



PO Box No.: 2721  
Samakhusi-29, Kathmandu, Nepal  
Contact No.: +977-9851133894  
Email: jag@himalayancompanion.com  
[www.himalayancompanion.com](http://www.himalayancompanion.com)

## Nar Phu Valley Trek - 17 Days

Nar Phu valley trek takes you in the Annapurna's most remote and untouched Nar Phu valley combined with Annapurna Thorong pass. This Nar Phu Valley trek is a real Himalayan experience which immerse you trek in to the unexplored, unspoiled valleys that feature a mix of raw Himalayan nature and ancient Buddhist culture. This adventure rewards the great views of Annapurna II, Himlung Himal, Gangapurna, and Tilicho Peak.

Nar Phu valley trek combine Thorong pass trekking start from Jagat after driving from Kathmandu. Firstly we trek on the Annapurna circuit trail to Koto upto Meta from there we cross the bridge over the Marshyangdi river leading to Nar Phu Valley. The narrow forest entrance opens up to a huge expansion of snowy peaks of mountains Kang Garu and Pisang and several others, ancient villages, ruins and monasteries. Exploring few days in the hidden and untouched Nar Phu valley we cross the Kang la to Tilicho base camp, where we are rewarded by great views of annapurna II, Gangapurna, Tilicho peak. Then we trek up to the magnificent Thorong Pass and descend to Muktinath and to Jomsom.



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## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu

You are welcome to Kathmandu; our Himalayan Companion Trek representative will welcome you in the airport then transfer to hotel.

### Day 2: Kathmandu Valley Sightseeing & last minute preparations

After breakfast, visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Baudhanath Stupa and Pashupatinath Temple.

### Day 3: Drive to Besishahar(760m) and Jagat(1300m) 9-10 hours

Our guide & team pick up you from hotel, then we drive to Besishahar and to Jagat. On the way we can enjoy beautiful view of the different flora and fauna, rivers, country side and some Himalayas as well.

### Day 4: Jagat to Dharapani (1860m) 5 hours

The trail heading gradually uphill to Chame and cross another suspension bridge and follow the steep rocky trail until reaching Tal village. You can see again very beautiful waterfalls in Tal. We continue straight and cross the suspension bridge near Lower Dharapani. You continue a little more hiking and arrive in Higher Dharapani.

### Day 5: Dharapani to Koto (2,610m) 5-6 hours

Today we enter to Nar Phu Valley, it takes around four to five hours. We trek through pine and fir forests, monasteries and villages to Bargarchhap. In addition you can enjoy the spectacular mountain views of Annapurna II and Manaslu and other peaks along the way. Trail continues through pine forests till Latamarang and finally we reach Koto, a small village inhabited by Gurung communities .

### Day 6: Koto to Meta (3,560m) 7-8 hours

After registering our restricted area permit at the police check post, we trek along the banks of Soti Khola through wonderful pine forests ,pass suspension bridges and cascading waterfall and reach at Dharamshala in five hours. From here the vistas get wider and we continue trekking for about one and half hour through forest ascending steeply till Meta village on the Tibetan Plateau. The views of Annapurna II and Lamjung Himal look great from here.

### Day 7: Meta to Phu Gaon (4,250m) 7-8 hours

Today we ascent and descent trail along with suspension bridge, we reach the deserted fields of Chyaku. Keep climbing and reach a small pass with excellent views of the Annapurna and reach Kyang, where we can see outstanding views of Pisang Peak and Annapurna II then we pass the Phu Khola on a rocky trail past the submarine rocks and maybe some campsites until Phu village which takes about 3 hours. We see the colourful chortens that Nar and Phu are famous for blue sheep. During the trek we witness diversity of culture, nature, religion, people's daily life and Tashi Lhakhang Monastery. Further ahead continue walking across a small glacial stream to a larger glacier stream with a half bridge. An after hour and half we reach the Phu gate leading to phu Village. Form here splendid view of Himlung Himal and other snow peaks is clearly visible.

### **Day 8: Phu Gaon to Nar (4,110m) 6-7 hours**

After having a good time in Phu Village then we descend down the valley and pass several streams and suspension bridges until Mahendra Pul, which takes about four hours then we walk up to a junction where the trail branches off to reach the small settlement of Nar Phedi. On the way we see several peaks such as Kang Garu and Pisang Peak and pass by two chortens on the way.

### **Day 9: Nar to Ngawal (3,660m) crossing Kang La Pass (5,322m) 7-8 hours**

From Naar we ascend through the lateral moraine of Temdenzon khola on a pleasant path that passes yak pastures with defined views of west ridge of Pisang Peak. We trek to Jhombu kharka also known as Kang la Phedi at the bottom of Kang la pass and we reach at Kang la pass and we descend down to Ngawal village. From the top of the pass we are rewarded with the beautiful view of the Annapurna range and other peaks.

### **Day 10: Ngwala to Manang (3,540m) 4-5 hours**

An hour trek to Braga Village passing Marsyangdi River. We explore the famous monasteries in Braga village, then leave the trail off to Tilicho Lake on the left corner and continue a short walk up to Manang, a settlement of dramatic village. There are many guest houses, cafes and even trekking shops in Manang.

### **Day 11: Manang to Yak Kharka (4,110m) 3-4 hours**

From Manang we cross a stream and climb up to Tenki village then head out of Marsyangdi valley northwest up Jar Sang khola valley. Then the trail ascends slowly as we head northward and we pass a few pastures and juniper trees. Following the trail we pass through a small village called Gunsan with houses made of flat mud roof and then pass pastures with yaks and horses. After crossing a small river on a wooden bridge, we make our way up the spectacular valley to an open, peaceful meadow known as Yak Kharka.

### **Day 12: Yak Kharka to Thorong Phedi (4,600m) 3-4 hours**

Today we head to the foot of Thorong la pass, Thorong Phedi. We climb up to a ridge then head down and cross the Marsyangdi river on a wooden bridge. After a climbing the mountain path we follow a narrow trail across a slope and descend to Thorong Phedi.

### **Day 13: Thorong Phedi to Muktinath (3,800m) cross Thorong La pass (5,425m) 7-8 hours**

Today we cross Thorong La which is the highest point of the trek. We have to push ourselves through the icy air, and high altitude but the view from the pass makes it totally rewarding. We see a panorama of majestic Himalayan peaks extending northwards into Tibet, at the back we can see several of the main peaks of Annapurna range. Then we then descend all the way to Muktinath. The descent to Muktinath is pretty steep and will take between 3 to 4 hours. Muktinath is a sacred place for Hindus and Buddhists. The Buddhists call it 'Chumig Gyartsa,' which in Tibetan means "Hundred Waters".

### **Day 14: Muktinath to Jomsom (2,715m) via Luprak 5-6 hours**

Leaving the Muktinath we pass through Lupra village. Lupra village is an interesting and scenic trekking trail to reach Jomsom. We will get the chance to see spectacular mountains view including Dhaulagiri and Nilgiri before descend to Lupra rivers (Pangda Khola). Lupra is an isolated village with legendary. There are two Bonpo monasteries with the

big settlement. After following Pangda River about half an hour more trail will be joined to high way trekking route or Kaligandaki from Lupra village, to reach Jomsom.

**Day 15: Flight from Jomsom to Pokhara and Kathmandu**

**Day 16: Free day in Kathmandu**

Today is the free day in Kathmandu, you can roam around the famous touristic area of Nepal, Thamel and buy souvenirs to take you home country.

**Day 17: Fly back to home**