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Nar Phu Valley Trek - 19 Days

Nar Phu Valley trek is a remote and nontouristy area trekking in Nepal that takes you to the beautiful but hidden Nar and Phu Villages forking away from the Annapurna circuit. The area only opened to tourists in 2003, so it remains new and unspoiled, and trekking through Nar Phu valley has a very different charm as very few westerners have trekked in the area.

The Nar Phu valleys combine views of high peaks and passes, glaciers, remote villages, narrow canyons, lovely forests, amazing rock formations, yaks, gompas, and two remote Tibetan villages (Nar & Phu). After exploring Nar and Phu village, we trek back to the Annapurna trail to continue our trek through adventurous Thorung La pass, the holy site of Muktinath, and finally to Jomsom to fly to Pokhara.

The Nar Phu valley trek is initiated after the trek preparation and guided sightseeing around the Kathmandu valley. From Kathmandu, we will take a drive towards Besisahar, followed by Syange, which is the starting point of our trek. Ascending gradually towards Phu and Nar village comprises the spectacular views of snow-capped mountains and the visit to ancient monasteries and chance of exploring Tibetan Buddhism culture and tradition. Finally, Kangla pass at an altitude of 5322 meters, lets us spectacle the panoramic views of mountains.

Further, we will pass through pine forests and Gurung settlements in the Manang valley, followed by experiencing the natural vegetation and yak herds at Yak Kharka. Visiting the famous pilgrimage site Muktinath temple gives us a sense of peace and tranquility. It carries the religious importance of Hinduism and Buddhism. Then we will trek further towards Kagbeni along the Kali Gandaki River to arrive at Jomsom, from where we will board a flight towards Pokhara.

As in the other trekking in Nepal, we trek through valleys, forests, high passes, monasteries, and temples, but special about Nar Phu Valley Trek trekking through a totally secluded settlement of Nar and Phu are untouched from the modern civilization. It feels like we are back into time when we watch the daily chores of the villagers of Nar and Phu. So with the memories full of adventure and accomplishment, the Nar Phu valley trek is concluded after arriving at Kathmandu via scenic 6 hours of drive.

Nar Phu valley, an off-beaten path trek in Nepal, requires a good physical fitness level and passion for trekking and walking. Join Nar Phu valley trek with Icicles adventure for the ultimate experience of trekking in remote areas of Nepal.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- One night twin sharing accommodation with breakfast at a 3-star category hotel in Pokhara
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing) during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Ground transportation from Pokhara to Kathmandu by private vehicle (but tourist bus for solo trek)
- Kathmandu – Beshishahar transportation by private car and Beshishahar – Syange by public jeep
- Jomsom to Pokhara flight including departure tax.
- Duffel bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS and Annapurna Conservation Area Permit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International/Domestic airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu or Pokhara because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu or Pokhara (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,300m/4,428ft)

Greetings!!! Welcome to Kathmandu! One of the representatives of our office- Icicles Adventure will welcome you outside the terminal of the Airport and transfer to your hotel. After being freshen up of jetlagged you will meet your trekking guide at our office to discuss about your program, needed equipment for trek, permits and so on. Enjoy your first night at Kathmandu strolling around Thamel Bazaar in the evening. Overnight at Kathmandu. Included meals: Dinner

Day 2: Kathmandu: Sightseeing and Trek Preparation

Today, after taking breakfast, we head for sightseeing of historically, culturally, artistic capital city-Kathmandu. We chiefly visit religious, cultural and historically significant places as Swyambhunath Stupa (known as Monkey Temple), Kathmandu Durbar Square, Boudhanath Stupa and Pasupatinath Temple where you can enjoy exploring art, culture history of those places and even of Nepal.

After the tour again, you meet your trek guide and the representatives of our office who will assist you with checking your belongings for the trek. You will be well prepared for your astonishing Narphu Valley Trek. Overnight at Kathmandu. Included meals: Breakfast

Day 3: Kathmandu to Jagat Drive (1100m/3608ft): 8-9 hours

We leave Kathmandu and head towards Jagat today for our scheduled trek. Catching the private vehicle/ Tourist Bus we reach Bensishahar through Prithivi Highway consuming around 6 hours. On the way we shall pass through several terrains, rivers- Trisuli and Marshyandi, traditionally modernized small towns the forested middle hills and so on.

As we reach Beshishahar, we move further for Jagat catching a local jeep following a dusty bumpy and earthy way. On the way to Jagat we shall have the scenic views of waterfalls, cliffs, hamlets etc. Overnight at Jagat. Included meals: Breakfast Lunch Dinner

Day 4: Jagat to Dharapani (1,960m/6,430ft): 7-8 hours

After taking breakfast, we trudge descend towards Chyamje. We pass through the rocky forest. Visiting some the tantalizing waterfall situated there, we reach Chyamje. After crossing the river, we hit the road upwards for Dharapani. Throughout the footslog, we pass through several terrains, cliffs rice, potato, barley fields, and small Tibetan villages. we finally reach Dharapani, rambling some streams and rocky heights. Overnight at Dharapani. Included meals: Breakfast Lunch Dinner

Day 5: Dharapani to Koto (2,610m/8,563ft): 5-6 hours

As we are passing over and up two hills, the trek can be a bit difficult today. But we shall have an ample opportunity to view Himalchuli, Lamjung Himal, Annapurna II and Manaslu. We shall adjoin local residents testing local apples. We can visit Apple vineyard and some Manangi Villages.

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As we take breakfast, we ramble towards Bagarchhap by dint of pine and fir forest. As we reach Danaque, we head upwards for Timang. Continuing our trek, we reach Latamarang for our lunch. Finally, we reach Koto capturing the glom of Annapurna II and crossing the pine forests. Overnight at Koto. Included meals: Breakfast Lunch Dinner

Day 6: Koto to Meta (3,560m/11,680ft): 7-8 hours

We are trekking in quite immaculate atmosphere today. We should pick-up some packed lunch because we will not find any tea houses, houses or lodges on the way. We shall begin our journey registering at the Police Check Post for restricted area permit. Trekking through magnificent Rhododendron and pine forests we reach at Dharmasala. We banquet our packed lunch here. After some graduate inclines, trekking through backwoods and waterside we reach our today's destination- Meta. We shall have excellent views of Lamjung Himal and Annapurna II from Meta. Overnight at Meta. Included meals: Breakfast Lunch Dinner

Day 7: Meta to Phu Gaon (4,250m/13,944ft): 7-8 hours

This day, we start our trek following Phu Khola. On the way we encounter a deserted valley, some suspension bridges as well. We shall have marvelous views of Amostsang Himal, Kangaroo Mountain and Pokharkan. We will be welcomed by inhabitants of Phu Gaon-the earliest Tibetan migrants to Nepal dated back nearly two centuries ago. The direction of today is evenly incline today, not too difficult. Overnight at Phu Gaon. Included meals: Breakfast Lunch Dinner

Day 8: Acclimatization at Phu Gaon

This day is scheduled as an acclimatization day as we are trekking in higher elevation. We have gigantic opportunity to culture, tradition, religion and the way of living of some ethnic communities such as Lama, Gurung and Ghale. We can dwell around some ancient monasteries of this Lost/ Hidden Valley. Overnight at Phu Gaon. Included meals: Breakfast Lunch Dinner

Day 9: Phu Gaon to Nar (4,110m/13,484ft): 6-7 hours

After breakfast, we trek descend through rocky trails, many suspension bridges and streams. After around 4 hours of trek, we reach Mahendra Pul, a bridge, visited and financed by old King Mahendra. From Mahendra Pul the trek gradually inclines, grating some Buddhist stupas. Finally, we reach Nar Village. This trail offers the panoramic views of Amodsang Himal, Kangaroo, Pisang Peak and Pokharkan. Overnight at Nar. Included meals:Breakfast Lunch Dinner

Day 10: Acclimatization and preparation at Nar

Again, we have idle hours for relaxation and grasp the elevation with breathtaking views of mountains. We shall hike at around 2-3 hours to explore this magnificent Nar hamlet. We can capture picturesque and stunning panoramic views of Pisang Peak, Kangaroo, Amodsang Himal and Pokharkan from this place. Another reason of the acclimatization is to be prepared oneself before some more effortful trekking-next day. Overnight at Nar. Included meals: Breakfast Lunch Dinner

Day 11: Nar to Kang La Pass (5,322m/17,460ft) to Ngwal (3,660m/12,008ft): 7-8 hours

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Getting up early, we head towards Kang La Pass at around 4 am. We gradually hike steeply upwards at around 2 hours following a rocky trial. As we reach at the peak, we can enjoy seeing 360-degree panoramic views of snow-clad, dazzling mountains including Annapurna Massif.

After capturing some picturesque stunning views of the Himalayas, we head downwards for Ngwal following a steep track. After some hours' hiking, we reach Ngwal and spend overnight there. Overnight at Ngwal. Included meals: Breakfast Lunch Dinner

Day 12: Ngwal to Manang (3,540m/11,614ft): 4-5 hours

An easy day ahead, with some panoramic appearance of Annapurna II, Annapurna III, Gangapurna, Pisang Peak, Tilicho, we descend towards flat valley. We walk towards Braga village crossing pine forest, farming terrace along riverside of Marsyangdi. As we reach at Munji, we find the main trial of Annapurna Circuit. Following this way, we reach Manang- a small town having many lodges, teahouses and a beautiful monastery. Overnight at Manang. Included meals: Breakfast Lunch Dinner

Day 13: Manang to Yak Kharka (4,110m/13,484ft): 3-4 hours

Today the trek continues heading towards Tanki village crossing a stream. Reaching Tenki village, our journey proceeds for Masryangdi valley turning northwest up the valley of Jarsang Khola. Subsequently, we head northward through some meadows, shrubs etc. In this way, we reach the small village named Gunsang. Taking short break at Gungsang, we crisscross the prosperous meadows till we reach the wooden bridge above a small river. Then the trial passes some Mani Walls to reach Yak Kharka. Overnight at Yak Kharka. Included meals: Breakfast Lunch Dinner

Day 14: Yak Kharka to Thorong Phedi (4,600m/15,092ft): 3-4 hours

Our trek continues for Thorang Phedi Today. It is a day before passing Thorong La, high altitude. We gradually pass some ups and downs until we reach the bridge over the Marsyangdi River. After crossing the bridge, we ascend to aerial domain. After short ascend, we reach a teashop. We can have some drinks and can be refreshed there. Finally, we reach Thorong Phedi spending around 4 hours from Yak Kharka. Overnight at Thorong Phedi. Included meals: Breakfast Lunch Dinner

Day 15: Thorong Phedi to Thorong La (5,416m/17764ft) to Muktinath (3,800m/12,467ft): 7-8 hours

The highest altitude of entire journey is being passed today. Preparing early in the morning, we head towards Thorong La, a heavenly site situated at 5416m from the sea level. Trekking around 1000m upwards we reach Thorong La, the mount pass between the amazing bluffs of Yakwakang and Thorung Peak. It is the place from where we can beam Annapurna Himalayas. We are surrounded by the Mountain Peaks such as Yakgawa Kang and Khatung Gang. Crossing the Manang district we are heading towards Mustang District today. After taking some pictures and being refreshed at teashop at the top, we gradually head towards Muktinath. Muktinath, a place having temples, monasteries and core Muktinath Temple, surrounded by 108 water faucets. This area is famous for both Hindus and Buddhists. Moreover, it is one of the most visited area of Mustang district by the internal as well as external tourists. Overnight at Muktinath. Included meals: Breakfast Lunch Dinner

Day 16: Muktinath to Jomsom (2,715m/8,910ft): 5-6 hours

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While ascending, we hiked along with Marsyangdi River but while descending we follow Kaligandaki River now. On the way to Jomsom, we follow Jharkot, Khingar and Kagbeni. We reach Ekle Bhatti, riverside of Kali Gandaki for our lunch. Furthing pushing ourselves at around 2 hours, we reach Jomsom. Jomsom is a windy place having an airport and has many lodges with sound facilities.

Our long, wonderful, memorable, adventurous trek is finished now. In the evening we exchange good wishes and happiness that helps us to forget the struggles of our journey. Overnight at Jomsom. Included meals: Breakfast Lunch Dinner

Day 17: Jomsom to Pokhara Flight (827m/2,700ft): 30 min flight

We head towards Jomsom Airport for our anticipated flight to Pokhara. We fly above the Kali Gandaki gorge-the deepest gorge and many mountains. After around 30 minutes, we land at Pokhara airport. You can enjoy sightseeing of Pokhara throughout the day. Overnight at Pokhara. Included meals: Breakfast

Day 18: Pokhara to Kathmandu (1,300m/4,428ft): 5-6 hours' drive

We are heading Kathmandu today by catching a private vehicle/Tourist Bus. You will be enjoyed seeing boondocks, natural decors and rivers on the way. It approximately takes 5-6 hours to reach Kathmandu depending upon the traffic condition. As we reach Kathmandu, you will be transferred to your respective hotel. You can enjoy rest of the day roaming around the Thamel Bazaar. In the evening, you are invited to join our farewell dinner at cultural restaurant in Thamel. Overnight at Kathmandu. Included meals: Breakfast, Dinner

Day 19: Final departure from Nepal

You are leaving this amazing country this day. You spent your 19 valuable days with us and we hope you enjoyed this magnificent, adventurous 'Narphu Valley Trek'.

We transfer you to Tribhuvan International Airport (TIA), before 3 hours of your scheduled flight. Hoping the positive recommendations, we bade Farewell!! Have the safe Journey! Good Bye!!!!! Included meals: Breakfast