Nar Phu Valley Trek

Entering into the lost valleys of Nar and Phu is like stepping through a portal to a world that’s never been touched by change. There are no roads here. Everything is brought in on the backs of women, men and animals. These challenging conditions have mostly conserved the valley’s cultural heritage. Exploring this region is a unique and rare opportunity, however, it is not for the faint of heart.

The trek follows a mostly narrow and unmarked trail. At times you will be scaling brittle, sheer cliffs, or scree slopes that descend into an abyss of glacial river torrents. At other times, the route descends into immense gorges or snakes along the furious raging water of Nar Khola. Most days are between 8-10 hours and you will be feeling the altitude after the first day’s trek from Koto (2600m) to Meta (3530m). Over the next few days the altitude continues to rise steadily (Phu – 4070m, Nar – 4180m, Kang La Pass – 5320m).

However, those with a curious and adventurous soul will be rewarded. You will walk through gorges of epic proportions and marvel at Himalayan vistas that are simply mind blowing. You will explore forgotten kingdoms reduced to crumbling stone, hidden villages lost in time, and spend a night in Nar Phedi Gompa – an active monastery perched atop a lone mountain, deep inside the valley. Simply put, you will experience a way of life that is quickly disappearing and the adventure of a lifetime.

Trip Facts

- Duration: 14 Days
- Trip Grade: Hard
- Group Size: 2 to 10 pax
- Destination: Nepal
- Trip End From: Kathmandu

Short Itinerary

Day 01: Arrive in Kathmandu (pick up and transfer to hotel)
Day 02: Sightseeing tour in Kathmandu (four world heritage sights)
Day 03: Kathmandu to Besisahar drive by bus.
Day 04: Besisahar to Dharapani drive by public jeep.
Day 05: Dharapani to Koto trek 6 hours trek (17km)
Day 06: Koto to Meta (3550 mtr) 8 hours trek (22km)
Day 07: Meta to Phu Gaon (4300 mtr) 8 hours trek (24km)
Day 08: Acclimatization and exploration day at Phu gaun.
Day 09: Phu Gaon to Nar Phedi (3550 mtr) 6 hours trek (20km)
Day 10: Nar Phedi to Nar (4150m) 3 hours trek (8km)
Day 11: Nar to Kang La pass (5350 mtr) to Ngawal (3650 mtr) 7 to 10 hours trek (21Km)
Day 12: Ngawal to Besisahar drive 8 hours (a day drive)
Day 13: Besisahar to Kathmandu by bus.
Day 14: Final departure to international airport.
Cost Include

- Pick up and drop off from and to International airport.
- 3 nights hotel in Kathmandu on B/B plan.
- Annapurna Conservation Park permit.
- TIMS (Trekker’s Information Management System) Card.
- Special permit for Nar and Phu valley.
- All land transportation by public vehicle (if 4 or more people, private transportation will be provided)
- One Guide (experienced and registered, inc. insurance, salary and all food and accommodation)
- One porter for each two people.
- Accommodation in tea houses/lodges twin sharing.
- 3 Meals a day: breakfast, lunch, dinner during the trek (Anything from the menu)
- Fresh fruits every evening.
- Sightseeing car A/C with driver and culture guide.
- Farewell dinner after the trek at Nepalese cultural restaurant in Kathmandu.
- All taxes and Company service charge.

Cost Exclude

- Bar and beverage bills, bottled water, tea, coffee, desserts, personal expenses, personal cloths
- Personal insurance for health and evacuation and Tipping.
- Entrance fees for sightseeing points.