



Earthbound Expeditions

Nar Phu valley trek combined with Annapurna Circuit

15 days, from US\$1,587 per person

Duration
15 days

Group size
10 People

Country
Nepal

Contact us

Phone

+977 9851017772

Email

earthboundnpl@gmail.com

Office

G.P.O. Box 5801, Thamel, Kathmandu, Nepal

WhatsApp

+9779851017772

Website

enepaltrekking.com

Nar Phu valley trek combined with Annapurna Circuit Overview

Explore the stunning Himalayan views and diverse cultures on the nar phu valley and Annapurna Circuit Trek, a classic 15 day adventure in Nepal.

Nar and Phu valley trek – combine with Annapurna circuit trek – 15 days

If you are looking for real Himalayan wilderness experience then Nar Phu Valley trek is for you. Trek to Nar Phu valley will be unforgettable as it is spectacular. Tucked between the famous Annapurna and Manaslu mountain, Nar Phu is a true hidden gem, it offers trekkers a rare opportunity to explore unspoiled valleys that feature a mix of raw Himalayan nature and ancient Buddhist culture. Nar Phu valley was closed to trekkers until late 2002, very few outsiders have explored these virtually untouched villages or climbed the many 7000 meter peaks surrounding them in the Annapurna region.

Trekking through Nar & Phu valleys combines remote villages, narrow canyons, high peaks and passes, glaciers, lovely forests, amazing rock formations, grazing yaks, ancient gompas and unique ethnically Tibetan cultures.

We will drive through Besisahar the traditional starting point of the famous Annapurna Circuit trek, then the trail for Nar Phu valley quickly diverges from routes with more foot-traffic and into the remote Nar & Phu area. Passing colorful Tibetan chortens and prayer stones into deep canyons and gorges. You will have ample time to hang out with villagers in Phu while they go about their daily activities, as well as spend a night perhaps at the Nar Phedi monastery. These are ideal ways to learn about life deep in the mountains of Nepal. There is also the optional hike or climb you can choose if you're feeling up to it.

After Nar phu valley trek the trail takes you over the high Kang La Pass, and then trek down to ancient Ngawal village, a nice view point the main Annapurna Circuit trek route. After Ngawal we will embark on the fantastic Annapurna Circuit Trek that takes you around the entire Annapurna massif. After beautiful days spent in Manang village a Himalayan Shangri – la the trek climb through famous Thorong La Pass (5,416m/17,769ft).

After the pass we walk down to world's deepest Kali Gandaki gorge with Mt. Annapurna I rising to 8,091m (26,545ft) to the east and Mt. Dhaulagiri hovering at 8,167m (26,795ft) to the west! Annapurna circuit and Narphu valley trek can do all year around except Dec to Feb. Come and discover the diverse region in Annapurna that takes you to un explored bar Phu valley, amazing Manang valley, holy Muktinath and Jomsom regions that allow us to get acquainted with the diverse Nepalese landscape and culture.

Please contact us to book the Nar Phu valley combined with Annapurna circuit trek.

The nar Phu valley combined with Annapurna Circuit Trek trail is a mix of easy and steep paths, making it a moderately difficult trek. Crossing the Kang La Pass and Thorong La Pass, however, can be a bit hard if you're not well prepared. So make sure you've got prior training and preparation, especially if you're a novice. We can combine the Manaslu larke la pass trek also and make it 3 high pass trek in Annapurna region too.

An article about Annapurna circuit trek was published in Newyork Times and our company Earthbound Expeditions was recommended as one of the reputed company to trek with to Annapurna circuit trek. Explore more trekking packages.

Cost Includes/ Excludes

Includes

- Accommodation Hotel in Kathmandu 3 star hotel and in trek simple lodges
- Full board meals as mentioned above in the trek
- One professional guide and necessary Number of porter/s for the trek with their meal
- All National Park and Conversation area fees, Trek Permits
- Kathmandu sightseeing, airport picks up and drope, all ground transport

- One night cultural show and dinner
- Special Nar Phu valley trek permit
- Jomsom to Pokhara Flight by Fixed wing aircraft
- Down jacket and sleeping bag for trek if necessary
- All Government Tax and Vat

Itinerary

Day 1

Arrival at Kathmandu

Upon landing at the Tribhuvan International Airport, our representatives will pick you up and transfer you to your hotel, where you'll be staying for the night.

Day 2

Kathmandu Exploration Day

After breakfast, we will take you for a tour of Kathmandu where you'll visit the UNESCO Cultural Heritage Sites inside the valley. These include: – Swayambhunath – the oldest Buddhist Stupa in Kathmandu Valley, also known as Monkey Temple. – Pashupatinath – a holy pilgrimage site for Hindus where you'll meet Sadhus (Holy Men) covered with ashes and matted dreadlocks. At the Hindu Crematorium in Pashupatinath, you can watch the unique way in which Hindu dead bodies are cremated. – Boudhanath – the biggest Buddhist temple in the world; surrounded by monasteries. You can watch the Holy Monks performing chanting rituals, and pilgrims going around the temple performing their kora. – Patan Durbar Square – a Medieval Royal Palace area, known for its fine arts and metal and stone carvings that date as far back as the 14th century. It's also an ideal site to witness the beautiful Nepali Architecture. You'll spend another night in Kathmandu.

Day 3

Kathmandu drive to Bashishar to Jagat, Dharapani and to Koto 2,610 m / 8,891 ft

Your day will begin with an early drive to Besi Sahar, a beautiful town in the mid-hills of Nepal then to reach to Dharapani 1,830 m / 6,003 ft and to Koto – 8 / 10 hrs Long but beautiful drive and we will reach at the teahouse (trekking lodge) at Koto where we stay overnight. B, L, D

Day 4

Trek from Koto to Meta 3,560 m / 10,826 ft – 6 to 7 hrs

Our trek start after breakfast (may be we will have banana porridge), today we enter the restricted area, passing a check post to do so. The trail takes us through pine forests, along the Soti Khola (river), and over rocky terrain. We can see caves and canyons on the way. We stop for lunch, most likely at Dharmasala village, before reaching Meta, where we stop for the night. Views of Annapurna II and Lamjung Himal fill the skyline. B, L, D

Day 5

Meta to Phu 4,250 m / 11,614 ft – 7 hrs

A wonderful day of cultural surprises. The trek trail takes us past beautiful Buddhist chortens (cairns/ shrines) with views of spectacular gorges, canyons, and ruins of Tibetan-style forts. Crossing a suspension bridge, we reach Phu, from where we can visit Tashi Lhakhang monastery. B, L, D

Day 6

Acclimatization Day in Phu 4,250 m / 11,614 ft – 2 hrs

We spend an extra day in Phu to acclimatize to the altitude before we trek higher and over the Kang La Pass in the days to come. Acclimatization is best done by keeping active, so we head off for a hike to Himlung Himal Base Camp and a glacier valley. Alternatively, there is plenty to see around the village of Phu itself with its yaks and yak herders. We stay overnight at Phu again. B, L, D Due to its close proximity to Tibet, has a prevalent Tibetan Buddhist culture.

Day 7

Phu to Nar 4,110 m / 13,484 ft – 6 hrs

Today we retrace our steps a little to reach Nar. Before that, we cross a bridge over an amazing 80 m deep narrow canyon. Tonight we attend evening prayers with the nuns who live there. We will also share dinner prepared by the nuns and experience the day-to-day life of the monastery. Please feel free to donate at the monastery and light some oil lamps for your loved ones. B, L, D

Day 8

Nar to Ngawal Via Kang La Pass (5,240m) Ngawal 3,600 m / 12,171 ft – 9 hrs

A challenging day but with views that make up for the ache in our legs! From the top of the Kang La Pass, we see the stunning mountains of Annapurna II, Gangapurna, and Tilicho Peak. Finally, we reach Ngawal, and here we can find Wi-Fi to relay some of our stories back home. B, L, D

Day 9

Ngawal to Manang 3,540 m / 11,859 ft – 4 / 5 hrs

Today our body will appreciate the shorter trekking time and less steep trails. Our spirits also enjoy the rich Buddhist heritage we will see today. Leaving Ngawal, we drop down, passing Sher Gomba and surrounding settlements and even Milaperpa's cave. Milaperpa was a dedicated yogi, spiritual leader, and teacher so is a major figure in the Kagyu school of Tibetan Buddhism. Born around 1052, he travelled to what is now Nepal, and various sites are dedicated to his memory. We also pass Braga Gomba, which is around 900 years old, and the Gomba of Godzo before crossing the Ghatte Khola and reaching the town of Manang, where we overnight. B, L, D

Day 10

Trek to Yak Kharka (13,287 ft)

After breakfast, you'll be ascending towards Yak Kharka, which literally means the Yak pasture land. You'll also see several yaks along the trail. The juniper trees and the settlement at Gunsang village will entertain you throughout your 6-hour hike. Overnight in a tea house at Yak Kharka. B, L, D

Day 11

Trek to Thorong Phedi (14,600 ft)

Your day starts early after breakfast towards Thorong Phedi, where you'll be staying for the night. Thorong Phedi is the base of the famous Thorong-la Pass. B, L, D

Day 12

Trek to Muktinath (12,467 ft) crossing the Thorang La Pass (17,769 ft) to Jomsom

You'll be hiking for around 8 to 10 hours this day, first upwards towards the Thorong La Pass, the highest point of the trek, and down to Muktinath. Since the weather can be unpredictable at Thorong La Pass, you want to reach there before the first portion of the day. So, you'll start very early in the morning and hike for around 4-5 hours to reach there. The panoramic view of snow-capped peaks like Annapurna South (7219m), Annapurna I (8091m), Annapurna II (7937m), Annapurna IV (7525m), Annapurna III (7555m),

Machhapuchhre (6997m), Gangapurna (7454m), Nilgiri (7061m), Dhaulagiri (8167m) and many other neighboring mountains, will make it worth the effort. From there, the trail descends steeply to Muktinath, a sacred pilgrimage site for Hindus and Buddhists. and we drive to Jomsom and Overnight stay at Jomsom. B, L, D

Day 13

Flight from Jomsom to Pokhara

From Jomsom, you'll catch the earliest possible flight to Pokhara. You'll fly above the Annapurna massif and conservation area. Once at Pokhara, you can tour the city, and visit caves and waterfalls. You can also try some of the adventure sports the place offers, such as boating, and zip-lining, or you can simply cycle around the lakeside. Overnight in Pokhara. B

Day 14

Drive/Fly back to Kathmandu

You can return back to Kathmandu either by bus or via flight. The flight takes around half an hour but may get delayed in case of unexpected rainfall, which is pretty common in Pokhara. If you choose to return by bus, it'll take approximately 6 hours to reach Kathmandu. Once you reach Kathmandu, you'll have enough time to explore the city and go souvenir shopping. In the evening, our team will host you a special dinner with a Nepalese cultural show. You'll stay overnight at a 3-star hotel in Kathmandu. B, D

Day 15

Departure from Kathmandu

After breakfast, our representative will drive you to the airport. B

What's included

- Accommodation Hotel in Kathmandu 3 star hotel and in trek simple lodges
- Full board meals as mentioned above in the trek
- One professional guide and necessary Number of porter/s for the trek with their meal
- All National Park and Conversation area fees, Trek Permits
- Kathmandu sightseeing, airport picks up and drope, all ground transport
- One night cultural show and dinner
- Special Nar Phu valley trek permit
- Jomsom to Pokhara Flight by Fixed wing aircraft
- Down jacket and sleeping bag for trek if necessary
- All Government Tax and Vat

Not included

- International airfare and Insurance
- Any Drinks, food in Kathmandu, while not mentioned
- Personal Insurance & emergency rescue charges if necessary
- Extra porter & transport charges in the event of landslides
- Other personal expenses, airport tax, Kathmandu city entrance fees
- Personal, medical and evacuation insurance Laundry, cost raised by re-routing, cancellation, political disturbance etc
- Tips any other expenses, which are not mentioned above.

Photos, videos and reviews of this trip: nepal trekking.com/nar-phu-trek