

Nar Phu Valley Trek - 10 Days

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

Nar Phu Valley Trek Quick Information

Weather

-10°C to 20°C

Duration

10 Days

Difficulty

Moderate to Challenging

Accommodation

Lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/ Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Gurung and Tibetan-origin communities

Region of Nepal

Annapurna Region

Max Altitude

5,320 m / 17,455 ft

Per Person Cost

USD 770

Best Season

Sept, Oct, Nov, March, April, May

Geographic Terrain

Mountains, alpine valleys, rivers, waterfalls, villages, and high mountain passes

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$770.00
Group Of 5 - 8	USD \$750.00
Group Of 9 - 12	USD \$730.00
Group Of 13 - 18	USD \$710.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Overview of Nar Phu Valley Trek

Located in the northern part of Manang District, within Annapurna Conservation Area, Nar Phu Valley is one of the most remote and untouched areas in the Himalayas. Lying between the Annapurna and Manaslu Regions, the valley was first explored in 1950 by H. W. Tilman during his travels near Tibet. What ultimately differentiates the Nar Phu Valley Trek from other routes in the Annapurna region and from most treks in Nepal is not any single feature but the combination of everything it holds.

The Nar and Phu villages remained closed to foreign trekkers until 2003, which preserved their traditional way of life and natural beauty from the outside world. Today, the Nar Phu Valley Trek provides not only stunning mountain scenery and high mountain passes, but also a rare opportunity to experience a traditional Himalayan culture formed by generations of remote mountain life.

The journey to Nar Phu Valley takes about 10 days to complete and costs USD 710 to 770 per person, though prices vary by itinerary and group size. The trek requires a unique trek permit: a Restricted Area Permit (RAP) along with an Annapurna Conservation Area Permit (ACAP). Besides, the trek is a moderate to challenging journey that begins with a drive from Kathmandu to Besisahar and then to Koto, followed by a trek into the narrow Nar Khola and Phu Khola valleys. The adventure concludes with the thrilling crossing of Kang La Pass (5,320 m), which offers views of the Annapurna massif, Pisang Peak, and the vast Manang Valley.

If you're searching for a unique trekking route with raw landscapes, peaceful mountain villages, and authentic Himalayan traditions, the Nar Phu Valley Trek is the perfect choice. Join the 10-day Nar Phu Valley Trek.

[WhatsApp](#)

Highlights Of Nar Phu Valley Trek

- Explore one of the least visited and restricted regions in the Annapurna Conservation Area.
- Views of Annapurna II, Gangapurna, Himlung Himal, Tilicho Peak, Pisang Peak, and Manaslu from different angles throughout the trek.
- Follows an ancient salt-trading route once used by Tibetan merchants.
- Cross a thrilling Kang La Pass (5,320 m) with 360-degree views of the Annapurna Range, Pisang Peak, and the vast Manang Valley.
- Visit traditional Tibetan-influenced villages in Nepal like Phu, Nar, Meta, and Kyang, known for ancient monasteries, chortens, mani walls, and warm local hospitality.
- Trek through narrow river gorges, cliffs, suspension bridges, alpine meadows, rhododendron forests, and the varied landscape of the region.
- Learn the unique culture and traditions of the people of Tibetan origin.
See yaks and horses grazing in high pasturelands.

Weather

Best Time For Nar Phu Valley Trek

The Nar Phu Valley trek is possible throughout the year, but the season you're trekking can change your overall trekking experience.

Spring Season (March to May)

Spring is one of the best times for the Nar Phu Valley Trek. In March, temperatures range from -3°C to 10°C, and slowly rise to 5°C to 18°C in May. During this time, the weather becomes stable, the skies stay mostly clear, and the mountain views are stunning.

In spring, trails around Meta, Phu, and Nar villages become more colorful with blooming alpine vegetation and greener landscapes near the lower sections of the route. Spring is also ideal for crossing Kang La Pass, as snow conditions are generally manageable and visibility is crystal clear.

Summer/Monsoon Season (June to August)

Summer temperatures in the Nar Phu Valley range from 7°C to 20°C, making daytime trekking relatively warm at lower elevations. While many trekking regions in Nepal experience heavy monsoon rain, the Nar Phu Valley remains dry due to its location in a Himalayan rain shadow. Thus, Nar Phu is one of the few treks suitable during the monsoon season.

However, trekkers should still prepare for occasional rain in the lower sections and slippery trails near forested areas. Also, clouds and fog can block mountain views, especially in the afternoons in the Nar and Phu Valley.

Autumn Season (September to November)

Autumn is the absolute best season for the Nar Phu Valley Trek. Temperatures range from 6°C to 18°C in September and cool down to -3°C to 10°C by November. After the monsoon, the air becomes crystal clear, creating amazing views of the Annapurna range, Pisang Peak, Himlung Himal, and surrounding mountains. The dry weather, stable trail conditions, and pleasant daytime temperatures make this season perfect for crossing the high passes of Kang La and exploring remote villages.

Winter Season (December to February)

Winter in Nar Phu Valley is cold and challenging, with January temperatures dropping between -10°C and 5°C. February becomes slightly warmer, ranging from -5°C to 8°C. During the time, the Nar Phu valley is covered in snow, offering an eye-catching landscape. However, heavy snowfall makes Kang La Pass difficult or even inaccessible at times. So, extremely harsh weather makes trekking in winter less accessible than in other seasons in the valley.

January

-10°C to 5°C

February

-5°C to 8°C

March

-3°C to 10°C

April

2°C to 14°C

May

5°C to 18°C

June

7°C to 20°C

July

8°C to 20°C

August

8°C to 20°C

September

6°C to 18°C

October

2°C to 14°C

November

-3°C to 10°C

December

-7°C to 7°C

Difficulty

Nar Phu Valley Trek Difficulty

The Nar Phu Valley Trek is a moderate to challenging trek due to its remote location, high altitude, and long days of walking. While the journey is achievable for most trekkers with proper preparation, certain sections can feel physically and mentally demanding. The trek begins at Koto (2,630 m) and climbs to the Kang La Pass (5,320 m). Given the rapid ascent in altitude, proper acclimatization is essential to reduce the risk of altitude sickness and ensure a safer trekking experience.

Throughout the Nar Phu Valley Trek, trekkers should expect to walk 5 to 7 hours daily via rugged and uneven mountain trails. Some parts of the route are especially demanding. The ascent to Meta is a long, steep climb through dense forests, with multiple river crossings that add to the challenge. Another difficult section is the route from Nar village to Kang La Pass. Many trekkers describe this as one of the toughest yet most memorable days of the entire trek.

Also, keep in mind that facilities are limited out here. There are some sections with long stretches without food or shelter, so it's smart to bring energy bars and snacks. Yet, with good physical fitness, mental preparedness, and careful attention to altitude acclimatization, the Nar Phu Valley Trek is absolutely achievable.

10 Days Nar Phu Valley Trek Itinerary

Day 1: Drive from Kathmandu to Besisahar (860 m)

The first day of the Nar Phu Valley Trek takes you to Besisahar from Kathmandu in a comfortable bus. On the day you depart, you will leave Kathmandu early in the morning, between 6 and 8 AM. From the outskirts of Kathmandu, the route follows the Trishuli Riverside as you travel along the Prithvi Highway. When you reach Mugling, a junction where the Trishuli and Marsyangdi rivers meet, your bus stops for lunch.

After lunch, the drive continues, crossing the Trishuli River and traveling 28 km further west to reach Dumre. From Dumre, the drive north follows the Marsyangdi River to Besisahar, about 2 hours. This part of the journey is where the views become more stunning. The surroundings change from busy towns to open fields and green hills, and as you get closer to Besisahar, you can see Lamjung Himal, standing at 6,983 m, on the right side of the road.

The road from Dumre to Besisahar is now fully paved and blacktopped, making the journey much

smoother than in previous years. However, small road damage can appear after heavy rain, and the route still passes through a river valley where landslides can occur during the monsoon season. Once you reach Besisahar, your trekking team will help you check into the lodge where you'll stay overnight and have dinner.

Destination:

160 km (6 hours)

Accommodation

Gateway Himalayan Resort

Altitude:

(860 m / 2,805 ft)

Meals

Lunch, Dinner

Day 2: Drive to Koto (2,630 m)

Wake up in the mountain village with fresh air and have a hearty morning meal. Today, you'll leave Besisahar and continue your drive towards Koto, Nar Phu's trek starting point. On this route, you'll get into a 4WD jeep because of the unpaved road conditions, especially after Dharapani. As you leave Besisahar, you notice that the route follows the Marsyangdi River through the deep gorge and villages along the old Annapurna Circuit trail.

Some of the main highlights along the way include the waterfalls at Ghermu and Chamje, and the beautiful turquoise lake at Tal village. Similarly, scenic stops at Dharapani, Bagarchhap, and Timang also catch your attention during your ride. As you get closer to the day's destination, the mountain views become even more impressive, with the first clear sights of peaks like Manaslu and Annapurna II, but in the distance.

In addition, the road is rough and adventurous, with steep climbs, sharp turns, and some bumpy sections. But the changing scenery of rhododendron forests, pine trees, traditional Gurung and Tibetan-style villages, and the roaring river below makes the ride worthwhile. As you get to Koto, you'll settle in the teahouse and enjoy your evening, preparing for the next day's walk and experiencing the peaceful surroundings of the village. Overnight and dinner at Koto.

Destination:

54 km
(4 hours)

Accommodation

Mountain View or Similar
category

Altitude:

(2,630 m / 8,679 ft)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Meta (3,550 m)

Are you excited for your first trekking day? From today onwards, you will start trekking. On this day, you'll officially enter the restricted Nar Phu Valley region, which is one of the most remote valleys and peaceful parts of the Himalayas. After breakfast, you'll check in at the police checkpoint in Koto to begin your Nar Phu Trek journey. As you register your restricted area permit, you cross a suspension bridge over the Marsyangdi River and turn north into the Nar Khola valley.

The trail begins with a mostly flat, gentle uphill path through thick pine, cedar, and rhododendron forests. Likewise, you pass by locations such as Chhongche Cave, Hulaki Odar, and the Singenge

Dharmashala. At Dharmashala, you can rest and have lunch.

After Dharmashala, the trail becomes steeper. You'll climb uphill for a few hours before reaching Meta. This village sits on a wide, dry plateau and feels very different from the green forests below. Meta village offers the first real taste of Tibetan culture on the Nar Phu Valley Trekking route. From here, you can see amazing views of mountains, including Annapurna II, Lamjung Himal, and Pisang Peak. Overnight stay at Meta.

Destination:	Accommodation	Altitude:
15 km Uphill hike (6 hours)	Zambala Hotel or Similar category	(3,550 m / 11,715 ft)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Phu village (4,080 m)

Following the day's Nar Phu Valley Trek itinerary, today you'll continue your trek to Phu Valley from Meta. After breakfast in Meta, you'll follow the narrow Phu Khola river valley through beautiful scenery with rocky hills, suspension bridges, and traditional stone villages. Along the way, you pass small herder camps and seasonal villages like Junam Goth and Chyaku, where you can take a break for tea.

Continuing the trek, the trail reaches Kyang, a small village where many trekkers stop for lunch on the way to Phu village. From there, the path continues along narrow trails beside the cliffs that feel exciting but are still safe. Along the way, you cross high suspension bridges, see ancient rock carvings and mani walls, and enjoy views of Himlung Himal, Mount Annapurna II, and Gangapurna.

As you get closer to Phu village, the landscape opens into a wide glacial valley surrounded by impressive cliffs. As you enter Phu gate, you see a traditional village influenced by Tibetan culture, sitting on a ridge with stone houses, old monasteries like Tashi Lhakhang, and a calm atmosphere. Overnight at Phu village.

Destination:	Accommodation	Altitude:
16 km Uphill hike (6 hours)	Norling Hotel or Similar category	(4,080 m / 13,464 ft)

Meals

Breakfast, Lunch, Dinner

Day 5: Excursion around Phu valley

Today is an acclimatization day in Phu village. Acclimatization day helps your body adjust to the elevation before continuing our Nar Phu Valley trek journey. On this day, you will explore the beauty and culture of Phu village. It is a part of the beautiful Nar Phu Valley, known for its immense beauty, mountain charm, rich history, canyons, streams, and pasturelands.

On the day, you can take short hikes to nearby viewpoints for stunning views of Himlung Himal, Pokharkan, and other peaks near the Tibetan border. Canyons, stone walls, rivers, and yak pastures

surround the valley. During your walk around the village, visit Tashi Lhakhang Monastery. It is an important Buddhist monastery in the region. It was built by Karmapa Rinpoche, who came to Nepal with the Dalai Lama in 1959.

You can also interact with the local Gurung and Tibetan-influenced community. Their way of life has stayed traditional for generations, untouched by modern changes. This cultural side of the Nar Phu Valley trek gives your trip a deeper meaning. Tonight, you'll return to your lodge in Phu and rest up for the next section of our Nar Phu village trekking adventure.

Destination:	Accommodation	Altitude:
Excursion around	Norling Hotel or Similar category	(4,080 m / 13,464 ft)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Dharmashala (Nar Phedi) (3,490 m)

After refreshing acclimatization day in Phu Valley, it's time to move forward. After breakfast in Phu, you leave the old stone houses and monasteries behind and follow the trail back south along the Phu Khola river valley. The path passes through mountain scenery and familiar places like Kyang, Chyaku, and Junam Goth.

You cross several high suspension bridges over deep canyons and walk along narrow cliffside paths with amazing views of rocky cliffs and mountain peaks like Himlung Himal and Annapurna II. The pathway also passes open meadows where yaks and blue sheep graze, along with mani walls, chortens, and grazing fields that provides a peaceful and spiritual atmosphere while walking.

The descent to Nar Phedi is beautiful with many suspension bridges along the way. The trail goes through dense forests and leads to Mahendra Pul before crossing the gorge above Lapcha Khola. On the other side, the path is lined with chortens and prayer flags as it climbs again toward Nar Phedi. Most trekkers reach Nar Phedi by early to mid-afternoon, that allows time to rest, visit the monastery, and enjoy the peaceful environment. Overnight and dinner at Dharmashala (Nar Phedi).

Destination:	Accommodation	Altitude:
12 km (5 hours)	Monastery Lodge	(3,490 m / 11,450 ft)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Nar Village (4,110 m)

After spending nights in the upper Phu Valley and the peaceful surroundings of Nar Phedi Monastery, this morning feels especially light and refreshing. Have a delicious breakfast at Nar Phedi while experiencing the fresh mountain air. After the morning meal, begin your itinerary's highlight section, Nar village. The initial part of the trek crosses the Nar River via a suspension bridge and begins a slow and consistent ascent through open hillsides.

The trail passes through mani walls, gompas, and mud-walled cottages as it climbs. Along the way, you get amazing views of Kang Guru and Pisang Peak. From the moment you leave Nar Phedi, the narrow gorge starts to open into a wider landscape. The mountains that have followed you throughout the trek appear in new and different views.

Continuing the walk, you get to Yughat before reaching the second gate of Nar Valley. From there, a gentle climb via stone walls takes you to Nar Village. The two entrance gates of Nar Valley show the separation between the outside world and the traditional life of the local community. Along the way, you also pass Gho Chorten, an important Buddhist shrine. A colorful Buddhist structure lies at the top of the Nar Valley gate, marking both a spiritual and geographic point on the route. Stay overnight at Nar Village.

Destination:	Accommodation	Altitude:
12 km Uphill hike (5 hours)	Khangla Inn or Similar category	(4,110 m / 13,563 ft)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Ngawal (3,660 m) via Kang La Pass

Day eight on the Nar Phu Valley Trek is one of the most challenging yet scenic journeys. Today, your alarm will ring long before sunrise. The teahouse is dark and freezing, and it's already several degrees below zero outside. Most groups leave for the day's trek from Nar village by 5 or 5:30 in the morning. Breakfast is taken quickly with something warm and filling.

Starting from Nar, the route leads to Kang La Pass. The first step of the trek takes you to Yughat. From Yughat, you walk uphill along the tributaries of the Nar River. The trail passes small villages with Tibetan-style houses and prayer wheels before entering high alpine terrain. Continuing the trek, you reach Jhombu Kharka, also known as Kang La Phedi.

Above Kang La Phedi, the trail becomes very steep and challenging. After crossing a metal bridge, you climb sharply through a narrow section, and then the path continues steadily uphill toward the pass. The ascent from Kang La Phedi to the top usually takes about 2.5 hours. Nonetheless, the picturesque landscape and magnificent view of Mt. Annapurna, Gangapurna, Pisang, and other peaks are great rewards for your challenge.

After appreciating the views from the Kang La top and celebrating your victory, you'll descend to Ngawal on the Upper Pisang route of the Annapurna Circuit for an overnight stay.

Destination:	Accommodation	Altitude:
18 km (8 hours)	Hotel Mountain View or similar category	(3,660 m / 12,078 ft)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Pisang - Drive to Besisahar (860 m)

After the huge effort of crossing Kang La Pass and the well-deserved rest in Ngawal, you'll prepare yourself for the final trek day. The trek from Ngawal begins with a gentle downhill walk through terraced fields and light forest. The trail follows a high route above the valley, with a mix of ascent and descents. Views of Annapurna peaks, Pisang, and Gangapurna, now seen from another angle, enhance the overall trek experience.

Upon reaching Pisang, you take a rest, explore the village's historic gompa, and enjoy lunch. You then transfer into a 4WD jeep for the scenic but bumpy drive down to Besisahar, marking the end of the trek through the remote Nar Phu region. The drive from Pisang through the Marsyangdi Valley follows the same rough and winding road as before. But by now, you'll feel something different and changed, not the route but yourself.

Destination:

5-8 km (3-5 hours)
80-100 km drive (5-7 hours)

Accommodation

Gateway Himalayan Resort

Altitude:

(860 m / 2,805 ft)

Meals

Breakfast, Lunch, Dinner

Day 10: Drive to Kathmandu (1,295 m)

The last day of the Nar Phu Valley Trek itinerary is not a day of walking. It is a day entirely given over to the road, spent about 5 hours in a vehicle as the beautiful hills of Nepal pass by, the body resting and the mind reflecting on the journey. You'll leave Besisahar early in the morning after breakfast. As you leave the Besisahar area and head toward the main highway, you may see Lamjung Himal on a clear day before descending into the lower river valleys.

The route to Kathmandu follows the same Prithvi Highway that brought you to Besisahar at the beginning of the trip. But now, traveled in the opposite direction. The drive passes through the mountains and valleys of central Nepal, with rivers, waterfalls, and roadside villages offering glimpses of local life and culture along the way.

Once in Kathmandu, you are free to do whatever you want. You can go souvenir shopping in Thamel or visit some of the important places in Kathmandu, such as Nyatapola Temple in Bhaktapur, Swayambhunath Stupa, Boudhanath Stupa, and Bhaktapur Durbar Square. Overnight in Kathmandu.

Destination:

Approx. 160 km (5 - 8 hours)

Altitude:

(1,295 m / 4,273 ft)

Meals

Breakfast, Lunch

What's Included

- Tribhuvan International Airport pickup(Airport to Hotel)
- Lodge (Twin share basis) accommodation during the trek.
- All meals (Breakfast, Lunch, Dinner) along the trek.

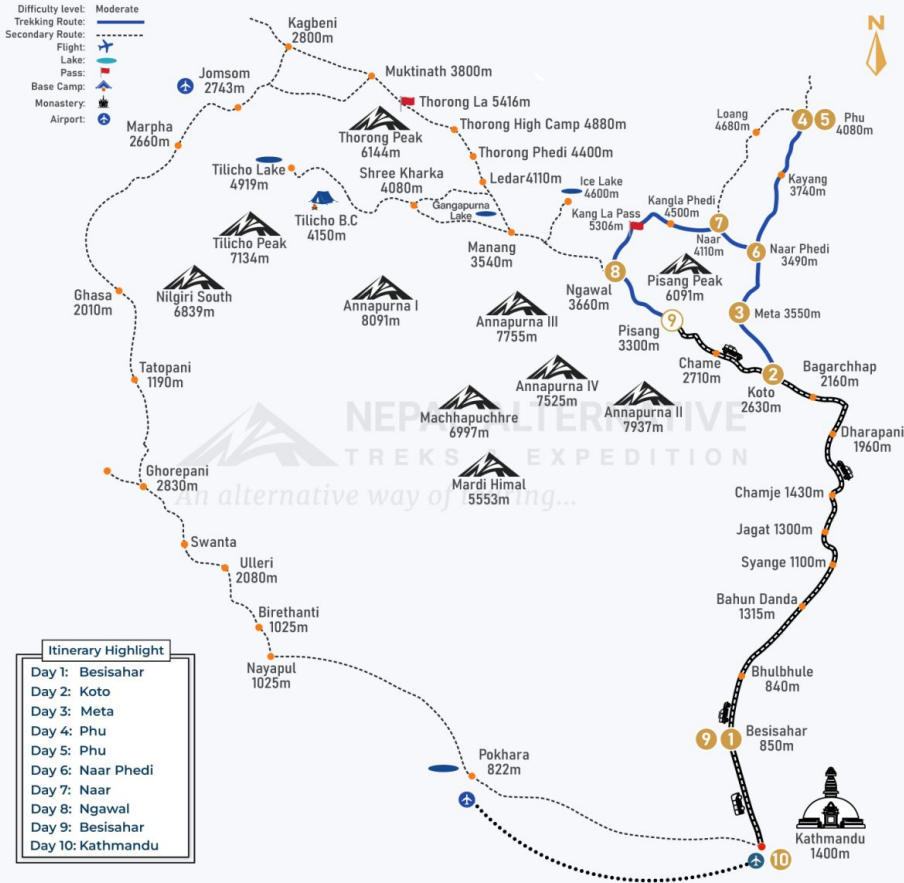
- One highly experienced, first aid trained, fluent English/Local language speaking, friendly, and government-authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter's food, accommodation, salary, insurance, transportation, and equipment.
- Overland transportation as mentioned in the itinerary.
- Annapurna conservation area project (ACAP) and Nar Phu Valley Special permit.
- A trekking map, a duffle bag, an oxygen saturation check-up every day, a trekking completion certificate, and a company T-shirt, etc.
- Assistance for Emergency Rescue Evacuation.
- Government tax and service charge, etc.
- Public Liability Insurance.

What's Not included

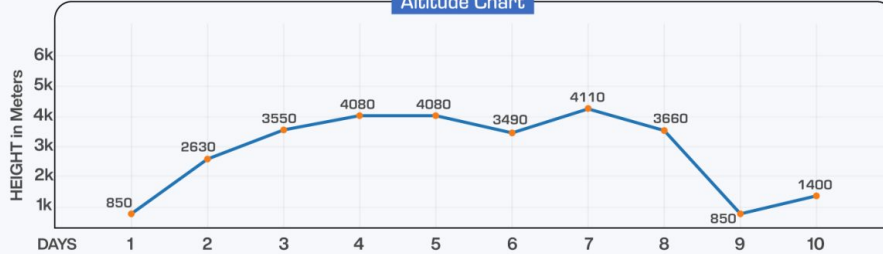
- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea, coffee, Coke, Fanta, mineral water, beer, dessert, battery charge, hot shower, laundry, phone bill, and bar bill.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guides and porters. (Highly suggested)

Nar Phu Valley Trek Route Map

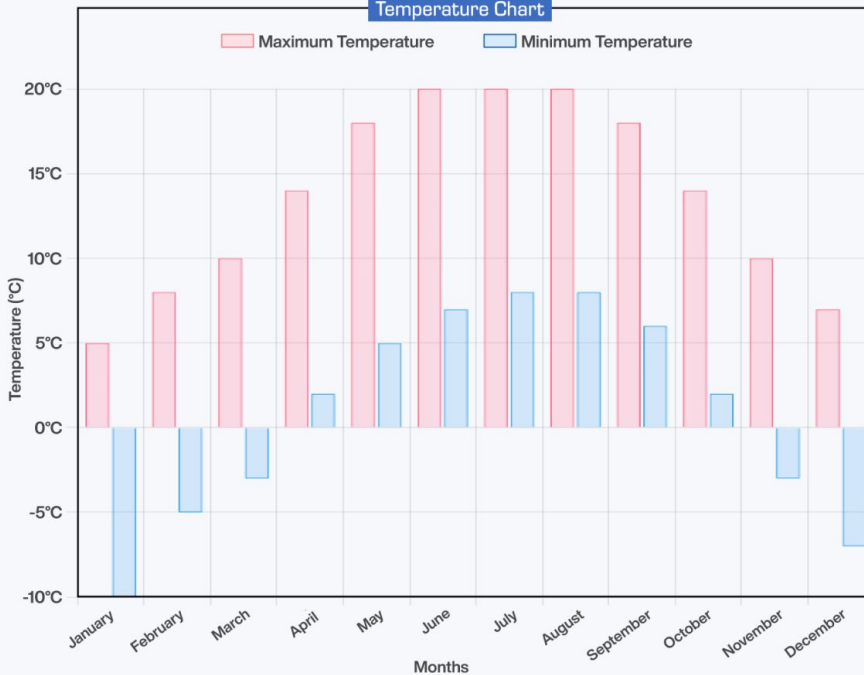
NAR PHU VALLEY TREK 10 DAYS



Altitude Chart



Temperature Chart



Traveler Reviews

Budget Friendly Nar Phu Trek Is Number 1 Recommendation To Those Visiting Nepal With Limited Time

Recommended! We came to Nepal with a very limited timeframe, not much equipment, low budget and a wish to visit a very remote place where not every company offers a trip. Tej and our guide Ugul took very good care of us. Tej organized the trip and permits within 24 hours of our first call. At first, we took a guide because it was mandatory, but on the way, we realized it was also necessary. Even though we are normally independent in our travels, this time it was such a relief to have our guide and to be free from all hassle from transportation, translation, food, accommodation, and planning. Ugul was always there for us and always managed the situation well. We paid for food and accomm in front and we got always the nicest logging and best cooking available. They are happy to help you with everything needed.

Tej and Ugul, thank you and take care. Jana

Rating: 5/5

Jana D

Czech Republic

This Nar Phu journey showed me a side of Nepal only a few people see

We made trip to Nar Phu valley and it was awesome. Would highly recommend Tej and his company. I am usually independent on my travels, but i really enjoy trek package as there was no hassle on the way.

Cheers Lukas

Rating: 5/5

Lukas and Janna

Czech Republic

Additional Trip Information

History of Nar Phu Valley

For hundreds of years, the Nar Phu Valley remained unknown to outsiders due to its rugged terrain and remote location from modern settlements. The first people to live here were Tibetan herders who crossed the mountains in search of safer pastures for their animals. Their arrival shaped the local culture, language, and lifestyle, which still follow **Tibetan Buddhist traditions** today.

Historically, the Nar and Phu villages were part of the **old salt trade routes** between Tibet and Nepal. Traders used *yaks and mules to carry salt, wool, and other goods across high passes, exchanging them for rice and food from the lower valleys*. This trade created close connections between the valley and Tibet and supported the local economy.

Likewise, a popular story tells how people in Chame once saw strangely cut clothes floating down the Nar Khola River. This led to the discovery that hidden villages existed in the mountains. Although Nar Phu had been inside Nepal's borders for centuries, the area stayed closed to foreigners until 2002-2003.

Later, the government finally opened it as a **restricted trekking region**.

And because the valley remained isolated for so long, its traditions, customs, dialects, and culture stayed almost unchanged. The houses are made of stone and are clustered together for warmth, and you still find ancient monasteries, prayer flags, and chortens everywhere. Even today, with trekking and tourism slowly growing in the area, Nar Phu feels **untouched** and **authentic**. Visitors and trekkers get a chance to see life in the Himalayas as it used to be long ago.

Accommodation at Nar Phu Valley Trek

The accommodation on the Nar Phu Valley Trek is basic because the region is one of the most remote trekking areas in Nepal. You will stay in local teahouses and guesthouses built and managed by village families. The lodges are stone-built houses that also serve as family homes. The rooms are small and simple, providing the basics you need for rest: a *bed*, a *mattress*, a *pillow*, and *blankets*. In some villages (Koto, Besisahar), you may find **hot showers** and **Wi-Fi**. However, higher up (after Koto), these facilities are harder to find, and even if they are available, you'll need to pay an extra charge.

Likewise, **shared toilets** are common. Most are squat-style and may not always have running water. Nights can get very cold, especially in winter, so it is best to bring a **warm sleeping bag for extra comfort**. While you won't find luxury here, what makes the stay special is the cultural immersion and hospitality of the local people. In the evenings, you'll sit in the kitchen or dining room, warmed by a fire, enjoying hot tea and traditional meals. This is also where trekkers share stories and connect with locals. The stay may be simple, but the warmth, culture, and mountain views make it exciting.

You will stay at the following teahouses during your 10 days Nar Phu Valley Trek:

Day	Place	Teahouse name
1	Besisahar	Gateway Himalayan Resort
2	Koto	Mountain View Hotel
3	Meta	Zambala Hotel
4	Phu Village	Norling Hotel
5	Phu Village	Norling Hotel
6	Dharmashala	Monastery Lodge
7	Nar Village	Khangla Inn
8	Ngawal	Hotel Mountain View
9	Besisahar	Gateway Himalayan Resort
10	Kathmandu	Your own choice

Meals and Water During the Nar Phu Valley Trek

The food options will be pretty basic during the Nar Phu Valley trek. Throughout the journey, focus on high-calorie foods rather than junk food. You will receive **three meals** daily during this remote Nar Phu Valley trek. Your Breakfast and Dinner will be at your accommodation, whereas lunch will be at a teahouse along the hike. Your breakfast options include Thukpa, Tibetan Bread, Tea, etc.

Likewise, the food options for Lunch and Dinner are similar. Dal Bhat will be the staple meal during the trek. However, your options for lunch and dinner will include Thukpa, Chapati, Noodles, Pasta, Momo, Dal Bhat, Potato Wedges, etc. Staying hydrated is important for a high-altitude trek like Nar Phu. So, carry a refillable water bottle and water purification tablets, and drink the water from springs or free-flowing rivers using the tablets.

Challenging Part Of Nar Phu Valley Trek

Crossing Kang La Pass

The most difficult section of the Nar Phu Valley trek is the Kang La Pass crossing at 5,320 m due to its steep ascent and high altitude. The pass connects Nar Village to Ngawal in the Annapurna region of Nepal, making it a key point on the Nar Phu trek. However, the pass is the toughest on the entire journey, as it involves a long, exhausting uphill climb over rough, rocky terrain.

Furthermore, the climb to Kang La is steep, the trails can be snowy, and the cold winds make the walk even harder. This is the place where your strength and determination are really tested. The final ascent to the top is extremely demanding due to the thin air and steep trail. Snow, ice, or strong winds can make this crossing even tougher during colder months. After reaching the pass, trekkers must descend a very steep downhill path that can put heavy pressure on the knees and ankles, making the trek more challenging.

High Altitude and Thin Air

Another challenge of the Nar Phu Valley Trek is the high altitude. The trek begins in the lowlands at 860 m and reaches Kang La Pass at 5,320 m. At such high elevations, oxygen levels decrease significantly, which makes breathing difficult and increases the risk of altitude sickness. Proper acclimatization, hydration, and maintaining a slow walking pace are essential to safely complete the trek.

Koto to Meta

The trail from Koto to Meta is the Nar Phu Trek's initial phase challenge. After entering the restricted Nar Phu region, trekkers walk through dense pine forests, narrow canyons, and rocky cliffside paths. What makes the section challenging is long uphill climbs, suspension bridge crossings, narrow trails above rivers, landslide-prone areas, and steep stone staircases.

Meta to Phu Village

The route from Meta to Phu Village is also one of the challenging parts of the Nar Phu Valley Trek. In the section, trekkers genuinely feel how remote and isolated the region is. Trekkers pass through barren landscapes, deep gorges, and Tibetan-style settlements. Challenges in this section include dry and dusty trails, strong winds, and long walking hours.

Phu Village to Nar Phedi

The trail between Phu Village and Nar Phedi is another challenging section because of its rough terrain and the remote nature of the trek. The difficulties in the section include uneven rocky paths, high altitude fatigue, cold winds, and limited teahouses and facilities. Additionally, the isolation of this section can feel

mentally demanding.

Required Permits For Nar Phu Valley Trek

The Annapurna Conservation Area Permit (ACAP) and the Restricted Area Permit (RAP) are necessary for the Nar Phu Valley trek permit.

Restricted Area Permit

The government of Nepal has designated the Nar and Phu Valley as one of the 15 restricted trekking areas in Nepal. So, you must have a special Restricted Area Permit (RAP) to trek there. A registered Nepali trekking agency issues this permit, and you must trek with a licensed guide.

Until March 2026, you needed at least two trekkers to get a Nar-Phu RAP. From 22 March 2026, this rule has changed: one person can now get the permit. You still cannot trek without a guide; you must go with a licensed guide booked through a registered agency.

Likewise, the cost of the Nar-Phu Restricted Area Permit depends on the season and is calculated per person, based on weeks (7 days). Any part of a week counts as a full week.

September to November (peak season):

- USD 100 for the first 7 days
- USD 15 per person per extra day after the first week

December to August (off-season):

- USD 75 for the first 7 days
- USD 15 per person per extra day after the first week (some agencies show USD 10/day; most list USD 15)

Fitness and experience requirements for Nar Phu Valley Trek

Proper **preparation for the Nar Phu Valley Trek** is essential because it is not an easy walk and involves high altitude and remote mountain trails. Also, this trek requires above-average fitness and proper preparation. The high altitude, long walking days, steep climbs, and rough trails put continuous strain on your body for 10 days straight. So prepare yourself physically and mentally for the trek before starting the journey.

Cardiovascular Fitness

Cardiovascular stamina is the most important physical attribute for the Nar Phu Valley trek. At high altitude, the lower oxygen levels make your heart and lungs work much harder than normal. The steep climbs, especially near Kang La Pass, require strong stamina and good cardiovascular fitness.

Recommended Training:

- Running or jogging at least 30-45 minutes, 4 times per week, for 3 months before trek.
- Stair climbing or incline treadmill
- Cycling

- Swimming
- HIIT workouts

Strength and Muscular Endurance

Besides good stamina, you also need strong leg, core, and lower back muscles to handle:

- Steep uphill and downhill trails for many days
- Walking across rocky terrain, glacial debris, and loose stones
- Narrow cliff-side paths that require good balance and stable footing
- Long trekking days

Recommended Strength Training:

- Squats and lunges
- Step-ups with weight
- Deadlifts
- Calf raises
- Plank and core work

Nar Phu Valley Trek Cost

The cost of the Nar Phu trek ranges from **USD 710-770** per person. However, the cost depends mainly on the group size, trekking services, permits, transportation, and accommodation included in the package. Since Nar Phu is a restricted trekking region in Nepal, trekkers are required to obtain special permits and travel with a licensed guide, which makes the trek slightly more expensive than other trekking routes.

Nar Phu Valley Trek Cost Per Person by Group Size:

No. of People	Price Per Person
1-4	USD 770
5-8	USD 750
9-12	USD 730
13-18	USD 710

The Nar Phu Valley Trek package generally includes all essential trekking services for a comfortable, safe journey in the region. The cost generally covers a licensed trekking guide, porter service, accommodation during the trek, all meals on the trail, ground transportation, and all necessary permits. Still, trekkers should be prepared for extra costs for their personal expenses that are not usually included in the package. The expenses include travel insurance, international airfare, snacks, drinks, charging fees, hot showers, Wi-Fi services, and personal trekking equipment.

Considering the permits, guide services, transportation, meals, and accommodation included, the Nar Phu Valley Trek offers excellent value for trekkers looking to explore one of the remote and culturally preserved Himalayan regions.

Nar Phu Valley Trek Vs Nar Phu Valley With Annapurna Circuit Trek

For adventure seekers, an extended version of the Nar Phu Valley Trek can be an ideal option: Nar Phu Valley with Annapurna Circuit Trek. While both Nar Phu and Nar Phu with Annapurna Circuit explore the hidden valleys of the Annapurna region, they differ in terms of route length, difficulty, scenery, trekking experience, and overall adventure level.

The standard Nar Phu Valley Trek primarily focuses on the remote, culturally preserved villages of Nar and Phu. On the other hand, the Nar Phu Valley with Annapurna Circuit Trek combines the Nar Phu region with one of Nepal's most famous trekking trails, the Annapurna Circuit. One of the unique as well as challenging aspects of the trek is the dual challenge: Kang La Pass and Thorong La Pass (5,416 m). So, choose the trek that suits your trek preferences and fitness.

Factors	Nar Phu Valley Trek	Nar Phu Valley with Annapurna Circuit Trek
Itinerary days	10 days	15 days
Overall difficulty	Moderate to challenging	Difficult to Very Challenging
Maximum Elevation	Kang La Pass (5,320 m)	Thorong La Pass (5,416 m) + Kang La Pass (5,320 m)
Physical Fitness Needed	Moderate to Good Fitness	Strong Fitness Required
Trail Condition	Remote rocky trails and steep climbs	Includes both remote Nar Phu trails and longer Annapurna Circuit routes
Suitable for Beginners	Yes, with proper preparation	Best for experienced trekkers or very fit beginners
Mental Challenge	Moderate due to isolation and limited facilities	Higher mental and physical challenge because of longer duration
Risk of Altitude Sickness	Moderate to High	Higher due to multiple high passes
Cost	USD 710-770	USD 890-950
Highlights	Nar and Phu villages, Kang La Pass, ancient monasteries, Tibetan culture immersion	All of Nar Phu Valley Trek's + Thorong La Pass, Manang, Muktinath temple, and Kali Gandaki Gorge
Best For	Trekkers seeking hidden valleys and remote culture	Trekkers wanting a complete Himalayan adventure

Life Inside the Hidden Valleys of Nar and Phu

Nar and Phu villages represent one of Nepal's most authentic living examples of traditional Tibetan-influenced Himalayan life. Located in a remote, restricted area of the Manang District in the northern part of the Annapurna region, it feels untouched by modern times, making it unique among Nepal's trekking destinations.

Nar and Phu are very small Himalayan villages. Nar has about 126 households with an average of 3 people per household, while Phu is even smaller, with only 36 households and about 176 people in total.

The villages are filled with traditional stone houses, with wooden doors, colorful prayer flags, and narrow lanes where goats and ponies roam. In both villages, houses are built close together in a practical mountain style. Most homes have two floors, animals and fodder stay downstairs, while families live upstairs.

Phu looks similar to Nar but has a stronger sense of shared community life. Small streams run through the village, supplying water and dividing farmland. Daily life in these hidden valleys centers on farming, herding animals, and religious traditions. Due to the harsh climate and short farming season, people mainly grow barley, potatoes, buckwheat, and mustard. Similarly, Yak and sheep herding play a major role in the economy, providing milk, wool, butter, and transportation across the region.

The locals of Nar and Phu mainly follow Tibetan Buddhism, especially the Kagyu and Nyingma traditions, which strongly influence their daily life, rituals, and festivals. The two major spiritual hubs for the villages are Tashi Lhakhang in Phu and Nar Phedi Monastery near Nar village. Their spiritual life also includes elements of the ancient Bon religion, which existed before Buddhism in the region. Moreover, major festivals celebrated in the villages are Losar (Tibetan New Year) and Yartung, enjoyed with rituals, traditional dances, horse racing, and community gatherings.

Transportation Options For Nar Phu Valley Trek

Reaching the Nar Phu Valley Trek involves a combination of road travel and trekking. Since there are no airports or direct roads to the trek's starting point, knowing about transportation options and the budget below helps you plan the journey more easily and comfortably.

Kathmandu to Besisahar and Back

The journey to the Nar Phu Valley Trek begins with a drive from Kathmandu to Besisahar and ends with a drive back to Kathmandu from Besisahar. For the road drive, trekkers can choose between a tourist bus, a local bus, or a private jeep.

- **Public Bus:** It is the most budget-friendly that costs about NPR 1,000- 1,200 (USD 7-9). However, buses are usually crowded, non-air-conditioned, and slow because they stop to pick up and drop off passengers. They depart from Gongobu/Balaju Bus Park in Kathmandu and take 7-8 hours.
- **Tourist or private bus:** These are more comfortable options run by trekking agencies, with fewer stops. Tourist or private buses have air conditioning and provide facilities of drinking water, charging, and Wi-Fi. They take less time than public buses but cost slightly more. Private cars cost around USD 120, and a Toyota Hiace for groups costs around USD 230.
- **Private jeep/4WD:** This is another comfortable option to travel from Kathmandu to Besisahar and back. Private 4WD jeeps generally cost around USD 175, and the drive takes 6-7 hours.

Besisahar to Koto

From Besisahar, the drive continues to Koto, the entry point to the Nar Phu restricted area. This section is one of the most important transportation sections of the trek. However, a private or shared jeep/4WD is the only option for this section due to the rough mountain road conditions. The road is paved and comfortable to Bulbule, but after that, it becomes rough and rocky, passing through narrow mountain tracks and occasional river crossings that require a 4WD vehicle. The shared vehicle costs USD 30-50, while a private one costs USD 150-200.

Contact us now to customize your Nar Phu Valley Trek itinerary, check availability, and start your Himalayan adventure in Nepal.

Frequently Asked Questions

Is Travel Insurance Required for the Nar Phu Valley Trek

Yes, travel insurance is required for the Nar Phu Valley Trek due to its remote location, high altitude, and limited access to medical facilities. Since the Nar Phu Valley route passes through isolated mountain terrain with limited transportation and communication, emergency evacuation can be extremely expensive without insurance coverage.

What is the highest point in a Nar Phu Valley Trek?

The highest point of the trek is Kang La Pass at 5,320 m / 17,455 ft above sea level. Due to the high altitude, proper acclimatization and physical preparation are important to safely cross the pass. Additionally, the point rewards trekkers with a 360-degree mountain view in its finest way.

Can a beginner trek to Nar Phu Valley?

Yes, beginners can trek to the Nar Phu Valley, but it is challenging and not recommended for absolute beginners. First-time trekkers with good physical fitness, proper preparation, a slow acclimatization schedule, along with an experienced guide can successfully complete the trek.

Is There Another Similar Restricted Area Trek Similar To Nar Phu Valley?

Yes, Nepal offers several other restricted area treks similar to the Nar Phu Valley Trek. Popular restricted-area trek alternatives to Nar Phu include the Upper Mustang Trek, Manaslu Circuit Trek, Upper Dolpo Trek, Tsum Valley Trek, and Kanchenjunga Base Camp Trek.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational

logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health

needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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