

Nar & Phu

REGION	Restricted Annapurna Region
DURATION	17 days
MAX ALTITUDE	5,416 m
GRADE	Moderate-Strenuous
SEASON	Mar-May · Sep-Dec
FROM	from \$4,000

Overview

Two medieval villages behind a locked gorge

Tucked away in a restricted corner of the Annapurna region, the Nar Phu Valley Trek offers a rare glimpse into one of Nepal's most secluded and recently opened trekking destinations. This 17-day journey combines the untouched, off-the-beaten-path villages of Nar and Phu with a section of the world-famous Annapurna Circuit, delivering a trek that few have walked before.

The route winds through dramatic canyons, high desert landscapes, and Tibetan-influenced settlements where ancient customs and Buddhist traditions remain deeply preserved. Along the way, trekkers connect with the communities of Nar and Phu, explore centuries-old monasteries, and even share an evening of prayer and a home-cooked meal with resident nuns at Nar Phedi Monastery.

The adventure continues through Manang village, with a side trip option to Gangapurna Lake, before joining the classic Annapurna Circuit route to cross Thorong La Pass (5,416 m) - the trek's highest point and one of the most rewarding mountain passes in the Himalayas. From here, panoramic views stretch across the Annapurna and Dhaulagiri ranges before the trail descends to the sacred pilgrimage site of Muktinath, and finally to Pokhara and back to Kathmandu.

Blending remote wilderness, living culture, and high-altitude adventure, the Nar Phu Valley Trek is a journey for those seeking something genuinely different from Nepal's more traveled trails.

Highlights

- Explore the rich cultural heritage of Kathmandu on a full-day sightseeing tour, taking in the historical, artistic, and architectural treasures of the city
- Enjoy a scenic drive to Dharapani via Jagat and Chamje, marking the start of the trekking adventure
- Journey into the mystic, rarely visited villages of Nar and Phu, framed by majestic, unspoiled mountain scenery
- Connect with local residents of Nar and Phu, hearing authentic stories about their traditional way of life
- Savor traditional Nepali cuisine, including the classic dal bhat (rice and lentils)
- Witness the region's untouched landscapes, immersed in a world largely unchanged by modern tourism
- Explore Manang village, with breathtaking panoramas of distant mountain ranges
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Celebrate crossing Thorong La Pass (5,416 m), the highest point of the trip and one of the world's highest trekking passes

- Visit Muktinath Temple, a sacred site shared by both Hindu and Buddhist pilgrims
- Unwind on the shores of Phewa Lake and explore the relaxed streets of Pokhara

Itinerary

Day 1 - Arrival in Kathmandu (1,400 m / 4,593 ft)

Upon arrival at Tribhuvan International Airport, our representative will meet you and transfer you to your hotel. A short briefing will follow to walk you through the trip program. The rest of the day is free for rest.

- Overnight stay at hotel in Kathmandu.

Day 2 - Full-Day Kathmandu Sightseeing Tour

Today we explore Kathmandu Valley's cultural heritage sites, including Kathmandu Durbar Square, Boudhanath Stupa, Pashupatinath Temple, and Swayambhunath Temple - taking in the region's rich art, sculpture, monuments, and history. Later, at the hotel, we hold a pre-trek briefing covering the Nar Phu Valley and Annapurna Circuit itinerary, accommodations, and trip details. Trekking gear (duffel bag, sleeping bag, down jacket, and route map) will be provided if required.

- Overnight stay at hotel in Kathmandu.
- Breakfast included.

Day 3 - Drive from Kathmandu to Dharapani (1,860 m / 6,102 ft) - 180 km, 7-8 Hours

After breakfast, we drive to Dharapani, following the Trishuli River past terraced hillsides and villages. The road remains smooth until Mugling, turning bumpier as we pass Dumre and Besisahar and enter the Manang district. Crossing numerous suspension bridges, we pass white waterfalls near Syange and continue alongside the Marshyangdi River through villages like Jagat and Chamje, arriving in Dharapani.

- Overnight stay at a teahouse in Dharapani.
- Breakfast, lunch, and dinner included.

Day 4 - Trek from Dharapani to Koto (2,600 m / 8,530 ft) - 12 km, 5-6 Hours

Today's trek winds through dense pine and fir forest, crossing wooden bridges along the way. A highlight is Bagarchhap village (2,160 m), a small Tibetan-style settlement known for its whitewashed monastery and prayer wheels. The trail continues through towering trees toward Danaque and then Timang (2,750 m), where clear days reveal stunning views of Mount Manaslu and Peak 29 (Ngadi Chuli, 7,871 m). From there, we hike on to Koto village, the gateway to Nar Phu Valley, where all trekkers register at the checkpoint before entering this restricted region.

- Overnight stay at a teahouse in Koto. Breakfast, lunch, and dinner included.

Day 5 - Trek from Koto to Meta (3,560 m / 11,679 ft) - 13 km, 5 Hours

Today's hike is moderately challenging, climbing up and down two hills through apple orchards and local Manangi villages. Deeper into the restricted region, the trail passes multiple caves and steep canyon walls. Crossing through Dharmasala village along the Naar Khola River, we reach Meta - the first major village in the Nar region - where clear weather reveals views of the Annapurna range and Lamjung Himal (6,983 m)..

- Overnight stay at a teahouse in Meta.
- Breakfast, lunch, and dinner included.

Day 6 - Trek from Meta to Phu Village (4,250 m / 13,943 ft) - 10 km, 5-6 Hours

We descend from Meta along the banks of the Phu Khola through a desert-like gorge, with

brehtaking views of Kangaroo Mountain, Pokharkan, and Amotsang Himal. Today's ascent is gradual and not overly demanding. The trail passes Buddhist chortens, dramatic gorges, canyons, and the ruins of Tibetan-style forts - remnants of the first Tibetan migrants who settled in Phu Gaon nearly 200 years ago. Crossing a suspension bridge, we arrive in Phu, with the option to visit Tashi Lhakhang Monastery.

- Overnight stay at a teahouse in Phu Village.
- Breakfast, lunch, and dinner included.

Day 7 - Trek from Phu to Nar Phedi - 9 km, 4-5 Hours

We retrace part of our route, descending from Phu village along the Phu Khola and crossing a dramatic bridge spanning an 80-meter-deep canyon. After a steep descent past Mahayandra Pool, we reach Nar Phedi. Before settling in for the night, we visit Nar Phedi Monastery, joining the resident nuns for evening prayers and sharing a home-cooked meal - a chance to experience monastic daily life firsthand. Trekkers are welcome to light oil lamps in the monastery.

- Overnight stay at a teahouse in Nar Phedi.
- Breakfast, lunch, and dinner included.

Day 8 - Trek from Nar Phedi to Nar Village (4,110 m / 13,484 ft) - 3 km, 2-3 Hours

A short but scenic day, passing Buddhist settlements and monasteries adorned with prayer flags and chorten artwork. After Yughat, we reach the second gate of Nar Valley, marking our arrival at this ancient village, home to the historic Tashi Lhakhang Monastery.

- Overnight stay at a teahouse in Nar Village.
- Breakfast, lunch, and dinner included.

Day 9 - Trek from Nar Village over Kang La Pass (5,320 m / 17,454 ft) to Ngawal (3,650 m) - 17 km, 7-8 Hours

An early start, departing Nar Village around 4 a.m. The first two hours involve a gentle warm-up ascent before the trail steepens toward Kang La Pass. From the summit, trekkers are rewarded with panoramic views of the Annapurna Massif, Gangapurna, Tilicho Peak, and Annapurna II. We then descend from the pass to Ngawal for the night.

- Overnight stay at a teahouse in Ngawal.
- Breakfast, lunch, and dinner included.

Day 10 - Trek from Ngawal to Manang (3,540 m / 11,614 ft) - 8 km, 3-5 Hours

A relatively gentle day on the Annapurna Circuit section of the route, winding through juniper bushes, pine forest, and arid landscape with views of Annapurna III and Gangapurna, passing traditional Manang and Gurung villages. Highlights include Sher Gomba, Milarepa's Cave (associated with the 11th-century Tibetan yogi and poet), and the 900-year-old Braga Gomba. We continue through Ghatte Khola to reach Manang village - a hub for trekkers and home to numerous gompas worth exploring.

- Overnight stay at a teahouse in Manang.
- Breakfast, lunch, and dinner included.

Day 11 - Acclimatization Day in Manang (3,540 m)

A full day to acclimatize, with time to visit local temples, take a side trip to Gangapurna Lake, and explore the surrounding scenery. We also recommend visiting the Himalayan Rescue Association Clinic.

- Overnight stay at a teahouse in Manang.
- Breakfast, lunch, and dinner included.

Day 12 - Trek from Manang to Yak Kharka (4,050 m) - 11 km, 4-5 Hours

The trail leaves Manang, crosses a creek, and climbs to Tenki village before turning northwest up the

Jarsang Khola valley. We pass pastures and juniper scrub as the altitude gradually increases, continuing near Ghunsa and through meadows grazed by yaks and horses. After crossing a small river via wooden bridge and passing an old mani wall, we arrive at Yak Kharka - today's gradual ascent helps minimize altitude-related issues.

- Overnight stay at a teahouse in Yak Kharka.
- Breakfast, lunch, and dinner included.

Day 13 - Trek from Yak Kharka to Thorong Phedi (4,450 m) - 8 km, 3-4 Hours

A shorter day bringing us to Thorong Phedi, a small settlement that serves as the base camp ahead of tomorrow's pass crossing. While some trekkers push on to High Camp today, we recommend resting at Thorong Phedi instead, prioritizing a good night's sleep at lower altitude over the risks of sleeping higher before the demanding day ahead.

- Overnight stay at a teahouse in Thorong Phedi.
- Breakfast, lunch, and dinner included.

Day 14 - : Trek from Thorong Phedi to Muktinath via Thorong La Pass (5,416 m) - 16.5 km, 8-9 Hours

Today's the big one. We begin the climb to Thorong La Pass, starting steep and growing steadily more demanding as we near the top, navigating rocky ridges along the way. From the summit, an unforgettable 360-degree panorama unfolds across the snow-capped peaks of the Tibetan plateau, with views back toward the Annapurna range and the dramatic Kali Gandaki Gorge. We then descend the steep far side of the pass to Muktinath (3,800 m), a sacred site for both Hindu and Buddhist pilgrims, home to important temples and monasteries.

- Overnight stay at a teahouse in Muktinath.
- Breakfast, lunch, and dinner included.

Day 15 - Drive from Muktinath to Pokhara (825 m) - Approx. 6 Hours

We drive from Muktinath to Pokhara, passing through Jomsom, Marpha, Tatopani, and Beni, along with scenic Thakali villages such as Dana, Ghasa, and Kalopani. The route offers views of dramatic mountain scenery and the world's deepest gorge along the way.

- Overnight stay at hotel in Pokhara.
- Breakfast and lunch included.

Day 16 - Drive from Pokhara to Kathmandu - 200 km, 6-7 Hours

We return to Kathmandu by road, retracing the journey back through the hills to the capital.

- Overnight stay at hotel in Kathmandu.
- Breakfast included.

Day 17 - Departure

Approximately three hours before your scheduled flight, a representative will transfer you to the airport for your onward journey.

What's included

- Restricted-area & ACAP permits
- Licensed guide + support crew
- Teahouse accommodation
- All ground transport from the trailhead
- Pre-trip briefing & gear check
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026