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Nar Phu Valley Trek

URL: https://himalaya-discovery.com/trip/nar-phu-valley-trek-12-days/

Trip Code
WTE-1337

Destination
Nepal

Activity
Featured

Start / End Point
Koto / Besisahar

Duration
12

Per Person From
USD 1,095

Accommodation
Lodge

Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.

Region
Annapurna

Max. Altitude
5306m

Nature Of Trek
Tea House to Tea House Trekking

Best Season
March, April, May, Aug, Sept, Oct & Nov

Activity Per Day
5 – 7 Hrs.

Group Size
2 – 8

Transportation
Drive

BLD
Breakfast, Lunch, Dinner

Medium
Medium trekking involves more challenging trails with moderate climbs and longer durations, requiring a good fitness level.

Nar Phu Valley Trek Highlights

- Trek to the undiscovered areas of the Annapurna region.
- Trekking through the rugged and wild routes to the fascinating valley of Nar Phu.
- Enjoy the stunning mountain views of the high snow peaks and ancient settlements.
- Observe medieval Tibetan culture in the remote mountain valley.

Trip Overview

The **Nar Phu Valley Trek** combines high passes and peaks, glaciers, isolated villages, narrow gorges, breathtaking rock formations, yaks, monasteries and unique Tibetan cultures. Nar Phu valley was closed to visitors until late 2003, very few trekkers have discovered these virtually untouched villages.

Beginning at Besisahar: the traditional starting point of the Annapurna Circuit Trek – the trek quickly separates from routes with more foot-traffic and into the Nar Phu valleys.

Passing through colorful Tibetan stupas and prayer wheels into deep canyons, you will get the chance to hang out with local villagers in Phu while they go about their daily life activities, as well as overnight in the Nar Phedi monastery.

These are ultimate ways to learn about life deep in the Himalayas of Nepal. Optionally there is also a hike up to Himlung Himal BC if you're feeling up to it.

The last few days of the trek take you over the Kang La Pass, and then back to Ngawal, a popular place on the main Annapurna Circuit trek route, so giving you a chance to enjoy home comforts.

Nar Phu Valley Trek Nepal: Best Restricted Area Trekking Itinerary in 2025

The Nar Phu Valley Trek in Nepal lets you experience surreal Himalayan landscapes and culture that feel like a living museum. After arriving in Kathmandu, we drive to Dharapani via Koto, where the real walking adventure begins. We pass through beautiful forests, over suspension bridges and, visit Meta Village and proceed upper north, visiting a highland, Phu Gaon.

We then mount upward to enter Nar Village for mesmerizing exploration before bracing ourselves for crossing the high pass of Kang La (5,320 meters.) from atop, where we capture a lengthy panorama, including Annapurna II-IV and Tilicho Peak. Thereafter, descending to Ngawal Village, finally join the legendary Annapurna Circuit trail as we conclude our journey driving back to Kathmandu.

Because it is still a restricted area, there are necessary permits to trek in the Nar Phu Valley Trekking, which are the Annapurna Conservation Area Permit and Restricted Area Permit, which you will have to acquire through the registered trekking agent.

10 to 12 Day Route and Short Nar Phu Valley Trek

The 10 to 12 day route for the Nar Phu Valley Trek is often seen as a shorter version of this trek, yet still provides an immersion into the rugged wilderness of the area. As the full trek generally takes 14 to 16 days, a 10 to 12-day itinerary will take you only through all highlights of the remote Nar Phu Valley along with its villages, high-altitude desert terrain, and cultural aspects.

A condensed version of this hike is perfect for those who don't have two or more weeks available but still want to experience the seclusion and tranquillity found in this valley.

However, we do not advise our clients to go on a shorter version of the trek than 10 to 12 days because it might jeopardize your safety and acclimatization. In high altitude areas you need time to keep up with getting around and being adjusted so your body would not suffer from altitude sickness. It is best that

you stick with the 10- 12 duration trekking itinerary version.

What Are The Achievements of Restricted High Altitude Nar Phu Valley Trek?

Nar and Phu villages Visit

The Nar and Phu villages stand out as the trek's main achievement because visitors can experience their unique cultural practices. The ancient Tibetan-influenced communities have preserved their lifestyle traditions while revealing their cultural customs and architectural insight as well as their everyday practices.

Visitors can discover ancient monasteries when visiting Tashi Lhakhang Monastery and they can observe traditional ceremonies during community festivals complete with local dances and rituals.

Close-Up Mountain Vistas

Close-up mountain vistas are one of many highlights of the trek. As trekkers make their way through the valley, they are greeted with panoramic views of giant peaks, including Annapurna I, Annapurna IV and Dhaulagiri. With clear skies – especially in March, April, October and November, as fall is the best time to complete this trek – this journey will be both challenging and rewarding.

Crossing Kang La Pass.

Crossing the Kang La Pass, which stands at an elevation of 5,240 meters, is a highlight for trekkers. It's a high-altitude pass that links the Nar and Phu valleys with the Manang region while providing fabulous views of the Annapurna massif. The locals consider it to be a sacred place and conduct prayers and make offerings during their crossing.

Nar Phu Valley Trek Map With Distance

Trekkers will be given a Nar Phu Valley Trek Map of the route by the company, so you need not worry about not finding the route. The trekking map outlines the major landmarks, villages and the path that you will take each day so one can easily plan their days trek.

Nar Phu Valley Trek distance is calculated to be about 140-150 kilometers long (depending on which detour options one takes from Meta).

It covers regions varying from an altitude below 1000 meters to as high as over 5300 meters. Rough estimates suggest that trekkers will hike anywhere between 10-20 kilometers daily while taking approximately 12-14 days to walk through this restricted rural valley.

Trip Itinerary

Our best Sherpa guides, who have made the journey to these hidden gems too many times, have crafted this itinerary. In fact, they've selected the perfect route to guarantee you see the best of what Nar Phu

Valley has to offer with remote villages and breathtaking Himalayan views.

Day 01: Arrive Kathmandu, Nepal.

Arriving at the airport of Kathmandu after completing your custom formalities Visa, etc. Pick up your luggage and look for our Himalaya Discovery Airport Representative who will show your name on the board at the arrival gate. You will be greeted by our representative and transferred by private tourist vehicle to the hotel. Overnight at the Kathmandu hotel.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	Free day	1400m

Meals:	Accomodations:
Breakfast	Hotel

Day 02: Free in Kathmandu for sightseeing day and gear check.

Today in Kathmandu is free for sightseeing. You may want to visit Durbar Square in the heart of the old town where the old Royal Palace is located with its intricate woodcarving. The entire area is a labyrinth of temples and images.

The narrow alleys leading away from the square in all directions, full of the most amazing variety of shops and stalls. Some of these landmarks are considered World Heritage Sites, including the historic Bhaktapur Durbar Square, the famous' Monkey Temple ' Swayambhunath and the Buddhist Shrine Boudhanath, one of the world's largest stupas.

There will also be a trip briefing today with gear check. If you need to rent or buy equipment locally, there will be time to do so today. Overnight at the Kathmandu hotel.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	Free day	1400m

Meals:	Accomodations:
Breakfast	Hotel

Day 03: Drive from Kathmandu to Koto.

Early in the morning drive to Besisahar. After lunch, change to a 4WD drive vehicle for the off-road journey to Koto. The road can be challenging for passengers as for drivers, but this is the most scenic route!

It travels along the old Annapurna Circuit trek route, through amazing gorges and passing stunning waterfalls. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 260 km	9–10 hours (by Jeep)	2,600m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 04: Trek to Meta.

Start the day early, because there is plenty of distance to cover. Cross the river and enter the valleys of the Nar and Phu. Towns on the nearby Annapurna Circuit are relatively well developed, but this is not the case in these valleys. Today's trekking trail passes through beautiful forests, past small cave shelters and pilgrims' resting places.

The trail emerges from a narrow canyon under a wide waterfall, from which the woods become thinner and the views wider. The last stretch to Meta involves climbing a steep hill from which you can enjoy a wonderful view of some of the giant snowy peaks in the region.

Meta is located on a large open plain and consists of a few simple but clean lodges that offer good food. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 14 km	6–7 hours	3,560m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 05: Trek to Phu.

Trekking out of Meta, some of the unique, colorful Buddhist Tibetan chortens that Nar and Phu are renowned for starting to appear. The trail meanders along the ridge overlooking the magnificent monastery of Nar Phedi, where you will stay in a few days. After another 90 minutes of walking through scenic canyons and gorges, you will reach a monolith guarding the steep path to Phu.

From here you can see the three villages in the area, the old " dzong " (Fortress in Tibetan style) and the remains of two ruined forts, impressively situated on the top of the flatlands in front of the village. A line of beautiful chortens colors the landscape just before crossing the bridge to Phu.

After a break and refreshment, take a short walk up to the famous Tashi Lhakhang Gompa to pay tribute to Lama Karma Sonam Rimpoche who came with the Dalai Lama to Nepal in 1959. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 16 km	6–7 hours	4,080m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 06: Discovery Phu.

It’s good to spend an acclimatization day in Phu because of the high altitude. Explore the city’s tiny alleyways or walk to Himlung Himal base camp.

Phu itself is an interesting village, and a day is well spent sitting with the villagers, spinning their yak and sheep’s wool, pounding mustard seeds into a paste for oil or doing their other daily tasks. The walk up to Himlung Himal base camp takes you through a glacial valley for an extra challenge. It’s 7,125m.

Recently peak was opened for climbing. You’ll see herds of blue sheep gently clambering the steep cliffs up the trail. The return journey takes four to five hours. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	Free day	4,080m+

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 07: Trek to Chyakhu or Nar Phedi.

Retrace the route back down to Meta, but turn off at the Nar Phedi Monastery, and Chyakhu will be your overnight accommodation.

Actually, the monastery is all that Nar Phedi is made of! Join them in the kitchen and watch them cook dinner in a small fireplace. They usually do a puja (blessing) at 5 pm, and you are welcome to witness it.

You will be rewarded by the stunning views of Pisang Peak and other surrounding mountain peaks. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 13–15 km	5–6 hours	3800m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 08: Trek to Nar Village.

Today is a very pleasant day. Trekking out of Nar Phedi and follow the winding path to Nar. Pass a line of beautifully painted bamboo chortens on the way to the old town. Arrive around lunch time in the town. Although Nar is not far from the main trail of Annapurna, it is seldom visited by trekkers and is as picturesque as it can be.

Nar is a little more social and lively than Phu, and during the day you can find the square of the village full of chatting women with their looms weaving wool fabric for rugs and blankets. You can stay in a comfortable lodge with an extensive menu with a few new tea houses built in the outskirts of Nar. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
10–12 km	5–6 hours	4,110m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 09: Trek to Ngawal via the Kang La Pass.

It’s a long day today, so get up before sunrise and head back to the Kang La Pass, which leads back to the popular trek route Annapurna Circuit. It’s not a hard pass, but it can be a long day, because the effects of altitude are felt.

You can enjoy a wonderful view of Annapurna II, Gangapurna and Tilicho Peak once at the top of the pass. The path begins steeply, but if you enjoy running screens you can have fun! Stop for lunch on a plateau overlooking the summit, then proceed to Ngawal.

Ngawal is certainly very different from the ancient villages that were just visited on the upper Pisang route of the Annapurna circuit. The lodges are large, the menus are much more comprehensive, and most lodges have Wifi and telephone signals. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 15–18 km	7–9 hours	5,240m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 10: Trek to Pisang and drive to Besisahar.

The weather gets much hotter and the greener scenery as you go down from the pass more than 2000 m. Start the last few hours of walking early to reach Pisang.

The trail is wide and comfortable, passing a lovely lake outside Pisang. Stop for a fast snack in the village and drive back to Besisahar by four-wheel drive. Stay in a comfortable hotel there.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 6 km	2–3 hours (trek) + 4–5 hours (drive)	775m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea House

Day 11: Drive back to Kathmandu.

The return drive to Kathmandu takes approximately five hours. Enjoy the city's hot shower and luxuries again! Spend the afternoon shopping in Thamel for souvenirs or simply relax.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 200 km (drive)	6–7 hours	1400m

Meals:	Accomodations:
Breakfast- Dinner	Hotel

Day 12: Free day / Fly home.

Today, you can either stay back and enjoy a free day in Kathmandu or leave for your respective countries.

Our representatives will drop you off at the airport according to your flight schedule.

Trek Distance:	Trek Duration	Highest Altitude:
Free day	Free day	1400m

Meals:
Breakfast

Price Includes

- Airport transfers pick-up and drop-off.
- Annapurna Conservation Area permit.
- Nar Phu Valley Trek restricted area permit.
- Trekkers' Information Management System (TIMS) Permit.
- Transportations both ways: from and to Kathmandu – Besisahar by Toyota mini hiace van and from Besisahar – Koto by jeep.
- Three meals a day (breakfast, lunch, dinner) during the trek.
- Fresh fruit every evening after the dinner.
- Coffee / Tea three times a day.
- Transportations, accommodation, wage, food, insurance, equipment for the guide & porter.
- Porter to carry your luggage during the trek (1 porter for 2 trekkers)
- Guesthouse accommodations during the trek.
- All necessary paper works and entry permits.
- English speaking Sherpa trek guide.
- 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
1 – 1	USD 1,390
2 – 3	USD 1,095
4 – 5	USD 890

Add Ons For Nar Phu Valley Trekking

If you are planning to go on the Nar Phu Valley Trek or you have already gone on it, don’t skip on having a hand in including some tours and activities in between. These add-ons provide you with full immersion in Nepal’s beautiful physical and cultural heritage.

- Trishuli River Rafting
- Heli Sightseeing
- Kathmandu Food Tour
- Paragliding in Nepal (Pokhara)
- Ultra-Light Flight
- Kathmandu Day Tour
- Bardia Jungle Safari
- Chitwan Jungle Safari
- Bungee Jumping

Renting a Sleeping Bag

For the Nar Phu Valley Trek, you can rent a high-standard 4-season sleeping bag for USD 30. This sleeping bag keeps you warm and comfortable in the colder conditions that higher altitudes may sometimes throw your way. If you don’t already own a sleeping bag, renting one is also a convenient, affordable option. This ensures you have the perfect gear you need to handle the cold, potentially

freezing temperatures on your trail.

Note: You will be charged USD 165 if the rented sleeping bag is lost or damaged.

Personal Porter Services

On our Nar Phu Valley Trek package, we are offering 1 porter to 2 trekkers. The two trekkers can carry a maximum of 25 Kg of shared luggage per porter. Here, this service helps you trek without the heavy burden of heavy gear so that you can enjoy easy trip in the wonderful Himalayan landscapes. If you want some more help, there's a personal porter for $20 a day who will carry only your belongings of 25 kg.

Good to know before you travel

Whether you're making the trek from Kathmandu or your home country, allow us to help you pack the right gear, get the right permits, pick your crew, and get the best acclimatization tips and trail highlights. We look forward to helping you complete the trek of a lifetime in the Nar Phu Valley Trek.

Best Time to Trek Nar Phu Valley

As most trekking regions, the best times for this trek are spring (late February to early June) and autumn (September to the early December). The skies will be blue and clear, and the Himalayas are stunning.

Having aid that, the trip is also possible during the monsoon season as well (late June to early September) because it is in the rain shadow. Expect rain in Kathmandu and Pokhara, and also in the lower villages. However, the valley itself will be dry and gorgeous, making it a great choice for those with limited time during the Monsoon/summer months.

Nar Phu Valley Trek Length & Alternative

This route can be extended by adding a trip to Tilicho Lake and joining the Annapurna Circuit at Yak Kharka. On day 8, instead of trekking from Ngawal to Pisang, continue to Manang, Khangsar, Tilicho Base Camp, Tilicho Lake, Yak Kharka, Thorung Phedi, Muktinath and Jomsom (before returning to Pokhara). The total journey time including the Nar Phu section is 16 days.

The attractions of this variation are the chance to visit the pristine blue waters of the highest lake in Nepal, the pilgrimage temple at Muktinath (holy to both Hindus and Buddhists), and the frontier town of Jomsom, on the edge of Mustang.

Nar Phu Valley Trek Difficulty

This is a challenging trek due to the long days and steep climbs. Due to the limited possibilities of accommodation on the way, there is little flexibility in the distances to be covered every day, therefore the long walking days.

The gains in altitude are pretty steep every day, and how your body reacts to altitude is always unpredictable. So, this trek would be best for those who have a previous hiking experience with good health and fit trekkers.

Accommodation & Meals on the Nar Phu Valley

A real mix of accommodation can be found on Nar Phu Valley trek. There is a chance in Besisahar to stay in simple but comfortable hotels. Lodge accommodation is generally basic on the trek, as this is not a well-developed walking route.

Accommodation is in the local monastery in Nar Phedi. Food varies from simple but adequate meals in the smaller villages to staple trekker fare in the larger areas, including apple pie!

Nar Phu Valley Trek Permit Costs

To trek through the restricted Nepalese area of Nar Phu Valley, visitors must obtain particular documentation. Foreign visitors entering Nepal's Annapurna region Nar Phy Trekking need both the Annapurna Conservation Area Permit (ACAP) and the Restricted Area Permit (RAP) for access.

Annapurna Conservation Area Permit (ACAP): Every trekker visiting the Annapurna area needs to obtain this obligatory permit. Costs amount to USD 30 per individual for all foreign nationals who wish to visit. SAARC nationals must pay NPR 1,000 (equal to approximately USD 8) per person for the documentation fee.

Restricted Area Permit (RAP): All fees in the Nar Phu Valley depend on which season you visit in the year according to the RAP structure.

- **September to November:** USD 100 per person for the first seven days. Each additional day incurs a fee of USD 15 per person.
- **December to August:** USD 75 per person for the first seven days. Each additional day incurs a fee of USD 15 per person.

Trekkers requesting these permits need to submit their passport copy along with a photo attached to their original passport showing the visa stamp. Obtaining the RAP requires both a licensed guide along with groups that include at least two trekkers.

Nar Phu Valley Trek Packing List (Suitable for High Altitude Trekking)

Nar Phu Valley Trek is an adventurous journey to the remote valley of Nar Phu. And, to go on this trek you certainly need to pack right, especially for the high-altitude conditions. Here's a complete packing list that you will need to pack for a safe and comfortable journey:

Clothing:

- **Base Layers:** Moisture-wicking thermal tops and bottoms.
- **Mid Layers:** Fleece jacket and pants for insulation.
- **Outer Layers:** Waterproof and windproof jacket and pants.
- **Trekking Pants:** Comfortable and durable.
- Moisture-wicking and Quick-drying shirts.
- **Socks:** Several pairs of moisture-wicking socks.

Footwear and Other Essentails

- **Hiking Boots:** Something sturdy and waterproof is a good idea
- **Camp Shoes:** Nothing feels better than getting out of your hiking boots at the end of a day on the trail.
- **Backpack:** Comfortable daypack
- **Trekking Poles:** Adjustable poles are used to help with balance and to reduce the impact on leg joints and muscles.
- **Sleeping Bag:** Rated for temperatures that may go below freezing.
- **Headlamp:** With extra batteries
- **Water Bottles:** 2 at least, plus purification tablets or filter.
- **Snacks:** Non-perishable high-energy snacks.
- **First Aid Kit:** A basic personal first aid kit will suit most travelers' needs.
- **Personal Hygiene:** Bring a toothbrush, toothpaste, and wet wipes. I also like to carry a small bottle of hand sanitizer.
- **Towel:** Carry a lightweight and quick-drying towel.
- **Camera:** To Capture Memories
- **Power Bank:** To keep all the devices charged.
- **Travel Documents:** Passport, permits and some cash in Nepali rupees.

All Questions Answered on Nar Phu Trekking

Have you got any questions about the Nar Phu Valley Trek? We've got answers below which covers from trail conditions, emergencies, safety etcs.

FAQS on Nar Phy Valley Trek Nepal

Are there any age restrictions for the trek?

All trekkers need to have good health and fitness levels along with the ability to conquer physical challenges from the expedition. Older trekkers are advised to check with their physician before beginning this trek.

Can beginners attempt the Nar Phu Valley Trek?

Beginners who maintain high fitness levels and possess trekking experience can start this difficult journey by following adequate planning. Shorter treks should be your first step in building endurance before moving on to Nar Phu Valley.

How can I stay safe during the trek?

For safe outcomes you need to observe your environment while you follow guidance and should not exceed your capabilities. Safety in emergencies is boosted by carrying both a whistle and a personal locator beacon when outdoors.

Can I find ATMs along the trek?

The absence of ATMs at Nar Phu Valley requires all trekkers to bring sufficient cash money to cover their entire stay. Trekkers must obtain money in advance from Kathmandu before their trek starts.

What is the role of a guide during the trek?

Guides offer both directional assistance and security and then deliver relevant information about local culture and environmental conditions. Guides support communication needs and help resolve unexpected problems that might occur while trekking.

Address

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Kathmandu, Nepal