Sherpa Nomad Trek
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Nar Phu Valley Trek - 14 Days

NAR PHU VALLEY TREK: THE MOST REMOTE AND SCENIC TREK

The **Nar Phu Valley Trek** remains untouched by modern civilization; it is one of the hidden treasures of the Himalayas, particularly within the Annapurna region. Recently opened to visitors, the Nar Phu Valley trek showcases profound cultural authenticity and stunning natural beauty, making it a unique experience for anyone who dreams of the serene Himalayan landscape, fewer crowds, and tranquil mountain paths. The locals maintain their traditions without regret, and the picturesque scenery, featuring the lower valley and the Tibetan plateau, along with towering mountains and their enchanting vistas, creates awe-inspiring and joyful moments. As you traverse the rugged and classic trekking trails, you will feel the authenticity of the journey, and the **Kang La Pass (5306m)** offers an exhilarating adventure along with breathtaking mountain views. Discover the rich flora and fauna, monasteries, Tibetan cultural villages, and ancient civilizations steeped in history, where life continues much like it did in the 18th century, yet the people are remarkably content with what they possess. Are you interested in experiencing this magnificent trek in Annapurna? Don't hesitate; **Sherpa Nomad Trek Pvt. Ltd**., the local trip planner renowned for professionalism and exceptional customer care, offers top-notch service. Join us now to explore the untouched beauty of Nar Phu Valley and its pristine natural landscapes.

The 14-day Tsum Valley trek is a luxury package that begins in Kathmandu, followed by a scenic drive to Dharapani, where the breathtaking **Nar Phu Valley trek** commences. Dharapani serves as the starting point for the renowned **Annapurna Circuit Trek**, which is famous worldwide. The **Nar Phu Valley trek** is an extension of the Annapurna Circuit Trek and requires at least an additional 7 days beyond the Annapurna Circuit, situated beneath the majestic Himlung Himal. This journey takes you to Koto, leaving the Annapurna Circuit behind as you head towards the remote Meta village. This area is one of the most unexplored parts of the Annapurna region, offering a distinctly different experience compared to the Annapurna Circuit Trek. The trails are less developed,

showcasing raw natural beauty, untouched Tibetan villages, monasteries, stunning landscapes, and picturesque Himalayan ranges. You will have the opportunity to explore Phu Village and Nar, discovering ancient monasteries, original cultures, and breathtaking scenery and serenity.

After exploring this hidden gem, you will ascend to Kang La Pass (5306m), the highest point of the trek, which connects with the **Annapurna Circuit Trek**. From the summit of Kang La Pass, you can witness stunning views of the Annapurna range, including Annapurna II, Annapurna IV, Gangapurna, and other peaks. After reaching Nagwal Village, you will return to Dharapani and then back to Kathmandu via a scenic drive, marking the beginning and conclusion of this incredible adventure. This life-changing journey offers valuable lessons about happiness and stress-free living. The trek is challenging, requiring reasonable fitness, physical endurance, and mental resilience. Join **Sherpa Nomad Trek Pvt. Ltd.**, the best local company, which can be your ideal partner for trekking in Nepal if you are seeking a top-notch service at a reasonable cost. Trust us, and we will honor that trust appropriately.

THE COST OF THE NAR PHU VALLEY TREK FOR 2026-2027

The Nar Phu Valley Trek costs between USD 800 and USD 2000 per person, depending on the service level and group size. Various pricing options are available, but it's important to note that the trek's cost can fluctuate based on the itinerary, package, duration, group size, and other services. Sherpa Nomad Trek Pvt Ltd is a leading local company that prioritizes quality service and excellent logistics, with safety and security as top priorities. For the best luxury package with flexible itineraries that allow you to set your own pace, the Nar Phu Valley trek ranges from USD 1200 to USD 1500 per person. This package includes airport pickup, luxury accommodation in Kathmandu, private transportation between Kathmandu and Dharapani, an ethnic guide, a strong porter, and mountain lodging. Additionally, it covers special and conservation permits, optimal logistical arrangements, hot showers, Wi-Fi, and all high-quality services as specified in the inclusions and exclusions. We are pleased to offer services for solo travelers, small groups, and larger parties, with costs varying accordingly. Solo travelers will incur higher costs compared to those in small or large

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groups. Typically, we form groups of 1 to 10 participants, and for groups exceeding 10, we will create two separate groups to ensure the best service and care. The cost breakdown for the Nar Phu Valley trek is as follows, based on group size:

- Solo travelers can join Nar Phu Valley for USD 1300
- Those in groups of 2-6 will pay USD 1200 per person
- For groups of 7-10, the cost is USD 1100 per person.
- For large groups above 10 trekkers, the cost will be USD 1000 per person

THE MAJOR HIGHLIGHTS OF NAR PHU VALLEY TREK

- Nar Phu Valley Trek represents the most pristine and undisturbed trekking route available throughout the Annapurna region
- The journey initiates from Dharapani, accessible via a picturesque drive departing from Kathmandu
- The trekking route commences at Koto and traverses through the scenic Nar Phu Valley
- This exceptional trek became accessible to trekkers following 2002, with organized tea house accommodations established in 2010, making it Nepal's most contemporary tea house trekking destination
- Visitors have the opportunity to discover the lesser-known ancient Tibetan civilization and experience the profound traditions of Tibetan Buddhism throughout the valley
- Venture into the secluded wilderness of Nar Phu Valley, recognized as one of Nepal's most isolated and culturally rich trekking locations.
- Uncover the ancient villages of Nar and Phu, influenced by Tibetan culture, showcasing traditional stone architecture and distinctive mountain lifestyles.
- Marvel at the stunning vistas of Annapurna II, Gangapurna, Tilicho Peak, and other awe-inspiring Himalayan peaks. Traverse through breathtaking narrow gorges, expansive river valleys, steep

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cliffs, and pristine alpine terrains.

- Explore the historic Phu Village, nestled among towering mountains and steeped in centuries-old Tibetan Buddhist traditions.
- Discover ancient Buddhist monasteries, traditional chortens, mani walls, and vibrant prayer flags that line the trekking path.
- Navigate the demanding Kang La Pass (5,320m) for breathtaking panoramic views of the Annapurna mountain range.
- Enjoy genuine hospitality, traditional dishes, and the serene lifestyle of the local mountain inhabitants.
- Embark on a unique trekking journey through remote landscapes, encountering fewer tourists compared to the popular Annapurna trails.
- Enhance your Nar Phu Valley Trek by combining it with the Annapurna Circuit to experience Thorong La Pass, diverse Himalayan landscapes, and an unforgettable mountain escapade

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel

Day 2: From Kathmandu to Dharapani by Private Jeep: 7-8 hours

Day 3: Trek from Dharapani to Koto village (2600m): 5-6 hours

Day 4: Trek from Koto to Meta, 3,560m: 6-7 hours

Day 5: Trek from Meta to Phu, 4,080m, 6-7 hours

Day 6: Acclimatization day in Phu with a side trip to Himlung Base Camp (4,800m)

Day 7: Trek to Nar Phedi, overnight stay at monastery, 3,490m, 6 hours

Day 8: Trek from Nar Phedi to Nar Village, 4,110m, 3-4 hours

Day 9: Trek via Kang La Pass (5,240m) to Ngawal, 3,650m, 7-8 hours

Day 10: Trek from Ngawal to Pisang (3300m): 6-7 hours

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Day 11: **Trek from Pisang to Chame (2650m): 6-7 hours**

Day 12: **Trek from Chame to Dharapani (2000m): 5-6 hours**

Day 13: **Drive Back to Kathmandu: 7-8 hours**

Day 14: **Departure**

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PRICE INCLUDES

- International Airport pick-up and drop-off service
- 2 nights Luxury Hotel Accommodation in Kathmandu at Hotel Ramada Encore
- Kathmandu to Dharapani by comfortable private Jeep
- All the logistical arrangements
- 11 nights Mountain Accommodation in a private Room at the best lodge as per availability.
- Mountain Meals (Breakfast, Lunch, & Dinner)
- A professional English-speaking local guide
- 2 Guests: 1 Porter to carry your heavy backpack.
- Fresh Organic fruit, nuts, and energy bars every day on the trek
- Wifi, Hot shower, and charging facility
- 3 Cups of Tea or Coffee every day during the trek.
- Requires permits (TIMS & ACAP Fees)
- Special Nar Phu Valley Permits
- Gov Tax and Official Fees.
- Scenic drive from Dharapani to Kathmandu after the trek.
- Trekking gear like a sleeping bag, map, and a duffel bag
- Farewell Dinner in Kathmandu
- Baggage storage service
- First Aid Service

PRICE EXCLUDES

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- Nepal Visa Fees (15 Days -30$ P/P, 30 Days -50$ P/P)
- Travel Insurance ideal for safe travel
- Drinks like (Drinking Water, Soft and Hard Drinks, and extra Tea or Coffee)
- Trekking gear
- Chitwan safari Tour: 2 nights/3 days at USD170 per person
- Tips for the Driver, Guide, and Porter
- Trishuli River Rafting: 60$ per person
- Kathmandu Sightseeing at USD 80 per person
- Extra Activities and services

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 2–3 long-sleeve hiking shirts
- 3 pieces of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spike

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