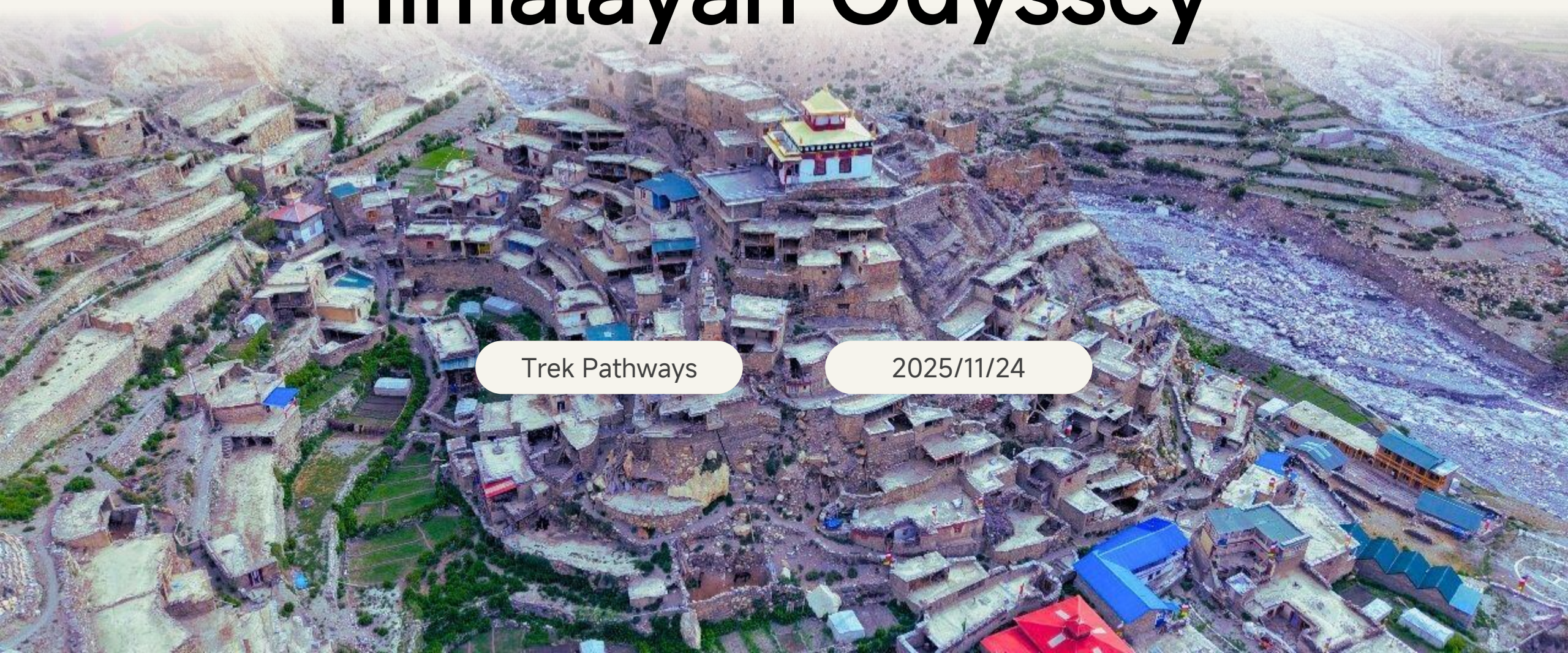


Nar Phu Valley Trek: 12-Day Himalayan Odyssey



Trek Pathways

2025/11/24

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01

Trek Overview





Hidden Valleys Beyond Annapurna

Opened to trekkers only in 2003, Nar Phu remains Nepal's least-visited restricted zone, wedged between Annapurna and Manaslu.

Medieval stone villages & glacial canyons

Nomadic yak pastures & 5,326m Kang La Pass

Untouched Tibetan culture preserved by restricted access



Why Choose This Route

Ideal for seasoned adventurers seeking solitude, cultural depth, and high-altitude challenge without the crowds.



360° Annapurna Panoramas

Unobstructed views of Annapurna II, Himlung Himal, and Gangapurna from Kang La Pass.



Monastery Lodgings

Experience authentic Tibetan culture with an overnight stay at the Nar Phedi Monastery.



Restricted-Area Exclusivity

Escape commercial trails and connect with Khampa communities in their timeless Himalayan life.



02

Highlights & Peaks

Kang La Pass Summit Moment

Day 9: The pinnacle of the trek, both literally and figuratively.

Pre-Dawn Start

Begin the ascent from Nar village under a canopy of stars.

Steep Scree Climb

Navigate challenging scree slopes as the sun begins to rise.

The Summit Reveal

Reach 5,326m for a breathtaking 360° panorama of the Annapurna massif.

Descent to Ngawal

Begin the long descent through a glaciated bowl to the village of Ngawal.

This is the trek's most **photographic and emotional milestone**, where prayer flags whip in the thin air against a backdrop of endless peaks.

Cultural Icons En-Route

The trek is a living museum of Tibetan Buddhist heritage, offering authentic encounters far removed from staged tourist experiences.

Tashi Lhakhang Monastery

Visit Phu's 14th-century monastery, a spiritual anchor blessed by Lama Karma Sonam Rinpoche.

Sacred Architecture

Walk past cliff-hugging chortens, ancient mani walls, and spin copper prayer wheels.

Living Traditions

Witness puja ceremonies and the seasonal migration of yak caravans.





03

Logistics & Permits

Mandatory Paperwork Simplified

Entry requires three key documents, all seamlessly handled by your operator.



Restricted Area Permit (RAP)

For Nar Phu. Costs USD 100 per week (Sep-Nov). Operator guarantees 100% approval.



ACAP Permit

Annapurna Conservation Area Permit.
Included in the package.







TIMS Card

Trekkers' Information Management System. Arranged online by the operator.




The process is **zero hassle** for travelers—no embassy visits, no queues.

Transport & Lodging Matrix

Transportation

-  Kathmandu to Besisahar: Scenic tourist bus.
-  Besisahar to Koto: 4WD Jeep to trailhead.
-  Pisang to Besisahar: Private Jeep exit.
-  Besisahar to Kathmandu: Return by bus.

Accommodation

-  Kathmandu: 3-star hotel with breakfast.
-  On Trek: Simple teahouses, twin-share.
-  **Highlight:** Overnight at **Nar Phedi Monastery** for cultural immersion.



04

Itinerary Snapshot

Days 1–3: Gateway to Restriction

The journey begins in the cultural heart of Nepal before transitioning into the restricted wilderness.

1 Arrival & Briefing

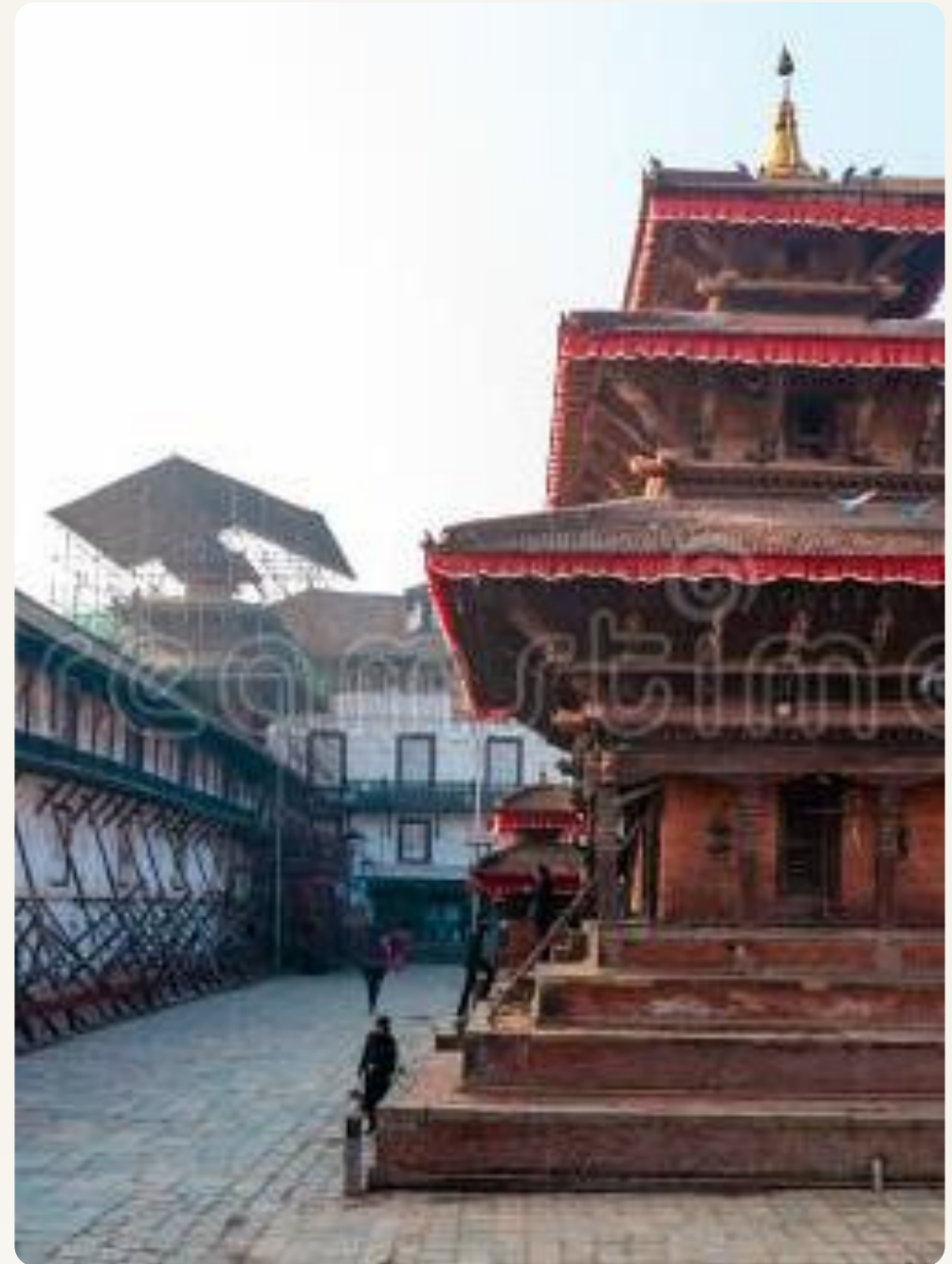
Welcome in Kathmandu, hotel check-in, and comprehensive trek briefing.

2 UNESCO Heritage Tour

Guided visits to Swayambhunath, Pashupatinath, Boudhanath, and Kathmandu Durbar Square.

3 Scenic Drive to Koto

An 8-hour journey to the trek's starting point (2,600m), where the restricted-area gate marks the beginning of the wilderness.



Days 4–6: Phu Valley Immersion

Trek through dramatic landscapes to reach the medieval fortress-like village of Phu, where time seems to have stood still.

Day 4: Koto to Meta (3,560m)

Enter the restricted region, walking through pine forests, past caves, and along narrow canyons to the open terrain of Meta.

Day 5: Meta to Phu Village (4,080m)

A rugged trail leads to the spectacular Phu village, perched on a rocky slope with a strong Tibetan influence.

Day 6: Acclimatization in Phu

A full day to explore the Tashi Lhakhang Monastery, interact with locals, and prepare for the high passes.

Days 7–9: Nar Village & Kang La Pass

The most challenging and rewarding segment, combining cultural depth with the trek's physical and spiritual high point.

Day 7: Nar Phedi

Descend to stay at the serene monastery, a highlight of the journey.



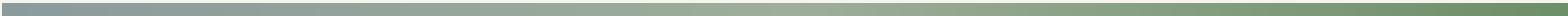
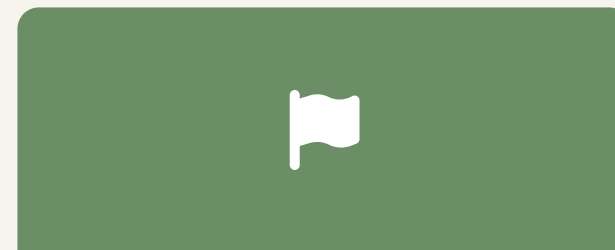
Day 8: Nar Village

A steep ascent to the lively, culturally rich village of Nar.



Day 9: Kang La Pass

The ultimate challenge: a pre-dawn push to the 5,326m pass for 360° views.



Days 10–12: Return to Civilization

The journey concludes with a gentle trek out and a scenic drive back, allowing time to reflect on the adventure.

10 Trek to Pisang & Drive

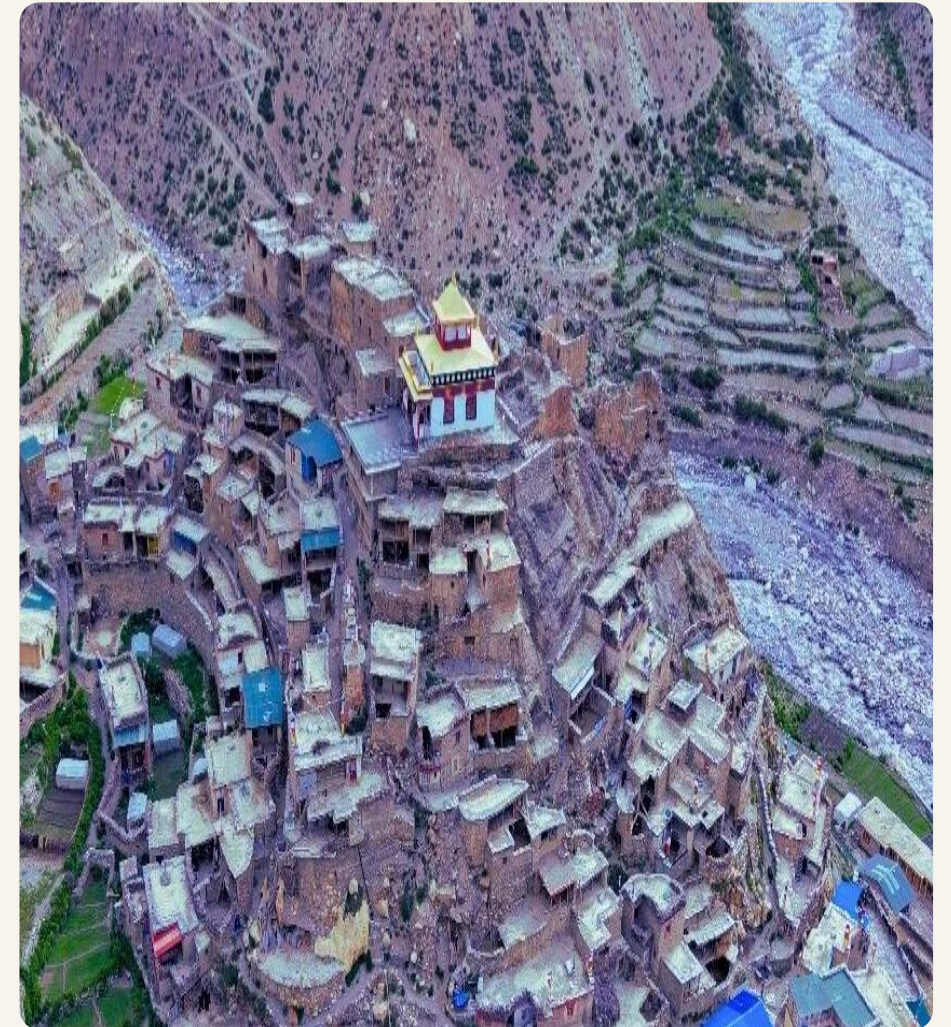
An easy trail to Lower Pisang, followed by a jeep ride to Besisahar, marking the end of the trek.

11 Return to Kathmandu

A 6-7 hour scenic drive back to the capital. Free time for shopping before a farewell cultural dinner.

12 Final Departure

Airport transfer for your flight home, carrying unforgettable memories of the hidden valleys.





05

Safety & Fitness



Difficulty & Training Tips

Graded moderate-challenging, this trek demands good physical fitness and mental preparation.



Duration: 6–8 hour walking days.



Ascent: Significant altitude gains, including a 1,000m+ push to the pass.



Terrain: Scree slopes and high-altitude conditions above 5,000m.

Training Recommendations:

Cardio hikes with a pack, stair climbing, and altitude simulation. Prior multi-day trekking experience is strongly advised.

Altitude & Emergency Protocol

A comprehensive safety net ensures your well-being in the remote Himalayas.

Prevention & Monitoring

- Slow, steady altitude gain with acclimatization days
- Daily oximeter readings to monitor blood oxygen
- Certified, wilderness first-aid trained guides

Communication & Equipment

- Satellite communication device for emergencies
- Portable altitude chamber (Gamow bag) available
- Full medical kit and evacuation plan in place

Mandatory Requirement: Travel insurance covering helicopter rescue up to 6,000m is essential for all trekkers.



06

Booking Checklist

✓ Included

- ✓ All permits (RAP, ACAP, TIMS)
- ✓ All ground transportation
- ✓ 11 breakfasts, 9 lodge meals
- ✓ Certified guide & porter service
- ✓ 3 nights in 3-star KTM hotel
- ✓ Monastery stay & sleeping bag
- ✓ Medical kit, staff insurance
- ✓ Farewell dinner & certificate

✗ Excluded

- ✗ International & domestic flights
- ✗ Nepal visa fees (USD 50)
- ✗ City monument entrance fees
- ✗ Personal beverages & snacks
- ✗ Shower, Wi-Fi, laundry
- ✗ Tips for guide and porter
- ✗ Personal travel insurance
- ✗ Extra meals off itinerary

Best Seasons & Next Steps

Prime trekking windows offer clear skies and stable weather, thanks to the region's rain-shadow location.

Spring (March – May)

Blooming rhododendrons and moderate temperatures.

Autumn (September – November)

Post-monsoon clarity, crisp air, and the best mountain views.

Ready to Book?

Reserve 4 weeks ahead. Contact a licensed operator, provide a passport copy, and secure your spot with a 20% deposit. Enjoy a flexible, free-cancellation policy up to 30 days prior.



THANK YOU



BOOK NOW
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