

Nar & Phu

REGION	Manang · Hidden Valleys
DURATION	14 days
MAX ALTITUDE	5,320 m
GRADE	Moderate-Strenuous
SEASON	Mar-May · Sep-Nov
FROM	from \$2,450

Overview

Two medieval villages behind a locked gorge

A short, sharp expedition into two Tibetan villages sealed behind a narrow gorge off the Annapurna circuit - chortens, blue sheep, fortress monasteries and the high Kang La pass.

Nar and Phu were closed to outsiders until 2003 and still feel utterly medieval - stone villages, ancient gompas and yak pastures hung beneath fluted peaks. The walk in follows a dramatic gorge that few circuit trekkers ever turn up.

Our 14-day loop visits both villages, crosses the 5,320 m Kang La into Manang and rejoins the classic Annapurna trail - a lot of wild, restricted country for a relatively short trip.

Highlights

- Restricted Nar & Phu villages
- Kang La (5,320 m) crossing
- Tashi Lhakhang monastery
- Links onto the Annapurna circuit

Itinerary

Day 1 - Drive -> Koto

Drive to Besisahar and up to the gorge mouth at Koto.

Day 2 - Into the gorge

Climb the hidden canyon to Phu village.

Day 3 - Phu & Nar

Explore the two villages and their monasteries.

Day 4 - Kang La -> Manang

Cross the high pass and drop into the Manang valley.

Day 5 - Descent & return

Rejoin the circuit and drive back out.

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