

Nar Phu Valley Trek - 10 Days

DURATION: 10 DAYS

Trip Facts

- Duration : 10 Days
- Trip Difficulty : Moderate
- Group size : 2-20 Pax
- Accommodation : Hotel/Lodge/Tea House
- Meals included : Breakfast, Lunch & Dinner
- Transportation : Bus/Jeep/Taxi
- Trip starting point : Besishar
- Trip Ending point : Besishar



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Best season : March, April and May & September, October and November

Trip Overview

Embark on a journey where you discover the hidden valley gem, which leads you into one of the fascinating treks that combines the remote villages of Nar and Phu Valley situated, in the north and east close to the Annapurna. It is an Untouched and glorious journey in the Annapurna area. They are astonishing. However, villages are settled by the Tibetan refugees, and you will experience; their lifestyle during your trek.

10 - Days Nar Phu Valley Trek is a grouping of exploring the isolated towns and perspectives on brilliant white snow-covered mountains, Slopes, Rocky Mountains, narrow gorges, yaks, waterfalls, Glacial, nature, dense forests of pine and rhododendrons and high pass of Kang La 5320 meters.

Nar Phu Valley Trek was authoritatively opened for [tourists in 2003](#); it leads; into the Manang Gorge and is a part of the Annapurna trail. However, this Valley is a Desert, where there can fewer of rain. Nar and Phu village is the central place, Tashi Gompa is the emphasis, and Remain Gompa is well-known. The trail is narrow and thrilling.

Trek Starting Point: Dharapani or Koto Village:

We start the journey from **Dharapani or Koto village** after scenic driving from the capital city of Kathmandu. We follow the Annapurna surrounds to Koto Village, Pass through the classic Chortens and mani walls, cross the suspension bridge over the Marshyadi River, and trail to Nar and Phu Valley. The trekking route is Narrow and rambling on the pine and rhododendrons forests entry opens ascending to a marvelous extension of white snowy peaks of the Annapurna ranges and Himlung Himal.



These trips have several other ancient Buddhist monasteries, villages, and nature. We will explore and have chances to observe the wildlife animals such as; Monkeys, mountain goats, Musk deer, Himalayan Thars, and snow leopards. We cross the **Kang la Pass 5,320 Meters**; from the top, the sky is blue, and then we can see the Wonderful perspectives on Annapurna II, Annapurna III, Annapurna Iv, Gangapurna, Tilicho Peak, Chulu Pinnacle and Pisang Top. After then we hike descending to Pisang, Chame and drive back to Besishar and Kathmandu.

The Nar Phu Valley Trek: Details Itinerary & Cost in 2024/2025

Depending on the travel organization, if you choose the international travel company, they may charge approximately USD 2000 to 3000 per person. Nepal has many local trekking companies. It might be hard to pick the most excellent trekking company in Nepal. However, we are a local guide and Porters Company. We are somewhat less expensive than others. Our services are double theirs. Our main goal is to make your dream successful in the Himalayas and your whole days in Nepal vacation. The **Nar Phu Valley trek cost is USD: 1060 per head**. A Full board package of this trek includes both ways of Transportation from

Kathmandu - Besishar - Kathmandu by local bus and lodging for three times meals per day.

Nar Phu Valley Permit Cost:

This trek required three types; of permits; a Special **Nar Phu Valley Entry permit**, an Annapurna Conservation Area (**ACAP**) Permit, and a Trekkers information management system (**TIMS**) card covering the complete Nar Phu Valley with Annapurna region:

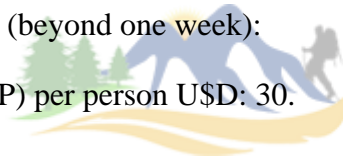
- **September – November**

U\$D 100 per person: week U\$D 15 per person/day (beyond one week):

- **December – August**

U\$D 75 per person: week U\$D 15 per person/day (beyond one week):

- Annapurna Conservation Area Permit (ACAP) per person U\$D: 30.
- TIMS card U\$D: 10 per person.



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Is Nar Phu Valley Trekking a Difficult Route?

This trip is Nepal's perfect trekking destination in the Himalayas region. It is also a moderate-difficult trek. Most travelers/trekkers need good health and reasonable physical fitness is most important for this trip because you are going to more than 5000 meters in altitude if your physical fitness is very well. Then I am 99% sure. It will be able to complete these itineraries. It's very important to drink water and get plenty of rest to let your body adjust naturally to the increased altitude. As always, your local trekking guide will take care of your adjustment and ensure; that you take pleasure in a safe and rewarding trek to the Nepal Himalayas.

Trip Itinerary

Day 01: Kathmandu – Besishar – Dharapani (1925meters/6,315feet).

🕒 7/8 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚗 Buss/Jeep 🏔️ 1925 m

After breakfast, we will drive along the Kathmandu – Pokhara, Prithivi Highway to Dumre, and then we follow the narrow and paved road by the Marshyangdi River reach; to Besishar. Again we will change the jeep or bus to Dharapani. It will be long and scenic of lush green hills, rivers, colorful terraced fields, and small settlement areas. After, we will stay at Lodge.

Day 02: Dharapani – Koto Village (2605meters/8,546feet) 5/6 Hours.

🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 2605 m

Today will be a more exciting day. We will pass the beautiful village of Bagarchhap, Danaque. After, we will ascend and cross the wood bridge, again climbing uphill to ramble on the pine and rhododendron forest. Our trek will continue to reach the Timang village. This village has a chance; to see the delightful views of Mt. Manaslu, which is more than eight thousand peaks. The trail again moves by lush forest and reaches Koto Village. We will spend the overnight at Lodge.

Day 03: Koto – Meta (3235meters/10,613feet) 6/7 Hours.

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3235 m

After the delicious breakfast, we will check the Special Nar Phu Valley permit ACAP and TIMS Card. The trails offer delightful views of Lamjung Himal and Annapurna II. After, our journey will continue toward Meta. The trekking trails follow; along the bank of Soti Khola and through the dense forests. We will cross the few suspension bridges, ascend on the pine and rhododendron forest then reach Meta Village. We will spend a night at Lodge.

Day 04: Meta – Phu Gau (4050meters/13,287feet) 5/6 Hours.

🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 4050 m

The trekking trail goes to ascend and descends. We will cross several suspension bridges. The trail will take you to Kyang, where you will get; to see the Miscellany of the Khampa settlement. After then; you will walk along the phu Khola on a rugged trail and reach the village. You will get; to see the magnificent landscape on the way to Phu Ghau.

Day 05: Acclimatization day at Phu Ghau.



Today is our rest day at Phu Ghau. We will explore the Himlung Base Camp and spend a few hours there, observing the local culture and traditions. We will visit the ancient Buddhist Monastery. Which is listed in the 108 world's old Gompas. It's; believed to be the last monastery built by Karmapa Rinpoche. We will return to Hotel, and we will stay overnight at Lodge.

Day 06: Phu Ghau – Nar Village (4130meters/13,287feet).

🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 4130 m

After breakfast, we will start our trek. The trail descends and crosses the suspension bridges until you reach Mahendra Pul. From again will cross the suspension bridge over the Lapche River. We will ascend by numerous Stupas and reach Nar Village. From the Nar Village, if the skies are clear, then you are able to see the views of the Pisang Peak and Annapurna ranges.

Day 07: Acclimatization day at Nar Village.

Another rest day in Nar Village; Today will hike to a small hill around 500 meters, then back to the hotel, and explore the village. You will look into the daily lifestyle of the local people and culture.

Day 08: Nar Village – Kang La Pass (5320meters/17,454feet) – Nawal Village (3660meters/12,007feet) 7/8 Hours.

🕒 7/8 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 3660 m

In the early morning, we will have breakfast. After, our journey will be going long and exciting day. The trail will ascend to Kang la Pass and from the top. We will be able; to see the delightful panoramic view of the Annapurna ranges with beautiful landscape. We will enjoy ourselves very much with nature. We will spend a few hours on the top taking pictures of mountains and landscapes. After then, we will descend to Nawal Village, where we can explore the ancient Buddhist temple and local lifestyle.



Day 09: Nawal village – Chame village (2675meters/8,776feet) 6/7 Hours.

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 2675 m

Today we will have a very early morning breakfast. After, then, we will descend; to Ghermu, Upper Pisang, Dukur Pokhari, and Bratang and reach Chame village. Along the trail, we have a chance to explore the ancient Buddhist monastery, typical Houses, Stupa and mani walls on the way, and views of Annapurna II, Annapurna III, Annapurna Iv, Gangapurna, Pisang Peak, and Lamjung Himal, etc.

Day 10: Chame Village – Besishar – Kathmandu.

🕒 11/12 Hours 🍳 Breakfast & Lucnh 🏠 Hotel 🚗 Jeep/Bus 🏔️ 1350 m

After the delicious breakfast, we will catch the jeep to Besishar, pass through the beautiful villages; of Koto, Danaque, Dharapani, Chamje village, Jagat, Nadi, and Bulbule, and reach Besishar. Again we will change the Bus to Kathmandu.

Cost Includes

- International **Airport Pick up and drop off** by private car/van / Jeep / Hiace, depending on the Group Size.
- Transportation service from **Kathmandu – Besishar** by Bus.
- **Chame - Besishar** by sharing jeep.
- **Besishar – Kathmandu** by Bus.
- All Meals on a **Full Board basis BLD** (Italian, Chinese, Indian, Nepali, and many European delicious food); Choose by menu.
- **Nar Phu Valley Special Permit.**
- **ACAP** (Annapurna Conservation Area Project) Permit.
- **TIMS Card** (Trekking Information Management System).
- HLG team, Professional, strong, and Government trained English speaking Guide.
- Himalayan experienced and honest porters during the trek (2 Clients for 1 Porter).
- Tea House, Home Stay or Guest House) During the Trek.
- Assistant Guide. For group 5 or above.
- Approval of Certificate. After the successful trekking.
- Supplementary; energy bars, crackers, Cookies, Halls, etc.
- Fruits like; Apples, Oranges, Blackberries, etc.
- First Aid kit box. (Guide will Carry it during the trekking).

Cost Excludes

- Cold and Hards drinks, such as beer, mineral water, cock, Fanta, Whisky, etc.
- Coffe & Tea.
- Private: expenses Such As laundry, telephone, WIFI, Hot Shower, Shopping, etc.
- Your International airfare.
- Nepal visa fee. (15 Days -25 U\$D, 30 Days — 40U\$D and 90 Days — 100 U\$D.
- Hotel in Kathmandu and Pokhara.
- Trekking Equipments.

- Travel insurance is just in case.
- Tips for Guide and porters.

Trip Map



Nar Phu Valley Trekking Route Map



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