Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Nar Phu Valley Trek

Duration: 19 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu airport- Meet and greet then transfer to the Hotel

- Time : N/A
- Max Altitude : 1350m

Accommodation: Deluxe Accommodation in Kathmandu

Meal: na

You arrive in Kathmandu, where you'll check into your hotel and receive a briefing about your upcoming adventure.

Day 2 Kathmandu: Sightseeing and Trek Preparation(Permit making day- should be not saterday)

- Time : 5-6hrs
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: B

You'll half day explore Kathmandu's UNESCO World Heritage Sites, such as Swayambhunath and Boudhanath, while also finalizing trek permits and gear.

Day 3 Kathmandu to Jagat Drive (1100m/3608ft)

- Time : 8-9 hours
- Max Altitude : 1100m

Accommodation: Teahouse & Local Lodge

Meal: BLD

A long but scenic drive takes you from Kathmandu to Jagat, passing through lush hills and river valleys to reach the starting point of your trek.

Day 4 Jagat to Dharapani (1,960m/6,430ft)

- Time : 1960m
- Max Altitude : 7-8 hours

Accommodation: Teahouse & Local Lodge

Meal: BLD

The trek begins with a walk to Dharapani, crossing suspension bridges and passing through traditional villages as you enter the Manang District.

Day 5 Dharapani to Koto (2,610m/8,563ft)

- Time : 5-6 hours
- Max Altitude : 2610m

Accommodation: Teahouse & Local Lodge

Meal: BLD

You continue along the Marsyangdi River to Koto, the gateway to the restricted Nar-Phu Valley, where the landscape starts to feel more remote.

Day 6 Koto to Meta (3,560m/11,680ft)

- Time : 3560m
- Max Altitude : 7-8 hours

Accommodation: Teahouse & Local Lodge

Meal: BLD

A steep climb leads you to Meta, where you'll trek through dense forests, past waterfalls, and along dramatic cliffs.

Day 7 Meta to Phu Gaon (4,250m/13,944ft)

- Time : 7-8 hours
- Max Altitude : 4250m

Accommodation: Teahouse & Local Lodge

Meal: BLD

The trail takes you deeper into the hidden Phu Valley, ending in the ancient Tibetan-style village of Phu Gaon, known for its monasteries.

Day 8 Acclimatization at Phu Gaon

- Time : 12hrs
- Max Altitude : 4250m

Accommodation: Teahouse & Local Lodge

Meal: BLD

You spend a day acclimatizing in Phu Gaon, exploring the village and visiting the historic Tashi Lakhang Monastery.

Day 9 Phu Gaon to Nar (4,110m/13,484ft):

- Time : 6-7 hours
- Max Altitude : 4110m

Accommodation: Teahouse & Local Lodge

Meal: BLD

You trek from Phu to Nar, another culturally rich village, descending to a river before making the climb up to Nar.

Day 10 Acclimatization and preparation at Nar

- Time : 6hrs
- Max Altitude : 4110m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Another acclimatization day allows you to rest and take short hikes around Nar while visiting local monasteries.

Day 11 Nar to Kang La Pass (5,322m/17,460ft) to Ngwal (3,660m/12,008ft)

- Time : 7-8 hours
- Max Altitude : 3660m

Accommodation: Teahouse & Local Lodge

Meal: BLD

The challenging Kang La Pass (5,322m) awaits, offering breathtaking views before a long descent to Ngwal.

Day 12 Ngwal to Manang (3,540m/11,614ft)

- Time : 4-5 hours
- Max Altitude : 3540m

Accommodation: Teahouse & Local Lodge

Meal: BLD

You rejoin the Annapurna Circuit trail, trekking to Manang, a bustling Himalayan village with stunning mountain vistas.

Day 13 Manang to Yak Kharka (4,110m/13,484ft)

- Time : 3-4 hours
- Max Altitude : 4110m

Accommodation: Teahouse & Local Lodge

Meal: BLD

A shorter trek brings you to Yak Kharka, where you'll walk through grazing pastures and enjoy close-up mountain views.

Day 14 Yak Kharka to Thorong Phedi (4,600m/15,092ft)

- Time : 3-4 hours
- Max Altitude : 4600m

Accommodation: Teahouse & Local Lodge

Meal: BLD

You ascend to Thorong Phedi, the last stop before the high-altitude challenge of Thorong La Pass.

Day 15 Thorong Phedi to Thorong La (5,416m/17764ft) to Muktinath (3,800m/12,467ft)

- Time : 7-8 hours
- Max Altitude : 5416m

Accommodation: Teahouse & Local Lodge

Meal: BLD

The toughest day of the trek involves crossing Thorong La Pass (5,416m), then descending to the sacred pilgrimage site of Muktinath.

Day 16 Muktinath to Jomsom (2,715m/8,910ft)

- Time : 5-6 hours
- Max Altitude : 2715m

Accommodation: Teahouse & Local Lodge

Meal: BLD

You trek downhill to Jomsom, following the Kali Gandaki Valley, known for its strong winds and dramatic landscapes.

Day 17 Jomsom to Pokhara Flight (827m/2,700ft):

- Time : 20 min flight
- Max Altitude : 2715m

Accommodation: Deluxe Accommodation

Meal: B

A short but spectacular flight takes you from Jomsom to Pokhara, where you can relax by the lake.

Day 18 Pokhara to Kathmandu (1,300m/4,428ft)

- Time : 5-6 hours drive
- Max Altitude : 1300m

Accommodation: Deluxe Accommodation in Kathmandu

Meal: BD

You drive (or fly) back to Kathmandu, enjoying final views of Nepal’s countryside. evening cultural dinner by company

Day 19 Final departure from Nepal

- Time : N/A
- Max Altitude : 1300m

Accommodation: na

Meal: B

Your adventure concludes as you depart from Kathmandu, taking home memories of an incredible Himalayan journey.

Cost Include

- Airport pick-up and drop-off (private transportation)
- Transport Trekking starting point and Ending Point
- Hotel in Pokhara and Kathmandu. Category 2-3 star

- Farewell Dinner by Company
- Trekking Accommodation, Twin Sharing in Basic Tea-house
- English-speaking guides/ Who has excellent knowledge.
- Porters for 2 guest one porter
- All meals(Breakfast, Lunch & Dinner) with tea and coffee
- Fresh Fruits after dinner every evening.
- Transportation to and from the trail head
- All necessary documents and permits for trekking
- Trekking equipment including sleeping bags
- Staff insurance, medication and equipment
- All Govt. and Local Taxes, First Aid Kit
- Special Caring
- T-shirts by Destination Unlimited
- Trekking Certificate by Destination Unlimited.

Equipment List & Gear Guide

Must-Have Clothing & Gear for the Nar Phu Valley Trek

The Nar Phu Valley Trek takes you into one of Nepal's most remote and rugged Himalayan regions. With high passes like Kang La (5,320m) and unpredictable mountain weather, packing the right gear is essential for your safety and comfort.

Essential Clothing

- Thermal base layers – for warmth during chilly mornings and nights
- Insulated down jacket – keeps you warm at high altitude camps
- Waterproof and windproof shell jacket & pants – a must for snow or rain
- Fleece or softshell jacket – perfect for layering in cold conditions
- Quick-dry trekking shirts & pants – lightweight and breathable
- Warm hat & sun hat – protect from cold winds and strong UV rays
- Gloves (insulated or fleece) – for high pass crossings
- Neck gaiter or buff – guards against wind, cold, and dust
- Wool or synthetic socks – warm and moisture-wicking (3–4 pairs)

Essential Gear

- Sleeping bag (-10°C to -15°C rating) – nights in Nar Phu can be freezing
- Trekking poles – helpful on steep climbs and long descents
- Sturdy waterproof trekking boots – well broken-in for rough terrain
- Backpack (50-60L) – for your main gear (if no porter)
- Daypack (20-30L) – carry daily essentials like water, snacks, camera
- Headlamp – useful for early starts or power outages
- Water bottles or hydration bladder (2L+)
- Water purification tablets or filter – remote areas have no clean tap water

- Sunglasses with UV protection – crucial at high altitudes
- Power bank – limited electricity in the region
- Personal first aid kit – include altitude meds (e.g., Diamox)

Cost Exclude

- International airfares, Kathmandu sightseeing and entrance fees
- Travel/trekking insurance/ Nepal entry visa fees
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and hot drinks which is not mentions above
- Lunches and dinners in Kathmandu and Pokhara
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Which is not mention in email
- Tips(Tipping are expected)

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