Nar Phu Valley Trek

3 Star Hotel Package

2199USD per person

*Including healthy meals

5 Star Hotel Package

2499USD per person

*Including healthy meals

Trip Style: Cultural Tour+Trek

Trip Difficulty: Moderate+2

Nar Phu Valley & Annapurna Circuit: A Legendary Sherpa-Led Trek

Embark on the extraordinary **Nar Phu Valley** and Annapurna Circuit Trek with Nepal's most reputable Sherpa company, where your journey will be led by elite Sherpa guides dedicated to making your adventure both unforgettable and secure. This rare combination trek unveils the hidden wonders of Nar Phu's ancient villages, rugged landscapes, and Tibetan culture, alongside the iconic Annapurna Circuit's panoramic vistas. With expert Sherpas renowned for their mountain mastery, you'll experience trekking beyond imagination, crossing high passes, encountering Himalayan wildlife, and immersing in local culture—all with the confidence and warmth only a seasoned Sherpa team can provide.

Nar Phu Valley Trek: A Journey Through Nepal's Hidden Himalayan Gems

The **Nar Phu Valley Trek** is a hidden gem in the Annapurna region, taking trekkers through remote Himalayan villages and stunning landscapes rarely seen by tourists. This off-the-beaten-path route combines Tibetan culture, ancient monasteries, and dramatic valleys with views of Annapurna, Himlung, and other peaks. The trek requires a special permit and is ideal for those seeking a unique cultural experience along with raw, rugged beauty. It's moderately challenging, perfect for adventurous trekkers with limited time.

The **Nar Phu Valley Trek** is a unique high-altitude trek requiring solid physical fitness and a bit of experience with altitude to fully enjoy its rugged, remote beauty. Preparation should include acclimatization days, as you'll reach heights over 5,000 meters, and bringing essential trekking gear like layered clothing, reliable boots, and trekking poles is key to comfort and safety. Lodging along the trek is in basic yet welcoming teahouses, where you'll find simple, hearty meals, though facilities are quite rustic, so a high-quality sleeping bag is a must. The charm of staying in these local teahouses is the chance to immerse yourself in the hospitality of the Nar and Phu communities.

Explore Nar Phu Valley: A Timeless Journey with 26 Years of Sherpa Expertise

For the best experience, plan your trek in spring (March to May) or autumn (September to November), when clear skies and mild temperatures make for ideal trekking conditions and breathtaking mountain views. With these preparations, you're set for a truly unforgettable journey, crossing high passes, discovering ancient Tibetan villages, and exploring one of Nepal's last hidden gems.

Mountain Sherpa Trekking has been expertly guiding the Nar Phu Valley Trek for over 26 years, offering unmatched Sherpa knowledge and quality service. Join us to explore this incredible region with the assurance of safety and a deeply authentic experience. Discover the hidden wonders of Nar Phu with our experienced Sherpa guides by your side.

DURATION: 20 days

ITINERARY

Day 01.: Arrival in Kathmandu (1,350m/4,428ft). Transfer to Hotel.

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself

Day 02:: Half City Tour in Kathmnadu & Trek Preparation-Hotel

After Breakfast your day will start for sightseeing tour of 2 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. Our next sightseeing will be at Buddha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant.

We will also guide to visit Thamel areas where you can buy or rent necessary trekking equipment's. After that, we drive back to hotel then we get our equipment checked by our expert Sherpa guide, get introduced with team members and discuss our whole trek. Overnight in Kathmandu

Included meals:Breakfast & Welcome Dinner

Day 03:: Drive from Kathmandu to Besisahar -6-7 hours: Lodge

After a restful night in Kathmandu, savor a delicious and nutritious breakfast to fuel your adventure ahead. At around **7:00 to 7:30 AM**, our experienced driver and guide will pick you up from your hotel for the scenic drive to Besishahar. The journey will take approximately 6 hours in a comfortable, well-maintained vehicle, ensuring a smooth ride through the stunning Nepali countryside.

As you travel, you'll be captivated by breathtaking views of rivers, mountains, and charming rural villages, with plenty of opportunities to stop and take in the scenery or capture some memorable photos. Feel free to ask your driver to make stops wherever you'd like!

Upon reaching Besishahar, you'll check into your lodge to refresh yourself after the drive. Later in the afternoon, take some time to explore the vibrant surroundings of Besishahar, immersing yourself in the local culture and preparing for the incredible trek ahead. Your journey is just beginning!

Day 04:: Drive to Dharapani (1,960m/6,430ft): 4-5 hours-Lodge

After enjoying a hearty breakfast in Besishahar, we embark on an exciting shared jeep ride to Dharapani, a journey that takes approximately **4 to 5** hours. The road may be bumpy, but that only adds to the adventure as we traverse through breathtaking landscapes filled with valleys, cascading waterfalls, and majestic mountains.

As we make our way, we'll pass through charming villages like **Bhulbhule, Ngadi, Sangye,** and **Jagat** each showcasing the vibrant culture and stunning scenery of the Annapurna region. Our expert guide will be by your side, ready to assist with anything you need and ensuring that your experience is seamless.

Lunch will be provided along the route, allowing you to savor local flavors while soaking in the natural beauty around you. If you're feeling energetic, you can even opt to trek a portion of the way—just let your guide know!

Upon arriving in **Dharapani**, you'll settle into a cozy lodge for the night, where you can unwind and reflect on the day's adventures, ready to embrace the wonders that lie ahead.

Day 05:: Trek to Koto (2,610m/8,563ft): 5/6 hours-Local Lodge

The trek from **Dharapani** (1,960 m/6,434 ft) to Koto (2,610 m/8,563 ft) is an exhilarating journey through lush landscapes and charming villages. Starting from Dharapani, you will first pass through **Bagarchhap**, where traditional stone houses and vibrant local culture greet you. Continuing onward, the trail leads you to **Kataunga,** offering stunning views of the surrounding mountains.

As you ascend, you'll reach **Timang**, a picturesque village known for its spectacular views of the Annapurna range. From Timang, the path winds down to **Chame**, the administrative center of the Manang District, where you can enjoy local amenities and stunning scenery.

Finally, you'll trek through the serene landscapes to **Koto,** nestled alongside the river with views of the dramatic peaks surrounding it. This segment of the trek is rich in natural beauty and cultural experiences, making it a highlight of your journey in the Annapurna region.

Day 06:: Trek to Meta (3,560m/11,680ft): 6-7 hours- Lodge

We begin our adventure toward **Nar and Phu** by departing from Koto in the Annapurna region, ensuring we have the necessary special permits to access these remote areas. The journey starts with a crossing over a bridge, leading us onto a flat and easy trail that gradually ascends into a breathtaking gorge. Along the way, we pause for lunch at a simple Dal Bhat teahouse in Sothi Khola before marveling at the impressive waterfall near **Singhende Dharamsala,** which sits at an elevation of 3,230 meters.

As we trek toward Nar, the trail winds through the valley, high above the river, and is sometimes carved directly into the rock. We continue deeper into the Nar and Phu gorge, eventually reaching the inviting Dharamsala at 3,220 meters. The path reveals stunning views of Pisang Peak, Lamjung Himal, and the imposing north wall of Annapurna II, providing a dramatic backdrop to our trek. After navigating a series of small winter residences and former Khampa camps, we tackle the final steep ascent through the last forested area, leading us to the picturesque village of Meta, perched at an altitude of 3,560 meters (11,680 feet). Although Meta is sparsely populated, its breathtaking surroundings make it a captivating place to spend the night, and we must stay hydrated and pace ourselves to adjust to the altitude.

Day 07:: Trek to Phu Gaon (4,250m/13,944ft): 5-6 hours- Lodge

The trek from Meta to Phu Gaon is an exhilarating journey through the breathtaking Nar and Phu region. Starting at an altitude of **3,560 meters (11,680 feet)**, the trail steadily ascends to **4,250 meters (13,944 feet)** at Phu Gaon. As you begin, you'll pass through the charming village of Meta, known for its traditional stone houses and beautiful surroundings. After about an hour, a viewpoint rewards you with panoramic vistas of the Nar and Phu valleys, followed by the small village of **Kyang** at **3,700 meters (12,139 feet),** showcasing the local culture. The trail then narrows and steepens, leading through rocky paths and crossing several small streams. After approximately **5-6 hours** of trekking, you'll arrive at Phu Gaon, where the vibrant Tibetan culture is evident in its intricately carved mani walls and traditional houses. Settle in and take a moment to appreciate the stunning mountain views and unique atmosphere of this remote village.

Day 08:: Acclimatization & explore day at Phu Gaon - Lodge

Phu Gaon, a picturesque village nestled in the remote Nar Phu Valley, serves as a perfect backdrop for a well-deserved rest day. This day offers a unique chance to dive deep into the local culture and experience the traditional lifestyle of the villagers. Begin your exploration by visiting the ancient **Tashi Lhakhang Gompa**, an impressive monastery over 800 years old, where you can admire traditional Tibetan architecture and ancient Buddhist art. Wander through the village to discover smaller gompas, and take in the breathtaking mountain views while

observing the traditional stone houses and farmland. The warm hospitality of the villagers enhances your experience, allowing for meaningful interactions as you learn about their distinct customs and traditions. Don't miss the opportunity to savor local delicacies like **thukpa** (noodle soup), **momos** (dumplings), and **tsampa** (roasted barley flour). For those seeking adventure, a short hike to the nearby Himlung Base Camp provides stunning vistas of the majestic Himlung Himal, making this rest day a memorable blend of culture and nature.

Day 09:: Trek to Nar Village (4,110m/13,484ft): 6-7 hours-Lodge

The trek from **Phu Gaon to Nar Village**, situated at an altitude of **4,110 meters (13,484 feet),** offers an exhilarating journey through the stunning landscapes of the Nar and Phu region. Setting off from Phu Gaon, you'll follow a well-marked trail that leads you through rocky terrain and meadows, with spectacular views of the surrounding mountains. The path ascends gradually, allowing for easier acclimatization as you trek higher into the Himalayas.

After approximately 2-3 hours, you'll reach a picturesque viewpoint where you can admire the dramatic scenery of the Nar Valley and its towering peaks. Continuing along the trail, you will pass several ancient mani walls and small chortens, showcasing the rich Tibetan culture of the area. As you approach Nar Village, the landscape transitions into a more arid environment, characterized by sparse vegetation and rocky outcrops.

Upon arriving in **Nar Village**, you'll be greeted by traditional stone houses and the welcoming atmosphere of the local community, where you can immerse yourself in their unique culture and enjoy breathtaking views of the surrounding mountains.

Day 10:: Another Acclimatization day in Nar Village - lodge

Today marks an essential acclimatization day in Nar Village, a crucial step before our ascent to the challenging Kangla La Pass. Nestled at an altitude of 4,110 meters (13,484 feet), Nar Village is not only a stunning destination but also a perfect base for adjusting to the high altitude. This day allows us to embark on a short hike nearby, immersing ourselves in the breathtaking landscape while preparing our bodies for the upcoming challenge.

As we explore the village, we will visit ancient monasteries and engage with the friendly locals, gaining invaluable insights into their unique culture and traditions. The warmth of the villagers and the beauty of their customs enrich our experience, making this acclimatization day both enlightening and enjoyable. Remember, effective acclimatization is key for successfully crossing the Kangla La Pass, which stands at a daunting 5,360 meters (17,585 feet) and rewards trekkers with spectacular views.

By investing this time in Nar Village, we ensure that we are well-prepared, both physically and mentally, for the adventures that lie ahead in the stunning Himalayas.

Day 11:: Trek from Nar to Ngawal (3,660m/12,008ft): 8-10 hours

Today, we embark on an exciting journey to cross the iconic Kang La Pass, which rises to an elevation of **5,320 meters (17,454 feet)**. While not the most challenging pass, it demands both physical fitness and mental readiness, particularly during the initial hours as we trek to the simple stone cottage at Kang La Phedi. The stunning vistas of Kang Guru, Manaslu, and Ganesh Himal accompany us throughout the climb, providing a breathtaking backdrop.

Once we reach **Kang La Phedi**, the trail becomes steeper as we navigate through ravines and rocky sections. The altitude can make this part of the trek demanding, but we are rewarded with a beautiful mountain lake just below the pass, with Kang La itself hidden from view until we reach the crossing. Known for its compact size, Kang La Pass offers dramatic views of Annapurna II, III, IV, Gangapurna, and Tilicho Peak, making the effort worthwhile.

The descent to Ngawal Village is steep and requires caution, particularly during the first few hundred meters, but it flattens out as we progress. Expect the entire trek to take between **8 to 10 hours,** so we will start early in the morning when temperatures are still cold. Upon arriving in Ngawal, we'll be greeted by one of the finest views in

Manang, showcasing the magnificent Annapurna range, where we will spend the night to recover for the next leg of our adventure.

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

After breakfast, we will begin our descent towards the main trail to Braga, an enchanting village situated at an altitude of 3,450 meters (11,318 feet) and built into the rocks. The trek to Braga is steep but offers breathtaking views of the Annapurna range, making every step worthwhile. Upon reaching Braga, we will visit the village's largest and most significant monastery, the Braga Monastery, which dates back approximately 500 years and belongs to the Kagyupa sect of Tibetan Buddhism.

The **Kagyupa tradition** was influenced by notable Tibetan figures like Tilopa and Marpa in the 11th century, aiming to deepen the spiritual practice within Tibetan Buddhism. Among Marpa's most renowned disciples was Milarepa, celebrated as one of Tibet's greatest mystics and poets. After exploring the monastery and its intricate murals, we will continue our trek for about 30 minutes to reach Manang, the largest settlement in the Nyeshang region, located at an elevation of 3,540 meters (11,614 feet).

Manang is a historical hub for trekkers, nestled alongside the Marshyangdi River, providing spectacular views of Gangapurna and other surrounding peaks. We will spend the night in a cozy tea house in Manang, where we can unwind, enjoy local cuisine, and prepare for the next leg of our adventure.

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

Leaving the lively village of **Manang** at 3,540 meters, we embark on a scenic trek that crosses a stream and ascends toward Tenki. The trail winds out of the Marshyangdi Valley and into the serene Jarsang Khola Valley, surrounded by pastures and juniper trees. As we approach the quaint village of Ghunsa, characterized by its flat mud roofs, we enjoy picturesque meadows where horses and yaks roam freely.

After crossing a wooden bridge over a small river, we discover an ancient Mani wall before reaching **Yak Kharka** at 4,110 meters (13,484 feet). This tranquil village provides stunning views of the Annapurna range and serves as a vital stop for trekkers heading toward Thorong La Pass, where we'll spend the night in a cozy tea house. **If you're feeling tired and prefer not to tackle Thorong La, we can easily customize your itinerary to return to Besisahar by jeep and drive back to Kathmandu.**

From there, you'll enjoy a scenic ride and have the opportunity to fly back home, carrying unforgettable memories of this remarkable journey!

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

Today, we set our sights on Thorong Phedi, the base camp nestled at the foot of the Thorong La Pass. This small settlement is a vital stop for weary trekkers and climbers, providing essential amenities for those preparing to tackle the challenging ascent ahead. While some adventurous trekkers may opt to hike up to High Camp today to ease their journey for tomorrow, our experienced team leader from Mountain Sherpa Trekking advises against it.

Instead, we'll rest at **Thorong Phedi**, which sits at an altitude of 4,540 meters (14,897 feet), allowing us to acclimatize properly and ensure a more restful night's sleep at this lower elevation. This strategic choice will better prepare us for the demanding trek we'll face tomorrow. After settling in, we'll enjoy the breathtaking views and camaraderie with fellow trekkers. Our overnight stay at Thorong Phedi will provide the rejuvenation we need for the adventure that lies ahead!

Day 15:: Cross Thorang La Pass & Trek to Muktinath 8-10 hours

The trek from **Thorong Phedi to Muktinath** is an exhilarating adventure that starts with an early morning climb to Thorong La Pass, the highest point at 5,416 meters (17,769 feet). After enjoying hot tea and a packed breakfast, we

tackle the steep, rocky ascent, surrounded by stunning mountain landscapes that offer breathtaking views.

Once at the pass, we'll celebrate our achievement before descending through picturesque meadows and switchbacks into the arid Mustang region. This journey leads us to **Muktinath,** a revered pilgrimage site at 3,710 meters (12,172 feet), famous for its ancient temples, 108 sacred water spouts, and a continuously burning flame.

Our expert Sherpa guide will be by your side, ensuring your safety and support throughout the trek. Upon arrival in Muktinath, you'll enjoy comfortable accommodations in the best lodges, complete with hot showers to rejuvenate you after a thrilling day on the trails!

Day 16:: Drive from Muktinath to Tatopani: 5-6 Hours - Lodge

Today, we embark on one of the world's most scenic drives from Muktinath to Tatopani, renowned for its natural hot springs. The journey begins in Muktinath and takes us through several picturesque villages, including **Jomsom, Marpha, Lete, Kalopani, and Ghasa,** before we arrive in Tatopani. This breathtaking drive takes approximately **5 to 6 hours,** offering stunning views of the surrounding mountains and valleys along the way.

As we traverse the landscape, you'll be treated to captivating scenery that showcases the beauty of the Annapurna and Dhaulagiri ranges. Upon reaching Tatopani, you'll be accommodated in a comfortable lodge featuring cozy beds and hot showers, providing a perfect haven for relaxation after your trek.

Take advantage of the famous hot springs in Tatopani, where you can soak and rejuvenate, melting away the fatigue of your journey. In the evening, enjoy a delicious dinner, reflecting on the adventures of the day and the beauty that surrounds you.

Day 17:: Drive from Tatopani to Pokhara: 5-6 hours- Hotel

Today, we will drive from Tatopani to Pokhara, a journey that showcases the diverse beauty of Nepal's landscape. The drive typically takes around 6 to 7 hours, depending on road conditions, and covers a distance of approximately 120 kilometers (75 miles).

Leaving Tatopani, we will travel along the banks of the Kali Gandaki River, taking in views of terraced fields, lush forests, and charming villages. The first major stop will be in Beni, a bustling town and the administrative center of Myagdi District, where we can take a short break and enjoy local refreshments.

Continuing on, we will pass through Nayapul, a small town known as a gateway to the Annapurna region, where trekkers often start their journeys. The road gradually winds up to Kande, offering stunning views of the Annapurna and Machapuchare (Fishtail) mountains in the distance.

As we approach Pokhara, the scenery transforms into a lush, green landscape dotted with lakes and hills. Upon arrival in Pokhara, you will be greeted by the tranquil ambiance of this beautiful lakeside city, famous for its stunning views of the Annapurna range and the serene Phewa Lake.

After checking into your hotel, you'll have the rest of the day to relax and explore the vibrant surroundings, including shops, cafes, and the picturesque lakeside promenade. Enjoy a well-deserved evening in Pokhara, soaking in the beauty and culture of this remarkable destination.

Day 18:: Fly to Kathmandu & Tour of Patan and Bhaktapur- Hotel

Today, we will take a scenic flight from Pokhara to Kathmandu, offering breathtaking aerial views of the Himalayas. Upon arrival in Kathmandu, we'll embark on a guided tour of two culturally rich and historic cities: Patan and Bhaktapur.

Our first stop is **Patan** (also known as Lalitpur), renowned for its ancient architecture, intricate wood carvings, and vibrant artisan community. Here, we'll explore Patan Durbar Square, a UNESCO World Heritage Site, where you

can admire temples, statues, and the remarkable Krishna Mandir.

Next, we'll visit **Bhaktapur,** famous for its well-preserved medieval architecture and traditional Newari culture. Highlights include Bhaktapur Durbar Square, the stunning Nyatapola Temple, and the 55-Window Palace.

After a fascinating day of cultural exploration, we will return to your hotel in Kathmandu, where you can relax and enjoy the evening.

Day 19:: Transfer to Kathmandu Int. Airport & Fly back to Home

After a hearty breakfast, our team will be ready to accompany you to the airport, ensuring a smooth and comfortable transfer from your hotel for your return journey. Guiding you through Nepal's incredible landscapes has been a true honor for us at **Mountain Sherpa Trekking & Expeditions.** We hope you take with you unforgettable memories from the **Nar Phu Valley and Annapurna** — from the dramatic peaks to the warm Tibetan culture.

We deeply appreciate the trust you placed in us and your adventurous spirit in exploring these majestic regions. As you depart, we say farewell with gratitude and look forward to the chance to welcome you back for future journeys.

Note: While we aim to follow the planned itinerary closely, mountain conditions can change unexpectedly. Factors like weather, trail conditions, and altitude may sometimes call for adjustments. Your safety is our highest priority, and we thank you for your understanding and adaptability — every decision is made to ensure your trekking experience is safe, successful, and unforgettable!

Cost Includes

Transports & Accommodations

- Airport arrival pickup and departure drop-off by private car.
- 4 nights in a 4/5-star hotel in the city (3 Nights Kathmandu & 1 Night Pokhara) including breakfast.
- Pokhara-Kathmandu return flight including Tax
- Car transfer from Besisahar. Shared Jeep from Besisahar to Dharapani, Shared Jeep from Muktinath to Tatopani, and Private Jeep from Tatopani to Pokhara.
- Local Lodge/ tea house lodge accommodations for the entire trek

Meals & Drinks Included As Per Below

- Buffet breakfast is included during your stay in the city.
- All meals (breakfast, lunch, and dinner) are included throughout the trek, with self-choice options from the lodge menu. Unlike other companies, our Sherpa guide allows you full freedom to choose your meals.
- Hot beverages such as tea, coffee, and lemon tea are provided during the trek.
- A welcome or farewell dinner in Kathmandu is included.

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole.
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for oxygen saturation as well as heart rates.

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Nar Phu Valley special entry permit fee
- Guide and driver during city tour in Kathmandu.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek