

Nar Phu Trek

Nar Phu valley is remote and untouched by modern and mass tourism and also known as hidden valley trek. Nar phu valley gives you a chance to experience Tibetan religion and heritage. Its picturesque medieval villages, narrow gorges/canyons and spectacular Cliffside trail is interesting and challenging at the same time. This exotic land is still rich in medieval Tibetan culture, which was kept intact for centuries. The dramatic mountain views and magnificent alpine scenery with Tibetan landscape is one of its charismatic beautify.



Detailed Itinerary

Day 1: Drive from Kathmandu to Syange

You leave in the morning for about 8 hours scenic bus drive to Syange.

Day 2: Syange to Tal

After breakfast we continue our trek following the jeep track for about 2 hours to chamje and after crossing over the bridge we head up hill walking following the trekking trail to Tal. Enjoy the natural water fall and stay overnight in Tal.

Day 3: Tal to Koto

Leaving the beautiful Tal we have head toward koto following the old trekking trail before hitting on the jeep track up to Danaque. On the way we could see view of Mt. Manaslu. After Danque we we leave the jeep track and following steep uphill through forest to Timang for about 1 hrs from where we could have nice view over mountain. After having lunch we follow the wider jeep path to Koto for overnight.

Day 4: Koto to Meta

Now we leave the main Annapurna trail and enter toward the valley of Nar and Phu. It's a beautiful long walk. We walk through the river side, passing beautiful forest and caves. As we continue start climbing steep uphill to Meta the narrow canyon start widening with amazing view of snow peak.

Day 5: Acclimatization day

Today we let our body rest to acclimatize, if you feel good we could do a side hike towards Kangaru himal Base camp.



Day 6: Meta to Phu

After Meta, it's a roller coaster trail and the beautiful Buddhist chortens start appearing in sight. The trail strolls along the ridge with magnificent view of Nar valley with monastery and chorten. Passing many chorten we arrive at Kayang and from here we trek through canyons and reach the ancient gate of phu from where you could first view three village of phu and the old Dzong.

Day 7: Explore the village of Phu

Today you could spend your day exploring this wonderful and incredibly interesting village and observe its traditional way of living. Phu village is snow bounded almost completely deserted in winter. If you would like you could make a hike to Himlung himal base camp as well.

Day 8: Trek to Nar phedi

We Retrace our way back down to Meta but turn off at Nar phedi monastery where we will have our overnight. Explore the beautiful monastery and if you like participate in daily ritual in the evening.

Day 9: Trek to village of Nar

It's a short walking day today. We climb up from Nar phedi and zigzag trail lead us toward the ancient village of Nar passing wonderful painted chortens. After arriving explore the beautiful village of Nar and ready for the difficult and long pass of tomorrow.



Day 10: Kang la pass and to Ngawal

It is an early wake up call for a long day. The trail climbs up and traverse yak pastures. Kang la pass itself is not a difficult pass but due to the height it's challenging. The pass provides magnificent view of Pisang peak, Annapurna II, Gangapurna and Tilicho peak. Enjoy the view and descend down overlooking the picturesque landscape to another beautiful village of Ngawal for overnight.

Day 11: Ngawal – Chame

From ngawal its gradual walk to Ghyaru and from here steep downhill up to the river and after crossing the bridge we follow the pine forest to pisang and follow the jeep track to Chame for overnight.

Day 12: Chame drive to Kathmandu

We drive from Chame on a bumpy road to besisahar and from here black paved scenic drive back to kathmandu.



Ratna Culi



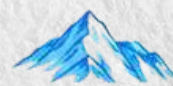
Phu Village
4080m



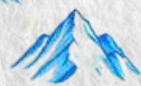
Himlung



Gjadri Kang



Nemjung



Panbari
Himal I



Kang Guru I



Chulu Far
East Peak

Kang La Pass
5320m

Nar
4110m

Nar Phedi 3550m

Meta 3560m

Koto
2600m

Tal 1700m

Syange
1100m



Ice Lake

Ngawal
3660m

Chame
2670m

Kathmandu
1350m



Kathmandu
1350m



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