

Nar Phu with Annapurna Circuit Trek -17 Days

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: March - June & Sept - December

Max Elevation: 5416 m

Nar Phu with Annapurna Circuit Trek -17 Days; it's an exhilarating journey in the Annapurna region that pursues the wild and innovative area located on the north side of Nepal;

A delightful journey to the untouched and gorgeous valley offers a mesmerizing landscape of Annapurna massif, combining high peak and pass **Knog-La (5200m)**, remote villages of Nar and Phu, narrow canyons, gorge, miraculous rock shape, meadows, significant ancient Monasteries, glacier, flora and fauna, and unique local culture and their lifestyle.

The **Nar Phu Valley was opened in 2002**, and it's a highly stitched Tibetan community with a nice culture. The Nar Phu Valley with Annapurna Circuit Trek -17 Day is a real Himalayan wilderness trekking experience and is Spectacular.

Lying between the two most popular trekking routes, Annapurna and Manaslu regions of Nepal, our journey will be walking through the beautiful local villages, passing colorful Tibetan chortens and prayer wall stones into deep canyons and gorges of Annapurna and Nar Phu valley.

Nar Phu trek is one of the rewarded hidden treasures that will give us the chance to spend time with the mountain village. However, this trek offers a golden opportunity to explore the factual hidden treasure of Nar Phu and the untouched valleys that are a combination of the exceptional diversity of nature and culture of the Himalayan people.

This 17-day epic Nar Phu with Annapurna Circuit Trek commences from Chame after a beautiful sightseeing tour within Kathmandu Valley. We will take a local bus ride to

Besisahar and change a Jeep to Chame.

The next day, our venture led us into the remote area of Nar Phu Valley. Walking through the high alpine valley, passing the lush forest and meadows, along the way, we will be spending some of our time with local people and monks around these colorful villages of Nar and Phu Valley.

Nar Phu with Annapurna Circuit Trek -17 Day is a perfect sound that takes us to the cross of **Kang La (5320m)** pass, which is amazing. From the top of Kong La, we will be enjoying the view of the magnificent mountain of Annapurna range, Gangapurna, Tilicho Peak, and many other surrounding snowy caps.

Then we follow up continually the following villages of **Manag and Yak Kharka and cross the highest pass of the world Throng- La (5416m)**, then descend to Muktinath, Jomsom, and we take a Bus to Kathmandu.

Additional Benefits of booking this Narphu trek with Alpine Ramble

- Free Airport transportation on arrival and departure days (We will pick you up and drop you off)
- Trekking equipment such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- Souvenir: Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out your accurate health condition while you are trekking in the mountain.
- **WOKI TOKI** (<https://en.wikipedia.org/wiki/Walkie-talkie>) - for communication during the trek

Cost for Nar Phu with Annapurna Circuit Trek in March-

May and September to December 2024, 2025, and 2026

Nar Phu with Annapurna Circuit Trekking cost depends on the services that you want to add; our standard **cost for this epic Nar Phu Valley** trek starts from **US\$999 per person**.

Narphu Valley Trekking with Alpine Ramble is quite reasonable as it includes food, accommodation, and transportation, as well as permit fees and other expenses. The total cost depends on your specific requirements.

Any additional services not included in the standard program may incur extra charges, but we are very flexible and can accommodate any additional needs to make your Upper Mustang trek a more enjoyable and memorable experience for you!

No. of Person in the group	Price in USD Per person	Booking Status
2	1399	Inquiry / Book Now (https://www.alpineramble.com/trip-booking?trip_id=26)
3-5	1199	Inquiry / Book Now (https://www.alpineramble.com/trip-booking?trip_id=26)
6-15	999	Inquiry / Book Now (https://www.alpineramble.com/trip-booking?trip_id=26)

The Highlights of the Nar Phu with Annapurna Circuit Trek

- Scenic drive to Beshihar and Chame
- Beautiful Narphu Valley.

- Observing unique Tibetan culture and lifestyle.
- Magnificent mountains view of Annapurna range and its landscape.

Day to Day Itinerary

- Day 1: Drive to Kathmandu - Besisahr and drive to Dharapni 1860 m**
- Day 2: Trek from Dharapani to Koto , 6/7 hrs walk.**
- Day 3: Koto to Dharmasala 5/6 hrs walks.**
- Day 4: Dharmasala to Kayang 5 hrs walk.**
- Day 5: Kayang to Phu village 5/6 hrs walk.**
- Day 6: Phu valley rest day.**
- Day 7: Trek to Junam 4/5 hrs walk.**
- Day 8: Trek from Junam to Nar 5 hrs walk.**
- Day 9: Explore at Nar Village.**
- Day 10: Trek from Nar to Ngwal village 5/6 hrs walk.**
- Day 11: Trek from Ngwal to Manang**
- Day 12: Trek to Yak kharka 4050m/13284ft- 4hrs.**
- Day 13: Trek to Throung phedi 4550m/12910ft.4hrs.**
- Day 14: Trek to Throng La 5416m/17764ft – Muktinath 3800m/12465ft- 9hrs.**
- Day 15: Trek to Jomsom 2760m- 5hrs.**
- Day 16: Drive back to Pokhara (820 m.) by bus**
- Day 17: Pokhara – Kathmandu 7 hrs by tourist bus**

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on the full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government licensed, English speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.

- All necessary papers including Annapurna conservation **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Nar Phu valley special permits
- Assistant guide for the group 6 or above
- Transportation from Kathmandu – Besishar- Chame, and Jonson - Tatopani - Pokhara - Kathmandu by local bus / Jeep
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.

- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance which has to cover emergency rescue evacuation from the high-altitude
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tips for guide and staffs (Tipping is expected)
- Any other expenses that are not mentioned in the Price Include section of this trek