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Nar Phu Valley and Annapurna Circuit Trek

URL: https://himalaya-discovery.com/trip/nar-phu-valley-and-annapurna-circuit-trek/

Trip Code	Destination	Activity
WTE-4093	Nepal	Trekking in Nepal
Duration	**Per Person From**	**Region**
14	USD 1,480	Annapurna
Max. Altitude	**Best Season**	**Activity Per Day**
5,416m.	March – May & September to November	5 – 7 hours
Moderate to Demanding		

Nar Phu Valley and Annapurna Circuit Trek Overview

The Nar Phu Valley and Annapurna Circuit is a long trip famous for its diversity, panoramic views, and soaring peaks; its route takes you from sub-tropical zones to the arid Tibetan plateau. Expect to journey on an exciting new trekking route Nar Phu Valley that includes the highlights of the original route across the high Thorong La Pass to Muktinath, Jomsom while avoiding trekking on the roads themselves – an unforgettable trek that encircles the entire Annapurna and Dhaulagiri mountains range.

Reasons to Trek the Nar Phu Valley and Annapurna Circuit

Embarking on Nar Phu Valley and Annapurna Circuit Trek does not need any explanation since the destination has named itself a sanctuary of the natural richness aligned with the rich culture and remote traditions. Here are five reasons why you should go on this trek:

Breathtaking Himalayan And Natural Scenery

Embark on a remarkable trek in Nepal to witness its breathtaking natural beauty, featuring iconic mountains such as Annapurna I, Annapurna II, Annapurna III and Annapurna IV, and Dhaulagiri. This trek promises an immersive experience amidst Nepal’s stunning landscapes.



In addition to the majestic Himalayan peaks, the journey offers enchanting views of landmarks like Thorong La Pass, Buddhist monasteries, and more, providing a diverse and captivating exploration of Nepal's rich cultural and natural wonders.

Remote Villages and Cultural Diversity

During this trek, you will embark on a captivating journey through picturesque villages such as Koto, Meta, Manang, and Jomsom. Along the way, you can immerse yourself in the unique cultures and lifestyles of the inhabitants, predominantly Gurungs, Tibetans, and Tamangs. This expedition offers a remote and enriching experience, providing an opportunity to delve into the rich traditions and practices of these diverse communities.

As you traverse the region, gain profound insights into Buddhism by visiting the local monasteries. The trip not only promises breathtaking landscapes but also allows you to appreciate the cultural tapestry woven by the people of these settlements, creating lasting memories of an unforgettable adventure.

Adventurous High Mountain Passes

During this trek, you can explore the Nar Phu Valley and Annapurna Circuit, known for their adventurous landscapes and challenging terrains. Trekkers must traverse thrilling gorges for an exciting and enjoyable experience.

One highlight is the Thorong La Pass, situated at 5416 meters altitude, promising breathtaking views. Though the journey can be tough, proper preparation ensures you make the most of this exhilarating trip.

Conservation Area and Wildlife

The Annapurna Circuit is located in the protected Annapurna Conservation Area, dedicated to preserving wildlife and plant life. While trekking, you may encounter endangered species such as Snow Leopards and Red Pandas, providing a unique opportunity for wildlife sightings. Additionally, the area's diverse flora and fauna contribute to its overall appeal.

Off the Beaten Path

Trekkers can experience an authentic and unique trekking adventure by choosing the less-traveled Nar Phu Valley and Annapurna Circuit Trek unlike the popular routes such as Everest Base Camp and Annapurna Base Camp.

This trek offers a more secluded experience, allowing you to explore stunning landscapes away from the usual crowds. The region's adventurous terrain makes it an ideal destination for those seeking daring thrills and a truly distinctive trekking experience.

Itinerary

Day 01: Arrive in Kathmandu

Upon your arrival in Kathmandu for the Nar Phu Valley and Annapurna Circuit Trek, our representative will be at Tribhuvan International Airport to welcome you. They will then escort you to a well-equipped hotel featuring spacious bedrooms, an attached bathroom, hot shower facilities, and continuous access to electricity and the internet.

During your stay, you'll also participate in a meet-and-greet session with our experienced guides and porters, who will be accompanying and assisting you throughout the trek.

Day 02: Drive to Chame

Day 2 is for the preparation of the trek. Trekkers are urged to double check their trekking gears and other essentials. Your guides can help you allocate the required gears and other essentials.

Also, you can explore Kathmandu City and visit several attractive places including Pashupatinath, Swayambhunath, Thamel, and Narayanhiti Palace today.

Trek Duration	Highest Altitude:
9 to 11 hours drive	2650m

Day 03: Drive to Koto

We will travel to Koto, situated at an altitude of 2600 meters, from Kathmandu city using a 4-wheeler

through Besisahar and Dharapani. Beginning our journey in Besisahar, the district headquarters of Lamjung, you can enjoy lunch at the numerous tea shops and restaurants in the area. Continuing on, our route follows the Marsyangdi River, passing through Chamje Village before reaching Dharapani, providing picturesque views of the expansive valley.

From Dharapani, we will gradually proceed to Bagarchhap, offering stunning views of the Annapurna and Dhaulagiri mountain ranges. Passing through Danakyu and Thanchowk, our journey concludes at Koto Village, where we will stay at a tea house.

Trek Duration	Highest Altitude:
9 hrs drive	2610m

Day 04: Trek to Meta

We'll start our trek from Koto, following the banks of Naar Khola until we reach Meta Village. Along the way, we'll pass Campsite and Nar Khola Campsite, crossing several suspension bridges like the Soti Wooden Bridge. Don't miss the chance to explore a natural cave in the vicinity.

Continuing on our journey, we'll proceed towards Singenge through Chhaucha and Hulaki Odar, encountering impressive waterfalls that add to the trail's allure. The final stretch to Meta Village, situated at an elevation of 3560 meters, is just an hour away.

Trek Duration	Highest Altitude:
6 – 7 hrs	3550m

Day 05: Trek to Phu Village

Today, our trek leads us to Phu Village, a key destination in the Nar Phu Valley. After a 6-hour hike from Meta, we depart early in the morning, passing through Nar Phedi, the base for both Nar and Phu Village. Moving along the right side of the valley, we traverse Jhunum and Chyakhu, witnessing traditional Buddhist settlements.

Continuing our trek, we reach Kyang Village, where panoramic views of Annapurna and Lamjung Himal captivate us. From Kyang, we ascend towards Phu Village, perched amidst rocky terrain. Here, we can admire Pisang Peak and Annapurna II in the distance.

Trek Duration	Highest Altitude:
7 hrs	4250m

Day 06: Rest / Discovery day

Exploring Phu Village is one of the prioritized activities today. It involves immersing in its well-known

Buddhist culture. The three Tibetan Monasteries—Samdu, Choling, and Tashi Monastery—offer insights into Buddhism. Engage in cross-cultural activities, visit gompas, and meet monks to learn more about their practices. However, it's important to be respectful during the visit, refraining from taking photographs without permission and avoiding physical contact with monks during conversations.

Also, we need to acclimate to high altitudes. We must prioritize rest, eat nutritious food, and stay hydrated, especially after being above 4000 meters. Uphill climbs can be energy-draining and increase the risk of altitude sickness, so taking breaks and descending to lower altitudes for overnight stays is essential.

Day : Trek to Chyakhu or Nar Phedi

We will reach Chyakhu today, retracing our previous trail. The descent from Phu Village will lead us along the Phu Khola riverbanks, passing through Kyang Village. The trail winds through dense rhododendron and pine forests, offering picturesque views of Himlung and Kyangaru Himal as we descend.

After a few additional hours of walking, we will reach Chyakhu, where we plan to stay overnight at a tea house.

Trek Duration	Highest Altitude:
4 hrs	3800m

Day : Trek to Ngawal via the Kangla Pass

Today, we will leave Chyakhu behind and head towards Ngawal via Kang La Pass. We will start hiking early in the morning after a warm breakfast at Chyakhu. The remote trail stretches towards the wide grassland after we pass through the entrance gate of Phu Valley.

Afterward, we will take a subtle hike to the Stone Wall and make the ascent to Nar Village at 4110 meters. To reach Ngawal from Nar Village, we must make a huge ascent to Kang La Pass at 5306 meters above sea level. It is one of the high-altitude locations, and we can enjoy the views of the Himalayas in the north, Nar Valley, and the pristine rivers around the area.

First, we will ascend to Kang La Phedi at 4620 meters, the base of Kang La Pass. Afterward, we will cross a metal bridge in the middle and traverse through Steep Norch before reaching Kang La Pass. From Kang La Pass, we will descend to Ngawal via grassy slopes and steep ridges. We can also visit Chulus Waterfall from the trail as we journey to Ngawal.

Trek Duration	Highest Altitude:
8 hrs	5322m

Day 09: Trek to Manang

Your next stop after Nawal is Manang, situated at 3351 meters, and the journey typically takes 5 to 6 hours. The route involves crossing the Marsyangdi River and passing through Braga Village, where the Braga monastery is worth a visit. Following this, a few more hours of hiking will lead you to Manang, where you can find accommodation at a tea house.

Trek Duration	Highest Altitude:
4 hrs	3540m

Day 10: Trek to Yak Kharka

On the 10th day of the Nar Phu Valley and Annapurna Circuit Trek, we will reach Yak Kharka at 4110 meters above sea level. Yak Kharka, located approximately 10.4 km from Manang, is reached via a 3 to 4-hour uphill climb from the starting point.

The journey takes you through Tanki Village and further into Sang Khola Valley. Upon crossing the rainforest, you will arrive at Yak Kharka. Tonight, we will stay at a tea house in Yak Kharka.

Trek Duration	Highest Altitude:
4 hrs	4110m

Day 11: Trek to Thorong Phedi

The trek from Yak Kharka to Thorong Phedi involves a 4-hour uphill walk. Initially, you'll cross the Marsyangdi River, ascend rocky terrain, and follow a trail leading to Thorong Phedi.

We must cross a Buddhist settlement of Ledar village at 4200 meters above sea level where chortens, mani walls, and prayer flags waves us a welcome hand.

Along the journey, you'll be treated to breathtaking views of the Dhaulagiri, Gangapurna, and Annapurna mountain ranges.

Trek Duration	Highest Altitude:
4 hrs	4600m

Day 12: Trek to Muktinath via Thorong La Pass

On the twelfth day of your journey, you'll travel to Muktinath, a revered site for Hindus and Buddhists. We will begin our early morning hike toward Thorong La Pass at 18,000 feet.

Thorong La Pass is one of the high altitude passes in Nepal located at 5416 meters above sea level. From here, we can have magnificent views of Yakwakang, Dajong Paldip, and Purkung Himal.

Following a 3 to 4-hour trek through challenging terrain, you'll arrive at Muktinath, known for its 108 sprouts offering a cleansing bath and the enduring flame, a prominent attraction. Conclude the day with an overnight stay at a tea house.

Trek Duration	Highest Altitude:
8 hrs	5416m

Day 13: Trek to Jomsom

From Muktinath, we will head towards Jomsom on the thirteenth day of Nar Phu Valley and Annapurna Circuit Trek. Starting our hike early in the morning, we will first set our foot on a remote trail that stretches towards Jharkot.

From Jharkot, we will hike towards Lubra Pass at 3772 meters above sea level. From there, we will set our journey towards the Buddhist settlement of Lubra, where you can visit an ancient monastery.

Later, we will descend towards Jomsom, which should take anywhere from a couple of hours to three. Tonight, we will stay at a guest house in the vibrant town of Jomsom.

Trek Duration	Highest Altitude:
5 hrs	2700m

Day 14: Flight / Drive to Pokhara and fly to Kathmandu on the same day

This is the last day of our Nar Phu Valley and Annapurna Circuit Trek. From Jomsom, we will fly directly to Pokhara which will take around 20 minutes.

Upon reaching Pokhara, we will rest for some time and then catch a flight to Kathmandu on the same day. We can reach the capital city within 30 minutes by flight.

Highest Altitude:

822m

Day 15: Free day / Fly home

As your journey concludes today, you bid farewell to us. Having completed a rewarding trek, you carry cherished memories. We will guide you from your hotel to Tribhuvan Airport, facilitating your return to your home.

Price Includes

- Airport transfers pick-up and drop-off.
- Hotel accommodation in Kathmandu with breakfast (optional)
- Airfare from Jomsom to Pokhara to Kathmandu ($265 p/p)
- Trekkers' Information Management System (TIMS card).
- Nar Phu Valley Trek restricted area permit.
- Annapurna Conservation Area permits.
- Three meals a day (breakfast, lunch, dinner) during the trek.
- Tea/Coffee three times a day.
- Fresh fruit every evening after the dinner
- All accommodations during the trek.
- English speaking native Sherpa trek guide.
- Porter to carry your luggage during the trek (1 porter for 2 trekkers).
- Transportations, accommodation, wage, food, insurance, equipment for the guide & porter.
- All necessary paper works and entry permits.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for guide / porter (tipping is expected).
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
+	USD 1,480

Address

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