

# Local Guide for Nar Phu Valley Trek

**Destination:** Nepal

## Local Guide for Nar Phu Valley Trekking

Nar Phu Valley, located in the remote mountains of Nepal's Annapurna region, is a hidden gem that offers a truly unique trekking experience for adventure seekers. While the area has started gaining popularity among travelers, it is still relatively untouched and is perfect for those looking for off-the-beaten-path trekking routes.

One of the most important aspects of a successful trek in Nar Phu Valley is hiring a local guide. These guides, who are from the region, have an in-depth knowledge of the area's culture, traditions, and geography. They not only help navigate the challenging terrains but also act as a bridge between travelers and the local community.

One of the main advantages of having a local guide is their expertise in navigating the rugged paths of Nar Phu Valley. The terrain in this region can be quite demanding, with steep ascents and descents, narrow trails, and occasionally treacherous river crossings. A local guide knows the area like the back of their hand and can lead trekkers safely through these challenges, ensuring an enjoyable and safe journey.

Additionally, the local guides in Nar Phu Valley have a deep understanding of the region's cultural heritage. The valley is home to several ancient Buddhist monasteries, traditional villages, and diverse ethnic communities. The guides can provide valuable insights into the history, customs, and daily life of the local people. They can help travelers engage with the community, arrange visits to monasteries, and even facilitate interactions with locals, allowing trekkers to have a truly immersive cultural experience.

Moreover, hiring a local guide for Nar Phu Valley trekking is a great way to support the local economy. Many of these guides come from small villages within the valley itself, and by employing them, trekkers contribute to the growth of the local tourism industry. This not only helps uplift the living standards of the local communities but also encourages responsible and sustainable tourism practices.

When choosing a local guide for Nar Phu Valley trekking, it is essential to consider their experience and expertise. Look for guides who have a good track record, positive reviews, and are licensed by the appropriate authorities. Interacting with the guide before the trek is also recommended to ensure compatibility and proper communication during the journey.

In conclusion, a local guide can significantly enhance the Nar Phu Valley trekking experience. Their knowledge, expertise, and cultural insights make them invaluable companions throughout the journey. So, if you are planning to explore the mesmerizing Nar Phu Valley, consider partnering with a local guide for a truly authentic and rewarding experience. Reach out to us to secure your best and highly experienced and knowable guide today via [email!](#)

## Highlights

- A Journey into the remote part of Nepal that few travelers get to see along the way
- Spend your time in ancient villages that have seen little change over the centuries
- Enjoy the spectacular mountain views of Annapurna II, Himlung Himal, Gangapurna, and Tilicho Peak
- Experience a part of the Tibetan plateau on a trek

## Day to Day Itinerary

**Day 1: Arrival in Kathmandu**

**Day 2: Drive from Kathmandu to Jagat**

**Day 3: Trek from Jagat to Dharapani**

**Day 4: Trek from Dharapani to Koto:**

**Day 5: Trek from Koto to Meta**

**Day 6: Trek from Meta to Phu Gaon**

**Day 7: Rest and Acclimatization day at Phu Gaon**

**Day 8: Trek from Phu Gaon to Nar**

**Day 9: Explore Nar village**

**Day 10: Trek from Nar to Ngwal after crossing Kang La Pass**

**Day 11: Trek from Ngwal to Manang**

**Day 12: Trek from Manang to Yak Kharka**

**Day 13: Trek from Yak Kharka to Thorong Phedi**

**Day 14: Trek from Thorong Phedi to Muktinath after crossing Thorong La**

**Day 15: Trek from Muktinath to Jomsom**

**Day 16: Fly from Jomsom to Pokhara**

**Day 17: Drive from Pokhara to Kathmandu**

**Day 18: final departure**

## **Cost Includes**

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on a 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