further ascending through the trail, you will reach Manang. The trail today is fairly easy and pleasant. We stay at a hotel in Manang for the night. In the afternoon, you will visit Gangapurna Lake and see the Manang village and monastery.

Note: If you have time, it is also possible to extend to Tilicho Lake or Thorung La Pass to reach Muktinath and Jomsom.

Activity:

9 km or 3-4 Hours walk

Highest Altitude:

3540 meters, Manang

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 11: Drive Manang - Chame - Besishahar

On the eleventh day, our trekking days comes to an end as we board the jeep headed towards Besisahar. We retrace the road back via villages of Humde, Pisang , Bratang , Timang, Dharapani, Chamje before unboarding for another pleasant night at Besisahar. This journey takes about 6-7 hours depending on the road conditions. You will be accommodated in a hotel in Besisahar.

Note: If you want to take a private Jeep, It is possible to make Chame to Kathmandu in one day.

Activity:

6-7 Hours drive

Highest Altitude:

760 meters, Besishahar

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 12: Drive from Besishahar to Kathmandu.

We end our journey with the drive back towards Kathmandu. The first leg of the journey takes about an hour through narrow roads of Lamjung district. Upon reaching Dumre after 28 kilometers, we head eastbound towards Kathmandu. You will reach Kathmandu in the evening for a cozy night at the hotel in thamel.

Note: For the flexibility , you may book own accommodations Hostel to 5 star Hotel in Kathmandu and you can stay more than one night in Kathmandu before and after the trek at your prefer place.

Activity:

6 Hours drive

Highest Altitude:

1340m, Kathmandu

Meals:

Breakfast and Lunch

Whats Included?

- Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus depending on group size.
- Kathmandu -Besishahar - Kathmandu by bus.
- Besishahar - Dharapani and Manang - Besishahar by public Jeep.
- All the Meals (Breakfast, Lunch and Dinner) and accommodation during the trek.
- Annapurna Conservation area permit fees and Nar Phu special permit.
- One English speaking government certificate holder trekking guide and trekkers 2:1 porters.
- Guide and porters insurance, salary, equipment, food, transportation, and accommodation.
- Local fresh fruit like apple and pomegranates etc.
- Duffel Bag.
- Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk).
- Himalaya Trip T-shirt.
- 13% Government VAT and official charge.

Whats not Included?

- International airfare .
- Nepal's visa fees (15 Days US\$30 and 30 Days US\$50) , you fill up a form [depart of immigration](#) before you leave and pay cash and get visa on your arrival in Kathmandu airport.
- Hotel (Kathmandu Guest House) and meals in Kathmandu .
- All the drinks like , tea, coffee, mineral water, Fanta, coke, beer , hot shower, battery charge, wifi etc.
- Your trekking gears.
- Your travel insurance which should include the emergency rescue.

- Tips for guide and porters.

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 949
5 - 9	USD 899
10 - 20	USD 849

Nar Phu Valley Trek FAQs

Acc here

Q1: Which district is Nar Phu Valley in ?

Nar Phu Valley is a hidden valley of Annapurna Circuit Trek. It is in Manang District. The trek will entry from Koto and exit in Ngawal.

Q2: How much do it cost to go Nar Phu Valley ?

The cost of Nar Phu Valley Trek is depending on number of days, number of group size. Himalaya Trip offer 12 days Nar Phu Valley Trek cost from USD 849 to USD 949 per person.

Q3: What is the difficult level of Nar Phu Valley Trek ?

The highest Point of Nar Phu Valley Trek is Kangla Pass which 5320m. We give this trek grade 4. Grade 1 is easy and Grate 5 is hardest trek.

Q4: What is the Tea house or Lodges like? What kind of room does we aspect?

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

Q5: Do we nee sleeping bag ?

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

Q6: Is Internet or WIFI available on this trek ?

Yeah, Internet or WIFI is not available all the places. But it is available in some places.

Q7: Is electricity available ?

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

Q8: What should we do Drinking Water ?

There are available of natural spring water. You can use the spring water by putting water purifying tablet or use the filter. It is also possible to buy mineral water and boiled water.

Q9: How do we respect the local culture ?

Ask permission to photograph people.

Do not remove or purchase antiques, it is illegal.

Avoid wearing revealing clothes and avoid outward displays of physical affection.

Q10: Is Shower available on this trek ?

Hot Shower is not available all the places. But Some places, you can have a Hot Shower.

Q11: Is there Bank or ATM Machine or Money exchange available ?

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

Q12: Single Trekkers

We also organize single traveler for this trek. But you have to pay single supplement cost.

Q13: Can we buy trekking gears in Kathmandu?

You have your own sleeping bag, you may bring it with you. If you do not have, we will provide you sleeping bag . Rest of them, you can buy in Kathmandu.

Q14: What kind of Permit do we need for Nar Phu Valley Trek ?

This trek is the restricted area, it requires a Nar Phu Valley Restricted permit issued by Department of Immigration Nepal, Annapurna Conservation Area (ACAP) permit which is arranged by our company and a government certificate holder trekking guide led the group. All the permit are included in the package.

Q15: Is it possible to do Nar Phu Valley Tea House Trek

Yeah, we organize Nar Phu Valley Tea house trek. All the places, you will stay at Tea House and the foods at the restaurant in the Lodge.

Q16: Is it possible to book only Nar Phu Valley Trek ? We want to book our own Hotel in Kathmandu.

Yeah, if you want to book your Hotel in Kathmandu on your choice. It is possible to book Nar Phu Valley trek only. The price of Hotel will be reduce. And if you book Nar Phu Valley Trek only, It will be 12 days Nar Phu Valley Trek.

Q17: How do we book this trek ?

We are so pleased to organize your trek. Please, kindly scan or photo of passport copy, passport size photo by email or **WhatsApp +977-9851196388** and deposit 20% of total amount. We will confirm your booking.

Q18: How do we pay the deposit?

We have different options to make the deposit. You may choose according to your convenient. They are Bank Transfer, Credit card payment, Western union etc. For the online credit card payment, kindly go through this link of [Himalaya Trip](#) , this is the easiest way to make the payment. If you use bank transfer, I will send it you by email.

Q19: Just want to ask if we can make the remaining payment by card or is it cash only?

I prefer the remaining payment cash US dollar, Euro, Pound sterling, Nepali currency etc. If you pay by credit card, it takes some time to collect in my bank account and you will charge extra 4%.

Q20: can we do this trek private our couple or friends or family only ?

If you are more than 2 people, we organize private trek at your desire date. The price will be same as group joining.

Q21: Can we take private Jeep for Kathmandu - Koto and Chame - Kathmandu ?

If you are interested to take private Jeep instead of taking public bus. You have option for this. You may take this service by paying additional cost. It will be in 10 Days. You can go to Kathmandu - Koto and Chame - Kathmandu.

Q22: Are there any services available by your company to store extra luggage while on the trek?

You will take necessary gears with you on the trek. The remaining gears, you will store at your Hotel in Kathmandu or in my office in Kathmandu. It is free of cost.

Address

Raniban,
Kathmandu, Nepal