

Nar Phu valley trek



Introduction

Nar Phu [trek](#) is truly an epic journey. Trek to Nar Phu valleys offers an amazing view of towering snow-peaks, glaciers, remote villages, narrow canyons, lovely forests, rock formations, gompas, and unique [Himalayan](#) cultures. This also means that snow leopards and blue sheep are often seen in this area. It was closed to trekkers until late 2002; very few westerners have explored these virtually untouched villages. Along with spending plenty of time at these colorful and timeless villages, we explore the high alpine valleys above Phu including Himlung Base Camp. And then cross the Kang La and Ngawal on the upper Pisang route leading back into the Annapurna circuit. After such a wonderful mythical Nar and Phu trek, we will be fully acclimatized to continue Annapurna Circuit trek via the Thorung La pass. When we reach to Jomsom, we have an option either to continue the trek through the Kaligandaki valley or fly to Pokhara.

Trip Facts

Trip Duration	17 Days
Trip Grade:	Challenging
Best Season	Oct -Nov & March, April & May
Per Day Hiking:	6-7hrs
Elevation	4080m
Accommodation	Tea House /Lodge

Cost Includes

- Airport to hotel and airport transfer by private car.
- 3nights Accommodation twin sharing in Kathmandu include breakfast.
- Guided city sightseeing tour in Kathmandu includes entry fees.
- Require trekking permit, TIMS and other entry fees.
- Special Nar Phu permit fee.
- An English speaking experience & license holder trekking guide.
- Equipment, Food, Insurance's Sherpa, Porters, Cook and Sirdar.
- Require tent in sharing basis, dining tent & toilet tent.
- Table and chair, Foam mattresses.
- Travel and rescue arrangement support.
- Trip crew medical supplies (first aid kit).
- All camping site charges.
- Kathmandu to Besishahar by suitable private vehicle.
- Besishahar to Kathmandu Transportation.