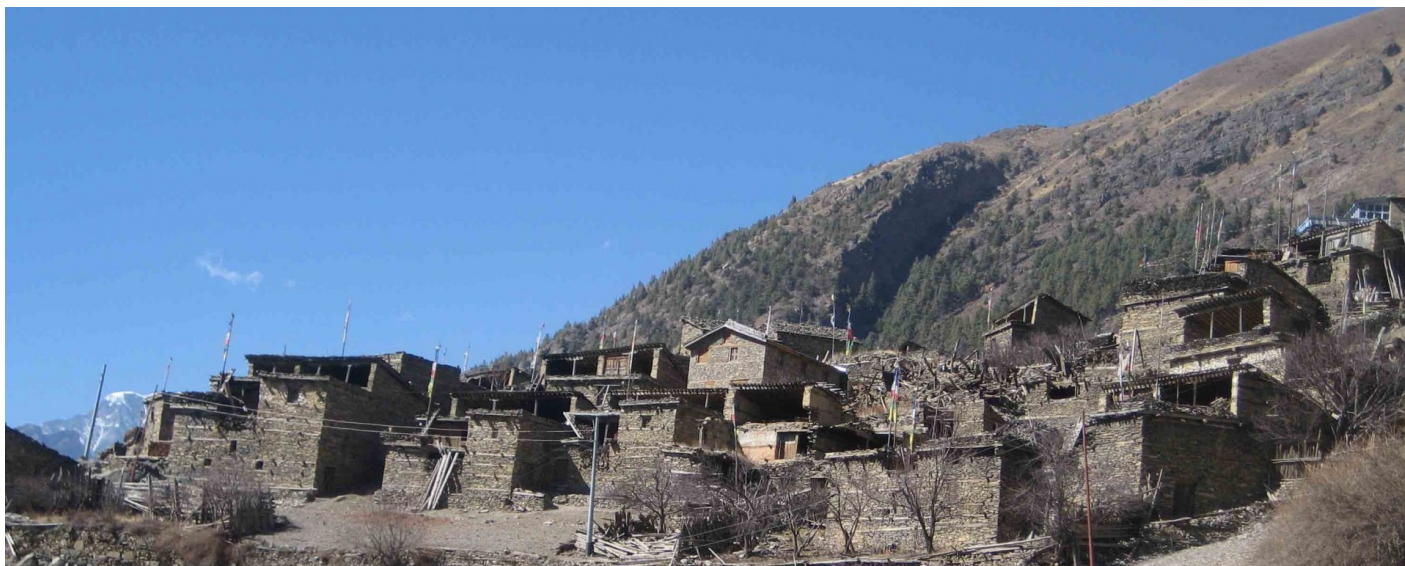


## Nar - Phu Trekking



The ancient villages of Nar and Phu offer a rich Tibetan culture practiced by local Bhotia people easily visible in their daily rituals and beautifully decorated monasteries like Tashi Lhakhang Gompa.

The ancient villages of Nar and Phu preserve a rich Tibetan culture practiced by local Bhotia people, which is evident in their daily rituals and beautifully decorated monasteries such as Tashi Lhakhang Gompa. Opened since 2002, Nar Phu trekking is one of Nepal's least visited but most prized trekking destinations. Trekkers must obtain a special permit to enter Nar Phu due to the sensitivity of its ancient culture and pristine natural environment.

Nar Phu is located in the trans-Himalayan region beyond Annapurna mountain and consists of two villages: Phu and Nar. Nar Phu Trekking begins in Chame, Manang, and continues up the Marhsyangdi River through a rugged and wild landscape before dropping down into Kali Gandaki Valley.

The ancient villages of Nar and Phu showcase a rich Tibetan culture practiced by local Bhotia people, which is evident in their daily rituals and beautifully decorated monasteries such as Tashi Lhakhang Gompa in Phu village. You will be transported back in time when you visit Nar Phu, which is geographically and culturally much closer to Tibet than Nepal.

The Kang-la Pass (5314m) is the first challenging crossing that leads to Nyeshang village. The pass provides a full panorama of the Annapurna ranges, and beyond Nyeshang Village are alpine valleys of vast barren landscape with snowcapped peaks as an impressive backdrop.

The Thorong-La Pass (5416m) is the highest point of the Nar Phu trek and crossing of it requires proper acclimatisation and preparation on the part of trekkers. The pass provides a spectacular view of the Annapurna ranges, including Dhaulagiri (8167m), Manaslu (8163m), Gangapurna (7455m), Tilicho Peak (7134m), Nilgiri (7041m), Machhapuchhre (6998m), Lamjung Himal (6986m), and others. From here, you will descend to the Muktinath (Chumig Gyatsa) temple in the Kali Gandaki Valley, followed by the town of Jomsom, which is known for its Thakali community and sumptuous cuisine.

Duration: 24 days

Price: \$2280

Rating: 3 Star

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Annapurna Region

### **Quick Facts**

Accommodation: Lodge / Camping

Maximum Elevation: 5416 meters

Trekking Grade: Difficult

Total Days in Nepal: 24

Trek Days: 20

### **Itinerary:**

#### **Day 1:** Arrive in Kathmandu

Arrive in Kathmandu, transfer to hotel and welcome dinner in the evening.

#### **Day 2:** Sightseeing

Sightseeing in Kathmandu and preparation for the trek.

#### **Day 3:** Drive to Besisahar

Drive to Besisahar (760m) by bus - 7h.

#### **Day 4:** Besisahar - Bahudanda

Besisahar - Bahudanda (1310m) - 6h30.

#### **Day 5:** Bahudanda - Chamje

Bahudanda - Chamje (1430m) - 6h30.

#### **Day 6:** Chamje - Dharapani

Chamje - Dharapani (1860m) - 6h.

#### **Day 7:** Dharapani - Koto

Dharapani - Koto (2600m) - 6h.

**Day 8:** Koto - Singenge Dharmasala

Koto - Singenge Dharmasala (3230m) - 5h30.

**Day 9:** Dharmasala - Kyang

Dharmasala - Kyang (3820m) - 5h30.

**Day 10:** Kyang - Phu

Kyang - Phu (4080m) - 5h.

**Day 11:** Exploration

Exploration around Phu.

**Day 12:** Phu - Junam Goth

Phu - Junam Goth (3550m) - 5h.

**Day 13:** Junam Goth - Nar

Junam Goth - Nar (4110m) - 5h.

**Day 14:** Exploration

Exploration around Nar.

**Day 15:** Nar - Ngawal

Nar - Ngawal (3660m) via Kang-la Pass (5315m) - 7h.

**Day 16:** Ngawal - Manang

Ngawal - Manang (3350m) - 4h.

**Day 17:** Manang - Lather

Manang - Lather (4000m) - 5h.

**Day 18:** Lather - Thorong Phedi

Lather - Thorong Phedi (4510m) - 3h.

**Day 19:** Thorong Phedi - Muktinath

Thorong Phedi - Muktinath (3800m) via Thorong-la Pass (5416m) - 9h(historical place).

**Day 20:** Muktinath - Jomsom

Muktinath - Jomsom (2730m) - 5h.

**Day 21:** Fly from Jomsom to Pokhara

Fly from Jomsom to Pokhara - 30 minutes.

**Day 22:** Drive to Kathmandu

Drive to Kathmandu by bus - 8h or fly - 35 minutes.

**Day 23:** Farewell

Free day and farewell dinner in the evening.

**Day 24:** Final departure.

Taking to airport.

**Highlights:**

- Visit the ancient Tibetan villages of Nar and Phu
- Cross Kang-la Pass (5314m) and Thorong-la Pass (5416m)
- Enjoy magnificent views of the Annapurna ranges, including Dhaulagiri (8167m), Manaslu (8163m), Machhapuchhre (6998m), and others.
- Visit Muktinath (Chumig Gyatsa) and Jomsom in Kali Gandaki Valley

**Other Features:**

- Accommodation: Lodge / Camping
- Maximum Elevation: 5416 meters
- Trekking Grade: Difficult
- Total Days in Nepal: 24
- Trek Days: 20