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Nar Phu Valley Trek – 8 Days

Organized By: Touch the Himalaya Treks and Expedition

Short Overview

Tucked away in the far northern reaches of the Annapurna region, the Nar Phu Valley Trek offers one of Nepal's most authentic and untamed trekking experiences. This 8-day journey leads through a landscape that feels suspended in time, where windswept canyons and terraced fields give way to stone-built villages and centuries-old Tibetan Buddhist monasteries. Unlike the bustling trails of the Annapurna Circuit, this restricted valley requires a special permit, ensuring that only a handful of trekkers each season experience its pristine environment, ancient gompas such as Tashi Lhakhang, hidden ice caves near Phu village, and the warm hospitality of the native Narpa people. The undoubted highlight is the dramatic crossing of Kang La Pass at 5,320 meters, where the effort of the ascent is rewarded with a sweeping panorama across the Annapurna and Manaslu ranges.

Cities: Kathmandu, Koto, Meta, Phu Gaon, Nar Village, Ngawal, Chame, Besisahar

8 Days Nar Phu Valley Trek Outline Itinerary

Day 01: Drive from Kathmandu to Koto

DAY-01: TRIP FACT	
Driving Distance	Kathmandu to Koto
Duration	8-9 Hrs Drive
Elevation	2,600m/8,530ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Lodge

Your trek begins with an early drive from Kathmandu, winding through terraced farmlands and forested foothills along the Trishuli River. After seven to eight hours you arrive in Koto at 2,600 meters, the gateway where the road ends and your adventure starts. Settle into a simple teahouse, stretch your legs with a short walk to a nearby monastery, and enjoy a warm dinner as your guide briefs you on the trail ahead.

Day 02: Trek from Koto to Meta

DAY-02: TRIP FACT	
Trek Distance	Koto to Meta
Duration	6-7 Hrs Trek
Elevation	3,560m/11,680ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Teahouse

The trail follows the Marsyangdi River through a deep gorge before branching north into a narrower canyon, climbing steadily through sparse pine forest as the landscape turns increasingly arid. After six to seven hours you reach the stone-built settlement of Meta at 3,560 meters, where prayer flags flutter above traditional houses against a stark, high-altitude desert backdrop.

Day 03: Trek from Meta to Phu Gaon

DAY-03: TRIP FACT	
Trek Distance	Meta to Phu Gaon
Duration	5-6 Hrs Trek
Elevation	4,080m/13,386ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Teahouse

From Meta, the trail climbs along the Phu Khola river through a deepening gorge with towering cliffs, passing herders' huts and prayer-flag-festooned chortens before opening onto a high, arid plateau. Phu Gaon is a hidden gem of flat-roofed stone houses at 4,080 meters, with Annapurna II dominating the horizon -- the afternoon is free to explore the ancient Tashi Lhakhang monastery or walk to nearby ice caves and frozen waterfalls.

Day 04: Acclimatization & Exploration Day in Phu Gaon

DAY-04: TRIP FACT	
Activity	Excursion to Himlung Base Camp & Tashi Lhakhang Monastery
Duration	Half Day
Elevation	4,080m/13,386ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Teahouse

A rest day in Phu Gaon to aid acclimatization, with a rewarding morning excursion to Himlung Base Camp through stark alpine scenery. In the afternoon, visit the ancient Tashi Lhakhang monastery -- one of the world's 108 oldest gompas -- before returning to the lodge for a peaceful evening among the warmth of Phu Gaon hospitality.

Day 05: Trek from Phu Gaon to Nar Village (via Nar Phedi)

DAY-05: TRIP FACT	
Trek Distance	Phu Gaon to Nar Village
Duration	6-7 Hrs Trek
Elevation	4,110m/13,484ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Teahouse

The trek descends through a rugged canyon to the Nar Phedi junction, then climbs eastward through alpine meadows toward Nar Village. The terrain softens from stark rock to juniper and scrub, with gentle switchbacks leading to a ridge where Nar Village emerges beneath Annapurna II -- a homestay welcome, fireside stories, and a simple meal round out the day.

Day 06: Trek from Nar to Ngawal via Kang La Pass

DAY-06: TRIP FACT	
Trek Distance	Nar to Ngawal via Kang La Pass
Duration	7-8 Hrs Trek
Elevation	5,320m/17,454ft. (Kang La Pass); 3,660m/12,008ft. (Ngawal)
Meals	Breakfast/Lunch/Dinner
Accommodation	Teahouse

The trek's most challenging and rewarding day begins with a steady four-to-five-hour climb from Nar village, over 4,100 meters, to Kang La Pass. The trail winds through alpine meadows past prayer-flag-draped cairns, with views of the Annapurna and Manaslu ranges expanding with every step. Reaching the 5,320-meter summit offers a breathtaking 360-degree Himalayan panorama, before a three-to-four-hour descent through rocky terrain drops you into the ridge-top settlement of Ngawal.

Day 07: Trek from Ngawal to Chame Village

DAY-07: TRIP FACT	
Trek Distance	Ngawal to Chame

Duration	5-6 Hrs Trek
Elevation	2,675m/8,776ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Lodge

Leaving Ngawal, the trail winds through pine and juniper forests, crossing suspension bridges over the Marsyangdi River, as the landscape shifts from high-altitude desert to lush valleys dotted with apple orchards. You pass through Koto, where the Nar Phu trail rejoins the Annapurna Circuit, before reaching Chame -- the administrative center of Manang district -- where natural hot springs await.

Day 08: Chame Village to Besisahar to Kathmandu via Scenic Drive

DAY-08: TRIP FACT	
Driving Distance	Chame to Besisahar to Kathmandu
Duration	10-12 Hrs Drive
Elevation	1,400m/4,593ft.
Meals	Breakfast/Lunch
Accommodation	Trip Concludes

After breakfast in Chame, a scenic jeep ride to Besisahar winds through lush forests, terraced fields, and traditional Gurung and Magar villages. From Besisahar, transfer to a private vehicle for the onward drive to Kathmandu along the Prithvi Highway, arriving by early evening to reflect on the quiet stone villages, soaring peaks, and warm smiles of the Narpa people.

8 Days Nar Phu Valley Trek Cost

Cost Included

- Private vehicle and local bus transfers as per the itinerary.
- Full board meals (breakfast, lunch, dinner) during the trek.
- Accommodation in teahouses and homestays along the route.
- An experienced, English-speaking trekking guide.
- Required porters to carry shared equipment and luggage.
- Nar Phu Restricted Area Permit (RAP) -- USD 100 per person, included in price.
- Annapurna Conservation Area Permit (ACAP) -- USD 22 per person, included in price.
- Trekkers' Information Management System (TIMS) Card -- USD 15 per person, included in price.
- First aid kit and safety equipment carried by the guide.
- All government and local taxes.

Cost Exclude:

- International airfare to and from Nepal.
- Nepal visa fees (obtainable on arrival at Tribhuvan International Airport).
- Travel and medical insurance, mandatory and must cover helicopter evacuation and high-altitude trekking up to 5,320 meters.
- Personal trekking gear and clothing (sleeping bag, down jacket, trekking poles, boots, etc.).
- Personal expenses such as snacks, hot showers, alcoholic beverages, phone charging, and Wi-Fi.
- Tips for guides, porters, and drivers (customary but not compulsory).
- Any costs arising from unforeseen circumstances, including itinerary changes due to weather, natural disasters, or political events.
- Emergency evacuation or rescue charges not covered by insurance.

- Additional accommodation and meals in Kathmandu or Pokhara beyond the trek itinerary.

Note: A deposit of 20% per person is required to secure your booking, with the balance due 30 days before departure. A single supplement applies for private room accommodation where available, priced at USD 250 per person. Peak season surcharges of 10% apply for treks commencing in March, April, October, and November. Group discounts are available for parties of four or more. Minimum age: 14 years -- children under 14 must be accompanied by a guardian. The Nar Phu Valley is a restricted area, so independent trekking is not permitted; all trekkers must join an organized group with a licensed guide.

Group Size	Price per Person
Solo Traveller (1 Pax)	USD 950
Couple or Friends (2 Pax)	USD 900
Small Group (3-5 Pax)	USD 840
Medium Group (6-9 Pax)	USD 790
Large Group (10-14 Pax)	USD 750
Extended Group (15-20 Pax)	USD 715

Optional Add-ons

- **Upgraded Accommodations -- USD 250 per person:** Enhance your stay with better-quality lodges where available, offering extra comfort compared to standard accommodation included in the package.
- **Accommodation in Kathmandu Before and After the Trek -- USD 45 per person:** Accommodation in Kathmandu is not included in this package. If you would like us to arrange your stay, we can book comfortable accommodation in our regular partner hotel (3 star) around the Thamel area on a twin-sharing basis with breakfast included.

Suggested Equipment list for this trip

Packing for the Nar Phu Valley Trek demands comfort and practicality for remote, high-altitude terrain.

- **Head and face:** warm beanie, sun hat, UV sunglasses, buff or neck gaiter.
- **Upper body:** moisture-wicking base layer, fleece mid-layer, waterproof shell jacket, down jacket for cold mornings.
- **Lower body:** quick-dry trekking pants, thermal leggings, waterproof rain pants.
- **Feet:** broken-in waterproof boots, wool trekking socks, camp shoes for teahouses.
- **Essentials:** headlamp with extra batteries, 2-liter water bottle with purification tablets, trekking poles.
- **Sleeping:** sleeping bag rated to minus 10 degrees Celsius, liner, earplugs.
- **Personal:** first aid kit with altitude medication, high-SPF sunscreen, lip balm, hand sanitizer.
- **Gear:** 30-40 liter daypack with rain cover, 60-80 liter duffel for porter, dry bag.
- **Extras:** camera with spare batteries, power bank, passport and permits in a waterproof pouch.

Trip Notes

Fitness: The Nar Phu Valley Trek demands a good level of physical fitness. You will be trekking 5-7 hours daily on rugged, uneven terrain with significant ascents and descents, including the challenging Kang La Pass at 5,320 meters. Prior experience with multi-day hiking and altitude trekking is recommended -- focus on cardiovascular exercise and leg and core strength for 2-3 months before departure, and practice hiking with a loaded backpack on hilly terrain.

Visa: All foreign nationals (except Indians) require a visa to enter Nepal, available on arrival at Tribhuvan International Airport or at land border crossings: USD 30 for 15 days, USD 50 for 30 days, or USD 125 for 90 days. Bring a passport valid for at least six months, two passport-size photos, and exact change in USD.

Weather: The best seasons are spring (March-May) and autumn (September-November), with daytime temperatures of 10-20 degrees C at lower elevations, dropping below freezing at night above 4,000 meters. Winter brings heavy snow that can block Kang La Pass, while the summer monsoon brings rain and leeches at lower altitudes and a slippery, dangerous pass.

Altitude: Altitude sickness is a serious concern, as the trek reaches a maximum of 5,320 meters at Kang La Pass. Follow a gradual ascent, stay well hydrated, avoid alcohol and smoking, and ascend no more than 300-500 meters per day above 3,000 meters. Descend immediately if symptoms are severe, and ensure your travel insurance covers helicopter evacuation.

Mobile Network: Connectivity is very limited in the Nar Phu Valley. Mobile signals fade in the deeper canyons and higher villages, internet is rare and slow where available, and charging is often solar-powered and unreliable in bad weather. Bring a portable power bank and purchase a local SIM card in Kathmandu before departure.

Electrical socket: In Nepal the power sockets are of type C (Euro), D, and M.



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