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Nar Phu Valley Trekking is one of the less-travelled treks in the Annapurna region. It was opened for trekking in 2003 and required a special trekking permit due to the restricted area. The unusual trip to Nar Phu is wild. With very few settlements along the way, this hike gives hikers an authentic feel for nature and allows them to be closer to nature. The route leads through a variable topography that includes rugged hills, dry terrain, various rivers, peaks and high passes as well as glaciers.

Highlights of trekking in the Nar Phu valley

- ❖ Travel into a remote part of Nepal that few travellers visited
- ❖ Stay in the old village that has hardly changed over the centuries
- ❖ Excellent views of Annapurna II, Himlung Himal, Gangapurna and many more
- ❖ Experience part of the Tibetan plateau that extends to Nepal
- ❖ Experience a Tibetan culture with unique and colourful prayer and monasteries.
- ❖ Go through the high passes of the Kangla Pass and Thorong La Pass
- ❖ Visit the Kali Gandaki gorge which is the deepest gorge in the world

Nar Phu Valley Trek is an exciting trek that recently started in Nepal and offered the pleasure of experiencing wild nature and isolated settlements in the restricted region of the Nar Phu Valley. This Exotic Nar Phu Valley Trek through a wild and rugged path in the Annapurna region of Nepal. It offers the style of medieval Tibetan culture in its original and undisturbed form.

The Path offers spectacular views of the Nepalese mountain peaks mixed with alpine landscapes. This trekking trail in the Annapurna region is relatively new.

Until a few decades ago, this Nepalese village was hidden from many because the inhabitants of this village had only connections to a few settlements in Tibet. This low-traffic route of the Annapurna region is full of high passes, remote villages, glaciers, narrow gorges, beautiful and unique rock formations.

The walk through the Nar Phu Valley is a fantastic journey into the unexplored Himalayan desert north of the most visited region of Annapurna. It is an exceptional and beautiful trekking destination where you can experience and explore the unique cultures, nature, religion and way of life that are typical of the mountain communities of Gurung, Managi and Thakali villages. In addition to the unique culture and tradition, you also have the opportunity to observe the beautiful landscapes of the Himalayas, a variety of flora and fauna, a continually changing landscape and much more. The highest point of this hike crosses the 5414 m Thorang Pass and then descends into the dry upper Manang valley and then to the spiritual Muktinath temple. While trekking through this region, you will also pass the deepest George Gorge in the world, Kali Gandaki.

Day 01: Arrival in Kathmandu (1,450 m)

According to your arrival schedule, we will be at Tribhuvan International Airport in Kathmandu to welcome you to our country for the beautiful trip. As soon as you have landed, a representative of our office will accompany you to your hotel. After the check-in at the hotel, you will receive a briefing on the trip and meet with the team leader and the other crew who will assist you in every way possible during your trip. The day is complete leisure. You can rest in your hotel or take a short walk through the Thamel in Kathmandu. Night stay at hotel in Kathmandu.

Meals included: No food

Day 02: Trekking preparation and Full day trip to Kathmandu Valley

Today, after breakfast, we begin a tour of some of Kathmandu's most historical and spiritual sights, which are also UNESCO World Heritage Sites. You will visit the historic Kathmandu Durbar Square, Pashupatinath, the sacred Hindu temple, the famous monkey temple and the Buddhist shrine, which is also one of the largest

stupas in the world. At noon, our trekking guide will check your equipment, introduces you to other participants and talk about the trip.

Meals included: Breakfast

Day 03: Drive from Kathmandu to Jagat: Duration 8-9 hours

We start our day with an eight-hour trip from Kathmandu to Jagat through the city of Besisahar. Along the way, you can enjoy scenic views of the Nepalese countryside, lush green spaces, rivers, villages, farms, and mountains throughout the trip. After 8-9 hours of driving, you reached Jagat. The drive to Besishahar will likely be smooth due to the black-covered roads, but after Besishahar the road will be dusty and rough, but the panoramic view from windowpane more than makes up for the bumpy ride. Night stay in Jagat.

Meals included: Breakfast, lunch, and dinner

Day 04: Trek from Jagat to Dharapani: Walking Distance 7-8 hours

After having breakfast, we leave Jagat behind and walk about 5-6 hours to reach Dharapani. The Path from Jagat descends to the river and then leads through a lush forest. The walk also leads to a sharp-edged cliff overlooking the river bank. On the way there, Chyamje appears in the beautiful backdrop of the towering Annapurna mountain ranges. After crossing a suspension bridge, we abruptly climbed the slippery and physically demanding Path to Sattale. On a series of rocky trails, we descend to a grassy bank that leads down to the valley. This picturesque city offers you the beautiful landscape of various waterfalls in the area. If we move away from the valley, the road becomes rough and winding. You will eventually arrive in Dharapani after crossing a suspension bridge. You will spend Night in Dharapani.

Meals included: Breakfast lunch dinner

Day 05: Trek from Dharapani to Koto: walking distance 5-6 hours

After breakfast, your trip begins with a heavenly view of the sunrise over the high hills. After enjoying the sunrise, you start your walk through a densely forested

area of oak and pine. If you stroll through the forest, you will also be accompanied by the south face of the Mount Manaslu. Through the jungle, you find the beautiful settlement of Bagarchhap. From here you walk a decent path to Danaque for an hour and then take a steep path towards Timang. When you arrive in Timang, you have a breathtaking view of the Mount Manaslu and Peak 29. Again you hiked through the pine forest to Latamarang and then came in the village of Koto after a one hour hike with a view of Annapurna II. Night stay in Koto.

Meals included: Breakfast, lunch, and dinner

Day 06: Trek from Koto to Meta: Walking Distance 7-8 hours

Before you start your today's trip, our guide registered restricted area permit with the police control point. Then we walk again along the banks of the Soti Khola River through beautiful pine forests, streams and suspensions and reach Dharmasala. You will have packed lunch on the go. Then you continue the walk through the woods and abruptly climb towards the city of Meta. Finally, you come to the Tibetan plateau, where you have a magnificent view of Annapurna II and Lamjung Himal. Night stay in meta.

Meals included: Breakfast, lunch, and dinner

Day 07: Trek from Mera to Phu Gaon: Walking distance 7-8 hours

You start your day by walking up and down and crossing suspension bridges across different streams. After almost 4 hours of walking, you reached Kyang where you can see the remains, especially the destroyed fortresses of the Khampa settlement. You continue on a rocky path past Phu Khola and reach the village of Phu in another 3 to 4 hours. You will spend the night in Phu Gaon.

Meals included: Breakfast, lunch, and dinner

Day 08: Acclimatization day in Phu Gaon.

Today is the planned acclimatization day, for which we suggest you to take a rest and acclimatize to the altitude. Since you are in the Hidden Valley, this is a great

place to explore the culture, natural diversity, and religious practices of ethnic groups such as Gurung, Lama, and Ghale people. On top of that, you can discover how people make a living from farming, ranching, and seasonal migrations in such remote places or the hidden valley. It is also the day for us to explore the Tashi Lakhang Monastery, the ancient Buddhist monastery included among the 108 great Buddhist monasteries in the world; it is the last monastery which was built by Karmapa Rinpoche. You will also be exploring the cultural avenues of the hidden valley; the valley also offers you a magnificent view of Himlung Himal and other snow-capped peaks in the region. You will spend a night in Phu Gaon at tea house.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek from Phu Gaon to Nar: Walking Distance 6-7 hours

The Path goes down over many streams and bridges to the Mahendra Pul, that takes around 4 hours. We cross the high suspension bridge 80 meters above the gorges of the Lapche River. You will have lunch at Mahendra Pul. After lunch, the trail climbs quickly, passing many Buddhist stupas to Nar village, which takes approximately 2 hours. Here you find several Buddhist monasteries to visit, along with the magnificent views of Pisang Peak and other small peaks. Night stay in Nar.

Meals included: Breakfast, lunch, and dinner

Day 10: second acclimatization day and preparation

Today is the second rest day planned for this trek. You spend the day walking nearby for a day and explore the town of Nar and carefully observe the local culture and way of life. You are also preparing for the walk the next day—overnight in Nar.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek from Nar to Ngwal via Kang La Pass: Walking Distance 7 to 8 hours

Today, you will walk more as it is an adventurous day, so get up early in the morning and went to Kangla Pass. You can see the Annapurna massif from the Kangla Pass. Then we descend to Ngwal to spend the night.

Meals included: Breakfast, lunch, and dinner

Day 12: Trek from Ngwal to Manang: walking distance 4-5 hours

Today, From Ngwal, you are heading to Manang. You pass through the remote village of Paugh overlooking the fantastic views of the Annapurna mountain range. Then we gently climb to Mungli and then to Annapurna's main trail in Mungli. Finally, you reach Manang, where our guide set up your camps for the night.

Meals included: Breakfast, lunch, and dinner

Day 13: Trek from Manang to Yak Kharka: walking distance 3-4 hours

From Manang, the trail cross a stream climbs up to a Tenki community above Manang, then continues rising from the Marshyangdi valley, turning northwest to the Jarsang Khola valley. The Path follows this valley to the north, passing some grasses, a thicket of junipers, while gradually gaining altitude. The trail goes closer to the small town of Ghunsa, a group of flat mud roofs just below the trailhead. Now the way passes through meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the track passes in front of an ancient Mani wall in pleasant countryside, and then reaches another small village in Yak Kharka. You will spend the night at the lodge in Yak Kharka.

Meals included: Breakfast, lunch, and dinner

Day 14: Trek from Yak Kharka to Thorong Phedi: walking distance 3-4 hours

Today you are heading towards the foot of the pass, Throng Phedi. Thorong Phedi is a small and lively colony that meets the needs of weary hikers and climbers. Hikers like you use this point as a base camp. Some visitors also try a hike to the High Camp today to make the next day more comfortable, but our team leader does not advise this. Although you will have a stressful day tomorrow, we will

stop at Thorong Phedi so that we can sleep soundly at a lower altitude rather than risk sleeping at a higher altitude at High Camp. We will spend the night at Thorong Phedi.

Meals included: Breakfast, lunch, and dinner

Day 15: Trek from Thorong Phedi to Muktinath via Thorong La: walking 7-8 hours

Another highlight of this trek is the crossing of the steep Thorong La Pass at a dizzying height of 5,416m. An early departure is essential to hike the high altitude glacial trail. But the picturesque views of the mountains more than make up for the strenuous walk down the tiring Path. You arrive at Muktinath at sunset, which is an important pilgrimage site for Hindus and Buddhists. You can walk through the area of Vishnu temple and a nearby monastery. Night stay in Muktinath.

Meals included: Breakfast, lunch, and dinner

Day 16: Trek from Muktinath to Jomsom: walking distance 5-6 hours

You begin to descend the spectacular Kali Gandaki gorges through the drylands. You pass through the Jharkot and Khingar villages, which have typical Tibetan architecture. After the valley floor, mostly spread out on the banks of Kali Gandaki, you arrive at Jomsom. Spend the night in Jomsom.

Meals included: Breakfast, lunch, and dinner

Day 17: Flight from Jomsom to Pokhara: 30-minute flight

After breakfast, you fly to Pokhara. The panoramic flight takes you through the gorges of the two huge mountains, Annapurna and Dhaulagiri. Upon arrival at Pokhara airport, you will be transferred to the hotel by the lakeside area. You rest and explore the beauty of the Pokhara Valley in the evening as you walk in silence along the shore of Lake Fewa, the second largest lake in Nepal while admiring the view of Machhapuchhare Mountain. You can also take a boat ride on Lake Fewa or take a short walk to the World Peace Pagoda. You can end the day with a fascinating lakeside stroll. Night stay at hotel in Pokhara.

Meals included: Breakfast.

Day 18: From Pokhara to Kathmandu: 5-6 hours by private car

Today, after breakfast, you will return to Kathmandu. After arriving in Kathmandu, we will transfer to your hotel. After that, you can take a stroll through the streets of Kathmandu, or relax at the hotel. Last night stay in Kathmandu.

Meals included: Breakfast

Day 19: Drop to Kathmandu international airport

Depending on your flight schedule, we will take you to the international airport with the hope of seeing you again in Nepal.

Meals included: Breakfast.

The price includes:

- ❖ Reception at the airport and return by private vehicle.
- ❖ Three nights of accommodation in Kathmandu with breakfast.
- ❖ Two nights of accommodation in Pokhara with breakfast.
- ❖ Excursion to Kathmandu with a guide and private transportation.
- ❖ All Entry tickets for the Kathmandu cultural tour.
- ❖ Standard food (breakfast, lunch and dinner) during the walk.
- ❖ All necessary documents and the entry permit for a conservation area.
- ❖ Nar Phu Valley trekking Special permit
- ❖ Trekking permit for Annapurna Conservation Area.
- ❖ All TIMS (Trekking Information Management System)
- ❖ Transport from Kathmandu to Jagat
- ❖ Jomsom - Pokhara flight ticket price.
- ❖ Pokhara - Kathmandu by private car
- ❖ All lodgings in tea houses/cottages and camp
- ❖ A government-approved guide and porters.
- ❖ Salary, food, hotel, transportation and insurance for the guide and the porter.
- ❖ All government taxes.

Price does not include:

- ❖ Any meals except Breakfast in Kathmandu and Pokhara.
- ❖ All kinds of alcoholic, cold and hot drinks
- ❖ Excess baggage charges
- ❖ Your travel and medical insurance.
- ❖ All kinds of personal expenses.
- ❖ Tips for trekking staff and driver.
- ❖ Any donation to the monastery.
- ❖ Entrances fees to the upper Mustang monastery.

Food and accommodation

During the Nepal trip, you will stay in a three-star hotel in Kathmandu and Pokhara and the local tea houses. Accommodations are made based on twin sharing. Individual supplements can be served on request but will cost an additional \$ 425. However, the single room may not be possible at certain times during higher altitudes. In the trekking area, most of your accommodation have adjoining baths, while some tea house may not have and you may need to share washing and grooming facilities in this case. Hiking in the remote Nar Phu region is also an opportunity to live a simple life far from the pleasures of the world on the lap of the Himalayas. During this stay, you can also observe the way of life and the tradition of the inhabitants.

During the trek, you will have a variety of food options such as Nepali, Chinese, Italian, Continental, Indian, etc. Breakfast and dinner will be served in the tea house or on the lodge menu, and we will have our lunches en route to our destination.

Climate and the best time to trek

Nar Phu and Kang-La Trekking Pass go through green hills and forests and scenic hiking trails surrounded by sparkling mountains. For the best experience of this trek, during the fall (September to November) and the spring months (March to May) are considered the best seasons for trekking in this area. The hills are

colourful and overflowing with greenery in spring, while autumn has pleasant weather and a splendid view.

If low temperatures are not an issue and you want to avoid the crowds and wait, heavy snowfall may work during winter (December to February). Still, you need to be prepared for a chilly cold that can bother you, but high passes can sometimes be blocked due to excessive snowfall. The monsoon season during (June to August) will be influenced by rain, and the hiking trails are dangerous and slippery, so avoiding the monsoon is the right decision.

Trekking guide (s) and staff arrangements

The most important thing that makes our hike to Nar Phu successful, enjoyable and memorable is the expert and experienced trekking guide, courteous and helpful crew members capable of leading our days in the mountains without any hassle. The best leaders and the most professional will lead your trip. All of our trek guides are carefully selected based on their experience, leadership skills and personal abilities. To support local communities, we only employ local staff with adequate knowledge of the culture, flora, fauna, geography and history of the regions.

Travel insurance

Travel insurance for any itinerary offered by our company is a condition of the holiday booking. At a minimum, you must have emergency medical and repatriation insurance, which should include the cost of mountain rescue. Please read the general conditions of your insurers carefully; in particular, you must ensure that the following are covered: 1) Activity (i.e. sightseeing, hiking or mountaineering) 2) Maximum altitude reached during the trek 3) Evacuation by helicopter in case of emergency. You should understand that ultimately, you will be responsible for all expenses incurred in the evacuation and repatriation procedures and that you are responsible for paying the costs incurred in case of evacuation or medical treatment. You should be fully aware of the implications of purchasing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may

initiate rescue procedures by helicopter in medical emergencies without first contacting your insurance company for approval.

Physical condition and experience requirements

Nar Phu Trek falls in an arduous classification, and you must walk on the terrain of high altitude regions. Somewhere, the walking can be steep and difficult. You have to walk 5-6 hours a day on rocky and arid terrain. You may even have to walk eight to nine hours. Trekking at high elevation is more stringent than walking at low altitude; however, if you are in excellent health with an average physical condition, a positive attitude, self-confidence and a strong determination, you can achieve the goal. Therefore, you must be physically and mentally able to do this hike. Exercising and jogging regularly for a few months before the trip is a good idea, as it will improve your strength and stability. Previous hiking experience is preferred, but no technical skill is required. You should check with your doctor before booking this trip.

Suggested preparation

- ❖ Cardiovascular exercises that include running, biking, jogging, pull-ups and pull-ups for about 4-5 days a week for three months before your trip are beneficial.
- ❖ You must also participate in the development of necessary strength and muscular endurance during bodybuilding.
- ❖ Walking on the hills in different weather conditions will be adequate preparation for this trip.
- ❖ If you have access, kayaking and swimming can be a very beneficial way to build the strength and endurance needed for this trip.