

Nar Phu Valley Via Annapurna Circuit Trek - 14 Days

DURATION: 14 DAYS

Trip Facts

- Duration : 14 Days
- Trip Difficulty : Challenging
- 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 : Pokhara



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

Trip Overview

The **Nar Phu Valley via Annapurna Circuit trek** is a thrilling trek in the Annapurna area that trails to the natural and remote valley on the north side of Nepal. A charming journey to the untouched and beautiful hidden valley offers stunning scenery of Annapurna Himalayas, joining high pass Kang-La Pass 5,320m, inaccessible villages of Nar and Phu, narrow hidden valley, cleft, marvelous rock shape, grassland, symbolic, antique Buddhist monasteries, glacier, flora and fauna and an inimitable local culture and lifestyle there.

The **Nar Phu Valley and Annapurna Circuit trek** is one of the best treks in the Nepal Himalayas; it lies between the two enormous trekking routes ACAP and MCAP regions. Our trip will be on foot through the wonderful local villages passing vibrant Tibetan Chortens and Buddhist prayer wall stones into the deep canyons with valleys of the Nar Phu and Annapurna. Nar Phu Valley trek is one of the enjoyable hidden resources that will give us a chance to spend with mountain villages. During this trek, we can observe the golden mountain with the sunrise and sunset.

Nar Phu Valley Trek with Annapurna Circuit Itinerary begins from Koto after a scenery drive to Besishar and Koto. The next day our journey to the hidden valley area of Nar and Phu. Ramble through the high alpine valley, and passing the lush jungle and meadows beside the way we will be capitalizing some of our time with local peoples and Buddhist Monks.

This Trek is an ideal journey, the main highlights of this trip are Nar and Phu Hidden Valley, Kang La Pass 5320m, the Ancients Buddhist Monasteries, Annapurna Mountains Views, the world's highest lake of silica, the World's highest pass of Thorong La 5416m, Visit to Buddhist and Hindus temple at Muktinath, Domestic Airport at Jomsom, and natural hot spring at Tatopani.



How difficult is this trek?

The Annapurna circuit trek with Nar Phu Valley is one of the renowned difficult trekking routes in Nepal. This trip includes uphill and downhill on rugged trails. However, this is one of the most rural parts of the Nepal Himalayas, where there is a hidden valley. The trail has some teahouses and homestays. Therefore, only a minority of travelers go on trek in these areas. This means you will rarely discover fellow trekkers. These issues add up to the difficulty level of this journey. Also, at high elevations, the risk of acute mountain sickness as well and you'll be trekking in elevations of above five thousand meters. You must be well physically and mentally prepared during this trek. You'll be walking over the challenging and risky terrain for 5 to 6 Hours a day.

Main Attractions of the Annapurna with Nar Phu Valley:

From the capital city of Kathmandu, you drive to Besishar and change the jeep to Koto at the beginning of your trek. The drive will be fantastic and long as well as beautiful scenery. You chance to see typical villages, lush green hills, dense forests, rivers, and waterfalls during the drive. After finishing your trek, you take

a flight or Bus from Jomsom to Pokhara. You might be observing the entire of Annapurna range from flight or Bus windows. Also, another delightful drive from Pokhara to Kathmandu across the countryside.

Discover the Phu Gaon & Nar Gaon:

Nar and Phu Gaon are two separate remote villages in the hidden gem of the Annapurna region. Both villages are isolated and untouched by modernization. You can spend two nights and a full day in each place to visit the surroundings and take pleasure in the peaceful different way of life from your own.

Cross the two passes of Kang La and Throng La:

Along this journey. You will cross the two challenging passes of Kang La (Nar Phu) and Thorong La Pass (Annapurna circuit). Of them, Thorong La Pass is one of the most difficult ones. This is the highest-pass trekking trail in the world. The trekking trail to both Passes is hard and steep as well as rugged. From the top of passes, you might see the Magical views of the Annapurna ranges.

Manang Village:

The village of Manang is most popular in the Annapurna region. It is a part of the district as well. This village has more facilities, and nice rooms and hot showers. However, due to the high elevation, everything is expensive there. You will get to explore the typical houses in the Manang and travel around nearby ancient Buddhist monasteries, lakes caves, etc.

Muktinath Temple:

The Muktinath Temple is known as a Buddhist and Hindu pilgrimage place. It comes after crossing the high passes of Thorong la, all the way descending and reaching Muktinath. It is believed that taking a bath in the blessed faucets within the Muktinath temple sites would wash away all sins and get good upcoming. The residence of freedom, Mukti Kshetra is another name for this temple. This temple has 108 tapes, and thousands of pilgrimages bath under the tapes at the temple. During your trek, you will visit the Muktinath temple and ask for a blessing for yourself.

Trip Itinerary



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

🕒 8/9 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚗 Buss/Jeep 🏔️ 1925 m

After the breakfast, we will drive along the Kathmandu – Pokhara, Prithivi High way 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 wonderful scenery of the lush green hills, rivers colorful terraced fields and small settlement areas. After then, r we will stay at Lodge.

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

🕒 6/7 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 2605 m

Today will be more exciting day, we will pass the an amazing village of Bagarchhap, Danaque after then we will ascend and cross the wood bridge,

again climb uphill to ramble on the pine and rhododendron forest, our trek will be continue to reach the timang village. This village has chance to see the delightful views of the Mt. Manaslu, which is the more than eight thousands peak. The trail again moves by lush forest and reach to Koto Village, we will spend 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 offers the delightful views of Lamjung Himal and Annapurna II, after then our journey will be continue towards Meta, the trekking trail follow along the bank of soti Khola and goes through the dense forests. We will cross the few suspension bridges, and ascend on the pine and rhododendron forest then reach to 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 descend and we will cross the several suspension bridges. The trail will take you to Kyang, where you will get to see the miscellany of the Khampa settlement. Then after you will walk along the phu Khola on a rugged trail and reach village. You will get to see the amazing landscape on the way journey to Phu Ghau.

Day 05: Acclimatization day at Phu Ghau.

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

Today is our rest day at Phu Ghau. We will go to explore the Himlung Base Camp, and spend few an hours on there, observing the local culture and traditions also we will go visit the ancient Buddhist Monastery, which is listed in the 108 world's old Gompas. This Monastery is believed to the last

monastery built by Karmapa Rinpoche. We will back to Hotel and we will stay overnight at Lodge.

Day 06: Phu Ghau – Nar Village (4130meters/13,549feet).

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

After the breakfast, we will start our trek, the trail descends and cross the suspension bridges until you reach to Mahendra Pul. From there again will cross the suspension bridge over the lapche river, we will ascend by numerous Stupas and reach to Nar Village. From the Nar Village, if the skies are clear, you will able to see the views of Pisang peak and Annapurna ranges.

Day 07: Acclimatization day at Nar Village.

Another rest day in Nar Village, today also we will hike to small hill around 500 meters, then we back to Hotel and we will go to explore the village. You will look into the daily lifestyle of the local peoples and their 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

An eerily morning we will have breakfast, after then our journey will be going long and exciting day, the trail we will ascend to kang la pass, from the top we will be able to see the delightful panoramic view of Annapurna ranges with wonderful landscape. We will enjoy very much with nature, we will spend few hours on the top for taking picture with mountains and landscape, after then we will descend to Nawal Village, where we can explore the ancient Buddhist temple and local lifestyle.

Day 09: Nawal village - Manang Village (3545meters/11,630feet).

🕒 3/4 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3545 m

Today we will have very early morning breakfast, after then we will trek descend to near the Humde village and trek continue walk on bank of marsandi Khola, Braga Village and reach to Manang village, overnight at lodge.

Day 10: Manang Village – Upper Yak Kharka (4000meters/13,123feet).

🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 4000 m

Today, we will head to Yak Kharka, first we will pass through the beautiful village of Old Manang (Tanki manang) after then we will pass the an amazing Buddhist mani walls on the way, we will ascend and cross the suspension bridge, we trek continue to reach the Yak Kharka, we will stay overnight at Lodge.

Day 11: Yak Kharka – High Camp (4850meters/15,912feet).



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🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 4850 m

After the delicious breakfast, we will start our journey; we head to Thorong Phedi and High Camp. We climb up to a ridge then head down and cross the suspension or wood bridge. After climbing up the mountain trail, we follow a narrow trail cross a slope and descend to Phedi, again we will ascend High Camp we will stay overnight at Lodge.

Day 12: High Camp – Thorong La Pass (5416meters/17,769feet) – Muktinath (3810meters/12,500feet).

🕒 7/8 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3810 m

Today is one of the hard and most an exciting parts of the journey, we will be start an early morning, we ascend, from the high camp to Thorong La is world highest pass, it will takes around ¾ hours, while we reach to the top we will take a Group picture with the background of Thorong La pass Board

and scenery mountains views. From the top we will catch the delightful views of Thorong Peak, Dhalagiri, Tukche Peak and many more white snow-capped mountains, We will enjoy and relax with nature, after then we trek continue to descending and reach to phedi, we will have lunch break there, then we trek continue to downhill, we cross the suspension bridge and reach to Muktinath we will stay overnight at Lodge.

Day 13: Muktinath – Jomsom Village (2700meters/8,858feet).

🕒 5/6 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 Walking 🏔️ 2700 m

Before the breakfast we will go to visit the muktinath temple, where we can see the Buddhist and Hindus temple on there. Muktinath temple is one of the most famous for Hindus and Buddhist people. While we enter on the temple, then we will explore the ancient Buddhist monastery and Hindu Temple. Where we will see the pray for the God. After visit the temple we back to hotel and we will have breakfast then after we trek continue to downhill pass the delightful village of Jharkot and Kagbeni and Ekle Bhatti, on the way joinery, today will be more exciting and explore the gigantic dry valley with white snow-capped mountains. As well as we follow Kali Gandaki River where we can find stone of Shaligram and trek continue to jomsom.



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Day 14: Jomsom – Pokhara (830meters/2,723feet).

🕒 7/8 Hours 🍽️ Breakfast & Lunch 🏠 Hotel 🚌 Bus/Jeep 🏔️ 830 m

After the breakfast we will take a local bus from jomsom to pokhara, the route follow along the kali Gandaki River side to descending, we passes the delightful village of Marpha, Tukche, Lete, Ghasa, Tatopani Beni, from the beni to pokara we will drive on the peach road and reach to pokhara valley. Again change to Bus to Kathmandu.

Cost Includes

- International Airport to Hotel and Airport Pick up and drop by private car / van / Jeep / Hiace depend on the Group Size.
- Transportation service from Kathmandu – Besishar by Bus.
- Chame - Besishar by sharing jeep.

- **Jomsom – pokhara** by Bus.
- **Pokhara - kathmandu** by Tourist Bus.
- All Meals on **full Board basis BLD** (Italian, Chinese, Indian, Nepali and many European delicious food lunches, dinner and breakfast) Choose by menu.
- **Nar Phu valley Special Permit.**
- **ACAP (Annapurna Conservation Area Project) Permit.**
- Tims Card (**Trekking Information Management System**).
- Himalayan Local Guide team, Professional Honest, strong and Government trained English speaking Guide, His salary, three times the meals, Insurance and equipments, etc.
- Himalayan experienced strong and honest porters during the trek (2 Clients for 1 Porter).
- Trekking Lodges (Tea House or Home Stay) During the Trek.
- Assistant Guide for the group 5 or above.
- Approval of Certificate after the successful trekking.
- Supplementary energy bar, crackers, Cookies and Halls etc.
- Seasonal fruits likes; Apple, Oranges, pomegran and Blackberry etc.
- First Aid kit box (Guide will Carry it during the trekking).

Cost Excludes



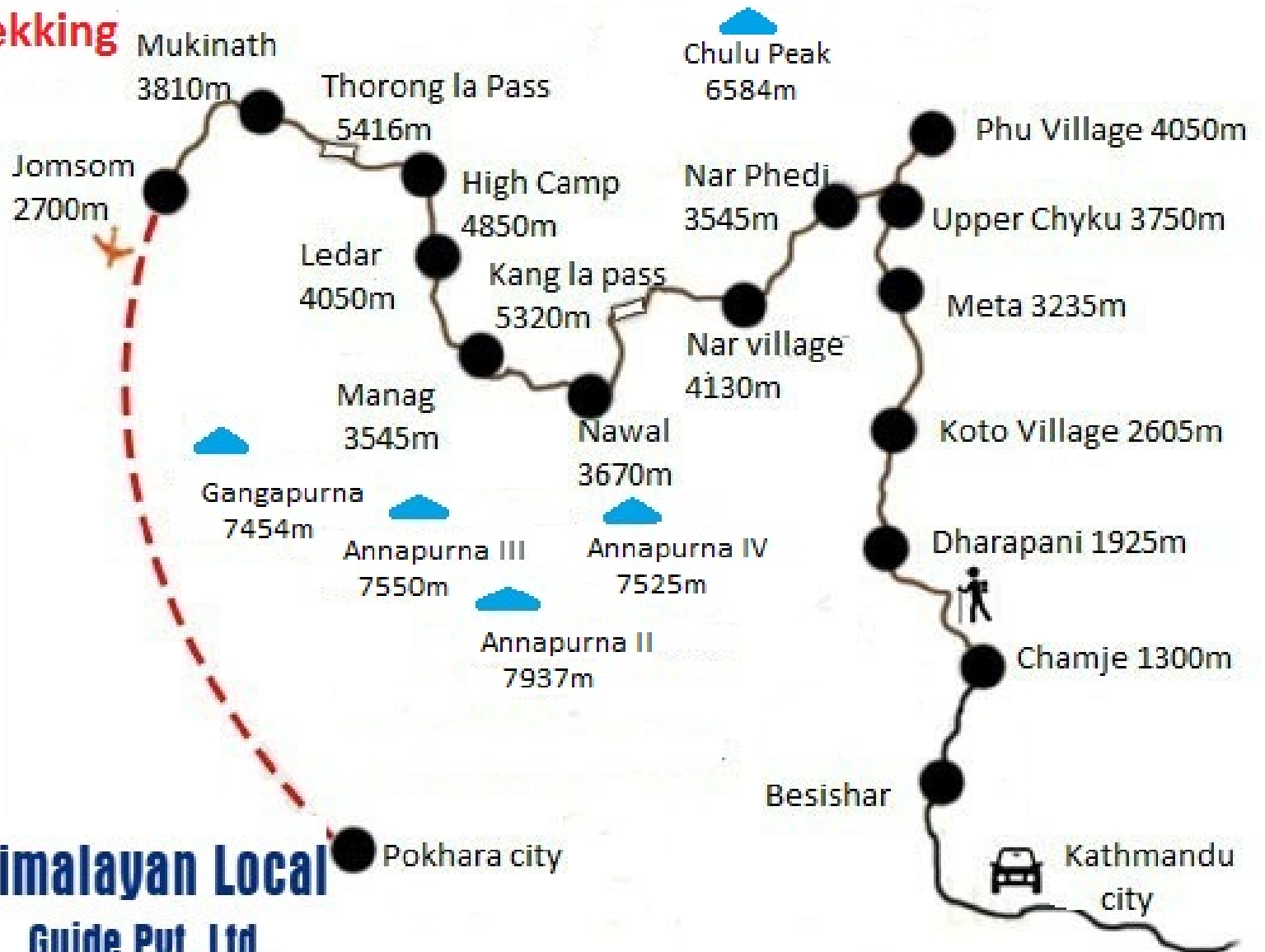
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- Cold drink, such as beer, mineral water, cock, Fanta and Whisky etc.
- Hot Tea and Coffee.
- Personal expenses such as laundry, telephone, WIFI, Hot Shower, Shopping etc.
- Your International air fare.
- Nepal visa fee. (15 Days -25 USD, 30 Days — 40USD and 90 Days — 100 USD).
- Hotel in Kathmandu and pokhara with Lunch and Dinner.
- Trekking Equipments.
- Travel insurance that is just in case.
- Tips for Guide and porters.

Trip Map

Nar Phu Valley Trekking Route Map

Dhaulagiri 8160m
Tukche Peak 6920
Dhampus Peak 6010m



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