

Nar Phu Valley Trek Itinerary



Day 1



Day 1: Kathmandu → Besisahar → Dharapani

- Duration: 8–9 hours (drive)
- Distance: ~230 km
- Elevation Gain: ~1,500 meters
- Elevation at Kathmandu: 1,400 m
- Elevation at Dharapani: 1,860 m
- Trail Type: Scenic highway drive, river valleys, hill roads
- Today is a long but beautiful drive from Kathmandu to Dharapani, following the Trishuli and Marsyangdi rivers. As the landscape shifts from busy towns to terraced hills and waterfalls, you'll feel the gradual transition into the Himalayas. Dharapani is the gateway to the Annapurna region and a key permit checkpoint.

Day 2: Dharapani → Koto

- Duration: 5–6 hours
- Distance: ~14 km
- Elevation Gain: ~740 meters
- Elevation at Dharapani: 1,860 m
- Elevation at Koto: 2,600 m
- Trail Type: Forest trails, stone steps, suspension bridges
- The trail follows the Marsyangdi River through lush forests and traditional villages. You'll cross several suspension bridges and pass prayer wheels as the mountains begin to close in. Koto is a small village and the official checkpoint for entering the restricted Nar-Phu region.
- Once in Koto, you'll check into a local cozy lodge. You will then be registered into the restricted area at the police checkpoint here.



Day 2





Day 3



Day 3: Koto to Meta

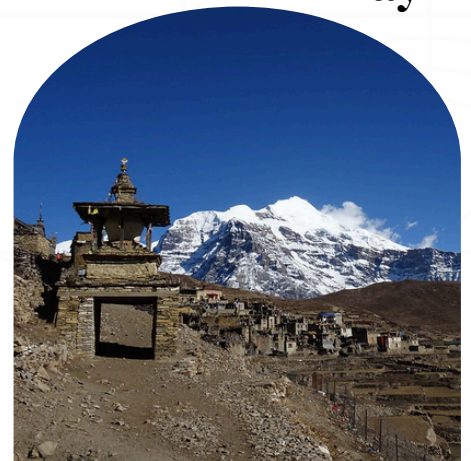
- Duration: 7–8 hours
- Distance: ~16 km
- Elevation Gain: 960 meters
- Elevation at Koto : 2,600 m
- Elevation at Meta : 3,560 m
- Trail Type: Steep ascents, forested paths, suspension bridges, narrow trails
- Today's trail is one of the most remote and stunning parts of your trek. It leads you through dense pine forests, past roaring waterfalls, across high suspension bridges, and into the dry, Tibetan-influenced landscape of Meta in the Naar–Phu Valley. Since you're leaving the popular Annapurna trail and entering a restricted region, expect fewer trekkers and more solitude.

Day 4: Meta → Phu Village

- Duration: 6–7 hours
- Distance: ~15 km
- Elevation Gain: 660 meters
- Elevation at Meta: 3,560 m
- Elevation at Phu Village: 4,220 m
- Trail Type: Rocky trails, steep ascents, narrow gorges, Tibetan plateau terrain
- You'll walk through a mix of high cliffs, open alpine terrain, and ancient Tibetan-style settlements. Along the way, pass by Kyang, a seasonal grazing settlement with remnants of old stone structures. The landscape is barren yet beautiful, with breathtaking views of Kang Guru and Annapurna II.



Day 4





Day 5



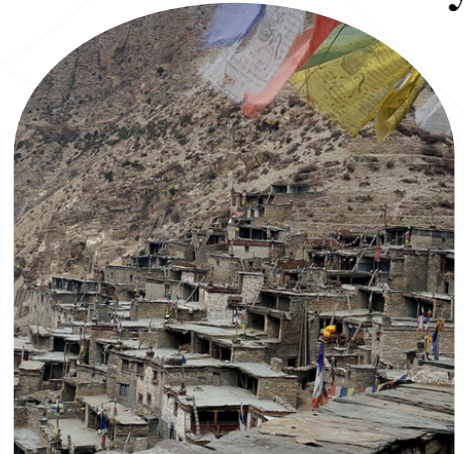
Day 5: Acclimatization & Exploration – Phu Village

- Elevation: 4,220 m
- Duration: Flexible (2–5 hours of optional hikes)
- Activity: Rest day, local exploration, short hikes for acclimatization
- Explore Phu Village, visit the ancient Tashi Lhakhang Monastery, and interact with local villagers to learn about their remote way of life. For acclimatization, consider a short hike up the viewpoint above the village, offering dramatic views of the valley, glaciers, and distant peaks. This day helps reduce the risk of AMS and also deepens your connection to the unique culture and architecture of this high-altitude settlement.



Day 6: Phu Village → Naar Phedi

- Duration: 6–7 hours
- Distance: 14 km
- Elevation at Phu Village: 4,220 m
- Elevation at Naar Phedi (Chyakhu): 3,600 m
- Trail Type: Steep descents, rocky switchbacks, river crossings, open valley paths
- Leaving Phu, the trail heads back toward Kyang before turning southeast to Naar Phedi. You'll walk along open ridges, cross suspension bridges, and follow the Phu Khola through a quiet valley. The day ends at Naar Phedi, where you stay overnight in a peaceful, historic monastery.



Day 6



Day 7



Day 7: Naar Phedi → Naar Village

- Duration: 2–3 hours
- Distance: ~4.5 km
- Elevation Gain: ~400 meters
- Elevation at Naar Phedi (Chyakhu): 3,600 m
- Elevation at Naar Village: 4,000 m
- Trail Type: Gradual ascent, open meadows, traditional stone paths
- A traditional Tibetan-style settlement tucked beneath massive cliffs. The trail steadily climbs through grazing lands and high meadows, with excellent views of Pisang Peak and the Kang La Pass ridge. Naar is less visited than Phu, offering an authentic atmosphere with its compact stone houses, fluttering prayer flags, and centuries-old Buddhist culture. Use the afternoon to rest or walk through the village and surrounding mani walls and chortens.





Day 8



Day 8: Naar Village → Kang La Pass → Ngawal

- Duration: 7–8 hours
- Distance: ~19 km
- Elevation at Naar Village: 4,000 m
- Elevation at Kang La Pass: 5,320 m
- Elevation at Ngawal: 3,760 m
- Trail Type: Steep, high mountain pass crossing; rocky and exposed terrain; long descent



- A challenging and spectacular day as you cross the high Kang La Pass (5,320m). Start early, the ascent is long and steady, climbing through windswept alpine terrain with minimal vegetation. The final stretch to the pass can be icy or snowy depending on the season. From the top, you'll get unparalleled views of Annapurna II, Gangapurna, and the Marsyangdi Valley below. The descent to Ngawal, a lively village on the Annapurna Circuit, is steep and demands sure footing. This marks the end of the secluded Naar-Phu Valley, as you rejoin the more commercial trail.

Day 9: Ngawal → Pisang

- Duration: 3–4 hours
 - Distance: ~8 km
 - Elevation Loss: ~300 meters
 - Elevation at Ngawal: 3,760 m
 - Elevation at Pisang: 3,300 m
 - Trail Type: Gradual descent, wide paths, forested and scenic
- A short and scenic descent through juniper forests and stone villages, with beautiful views of Annapurna II and IV. You'll pass Upper Pisang, known for its monastery and traditional architecture.



Day 9





Day 10



Day 10: Pisang → Chame

- Duration: 5–6 hours
 - Distance: ~14 km
 - Elevation Loss: ~600 meters
 - Elevation at Pisang: 3,300 m
 - Elevation at Chame: 2,700 m
 - Trail Type: Forested paths, jeep track sections, riverside trail
- A steady descent through pine forests, apple orchards, and riverside trails, passing villages like Bratang and Dikur Pokhari. Chame offers more comforts like hot showers and bakeries, marking a relaxing end to your trek.

Day 11: Chame → Pokhara

- Duration: 8–10 hours (drive)
 - Distance: ~140–160 km depending on route
 - Elevation at Chame: 2,700 m
 - Elevation at Pokhara: 822 m
- Begin an early morning drive from Chame along the bumpy, off-road route to Besisahar, then switch to a smoother drive toward Pokhara. Expect a long day but with changing landscapes, from mountain valleys to green hills and eventually into the vibrant lakeside city. Arrive in Pokhara and check in at your hotel by Lakeside for a well-earned rest.



Day 11



Arrival in Pokhara

Arriving in Pokhara, you'll be greeted with a more relaxed atmosphere, warm showers, and vibrant city life. Celebrate the completion of your Nar Phu Valley with a peaceful evening by Phewa Lake or a well-earned meal at one of the lakeside cafés. (The drive can be conveniently arranged to either Pokhara or Kathmandu, based on your preference.)



Nar Phu Valley Trek: More Fun & Fascinating Facts

Q: What makes the Naar–Phu Valley trek so unique?

It's one of Nepal's most remote and culturally preserved trekking routes, only opened to outsiders in 2002.

Q: Do I need a special permit for the trek?

Yes! Since it's a restricted area, you'll need both an ACAP (Annapurna Conservation Area Permit) and a Restricted Area Permit (RAP). A guide is mandatory.

Q: Will I see yaks on this trek?

Absolutely! In fact, Kyang, on the way to Phu, is a seasonal yak grazing settlement. You'll often see herds of yaks, blue sheep, and maybe even snow leopard tracks in winter months.

Q: Is it crowded?

Not at all. You'll meet more yaks than trekkers.

Q: What's one surprising thing about this trek?

Even though it's remote, you'll see ancient Buddhist art, meditation caves, and centuries-old gompas that rival the heritage of major Tibetan sites. It's a trek through both time and terrain.

