Nar Phu Valley Trek

Duration: 12 Days | Location: Nepal



Trip at a glance

Category: Annapurna region

Location: Nepal

Duration: 12 Days

Difficulty: Not specified

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5322 m

Summary

Nar Phu Valley Trek is a fantastic journey to the wild and unexplored vicinity located north of Annapurna. Nar Phu Valley Trek.trek starts from Jagat.12 day

Overview

Trip Introduction

Trip Introduction A fantastic journey to the wild and unexplored vicinity located north of Annapurna, this rugged and wild trek takes us to the exotic and enthralling valley of Nar Phu Valley trek starts from Jagat following the popular trekking routes of Annapurna Circuit trail and then branch off from Koto to follow the off the beaten track. Everest View Trek

Nar Phu Valley trek starts from Jagat following the popular trekking routes of Annapurna Circuit trail and then branch off from Koto to follow the off the beaten track to Nar Phu valley in the north of Manang and pass the Kang La pass with a magnificent panorama of Annapurna massifs. The Kang La pass links Nar with Manang and three other Bhotia villages in the Neyshang valley. The Kang La pass links Nar with Manang and three other Bhotia villages in the Neyshang valley. The valley system above opens up to a huge expanse of high snow-peaks, ancient villages and high altitude grazing settlements. Trekking to this hidden mountain valley offers medieval Tibetan culture in undisturbed form, dramatic mountains view and great alpine sceneries. We then head west over the Thorong La Pass and down through lower Mustang before heading on to Jomsom. We finally fly back to Pokhara and drive back to Kathmandu next day. Kanchenjunga Circuit Trek

The valley system above opens up to a huge expanse of high snow-peaks, ancient villages, and high altitude grazing settlements. Trekking to this hidden mountain valley offers medieval Tibetan culture in undisturbed form, dramatic mountains view and great alpine sceneries. We then head west over the Thorong La Pass and down through lower Mustang before heading on to Jomsom. We finally fly back to Pokhara and drive back to Kathmandu the next day. Annapurna Circuit Trek, Manaslu Circuit Trek.

View photo on the trip page

Day by day itinerary

Trip Itinerary

Day 1: Welcome to Kathmandu1,400m.

Day 2: Explore Kathmandu1,400m.

Day 3: Drive from Kathmandu to Koto via Besisahar2,600m8 hours.

Day 4: Trek from Koto to Meta3,560m7 hours.

Day 5: Trek from Meta to Phu4,080m7 hours.

Day 6: Acclimatisation day in Phu, Hike to Himlung Base Camp (4,800m)4,080m.

Day 7: Trek from Phu to Nar Phedi, Overnight in monastery3,490 m 6 hours.

Day 8: Trek from Nar Phedi to Nar Village4,110m3 hours.

Day 9: Trek from Nar Village to Ngawal via Kang La Pass (5,240m)3,650 m 8 hours.

Day 10: Trek from Ngawal to Pisang, Drive to Besisahar 4 hours.

Day 11: Return to Kathmandu 5 hours.

Day 12: Depart Kathmandu.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- Airport pickups and drops in a private vehicle.
- Teahouse accommodation during the trek.
- All meals (breakfast, lunch, and dinner) during the trek.
- All ground transportation on a comfortable private vehicle as per the itinerary.
- Entrance fees for sightseeing/monument visits as per the itinerary.
- An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide).
- Porter service (2 trekkers: 1 porter).

- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Medical kit (carried by your trek leader).
- All government and local taxes.

Exclusions

- Nepalese visa fee.
- Excess baggage charge(s).
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, early return from mountain due to any reason other than the scheduled itinerary.
- Lunch and evening meals in Kathmandu and Pokhara.
- International flights.
- Travel and rescue insurance.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.).
- Tips for guide(s), porter(s) and driver(s).

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 12 Days

Days.Group Size: Min-2, Max 20.

Duration: 12 Days from arrival to Departure in Nepal

Trekking Grade: Difficult.

Max. Altitude: 5322 m

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Starting from: Kathmandu.

Ending at: Kathmandu

Best Travel Time: February to Maye, September – November are the best seasons. Dec & January are

Winter and cold can be snow on the trail, June, July & August are rainy time, trekking can be done but visibility can be poor due to rain..

Activity: City tour, Trekking

Trip Snippets: All meals on trek are included

Equipment rental: We advise you to bring all of your clothing and gear from home, however in Kathmandu there are many shops to buy and rent trek related equipment

Your trek Backpack/duffle bag: Your baggage on the trek will be carried by our porters, the maximum weight per trekkers is 15kg including your sleeping bag and down jacket, Other items not required on trek can be stored in our office or your hotel in Kathmandu

Departure

Departure

Review

Trip gallery

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Nar Phu Valley Trek - photo 4

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Plan your journey with our team

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