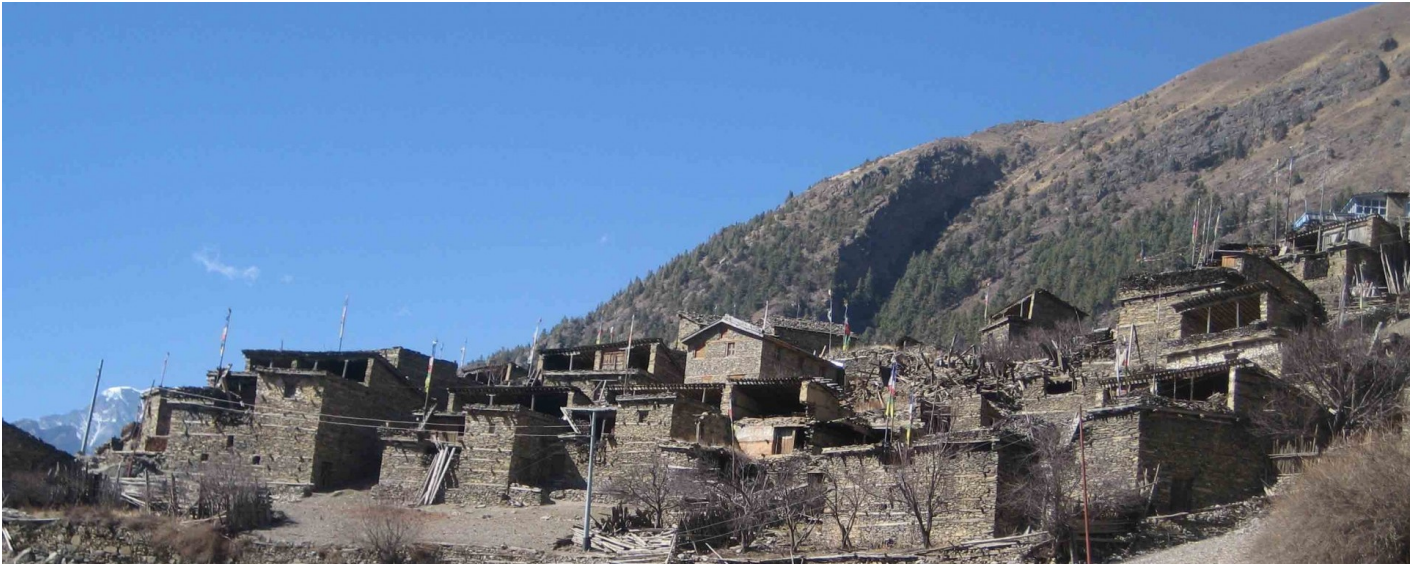


## Nar - Phu Trekking



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.

Opened since 2002, Nar Phu trekking is perhaps one of the least visited but highly prized trekking destinations in Nepal. Because of the sensitivity of its age-old culture and pristine nature, trekkers are required a special permit to enter Nar Phu.

Nar Phu falls in the trans-Himalayan region beyond Annapurna mountain and comprises of two villages, Phu and Nar. Nar Phu Trekking begins at Chame in Manang passes up the Marhsyangdi River through a rugged and wild landscape and drops down to Kali Gandaki Valley. 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 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 adventurous crossing that leads you to Nyeshang village. The pass affords a full view of Annapurna ranges and beyond Nyeshang Village are the alpine valleys of vast barren landscape with snowcapped peaks making an impressive backdrop.

The highest point of Nar Phu trek is the Thorong-La Pass (5416m), the crossing of which requires proper acclimatization and preparation on the trekkers' part. The pass affords a magnificent view of Annapurna ranges, Dhaulagiri (8167m), Manaslu (8163m), Gangapurna (7455m), Tilicho peak (7134m), Nilgiri (7041m), Machhapuchhre (6998m), Lamjung Himal (6986m) etc. From here you will descend down to the temple of Muktinath (Chumig Gyatsa) on Kali Gandaki Valley and then to the town of Jomsom, known for Thakali community and their sumptuous cuisines.

The best time to Nar Phu trekking is either Spring, Autumn or Summer. Adventure Thirdpole Trek has been operating Nar Phu trekking for many years with its experienced guides and expertise in handling all necessary logistics and permits.

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 Annapurna ranges, Dhaulagiri (8167m), Manaslu (8163m), Machhapuchhre (6998m) among 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