

Short Nar Phu Valley Trek -12 Days

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: March - May and Sep- Nov

Max Elevation: 5416 m

Discover the alien remote Nar Phu Valley and enjoy the stunning Himalayan vista and heritage sites, crossing the high pass of Kongmo-La

Overview

Nar Phu Valley Trek is an implausible journey to the feral and unexplored vicinity located north of Annapurna; this fantastic short rugged and wild trek takes us to the most fascinating and enthralling valley of Nar Phu.

The exciting short Nar Phu Valley trek starts from the beautiful village of Jagat following the fashionable trekking route of the Annapurna Circuit trail and then limb off from Koto, the capital of the region to follow the off-the-beaten-track to the most iconic hidden treasure of Nar Phu valley in the north of Manang Village.

Enjoy your quality time in the beautiful Nar Phu Valley where you will be able to explore the unique lifestyle and traditions of the local people, visit some of the largest and most ancient, monasteries, gambas, and Mani walls, and offers medieval Tibetan culture in untouched form, dramatic mountains view and great alpine sceneries the striking mountains vistas.

Pass the Kang La pass with a magnificent panorama of Annapurna massifs, a journey then leads us to the beautiful and largest settlement of Manag then cross the Throng La, head downwards to Mustang valley starting from Muktinath, a pilgrimage place for both Hindu and Buddhists religious, drive to Tatopani hot spring before heading Pokhara, from Tatopani, a short drive takes you to the beautiful city of Pokhara and Kathmandu where the journey ends.

Best Time to Travel

March, April, May, June, September, October, November, and December are the best time of the year for Nar Phu Valley Trek which offers a moderate temperature and suitable climate for trekking with majestic views, this time is the peak time for trekking in Nepal but Nar Phu is not as busy as other popular treks like [Everest](https://www.alpineramble.com/everest-base-camp-trek-8-days), [Annapurna base camp](https://www.alpineramble.com/everest-base-camp-trek-8-days) [Annapurna base camp](https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days) [Langtang valley trek](https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days) [Langtang valley trek](https://www.alpineramble.com/langtang-valley-trek-10-days) !

Additional Benefits

- Free Airport transportation on arrival and departure days
- **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 accurate health conditions while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) for communication during the trek

Highlights

- Enjoy the trek into a remote part of Nepal
- Stay in ancient villages that have seen little change over the centuries
- Witness the magical view of Gangapurna, Annapurna II, Himlung Himal, and Tilicho Peak
- Witness a Tibetan-derived culture, with unique and colorful prayer stones and monasteries
- Cross two high passes of Kongmo La and Throng La



Day to Day Itinerary

Day 1: Drive to Besishahar by Delux bus

Day 2: Drive to Koto by local Jeep

Day 3: Koto to Meta

Day 4: Meta to Phu Village

Day 5: Phu village excursion day

Day 6: Phu Village – Nar Phedi

Day 7: Nar Phedi – Nar village

Day 8: Nar Village excursion day

Day 9: Nar village – Kang La (5320m) – Ngawal

Day 10: Ngawal – Chame

Day 11: Chame to Besishahar by drive

Day 12: Besishahar to Kathmandu

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 bars, crackers, cookies, etc.
- Seasonal fresh fruits dessert 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)
- An 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 is arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes vat, and official Expenses

Cost Excludes

- International flights
- Nepal entry visa fees
- Foods and accommodations before and after the trek
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional costs by out of management control due to the landscape, weather conditions, illness, change of government policies, strikes, physical conditions, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance 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 staff
- Any other expenses that are not mentioned in the Price Include section of this trek