Nar Phu Valley Trek Itinerary

Day 1: Drive from Kathmandu to koto (2600m) via Besisahar.

cWe leave Kathmandu and leave for koto via Besisahar. After having some lunch, we change to a four wheel drive vehicle for the challenging ruggest journey to koto. There there is incredibly scenic! It travels along the old Annapurna Circuit Trek route, through amazing gorges and past stunning waterfalls. Overnight in koto.

Day 2: Trek from koto to Dharmasala (3220m) -05 hrs Walk

After having breakfast , we heads toward Annapurna Circuit, in the hidden areas of Upper Manang valley near South West Tibet border in the country of blue's sheep and snow leaopards. We moves toward small valley full of forest of pines and rhododendron trees,then we reach to nice pasture fields with huts and sheds of yak herders and in the gorge formed by Pisang peak and kang-guru Himal lower basin. Overnight in Dharmasala.

Day 3: Trek from Dharmasala to Chaku (3772m)-07 hrs Walk

After breakfast, we cross the Methang River, we will choose the escalating trail to meadow at Methang. We will observe beautiful views of Chortens and Kang Guru before we move to Methang village to Junan village. We move from junan which take us to Upper Chaku via Lower Chaku village.

Day 4: Trek from Chaku to Phu (4050m)-06/07 hrs Walk

We begin with challenging climb past another village with a mani wall. We will then continue along a mesmerizing rock carved tunnel along the river while passing sever chortens nad the river bed on our way to the Phu valley. Overnight in Phu valley

Day 5: Side Trip around phu valley or Himling base camp.

Today is our acclimatization day where we are take rest and get acclimatize with its altitude. We can gain knowledge about the valley's culture, natural diversity, and religious practices of the group. People in this hidden valley survive by depending upon agriculture, animal breeding and seasonal migrations in remote areas. In this acclimatization day we can explore the Tashi Lakhang Monastery which is the old Buddhist Monastry listed out of the 108 world's great Buddhist Monastries. We can also observe the mesmerizing views of Himlung Himal and other snow peaks in the region. Overnight at Phu Gaon.

Day 6: Trek from Phu to Nar (4150m)-07 hrs Walk

In order to reach the Nar we have to pass through many streams and suspension bridges until Mahendra pul which takes about 4 hrs. we cross the suspension bridge 80m over the Gorge of Lapche River. After having lunch in Mahnedra Pul, the trail steepy ascends passing many Buddhists stupas. Overnight in Nar.

Day 7: Trek from Nar to Khang La Phedi (4530 m)-03 hrs

After walking few hours we will reach into the village for sight seeing and moves toward Kangla Phedi. Mostly we walk through the plaster land and through the Kani village. Overnight at Guest house.

Day 8: Cross Khang la (5320m) and trek to Ngawal (3670m) -08 hrs Walk

Today is along day, so get up before sunrise and head towards the Kang La Pass. The trail climbs gradually not too step in the beginning towards the pass. Before reaching the pass we climb steeply. Then we pass fantastic views over Annapurna II, Gangapurna , and Tilicho peak all above 7000 m. then we stop for a picnic lunch and give rest to our tired legs after the steep downhill. There are beautiful rock formation. We arrive Ngawal in the late afternoon and stay at a relatively modern and beautiful lodge. Overnight in Ngawal.

Day 9: Trek from Ngawal to Chame (2670m)-05/06 hrs Walk

We will move to Annapurna circuit Trail at the village of Pisang. There incredible views towards Manaslu, Annapurna II and the mountains just each of us. We will stay overnight in Chame, you will see children running, playing on the cobblestoned streets, colourful stupas and most beautiful Marsyangdi River.

Day 10: Drive from Chame to Kathmandu -08/09 hrs

After breakfast you will drive through the koto, Thangchok, Timang village to the besisahar then drive back to Kathmandu.

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