communitytrek.com/nepal/nar-phu-valley-lodge-trek
+977-9869666346 · WhatsApp: +977-9869666346 · communitytreks@gmail.com



NEPAL · ANNAPURNA

Nar Phu Valley Lodge Trek

Discover the remote beauty of the Nar Phu Valley Trek, one of Nepal's most spectacular off-the-beaten-path adventures in the Annapurna region.

TRIP PRICE
Price on request

COST / PRICE Price on request	REGION Annapurna	DURATION 14 days	MAXIMUM ALTITUDE 5,416 m
BEST SEASON Spring & Autumn	DIFFICULTY Challenging	ACCOMMODATION Teahouse / Lodge	TRIP TYPE trekking

HIGHLIGHTS

What makes this trip special

01 Venture into a remote part of Nepal that few travelers get to see

02 Stay in ancient villages that have seen little change over the centuries

03 Enjoy great views of Annapurna II, Himlung Himal, Gangapurna, and Tilicho Peak

04 Experience a part of the Tibetan plateau that extends down into Nepal

05 Witness a Tibetan-derived culture, with unique and colorful prayer stones and monasteries

OVERVIEW

Journey overview

Nar Phu Valley Trek: A Himalayan Odyssey Beyond the Beaten Path

If you're seeking an adventure that transcends the ordinary, the Nar Phu Valley Trek beckons, offering an exclusive passage through the untouched beauty of the Himalayas. Nestled amidst the Annapurna region of Nepal, this hidden gem promises a unique blend of awe-inspiring landscapes, ancient Tibetan culture, and an authentic wilderness experience.

Scenic Splendor at Every Turn

Picture yourself surrounded by towering peaks like Annapurna I and Gangapurna, their majestic presence reflected in turquoise lakes carved by ancient glaciers. As you traverse the rugged terrain, traditional Tibetan villages dot the hillsides, adorned with prayer flags that dance in the Himalayan breeze. Wander through meadows painted with a riot of wildflowers, and keep a watchful eye for glimpses of elusive blue sheep and playful marmots. In the Nar Phu Valley, every step unveils a pristine panorama, an untouched canvas of natural wonders.

A Cultural Tapestry Unraveling

This trek is not merely a physical challenge; it's a journey into the heart of Tibetan culture. The Nar Phu Valley is home to ancient villages where time seems to stand still. Engage with the locals, witness age-old traditions, and feel the spiritual resonance of monasteries nestled in the mountains. The trek offers a rare opportunity to immerse yourself in the rich tapestry of Himalayan heritage, creating memories that transcend the ordinary.

Challenge Accepted: High Passes and Untamed Wilderness

The Nar Phu Valley Trek is not for the faint of heart. High passes like Kang La Pass (5240m) and Thorong La Pass (5416m) will test your endurance, with steep ascents and rocky paths demanding your utmost respect. Yet, for those who answer the call of adventure, the rewards are unparalleled. Conquer challenging terrain, soak in the raw beauty of nature, and forge a connection with the unique culture of the region. This is a trek that leaves you with more than just memories; it imprints the untamed spirit of the Himalayas on your soul.

Escape the Crowds: Your Untouched Himalayan Retreat

Bid farewell to the tourist trails and embrace the allure of the unknown. The Nar Phu Valley Trek promises an off-the-beaten-path experience, where serenity meets the wild. Say goodbye to the crowds and hello to an unforgettable journey, where the Nar Phu Valley weaves its magic into your soul. Pack your sense of adventure, lace up your boots, and get ready to discover the untamed heart of the Himalayas. The Nar Phu Valley Trek awaits, inviting you to leave the ordinary behind and embrace the extraordinary.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1 **Drive from Kathmandu to Besisahar 760m.**

DAY 2 **Drive to Koto 2600m (8530 Ft)**

DAY 3 **Trek from Koto to Meta 3560m (11,680 Ft)**

DAY 4 **Trek from Meta to Phu Village 4080m (13,386 Ft)**

DAY 5 **Exploration day in Phu 4080m(13,386 Ft)**

DAY 6 **Trek from Phu to Nar Phedi 3490m (11,450 Ft)**

DAY 7 **Trek from Nar Phedi to Nar 4110m (13,484 Ft)**

DAY 8 **Trek from Nar to Ngawal 3660m (12007 Ft) via the Kang La Pass 5240m (17191 Ft)**

DAY 9 **Trek from Ngawal to Manang Village 3540m (11318 Ft)**

DAY 10 **Trek to Yak Kharka 4050m (13287 Ft)**

DAY 11 **Trek to Thorong la Phedi 4450m (14599 Ft)**

DAY 12 **Trek to Thorung La Pass 5,416m (17769 Ft) to Muktinath 3800m (12467 Ft)**

DAY 13 **Drive to Pokhara 800m (2624.67 Ft)**

DAY 14 **Fly to Kathmandu and drive to Hotel**

SERVICES

Included and not included

Included

- √ Arrival & Departure: Airport - Hotel transfers - Airport (Pick Up and Drop)
- √ Hotel Accommodation in Kathmandu: 2 nights hotel in Kathmandu on bed & breakfast Basis- Twin Bedroom
- √ Permit: All necessary paper works: ACAP, TIMS permit & Narphu Valley Special Permit
- √ Insurance: Insurance for all involved Nepalese staffs during
- √ All ground transportation:
- √ Member Luggage: Up to 12 Kg per member for personal baggage during the trek carrying by porters.
- √ Lodging & Food: Food 3 meals a day (BDL; including tea) Breakfast, lunch, and dinner from the guesthouses you are staying at. You could pick anything on the menu, which had western options or Nepali options. You can eat pancakes, Pasta, pizza, and burgers or you can go for the 24-hr Nepali Power Dal Bhat.
- √ Porter: Porters (2 trekkers: 1 porter) during the trek
- √ Staff Salary and allowance
- √ Community Trek Duffle Bag for Trek (Easy for porter to carry)
- √ Comprehensive Medical kit

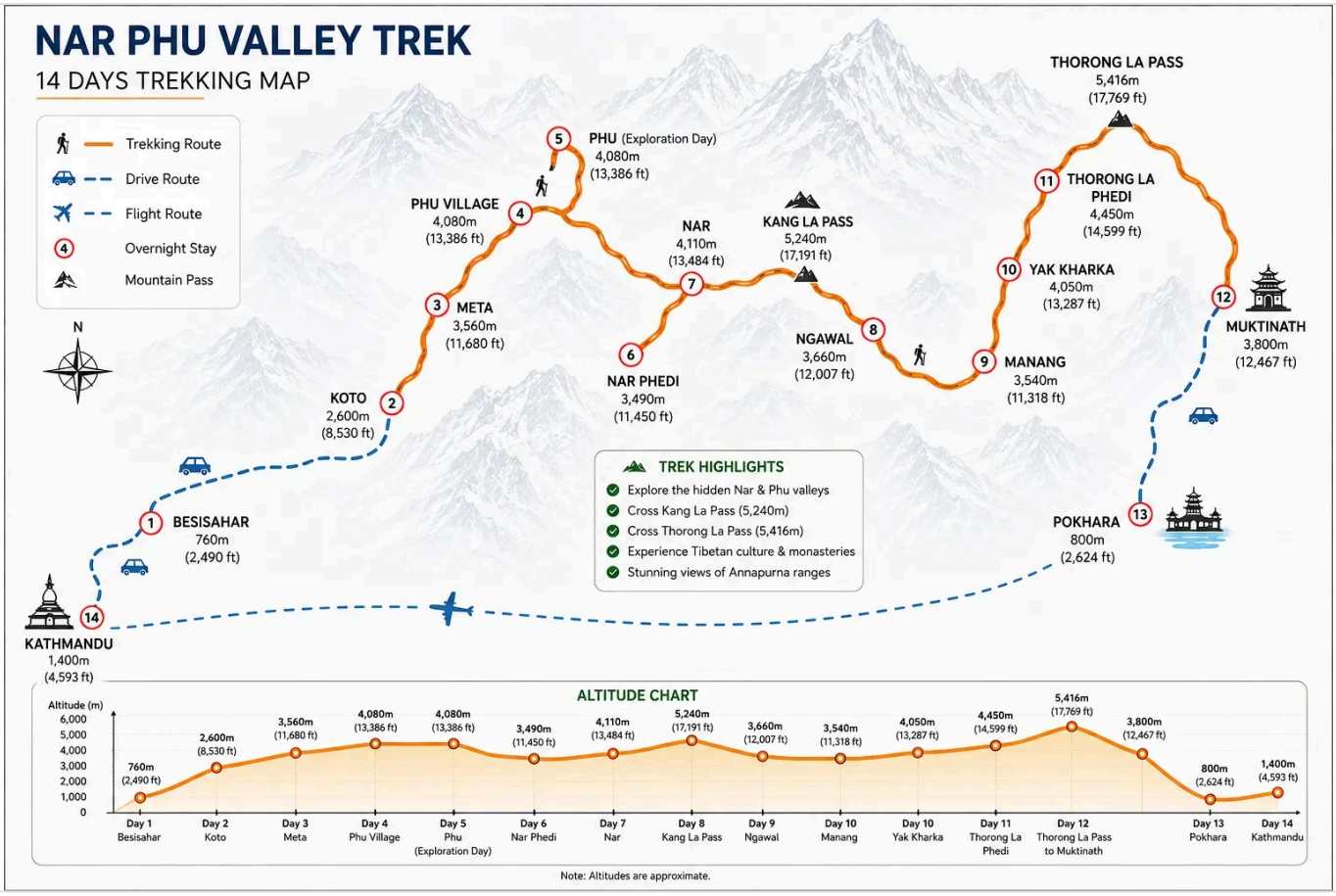
Not included

- – Nepal entry Visa fee
- – Lunch & Dinner: Lunch & dinner in during the stay in Kathmandu (also in case of early return from Trekking than the scheduled itinerary)
- – Extra night in Kathmandu: Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary
- – Rescue Evacuation: Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests and Hospitalization costs.)
- – Personal Expenses: Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, extra foods, desserts, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears & Equipment.
- – $30 USD for extra porter per day (If extra porter demanded)
- – Tips: Tips for Guide, porter (Avg. US 15$ per day per person)
- – Any other item not listed in “Price Includes” section

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



GALLERY

A glimpse of the journey











Community Trek
Explore, Connect & Experience

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

Kapan, Kathmandu WhatsApp & Call: +977-9869666346

+977-9869666346 ✉ communitytreks@gmail.com

https://communitytrek.com/nepal/nar-phu-valley-lodge-trek

Prepared Nov 16, 2026