

Nar Phu Valley Trek

URL: <https://himalayan360.com/trip/nar-phu-valley-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu/Kathmandu

Trip Type

Budget-Friendly Trekking in Himalaya

Route

Kathmandu-Phu-Nar-Manang-Mukthinath-Pokh18
ara-Kathmandu

Duration**Destination**

Annapurna Region

Language

Annapurna Region

Per Person From

USD 1,099

Region

Annapurna Region

Max. Altitude

5,416M/17,769FT

Group Size

2 - 20

Best Season

March, April, May, Sept, Oct, Nov

Activities

Hiking or Trekking

Trek Distance

145KM/90Mile

Transportation

Bus | Jeep

Accommodation

Tea house or lodge, 3-star hotel

Meals

All Meals (Breakfast, Lunch & Dinner) during
the trek

Difficulty

Challenging

Major highlights of Nar Phu Valley Trek

- Witness the glorious views of the **Annapurna II, Manaslu, and Dhaulagiri** ranges.
- Make a short visit to the ancient **Nar Phedi Monastery** and explore its spiritual and peaceful

atmosphere.

- Trek through and experience the remote and Tibetan-influenced **Phu and Nar Village**.
- Travel through thick forests, rivers, suspension bridges, rugged terrain, and high-altitude passes.
- Spot diverse flora and fauna within the **Annapurna Conservation Area**.
- Visit the sacred **Muktinath Temple**, a holy place for both Hindus and Buddhists.
- Cross two high passes: **Kang La Pass and Thorong La Pass**.

18 Days Nar Phu Valley Trek day by day Itinerary

Day 01: Arrival At Tribhuvan International Airport In Kathmandu And Transfer To Hotel

Upon your arrival at Tribhuvan International Airport in Kathmandu, our representative will greet you and assist you with the transfer to the hotel. You will be staying in **Thamel**. It is a tourist hub, known for its shops, restaurants, and cultural vibrancy. This day is reserved for rest and exploration. No meals are included, so you can explore local eateries at your leisure.

Distance:

N/A

Ascent:

N/A

Descend:

N/A

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

N/A

Accommodations:

3 Star Hotel

Trek Distance:

N/A

Day 02: Trek Briefing And Preparation Of Restricted Area Permit

This day is dedicated to preparing for your trek. You will attend a detailed briefing session where your guide will explain the trek itinerary, safety measures, and what to expect during the journey. Additionally, you will need to obtain the necessary permits for trekking in restricted areas. You will have the rest of the day to explore Thamel, shop for any **last-minute gear**, or relax.

Distance:

N/A

Ascent:

N/A

Descend:

N/A

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast

Accommodations:

3 Star Hotel

Trek Distance:

N/A

Day 03: Drive From Kathmandu To Besisahar To Jagat

An early morning drive will take you from [Kathmandu to Besisahar](#), passing through green hills, rivers, and terraced farmlands. From Besisahar, you will switch to a four-wheel-drive vehicle for a rough off-road journey to Jagat. This drive will pass Syange, where a beautiful waterfall cascades down the cliffs. Then, it will follow the **Marshyangdi River** through lush valleys and remote villages before reaching the stone-built village of Jagat.

Distance:

N/A

Ascent:

N/A

Descend:

N/A

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Lunch, Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

N/A

Day 04: Trek From Jagat To Dharapani

Place: Dharapani

The actual trek begins from Jagat. You will walk through terraced fields and dense forests, following the Marshyangdi River. You will cross a suspension bridge to reach Chamje, a small village surrounded by cliffs. The trail then ascends steeply into the Manang district, leading us to Tal, a stunning village in a wide, flat valley beside a calm river. From Tal, you will walk along rocky paths, pass Karte village, and continue through pine forests until you reach **Dharapani**, one of the largest villages in this region.

Distance:

6Hours

Ascent:

623M/2,044FT

Descend:

63 m / 207 ft

Highest Altitude:

1,860M/6,102FT | Dharapani

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

14KM/8.6Mile

Day 05: Trek From Dharapani To Koto

You will leave Dharapani and walk through a forest of pine and fir trees. The fresh mountain air will make the trek enjoyable. As you walk, you will see Annapurna II and **Lamjung Himal**. After a few hours, you will reach Bagarchhap. The trail will then take you to Timang. From Timang, you will continue trekking through rhododendron and pine forests. You will pass by Thanchowk, a quiet village with Buddhist chortens. The final part of the trek will follow the river and take us to Koto.

Distance:

6Hours

Ascent:

836M/2,743FT

Descend:

96 m / 315 ft

Highest Altitude:

2,600M/8,530FT | Koto

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

14.6KM/9Mile

Day 06: Trek From Koto To Meta

Leaving Koto, you will enter the restricted Nar Phu Valley. You will walk along the **Soti Khola**, following a route that winds through dense pine and fir forests. As you ascend, you will reach Dharmasala. Here, you can take a short break and enjoy the peaceful surroundings. The landscape will change from thick forests to open meadows, offering breathtaking views of **Kang Guru** and **Pisang Peak**. The final stretch of our trek will take us on a steep climb to Meta.

Distance:

6Hours

Ascent:

1,030M/3,379FT

Descend:

70 m / 393 ft

Highest Altitude:

3,560M/11,680FT | Meta

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

15.8KM/9.8Mile

Day 07: Trek From Meta To Phu Village

Continuing from Meta, you will trek toward Phu Village, following a rugged, remote path that passes through *unique rock formations and deep gorges*. You will pass Chyakhu and Kyang, both of which were once Tibetan refugee settlements. Along the way, you will see colorful chortens and mani walls. These beautifully signify the strong Tibetan influence in the region. The trail will descend continuously before making a final ascent to Phu Village.

Distance:

6Hours

Ascent:

440M/1,445FT

Descend:

80 m / 262 ft

Highest Altitude:

4,080M/13,386FT | Phu Village

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

18.1KM/11.2Mile

Day 08: Rest Day In Phu Village

You will spend the day exploring the culture and natural beauty of Phu Village. In the morning, you will visit the Tashi Lhakhang Monastery, where you may see monks praying daily. From the monastery, you can view the stunning **Himlung Himal**. Walking through the narrow alleys, you will observe the daily life of the villagers. You can interact with them; they're friendly. In the evening, you will enjoy the peaceful atmosphere of Phu before resting for the night.

Distance:

N/A

Ascent:

N/A

Highest Altitude:

4,080M/13,386FT | Phu Village

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

N/A

Day 09: Trek From Phu Village To Nar Phedi**Place:** Nar Phedi

Leaving Phu Village, you will retrace our steps along the rugged trail, passing through the windswept landscape and deep canyons. You will walk past Kyang, where you can see the ruins of **old stone settlements** once used by Tibetan traders. The trail then descends gradually toward Nar Phedi, a peaceful spot where you will stay in a simple monastery lodge. Here, you can interact with the monks and witness daily puja rituals. This lodge will have even more basic facilities, so there will be no hot showers or Wi-Fi.

Note: *Nar Phedi Monastery lodge considers travelers guests. Instead of a fixed fee rate, you will make donations to support the monastery and its residents.*

Distance:

5Hours

Ascent:

0M/0FT

Descend:

590M/1,936FT

Meals:

Breakfast,Lunch,Dinner

Trek Distance:

16.5KM/10.2Mile

Highest Altitude:

4,080M/13,386FT | Phu Village

Accommodations:

Tea House | Lodge

Day 10: Trek From Nar Phedi To Nar Village

The next morning, you will start the steep ascent toward Nar Village, passing through winding trails and Buddhist chortens decorated with prayer flags. The climb is challenging, but very much worth it. You get to see the awe-inspiring Pisang Peak. As you approach Nar Village, you *will see its unique cluster of stone houses, built tightly together for warmth and protection*. The village is culturally rich, surrounded by ancient monasteries and traditional farming terraces.

Distance:

4Hours

Ascent:

665M/2,182FT

Descend:

45M/148FT

Highest Altitude:

4,110M/13,484FT | Nar Village

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

5.2KM/3.2Mile

Day 11: Trek From Nar Village To Nawal Via Kang La Pass**Place:** Nawal

An early morning start will lead us on a steep ascent toward Kang La Pass, one of the highest points of our trek. As you reach the top, you will be greeted by a breathtaking panorama of **Annapurna II**, **Tilicho Peak**, and **Chulu East**. As you descend, you will see alpine meadows and yak pastures. You will make your way through small settlements, such as Ngawal. Finally, you will arrive in Nawal, where you'll rest overnight.

Distance:

8Hours

Ascent:

1,196M/3,924FT

Descend:

1,646M/5,400FT

Highest Altitude:

5,306M/17,408FT | Kang La Pass

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

16KM/10Mile

Day 12: Trek From Nawal To Manang

On this day, the trek will begin with a descent through fields and forests. You'll pass through villages like Braga, known for its ancient monastery and panoramic views of **Annapurna III**. Continuing, you will walk along the banks of the Marsyangdi River. Take in dramatic mountain views, including the Gangapurna Glacier. As you approach Manang, you will pass small Tibetan-style villages, such as Yak Kharka. Eventually, when you arrive in Manang, you can explore monasteries and enjoy the incredible views of Annapurna III and **Tilicho Peak**.

Distance:

4Hours

Ascent:

83M/272FT

Descend:

203M/666FT

Highest Altitude:

3,660M/12,008FT | Nawal

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

13KM/8Mile

Day 13: Trek From Manang To Yak Kharka

On day 13, you will leave Manang and walk through Tenki Village, continuing along the riverbanks. The path will gradually climb through alpine meadows. You will pass through small settlements like Ghunsa, where you might encounter yaks and trekkers heading to the high-altitude regions. The trail to Yak Kharka offers stunning views of Annapurna III, **Gangapurna**, and **Chulu West**. Additionally, its rugged terrain offers a glimpse into the remote wilderness of the area.

Distance:

4Hours

Ascent:

478M/1,371FT

Descend:

0M/0FT

Highest Altitude:

4,018M/13,182FT | Yak Kharka

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

9.8KM/6Mile

Day 14: Trek From Yak Kharka To Thorung High Camp

Our ascent from Yak Kharka will take us through Ledar, a small settlement with basic tea houses, and then onto a steep climb to the base of **Thorung La Pass**, known as Thorung Phedi. You will pass rugged terrain, slowly gaining altitude with each step. As you approach Thorung High Camp, you will be surrounded by majestic peaks, including **Thorung Peak** and **Syagang**.

Distance:

5Hours

Ascent:

854M/2,802FT

Descend:

53M/174FT

Highest Altitude:

4,925M/16,158FT | Thorung High Camp

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

8KM/5Mile

Day 15: Trek From Thorung High Camp To Muktinath Via Thorung La Pass And Drive To Jomsom

You will begin the day early and head up to the Thorung La Pass, which passes through challenging high-altitude terrain. From the pass, you can view the surrounding mountains, including Dhaulagiri and the Annapurna range, and several other peaks. After reaching the pass, you will walk down through meadows and rocky landscapes. This path passes small Tibetan settlements, such as **Muktinath**. Afterward, you will drive to Jomsom, passing through picturesque villages like Kagbeni, nestled on the banks of the Kali Gandaki River.

Distance:

9Hours

Ascent:

535M/1,755FT

Descend:

1,747M/5,732FT

Highest Altitude:

5,416M/17,769FT | Thorung La Pass

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Lodge

Trek Distance:

14KM/8.6Mile

Day 16: Drive From Jomsom To Pokhara

Our scenic drive from Jomsom will take us through the Kali Gandaki Gorge. It's the **world's deepest gorge**, where we will pass small villages like Marpha, famous for its apple orchards and cider distilleries. Along the way, you will travel through beautiful landscapes, crossing bridges and passing by traditional villages such as **Tukuche** and **Ghasa**, before reaching Pokhara. In Pokhara, you will enjoy the peaceful

ambiance of Phewa Lake and the bustling atmosphere of Lakeside.

Distance:

N/A

Ascent:

N/A

Highest Altitude:

2,720M/8,924FT | Jomsom

Meals:

Breakfast,Lunch

Accommodations:

3 Star Hotel

Trek Distance:

N/A

Day 17: Drive From Pokhara To Kathmandu

You'll return to Kathmandu from Pokhara today. As you ride along the Prithvi Highway, you'll pass villages like **Damauli** and **Mugling**, offering scenic views of the Trishuli River. You will also see **Manakamana Temple**, a prominent Hindu pilgrimage site. As you approach Kathmandu, the landscape becomes more urbanized. The guide will drop you off at the same hotel once you are in the city. It's the last day of the trip, so you can explore Thamel streets for souvenirs and chill at cozy cafes.

Distance:

N/A

Ascent:

N/A

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast,Dinner

Accommodations:

3 Star Hotel

Trek Distance:

N/A

Day 18: Final Departure

With unforgettable memories of the Annapurna region, you will prepare for our journey home. If time allows, you may take a final stroll through Thamel or enjoy a last taste of authentic Nepali cuisine. Then our representative will escort you to the airport, marking the end of this incredible adventure. We hope you had a heartfelt journey with us. Namaste.

Distance:

N/A

Ascent:

N/A

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast

Accommodations:

N/A

Trek Distance:

N/A

Nar Phu Valley Trek Includes/Excludes

Included

- Airport Transfer
- Kathmandu to Besisahar by public bus
- Besisahar to Jagat by Sharing Local Jeep
- Muktinath to Jomsom by Sharing Local Jeep
- Jomsom to Pokhara by Public Bus
- Pokhara to Kathmandu by Tourist Bus

- 3 Night Kathmandu in a 3-star hotel (sharing basis)
- 1 Night in Pokhara 3 Star hotel (sharing basis)
- 13 nights in Mountain Tea House Lodge (sharing basis)
- **Food:** 17 Breakfast, 13 lunch, 13 Dinner

- Government-licensed English-speaking local trek leader

- ACAP permit fees.
- Restricted area permit

- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded

- International flight
- Domestic flights (ie: Jomsom to Pokhara and Pokhara to Kathmandu)
- Private ground transfer for out of itinerary
- Extra transfer which is not mentioned in itinerary

- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra nights in Pokhara
- Extra night during Trekking

- Porter to carry bags (2:1porter)

- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)

- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 1,250
3 - 3	USD 1,200
4 - 6	USD 1,180
7 - 12	USD 1,150
13 - 20	USD 1,099

Nar Phu Valley Trek FAQ's

How safe is Nar Phu Valley Trek in Nepal?

The remote Nar Phu Valley trek is generally safe. But like any high-altitude trek, you should be prepared for the physical challenges of the route. Follow your guide, take proper precautions for altitude sickness, and respect local customs to ensure your safety.

Can you trek solo during the Nar Phu trek?

No, you cannot trek solo in the Nar Phu Valley. Since it is a restricted area, you must trek with a licensed guide and in a group. This is a safety measure to protect trekkers and preserve the environment.

What is the best time to trek the Nar Phu valley?

Like any other popular Annapurna Circuit trek in Nepal, the best times to trek the Nar Phu Valley are during the spring (March to May) and autumn (September to November) seasons. During this time, clear skies, moderate temperatures, and majestic mountain views make your trekking experience comfortable and visually rewarding.

Do you need a sleeping bag during the Nar and Phu Valley Trek?

Temperatures can drop significantly, especially at higher altitudes, so you'll need to bring a sleeping bag. It will keep you warm and comfortable on trekking days in remote regions of Nepal. However, be sure to get a sleeping bag rated for cold weather, ideally for temperatures as low as -10°C.

Is there internet access during the Nar Phu Valley trek?

Yes, you will have limited internet access during the Nar Phu Valley trek. Some teahouses offer Wi-Fi, but

it may be slow and expensive. It is best to use it for essential communication rather than streaming or heavy use.

Is electricity available during Nar Phu Valley Trek?

Yes, electricity is available in most teahouses along the Nar Phu Valley trek. You can charge your devices for a small fee, but it may be limited at higher altitudes. Bring a power bank as a backup, as you'll be trekking for more than 2 weeks.

What unique festivals and local foods can I experience on the Nar Phu Valley trek?

Nar Phu Valley celebrates Tibetan festivals like Lhosar (Tibetan New Year), Yartung (a traditional horse race), and the sacred Derchi and Yakchha ceremonies. And for local foods, you can enjoy thukpa (noodle soup), tsampa (roasted barley flour), and the warming butter tea here.

Equipments Needed for Nar Phu Valley Trek

Clothing & Footwear

- Long-sleeved trekking shirts and T-shirts
- Lightweight trekking pants
- Windproof/ waterproof jacket
- Down or fleece jacket
- Sweater
- Warm trousers
- Insulating layers (base and bottom)
- Moisture-wicking inner garments
- Sunhat and warm beanies
- Gloves, gaiters, and scarves
- Trekking socks and warm socks
- Comfortable and sturdy hiking boots
- Sandals and flip-flops

Equipment & Supplies

- Backpack (50 – 60 litres)
- Rucksack
- Raincoat and rain cover
- Adjustable trekking poles
- Flashlights/ headlamps with extra batteries
- Sleeping bag
- Adapters and charges
- Power banks

Others

Landmarks of the Nar Phu Trekking Trail

Nar Phedi Monastery

Nar Phedi Monastery is the oldest in the region, located at **3,490 meters** in the Nar Phu countryside. As you walk towards it, the air grows thinner. You can hear the soft chants, prayer music like “Om mani padme hum,” and the faint rustle of Lung Ta (prayer flags). Light up butter lamps and incense and spin the prayer wheels here.

Kang La Pass

This is the second-highest point you will reach in this entire journey. It is located at **5,306 meters**, and the route to this pass is filled with rugged terrain. So, it will be challenging to climb up. Upon reaching there, you can witness a panoramic view of Himlung Himal, Saribung Peak, Annapurna II, Manaslu, and Lamjung Himal.

Phu village

Phu Village is a small village situated at **an elevation of 4,080 meters**. It's almost like a viewpoint for the Annapurna and Manaslu mountain ranges. It also features traditional stone houses and the **Tashi Lhakhang Monastery**. The Tibetan Buddhist locals are friendly and welcoming. You can chat with them and have a nice cup of butter tea in this village.

Phu Khola

The Phu Khola is between Nar Valley and Phu Valley. As you pass through the suspension bridge to cross it, you can witness the fresh river water down below. The nearby peaks and the surrounding hills between the villages also frame the beautiful river. You can also hear the chirping of birds, which syncs with the gentle sounds of the river.

Nar Village

This remote village is within the restricted area of the region. It has roughly 100 homes and 20 teahouses, so it's very peaceful. You can explore the unique culture and the old monasteries here. At **4,110 meters**, you can also see mountains like the Annapurna, Dhaulagiri, and Makalu ranges.

Thorung La Pass

At an altitude of **5,416 meters**, Thorung La Pass is the highest point you will cross during the Nar Phu Valley Trek. You'll need a lot of courage, preparation, and acclimatization to tackle this challenging pass. Nevertheless, it provides a great achievement once you climb it. You can also take in a panoramic view of the surrounding peaks.

Annapurna II

Annapurna II, at **7,937 meters**, crowns the Nar Phu Valley with dazzling snow-covered slopes. You can feel the crisp mountain air, while its majestic presence fills the valley with awe. As part of the Annapurna Conservation Area, it embodies the raw, serene beauty of the Himalayas.

Annapurna Conservation Area

Considered the largest protected area in Nepal, the Annapurna Conservation Area boasts diverse flora, fauna, and landscapes. It ranges from subtropical forests to alpine grasslands filled with wildflowers, such as blue poppies and primroses. Here, you may spot red panda, musk deer, Himalayan tahr, and also the national bird of Nepal, the **Monal**.

Muktinath Temple

Located at **3,710 meters**, Muktinath Temple is a holy site in Nepal. It sits up on a hill and attracts both Hindus and Buddhists. It has 108 water spouts that flow indefinitely. Pilgrims come here to take part in rituals and seek blessings. Hence, you can sense a profound spirituality and peacefulness here.

Permits Required for Nar Phu Valley Trek

To trek in the Nar Phu Valley, you'll need the following permits:

Restricted Area Permit (RAP) for Nar Phu Valley

- USD 100 for the first 7 days (Sep-Nov)
- USD 75 for the first 7 days (Dec-Aug)
- USD 15 per additional day

Annapurna Conservation Area Permit (ACAP): USD 30 per person

TIMS Card: USD 20 per person

Note: These permits are mandatory as Nar Phu is a restricted region. You must trek with a licensed guide in a group of at least two people.

Foreign travelers require a tourist visa to enter Nepal, which can be obtained upon arrival at Tribhuvan International Airport in Kathmandu or various land border entry points. Alternatively, visas can be applied for in advance at Nepalese embassies or consulates worldwide. The cost of a Nepal tourist visa depends on the duration: USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days.

Costs for Nar Phu Valley Trek in 2025

The cost of trekking to Nar Phu Valley ranges from USD 1,000 to USD 1,500 per person, depending on the duration, services, and level of comfort. This includes necessary permits, guide and porter fees, accommodation, food, and transportation. Additional personal expenses, such as travel insurance (USD 50 to 100), snacks (USD 2 to 5 per day), battery charging (USD 1 to 3 per hour), hot showers (USD 2 to 5 per shower), and Wi-Fi (USD 2 to 5 per hour), may add to the overall cost of USD 100 to USD 200.

Here's the cost breakdown in a table:

Expense Type	Cost (USD)
- Restricted Area Permit (Nar Phu)	\$100 per week (Sep-Nov), \$75 per week (Dec-Aug)
- Annapurna Conservation Area Permit	\$30 per person
- TIMS Card	\$20 per person
- Guide Fees	\$25 - \$35 per day
- Porter Fees	\$20 - \$30 per day
- Accommodation (Tea Houses)	\$5 - \$15 per night
- Meals (Breakfast, Lunch, Dinner)	\$20 - \$30 per day
- Transportation (KTM-Jagat, Jomsom-Pokhara-KTM)	\$100 - \$200 total
Additional Personal Expenses:	
- Travel Insurance	\$50 - \$100
- Snacks	\$2 - \$5 per day
- Battery Charging	\$1 - \$3 per hour
- Hot Showers	\$2 - \$5 per shower
- Wi-Fi	\$2 - \$5 per hour
Estimated Total Additional Costs	\$150 - \$350 per person

Hence,

Total Estimated Cost for 18-day Nar Phu Valley Trek = **\$1,000 - \$1,500 per person**

Important Things to Know Before Trekking to Nar Phu Valley

Before embarking on the Nar Phu Valley trek, it is essential to know what to carry, the necessary gear to pack, the risks of altitude sickness and how to avoid them, the highest altitude you will reach, weather conditions, and the logistics involved. So, here's the detailed description of those aspects:

What to Pack for the Nar Phu Valley Trek: Essential Gear Checklist

Footwear & Clothing

- Sturdy, waterproof, broken-in hiking boots
- Thermal tops and bottoms
- Insulating fleece or wool sweaters
- Down jacket
- Waterproof and windproof outer shell jacket and pants
- Warm gloves and liner gloves
- Warm hat/beanie covering ears
- Neck gaiter or buff
- Multiple pairs of thermal socks
- Comfortable and Warm Sleepwear

Sleeping & Carrying

- Sleeping bag (rated to at least -10°C / 14°F)
- 40- 60L Good-quality trekking backpack
- Waterproof backpack cover or dry bags

Trekking Accessories

- Trekking poles
- Sunglasses
- Sunscreen (SPF 50+) and lip balm with SPF
- Refillable water bottle (1-2 liters)
- Water purification system (filter, tablets, or UV purifier)

Health & Safety

- First aid kit consisting of blister ointment, painkillers, personal meds, etc.
- Hand sanitizer and wet wipes
- Headlamp with extra batteries
- Personal toiletries (biodegradable soap, toothbrush, toothpaste)
- Quick-dry towel
- Toilet paper and zip-lock bags for waste

Miscellaneous

- Passport, permits, and copies of important documents
- Cash in small denominations
- High-capacity power bank
- A camera or smartphone with a charger
- Snacks and energy bars
- Plastic bags for waterproofing clothes and electronics

Avoiding Altitude Sickness

The risk of altitude sickness increases after crossing an altitude of 2,000 meters. And as this trek involves trekking above 2,000 m, there are certainly changes of being affected by altitude sickness. To avoid altitude sickness, ascend gradually, take acclimatization days, and avoid trekking too quickly. You should stay hydrated, eat well, and avoid alcohol and smoking. Carry altitude sickness medication, such as Diamox, but make sure to consult the doctor first. The mild symptoms of altitude sickness are **headache, nausea, diarrhoea, and shortness of breath**. You should descend immediately if any of these symptoms worsen.

High Altitude

The trek's highest points include Thorung La Pass (5,416 m), Kang La Pass (5,306 m), Phu Village (4,080 m), Nar Village (4,110 m), Thorung High Camp (4,925 m), and Yak Kharka (4,018 m). Oxygen levels decrease significantly here. Therefore, you need to acclimate properly and be cautious. Keep a steady pace to avoid overexertion and fatigue.

Unpredictable Weather

The weather in high-altitude regions is unpredictable, so stay updated on any changes. You never know when clear mornings can quickly turn into storms or rain. Similarly, it can be hot in the day and very cold at night. So, you must be prepared for sudden cold snaps. Always carry water and windproof gear to stay dry and warm throughout the journey.

Safe Drinking Water

It's best to avoid drinking directly from streams or rivers. Always carry water purification tablets, a filtration system, or a UV sterilizer to purify drinking water. You can also purchase boiled water at teahouses, but it may incur an additional cost. You can also buy bottled water, but it's costly.

Limited Facilities

Nar Phu Valley is a remote region with fewer teahouses and services. You should carry **extra snacks** and basic medicines (**a first aid kit**). It will cost extra to charge your devices. You should carry a power bank for charging devices, as electricity is often unreliable in many places. Plus, there are no ATMs on the trail, so withdraw enough cash in small bills (at least \$200) in Kathmandu or Pokhara.

Logistics and Emergency Info

The route is rough, and medical facilities are also limited. The nearest basic health post is in **Manang**. Therefore, severe cases require a costly helicopter evacuation, which heavily depends on weather. Mobile signals can fail, so carry a **satellite phone** for safety. Our guides carry first aid supplies, but we recommend that you bring your personal medications and any necessary oxygen supplies. Please inform us if you have any health issues so that we can be prepared beforehand.

Responsible Tourism

Nar Phu's environment and culture have been well preserved as it's very remote. You should trek responsibly to help preserve the area's natural beauty. Teahouses are often family-run. So, please support them. Minimize waste, avoid single-use plastics, and respect local customs and traditions. Also, use reusable water bottles to reduce plastic pollution. Additionally, you should get permission for photography in monasteries and villages.

Nar Phu Valley Trekking Difficulty

The Nar Phu Valley Trek is a challenging adventure in the Annapurna Circuit Route. It has remote trails, high altitudes, steep ascents, and long days. It will require good physical fitness as you will walk for 5 to 6 hours on rugged terrain. The paths will be less traveled, making navigation tricky, and you will need to cross high passes, including Thorung La Pass at 5,416 metres.

Throughout the trek, you will gain significant altitude, starting from around 800 meters in Besisahar and gradually ascending above 5,000 meters. The altitude gain will be noticeable, especially after entering Nar and Phu villages, where you will trek above 4,000 meters for several days. You'll need proper acclimatization day in Phu and Nar village to avoid altitude sickness, ensuring a safe and enjoyable journey. [Annapurna Base Camp Trek](#) can also be one your choice if you want to explore more classic treks of Annapurna Region.

A Day on the Nar Phu Valley Trek

A typical day on the Nar Phu Valley Trek, which follows the Annapurna Circuit trail, will start early in the morning, around 6:30 a.m. You will have a warm breakfast before packing gear and beginning the trek by 7:30 a.m. The trail will take you through rugged landscapes, narrow canyons, and traditional Tibetan villages. Along the way, you will take short breaks to enjoy the views and rest. By midday, around 12:30 p.m., you will stop at a teahouse or a scenic spot for lunch, where you can enjoy a warm meal and rehydrate before continuing your journey.

After lunch, you will resume trekking, gradually ascending or descending, depending on the trek route. The afternoon trek will be more relaxed, allowing you to explore monasteries, interact with locals, or take in the breathtaking surroundings. By 4:00 p.m. to 5:00 p.m., you will reach the destination for the day, where you will settle into a teahouse, freshen up, and relax. A hearty dinner will be served around 6:30 p.m., followed by an evening of storytelling or stargazing before resting for the next day's adventure.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal