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Nar Phu Valley Trek

A Remote Journey into Untouched Tibetan Villages and High Mountain Passes

Duration: 7 Days

Max Altitude: 5320 m (Kang La Pass)

Trek Grade: Challenging

Start / End: Kathmandu

Accommodation: Hotel in Kathmandu | Tea house during trek

Best Season: March-May | September-November

Group Type: Private or Group Joining



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Overview

The **Nar Phu Valley Trek** is a hidden Himalayan adventure that takes you into the remote and untouched valleys of northern Annapurna. This trek offers a rare glimpse into traditional Tibetan culture, ancient villages, and pristine landscapes far away from the usual trekking routes. As you journey through narrow gorges, high ridges, and dramatic mountain passes, the silence and serenity of Nar and Phu valleys create a deep sense of peace and wonder. The real reward is reaching **Kang La Pass**, where panoramic views of Annapurna and Lamjung Himal unfold, making every step of the journey feel truly meaningful and unforgettable.

Trip Highlights

- The Nar Phu Valley Trek offers a remote and untouched trekking experience far from the crowds.
 - You will explore ancient Tibetan-influenced villages and monasteries, showcasing traditional culture.
 - The trail passes through dramatic gorges, high ridges, and alpine landscapes, creating stunning scenery.
 - Reaching Kang La Pass (5,320 m) provides a rewarding challenge and breathtaking panoramic views.
 - The trek offers spectacular mountain vistas of Annapurna, Manaslu, and Lamjung Himal ranges.
- This journey delivers a true wilderness adventure, with serenity, solitude, and deep connection to nature.

Itinerary

Day 1: Kathmandu → Besisahar → Koto (Drive | 10–12 hours | 2,610 m)

Early morning departure from Kathmandu, driving through the scenic Prithvi Highway and along the Marsyangdi River. After passing through Besisahar, the journey continues to Koto, the gateway to Nar Phu Valley, where you arrive in the evening and stay overnight.

Day 2: Koto → Meta (Trek | 5–6 hours | 3,560 m)



The trek begins through forests and traditional villages, gradually ascending along the Marsyangdi River valley. The trail becomes steeper as you climb toward Meta, where you enjoy your first high-altitude night in a remote mountain setting.

Day 3: Meta → Phu Gaon (Trek | 5–6 hours | 4,080 m)

Today's trek leads deeper into the Nar Phu region, crossing high ridges and passing yak pastures. You reach Phu Gaon, a traditional Tibetan-influenced village, where you can explore local culture and enjoy panoramic mountain views.

Day 4: Acclimatization Day in Phu Gaon (Hike / Rest | 3–4 hours optional | 4,080 m)

A rest day for acclimatization, allowing your body to adjust to the altitude. Optional hikes include exploring nearby monasteries, visiting the local village, or hiking to viewpoints for stunning mountain panoramas.

Day 5: Phu Gaon → Nar Phedi (Trek | 5–6 hours | 3,490 m)

Today's trek descends slightly through narrow valleys and dramatic landscapes, passing traditional settlements and prayer flags. You reach Nar Phedi, where the trail opens into the Nar Valley, surrounded by high cliffs and peaks.

Day 6: Nar Phedi → Nar Village → Kang La Pass → Ngawal (Trek | 7–9 hours | 4,110 m → 5,320 m → 3,660 m)

A challenging and rewarding day as you trek to Nar Village and then ascend to Kang La Pass. After enjoying the panoramic views from the pass, descend steeply to Ngawal in the Annapurna region for overnight stay.

Day 7: Ngawal → Besisahar → Kathmandu (Drive | 10–12 hours | 1,350 m)

After breakfast, drive back through the Annapurna region, passing through Besisahar and continuing to Kathmandu. The journey concludes in the evening, marking the end of the Nar Phu Valley trek.

All You Need to Know

1. Visa Process



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Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.



- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.



Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

Important Information

- This trek requires a good level of physical fitness, as it involves long walking days, uneven terrain, and gradual ascent at higher altitudes. Participants are strongly advised to prepare in advance through regular exercise, endurance training, and hiking practice.
- Altitude-related illnesses such as Acute Mountain Sickness (AMS) can occur above 2,500 m. All itineraries are designed with proper acclimatization days to minimize risk; however, individuals must follow the guide’s instructions and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas are unpredictable and can change rapidly, particularly during monsoon and winter seasons. Trekking schedules may be adjusted due to weather, trail conditions, or safety considerations.
- Luggage limits are strictly enforced, typically allowing 10–12 kg of personal baggage per trekker. Excess luggage can be carried by porters or arranged separately at an additional cost.
- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, and helicopter evacuation is mandatory. Proof of insurance must be provided before the trek begins.

