

NAR-PHU TREK - 14 Days

Narphu Valley Trek is an adventure into the most untouched and remote parts of the Himalayas in Nepal. This trek, lying hidden away in the northeast corner of the [Annapurna region](#), offers the perfect opportunity for an ascent into an untouched landscape where natural beauty merges with ancient Tibetan culture.

Nar-Phu Valley is different from most of the busier trekking routes in Nepal and really can be referred to as a real trek back in time. It meanders through narrow gorges, dense forests, alpine meadows, and finally rugged mountain terrain to reveal the villages of Nar and Phu, still very secluded. Ancient villages situated on high-altitude plateaus with towering snow-capped peaks all around them are dotted with centuries-old monasteries, chortens, and prayer flags.

This trek is not only a bundle of breathtaking scenery, but also about being embedded in the unique lifestyle that prevails among the Himalayan people. The culture here still carries a great imprint of Tibetan Buddhism, while people still practice age-old traditions of yak herding, weaving, and subsistence farming. These remote villages offer insights into the daily lives of their inhabitants, spiritual practices, and their ever-warm hospitality as one treks through these areas.

A major highlight of the trek is crossing the Kang La Pass at 5,306 meters, which, though strenuous, promises great views of the Annapurna and Manaslu ranges. The journey also takes one through lower regions of the Annapurna Conservation Area, adding variety to the landscapes one will go through—from lush greenery to arid, high-altitude deserts.

Nar Phu Valley Trek is ideal for experienced trekkers who seek solitude and rich cultural depth. It is a rather physically demanding trek, but the rewards are unparalleled—untouched natural beauty, a deep sense of peace, and an unforgettable cultural experience. This truly embodies the spirit of adventure and exploration, making for one lifetime memory.

Whether you are avoiding crowds, seeking high-altitude trekking, or even exploring a world with abundant tradition and tranquility, the Nar Phu Valley Trek offers it all in a setting that feels almost like entering another world.

WHY CHOOSE THE NAR PHU TREK?

The Nar Phu Trek is a hidden treasure in the Himalayas, offering a perfect blend of adventure, pristine landscapes, and cultural depth. This off-the-beaten-path journey takes you into the remote Nar and Phu villages, where Tibetan traditions have remained untouched for centuries. The trek winds through dramatic gorges, lush forests, and rugged alpine terrain, culminating at the breathtaking Kang La Pass (5,306 m) with panoramic views of the Annapurna and Manaslu ranges. Unlike the crowded trails of Nepal, the Nar Phu Trek provides peace and solitude, enriched by interactions with warm-hearted locals and visits to ancient monasteries. Along the way, you'll witness diverse flora and fauna within the Annapurna Conservation Area, making it a haven for nature lovers and adventurers alike. For those seeking a challenging yet deeply rewarding trek filled with cultural immersion and natural beauty, the Nar Phu Valley is an unparalleled choice.

BEST TIME TO TREK IN NAR PHU VALLEY

The best time to trek in Nar Phu Valley is during the spring (March-May) and autumn (September-November) seasons. These months offer stable weather, clear skies, and moderate temperatures, making the journey both safe and enjoyable.

Spring: Witness vibrant rhododendron blooms and lush landscapes.

Autumn: Enjoy crystal-clear mountain views and pleasant trekking conditions.

However, the trek can be done in the winter season; occasionally the snow impedes crossing high passes. As for the rest season there are only heavy monsoon rains between June and August that also make trails slippery most of the time.

COST OF NAR PHU TREK

The cost of Nar Phu Trek varies depending on the duration, group size, and services included in your package. Here's a breakdown of typical expenses:

1. Permits:

Nar Phu Valley Restricted Area Permit: USD 90 (per week, September-November) or USD 75 (per week, December-August).

Annapurna Conservation Area Permit (ACAP): Around USD 30.

2. Guide and Porter: A professional guide typically costs USD 30-50 per day, and a porter costs around USD 25 per day.

3. Accommodation and Food: Lodges or tea houses charge USD 15-20 per night, with meals costing USD 20–30 per day.

4. Transportation: Costs for buses or private jeeps to and from the trailhead range from USD 20–50 per person.

On average, a 10–17 day Nar Phu Trek can cost between USD 2000 - 3000 per person, including permits, transportation, guide services, accommodation, and food.

TIPS FOR A SUCCESSFUL NAR PHU TREK

Prepare Physically: Build endurance with cardio exercises and strengthen your core and legs. Practice hiking with a loaded daypack.

Acclimatise Properly: Take rest days, hydrate well, and watch for altitude sickness symptoms like headaches or nausea.

Get the Right Permits: Secure a Nar Phu Valley Restricted Area Permit and an Annapurna Conservation Area Permit (ACAP) before trekking.

Pack Smart: Bring layered clothing, sturdy boots, trekking poles, and a first-aid kit. Include energy snacks and a reliable sleeping bag.

Hire a Guide and Porter: A guide ensures safety and navigation, while a porter helps lighten your load.

Choose the Right Season: Trek in spring (March-May) or autumn (September-November) for stable weather and clear views.

Respect Culture and Nature: Follow "Leave No Trace" principles, respect local customs, and avoid single-use plastics.

For more information on this incredible trek into the heart of the Himalayas, or to reserve your space and Customize a Trip, [get in touch with us](#) right now.

PRICE INCLUDES

- Boutique hotel in Kathmandu with breakfast
- A private vehicle went to Besisahar, and a chartered jeep went to Chyamje on day 3.
- All three meals during the trek (Breakfast, Lunch and Dinner)
- Expert trek leader, or hire Norbu and Porter
- Restrictions Permit and Acap Permit
- Airport Pick up and Drop Off

PRICE EXCLUDES

- International Flights
- Visas
- Meals in Kathmandu
- All optional additional tours or activities during free time
- Transportation outside of the tour program
- Travel insurance (compulsory to have insurance that covers helicopter evacuation)
- Tips and gratitude: Leader's tips at your discretion
- Items of a personal nature, e.g., alcoholic drinks, bottled beverages, laundry, souvenirs, etc.

ITINERARY IN DETAIL

Day 1: Day 1: Arrival in Kathmandu

Welcome to Nepal! Upon arrival, you'll be greeted at the airport and transferred to your hotel in Kathmandu. Relax and prepare for your upcoming adventure.

Day 2: Day 2: Sightseeing in Kathmandu

It's more than just adventure in the mountains, as Kathmandu offers tourists guided tours of impressive places in the city, including Swayambhunath (Monkey Temple), Pashupatinath Temple or the Durbar Sq. Overnight accommodation in good hotel.

Day 3: Day 3: Drive to Koto (2,600m)

Embark on an 11-hour scenic drive through lush valleys and rugged terrain to Koto, the starting point of the trek. Overnight at a local lodge.

Day 4: Day 4: Trek to Dharamsala (3,550m)

One must start this trek by perusing towards Dharamsala while crossing through thick pine forest and non inhabited areas. Trekking duration: 6–7 hours. Overnight camping.

Day 5: Day 5: Trek to Chyaku or Kyang (3,750m)

Continue along the rugged trail, crossing suspension bridges and ascending into the Nar Phu Valley. Trekking duration: 6–7 hours. Overnight camping.

Day 6: Day 6: Trek to Phu (4,240m)

Arrive at the ancient village of Phu after a 4–5 hour trek. Witness stunning Himalayan views and experience the traditional lifestyle of the Phu villagers. Overnight camping.

Day 7: Day 7: Explore and Rest at Phu

Spend a day exploring the hidden treasures of Phu village. Visit the Tashi Lhakhang Monastery and soak in the serene Himalayan atmosphere. Overnight camping.

Day 8: Day 8: Trek to Nar Phedi (3,500m)

Descend along the trail to Nar Phedi, enjoying scenic landscapes and Buddhist monuments along the way. Trekking duration: 7–8 hours. Overnight camping.

Day 9: Day 9: Trek to Nar (4,100m)

A shorter trek today leads to Nar village, where you'll encounter traditional stone houses and stunning views of the surrounding peaks. Trekking duration: 3–4 hours. Overnight camping.

Day 10: Day 10: Trek to Kangla Phedi (4,500m)

Gradually ascend to Kangla Phedi, preparing for the thrilling pass crossing the next day. Trekking duration: 3 hours. Overnight camping.

Day 11: Day 11: Cross Kangla Pass (5,320m) and Trek to Ngawal (3,660m)

The highlight of the trek! Cross the challenging Kangla Pass, where breathtaking views of Annapurna and surrounding peaks await. Descend to Ngawal after a long day of trekking (9–10 hours). Overnight at a lodge.

Day 12: Day 12: Drive to Besisahar

After breakfast, take a scenic drive back to Besisahar, enjoying the lush green hills and rivers along the way. Driving duration: 9–10 hours. Overnight at a hotel.

Day 13: Day 13: Drive to Kathmandu

A 5-hour drive brings you back to Kathmandu. Spend your evening relaxing or shopping for souvenirs. Overnight at a hotel.

Day 14: Day 14: International Departure

Bid farewell to Nepal as you depart for your onward destination, taking with you unforgettable memories of the Nar Phu Valley trek.

FAQ

1. What is the difficulty level of Nar Phu Valley Trek?

Nar Phu Valley Trek is a moderate to reasonably arduous trek. The long day's walk and steep ascents make this a comparatively arduous trek. Because of the limited accommodation choices along the route, the distances that must be traveled daily are inflexible.

2. What to expect from the accommodation in the Nar Phu Region?

Usually, the homestays are pretty basic, with the family sharing the same space, even if you can fix the tent or organize a trek. At Nar Phedi, you will sleep in a Buddhist temple, share space with a monk, and camp in a tent.

3. What are the special features of Annapurna trekking?

Trekking in the Annapurna region is always special. It is a unique place in the world, containing the world's largest rhododendron forest in Ghorepani and beautiful Tilicho Lake, the world's highest-altitude freshwater lake, also located in Manang, north of the Annapurna massif.

4. How long does the Nar-Phu Trek take?

The Nar-Phu Trek typically takes 14-17 days to complete, depending on the specific itinerary and acclimatization needs. This duration includes the time needed to explore the Nar and Phu villages and other highlights like the Kang La Pass and the surrounding Himalayan views.

5. What cultural experiences can I expect on the Nar-Phu Trek?

The Nar-Phu Trek offers rich cultural experiences as you pass through traditional Tibetan-style villages and ancient Buddhist monasteries. The people of Nar and Phu are of Tibetan descent, and their lifestyle, customs, and architecture reflect centuries-old traditions. The trek also provides a rare opportunity to witness the daily life of these remote communities, with practices that have remained unchanged for generations.

6. Is the Nar-Phu Trek safe?

The Nar-Phu Trek is generally safe for trekkers, especially with an experienced guide. However, the remote nature of the trek means that it's essential to be well-prepared and acclimatized. Trekking insurance that covers high-altitude trekking is strongly recommended, and it's crucial to your guide's advice on altitude acclimatization and weather conditions.

7. What permits are required for the Nar Phu Trek?

Trekkers need:

Nar Phu Valley Restricted Area Permit (USD 75–90 per week, depending on the season)

Annapurna Conservation Area Permit (ACAP), which costs around USD 30.

8. How do I prepare for the Nar Phu Trek?

Physical fitness training, such as cardio and strength-building exercises, is essential. Pack warm clothing, sturdy trekking gear, and carry altitude sickness medication.

9. What makes the Nar Phu Valley special?

The Nar Phu Valley is renowned for its untouched beauty, ancient Tibetan culture, and remote trekking trails that remain less crowded compared to other popular routes in Nepal.

10. Is the Nar Phu Trek suitable for beginners?

While beginners can attempt the trek with proper preparation and guidance, prior trekking experience and good fitness levels are recommended due to the trek's altitude and terrain.