

Nar Phu Valley Trek

Far from the hustle and bustle of the city stays a hidden trail that leads to the **Nar and Phu** valleys. Concealed as it is, the [Nar Phu Valley Trek](#) blossoms as the most popular hidden valley treks in Nepal surpassing the **Khopra Danda Trek** and even the **Tsum Valley Trek**.

Inaugurate the trekking with a drive to the village of Koto. Getting to Koto is quite a long day's drive as we get past several villages to reach the headquarters of Lamjung, Besisahar and farther through Bhulbhule, Dharapani, and Timang to Koto. Trek up the hidden trail to the **Phu Khola** and steeply hike uphill to make way to Meta. It's time to enter the Phu Valley, one of the hidden valleys along the **Annapurna Circuit**. Enter Phu and explore the Dzong or fortresses, and also the Tashi Lakhang Gumpa. The Tashi Lakhang Monastery sits as one of the 108 most important **Buddhist monasteries** in the world.

A day after, our expedition sees us at the Nar Phedi Monastery with landscape views of the dry vistas. Again another added day marks our arrival at the Nar Valley that sits at the foothill of the Pisang Peak. Kang Guru, Dhaulagiri, Pisang, Himlung, and Annapurna peaks look marvelous from here. Regarding the hardest trekking day, it's yet to come! Well, it's today that we have to hike up a relatively steep hill atop the Kang La Pass. The hilltop of Kang La is the highest altitude, that is, 5320 meters of our trek. Plummet towards the **Upper Manang village** of Ngawal and then drop towards Pisang before driving back to Besisahar and then to Kathmandu.

Don't miss this once in a lifetime opportunity to hike up along the spotless valleys of **Nar and Phu**.

Duration: 13 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

Itinerary:

Day 1: Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

Day 2: Drive to Koto (2600 meters) via Besisahar (760 meters)

Drive towards the Besisahar, the headquarters of the Lamjung Village along the Prithvi Highway. Following our arrival at the city 5-6 hours later, we'll again drive onwards towards Bhulbhule, Tal, Dharapani, and then towards Timang. The drive continues towards Thanchok and ends at Koto. The route after Besisahar follows the Annapurna Circuit Trek route. En-route, enjoy the views of

stunning waterfalls, gorges, and Manaslu, Annapurna II, and Lamjung peaks.

Day 3: Trek to Meta (3570 meters)

Today, we enter the Nar and the Phu Valleys. Hike up along the Phu Khola via the lush green woods to hike past a narrow canyon. As you get to the end point of the day's trek, the forest starts to diminish and the landscape views come to view. A final climb uphill a steep hill sees us at Meta. En-route, enjoy a wide waterfall and some small caves and pilgrims (Dharamshala).

Day 4: Trek to Phu (4050 meters)

Hike up along the ridge as the first views of the Nar Phedi Monastery come into view. Canyons and Gorges flung far into the valleys. Get to the standing stone, the entry to the Phu Valley. As we ascent a steep trail, slowly the first views of the forts come into view, two of them are ruined while the other one (Dzong) is still standing. Finally walk across a bridge to finally make it to the Phu Valley. While here explore the valley and walk to the Tashi Lakhang Gompa, a monastery dedicated to the Lama Karma Sonam Rimpoche.

Day 5: Trek to Nar Phedi (3490 meters)

An easy trekking day for us as we hike downhill back to the Meta village but, change directions towards the Nar Phedi. The settlement only has the Nar Phedi Monastery and nothing more except the magnificent dry vistas. Explore the monastery and during the evening, gather around for a regular puja.

Day 6: Trek to Nar (4120 meters)

A steep hike uphill sees us afar the Lapche River and kin to the Nar Valley. En-route, find old Buddhist monasteries and Mani walls, prayer flags, and colorful chortens. Nar sits at the foothill of the 6091 meters tall Pisang Peak. Enjoy the views of the Annapurna, Kang Guru, Dhaulagiri, Himlung, and clearly the Pisang peaks. Explore the village!

Day 7: Trek to Ngawal (3675 meters) via Kang La Pass (5320 meters) AND Trek to Pisang , Drive back to Besisahar

A long tiring day for us though not that difficult. Ascent on rough trails to get to the Kang La Pass that sits atop 5320 meters. While there, relish in the 360 degree views of the Annapurna, Dhaulagiri, Tilicho, Pisang, and the Gangapurna peaks. By the same token, plummet towards the village of Ngawal.

Another calm and uncomplicated hike takes us to the village of Pisang. From there, a short drive sees us back at the hustle and bustle of the city at Besisahar.

Day 8: Drive back to Kathmandu (1440 meters)

Get the last look at the Annapurna, Lamjung, and Manaslu peaks and bid farewell to them! Early drive along the Prithvi Highway will see us back at the capital city of Nepal, Kathmandu.

Day 13: Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

Highlights:

- Nar and Phu Valley
- Buddhist Monasteries including the Tashi Lakhang Monastery
- Unique Culture, Tradition, and Lifestyle
- Mani Walls, Colorful Chortens, and Prayer Flags
- Annapurna, Manaslu, Lamjung, Pisang, and Other Peaks

Cost Include:

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Nar and Phu Valley Permits
- Government Taxes and Office Service Charge

Cost exclude:

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa