



Nar Phu Valley Trek with ABC

URL: <https://naatatravels.com/trip/nar-phu-valley-trek-with-abc/>

Trip Overview

The Nar Phu valley trek is a fulfilling journey to the wild and rarely explored vicinity located north of Annapurna. The rugged and wild trek takes us to the exotic and enthralling valley of Nar Phu. Lying on the remotest side of Manang, the access to this restricted but splendid place is provided only with a purchased permit.

Nar Phu Valley trek begins with the sightseeing around the UNESCO world heritage sites in Kathmandu Valley. However the real adventure embarks on the third day as we start our walk from Jagat through the popular routes of Annapurna Circuit Trail. We leave the circuit trail from Koto and pursue the off the beaten track to Nar Phu valley and pass the Kang La pass with picturesque panorama of Annapurna massifs. The Kang La pass links Nar with Manang and three other Bhotia villages in the Neyshang valley.

The two valleys of Nar and Phu along with the canyons, dense forests, waterfalls, suspension bridges are pleasures to the eyes. The trails are rugged and winding yet the vistas are utterly captivating. The Buddhist monasteries, chortens and prayer flags along the trail give the vibe of travelling in the Tibetan region. Furthermore, trekking to this secluded mountain valley offers medieval Tibetan culture in its original form. This trek also takes us to the famous Muktinath temple. It is believed that a person gets salvation upon visiting the temple.

On the last part of our journey, we enjoy the beautiful views of the Himalayan ranges from the scenic flight to Pokhara valley. The last day in the wonderful pokhara city can be utilized by sightseeing around various Lakes and Caves or simply by relaxing and resting. Since the usual Annapurna Circuit has been easily accessed by motorable roads, Nar Phu valley trek is a perfect option to those who want to walk through the unexplored countryside of Nepal.

Note: During the winter, the trails are completely filled with snow thus the trek is not possible

Attractions

We pass through the two famous passes i.e Kang La Pass and Thorong La Pass.

Offers dramatic Mountain views and great alpine sceneries.

Visit to Muktinath Temple

Visit to UNESCO World Heritage Sites in Kathmandu

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Kathmandu Sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day 8-9 hours: Drive to Jagat

We set on our journey with an early morning drive through narrow windy roads, lush green forests and along the river to Jagat. On the way can see the typical calm Nepali countryside which contrasts to the hustle and bustle of the city. The road till Besisahar is black topped whereas from Besisahar to Jagat is off-road. We drive for a total of 8 to 9 hours to reach Jagat.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1960 meters

Day : Trek to Dharapani

We have breakfast and start our trek descending towards the river. We go through a series of ups and downs through beautiful tropical forests until we reach Chaje. We climb another steep ascent for some time and reach the serene village of Tal. Next, we walk on a section of rugged and windy trail that passes through the waterfalls and cliffs, before reaching Dharapani.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2610 meters

Day : Trek to Koto

We start the day walking towards Bagarchap, a Buddhist village which provides excellent views of Annapurna II. The rocky terrain takes as ascent to Timang village from where we can see the beautiful view of Mt. Manaslu. We continue further and walk through pine forests to Chame and finally reach Koto village where we stay the night.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2610 meters

Day : Trek to Meta

We have to cover a lot of ground today so we set out early. The trekking route passes through the restricted zone of Narphu valley, thick pine forests, caves, waterfalls and pilgrims. We continue further for 7-8 hours and we finally reach our destination for the day, Meta. On a clear day we can enjoy panoramic views of the mountain range. We stay the night in Meta.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4080 meters

Day : Trek to Phu Gaon

We bid our farewell to Meta and leave for Phu Gaon. After walking for a while the colorful Chortens that Nar-Phu is well known for starts to appear in a distance. We cross a number of bridges throughout today's trail. There aren't any settlements on this trail and we can only see the remnants of the fort of Khampa settlement (the place where the Tibetans lived illegally). We continue further on the rocky trail and walk past Phu Khola witnessing the array of colorful chortens en route to Phu Gaon.

Time:

7-8 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4080 meters

Day : Acclimatization at Phu Gaon

We take a day off to acclimatize to the rising altitude and give our legs a break for the days ahead. We use the day to explore the Phu village. There is an old Monastery known as Tashi Lakhang monastery which is listed among the world's 108 great monasteries. It's just a short distance walk from Phu Gaon. We can also hike up to Himlung Base Camp and enjoy the marvelous views of the Himalayas.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4080 meters

Day : Trek to Nar

We initially descend down the trail and cross plenty of streams, suspension bridges till we reach Mahendra Pul after almost 4 hours. We also cross a suspension bridge 80 meters over the Lapche river gorge. From there on the trail ascends and we pass by many Buddhist Stupas before we reach Nar Valley. We are greeted by the views of Pisang peak and there are a number of monasteries to visit at Nar as well.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4110 meters

Day : Acclimatization at Nar

We have taken a day off to acclimatize to the thinning air. We will utilize this day exploring the Nar Valley. Nar is livelier than the Phu valley and we can see people printing flags, spinning wool, monks spinning the prayer wheels, and sounds of drums and prayers echoing in the Monasteries as well. We can

rest and explore this beautiful village today.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4110 meters

Day : Trek to Ngwal via Kang La Pass

We have a long day of trek ahead of us so we start early before sunrise lunging towards Kang La Pass. The trail isn't so difficult but what make the trek hard are the effects of high altitude. Upon reaching the pass we can get splendid views of Annapurna II, Gangapurna and Tilicho Peak among others. After spending some time there we descend steeply towards Ngawal. The village of Ngawal has more facilities, WI-FI and nice guesthouses too.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5306 meters

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits (ACAP, TIMS)
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu

- Excess baggage charges
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Address

Naata Travel and Adventures Pvt. Ltd.

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