

Nar Phu Valley Trek - 18 Days

The Narphu Valley Trek takes you up the Marsyangdi Valley in the Annapurna region and into the Nar and Phu valleys, two Tibetan-influenced villages in a restricted area. You cross Kang La (5,320 m) to rejoin the Annapurna Circuit at Ngawal, walk on through Manang, and finish over Thorong La (5,416 m) to Muktinath. Both ends of the trip are by road. The itinerary runs 17 days from arrival to departure.

This trek suits people who have already walked several days in a row at altitude, or who are fit and ready to prepare properly. It is not a first Himalayan trek. Expect two long pass days of about 9 hours, remote overnight stops, and a long gap between Nar and the nearest road. Spring and autumn are the usual windows.

Not sure which dates fit your plans? Send us a message through our [Contact Page](#) or check out our Home Page for more details. It's a no-commitment question.

Highlights

- A restricted valley: Nar and Phu need a separate permit, which keeps the trail quieter than the main circuit.
- Two acclimatisation days at altitude: You rest at Phu (4,250 m) and again at Nar (4,110 m), each with a short walk.
- Two high crossings. Kang La (5,320 m) takes you from Nar to Ngawal; Thorong La (5,416 m) takes you from Thorong Phedi or High Camp to Muktinath.
- A drive-out finish: You go from Muktinath to Pokhara by road, so there is no flight to wait on after the pass.

Route Overview

The route climbs through the lower Marsyangdi valley (Tal, Koto), turns north into the Nar Phu gorge toward Meta, and follows the valley up to Phu. It then steps back down to Nar Phedi and up again to Nar. From Nar, Kang La leads to Ngawal and onward to Manang. From Manang, you follow the classic route via Yak Kharka and Thorong Phedi or High Camp, over Thorong La, and down to Muktinath. The logic is simple: go deep, acclimatise, cross out, then repeat the process toward a bigger pass.

Why Trek Curator

We are affiliated with the Nepal Tourism Board, TAAN, and the Nepal Mountaineering Association, and hold a Tripadvisor Travellers' Choice 2026 recognition. We are based in Thamel, Kathmandu, and are reachable on WhatsApp. See our Why Choose Us and Our Team pages for more.

PRICE INCLUDES

- Airport transfers and ground transportation by private vehicle or shared jeep, as per the itinerary
- Standard hotel accommodation in Kathmandu and Pokhara with daily breakfast
- Teahouse accommodation during the trek
- Breakfast, lunch and dinner while on the trekking route
- Government-licensed, English-speaking guide, plus porter support (one porter per two trekkers, 15–20 kg limit per porter)
- Nar Phu Restricted Area Permit (RAP), Annapurna Conservation Area Permit (ACAP) and TIMS card
- Insurance, food and lodging for all staff

PRICE EXCLUDES

- International flights and Nepal entry visa fees
- Travel insurance covering high-altitude emergency helicopter evacuation up to 5,500 m
- Lunch and dinner in Kathmandu and Pokhara
- Personal expenses such as hot showers, battery charging, Wi-Fi, bottled or boiled water, and snacks
- Tips for guide and porters

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1,400 m)

Our representative meets you at Tribhuvan International Airport and transfers you to your hotel. Rest, adjust to the time zone, and sort your gear. In the afternoon or evening, attend a pre-trek briefing where your guide checks your equipment, verifies your insurance documents, and reviews safety protocols. Overnight: Kathmandu hotel

Day 2: Kathmandu to Tal (1,857 m) via Besisahar

Drive: 8–9 hours. Leave early by road along the Prithvi Highway, then branch north toward Besisahar. From there a shared four-wheel-drive jeep follows the rough tracks along the Marsyangdi River past waterfalls, terraced hillsides and traditional settlements to the riverside village of Tal. The start is warm and humid. Overnight: Teahouse

Day 3: Tal to Koto (2,610 m)

Walking: 5–6 hours. Your first trekking day climbs gently out of the Tal basin through pine forest, over suspension bridges, and through villages including Dharapani and Danakyu. You gain roughly 750 m. Koto is a historic trading post and the checkpoint where your restricted area permits are registered. Overnight: Teahouse

Day 4: Koto to Meta (3,560 m)

Walking: 7–8 hours. One of the most demanding transition days, marking your entry into the restricted Nar Phu valley. Leave the main Annapurna Circuit trail, cross a wooden bridge over the Nar Khola, and climb steeply through a narrow, pine-covered gorge. The trail opens into high-altitude scrubland before the final push to Meta. Sleeping altitude rises by roughly 950 m, so your guide will set a very slow pace. Overnight: Teahouse

Day 5: Meta to Kyang (3,820 m)

Walking: 4–5 hours. A shorter, easier day along the high arid plateau with views of Kang Guru and Annapurna II. You pass Tibetan-style stone boundary markers (kanis) and abandoned seasonal settlements before reaching the windswept valley of Kyang, surrounded by rock formations. Overnight: Teahouse

Day 6: Kyang to Phu Village (4,250 m)

Walking: 5–6 hours. Follow the glacial river upstream past rock carvings and mani walls, then climb a series of switchbacks to the hidden village of Phu. Whitewashed houses stack against the cliffside, and Tashi Lhakhang Monastery sits on the hill above. Overnight: Teahouse

Day 7: Acclimatisation day in Phu (4,250 m)

Walking: 2–3 hours, light. You sleep a second night at the same altitude to let your body adapt. Take a guided walk toward the Himlung Himal base camp trail or visit Tashi Lhakhang Monastery to meet local monks. Overnight: Teahouse

Day 8: Phu to Nar Phedi (3,490 m)

alking: 5–6 hours. Retrace your steps down the valley past Kyang and Meta, with a different view of the gorge looking south. From Meta the path drops toward the Nar Khola riverbed and the small outpost of Nar Phedi, a few farm buildings and a mountainside monastery. Overnight: Monastery lodge or teahouse

Day 9: Nar Phedi to Nar Village (4,110 m)

Walking: 2–3 hours. A short but steep climb out of the river valley. Nar is smaller and more tightly clustered than Phu, with barley and mustard fields and wide mountain views. You arrive by midday, leaving the afternoon to rest and explore. Overnight: Teahouse

Day 10: Acclimatisation day in Nar (4,110 m)

Walking: 2–3 hours, light. Take a gentle ridge walk above the village, then rest, wash clothes, and prepare your gear for the pass day ahead. Overnight: Teahouse

Day 11: Nar to Ngawal (3,600 m) via Kang La (5,320 m)

Walking: 9–10 hours. The longest and hardest day of the first half. Start well before dawn for the sustained, steep climb to Kang La. The terrain turns to loose scree, snow patches and moraine. From the prayer-flag-draped pass you see Annapurna II, Gangapurna and the Tilicho massif. The descent is steep and testing on the knees, ending at Ngawal on the main Annapurna Circuit trail. Overnight: Teahouse

Day 12: Ngawal to Manang (3,540 m)

Walking: 4–5 hours. A relaxed recovery day on the broad valley trail. You pass Braga, known for its cliffside monastery. Arrive in Manang by early afternoon for bakeries, hot coffee and comfortable lodges. Overnight: Teahouse

Day 13: Manang to Yak Kharka (4,050 m)

Walking: 4–5 hours. The trail climbs out of the tree line past juniper shrubs and yak pastures, with views of Annapurna III, Gangapurna and Chulu East. You arrive by early afternoon with time to rest and acclimatise. Overnight: Teahouse

Day 14: Yak Kharka to Thorong Phedi (4,600 m) or High Camp (4,900 m)

Walking: 3–5 hours. Cross the river and climb a narrow trail on steep gravel slopes below Thorong Peak. Your guide decides between Thorong Phedi and High Camp based on your condition and the weather forecast. High Camp shortens the pass day but means sleeping at nearly 5,000 m. Overnight: Teahouse

Day 15: Thorong Phedi or High Camp to Muktinath (3,710 m) via Thorong La (5,416 m)

Walking: 8–9 hours. Start around 4:00 AM in sub-freezing temperatures. Climb steadily up the icy moraine to the prayer flags at Thorong La, the highest point of the trek. Then begin the long, steep descent of roughly 1,700 m into the pilgrimage town of Muktinath. Take care of your knees on the loose gravel. Overnight: Hotel or teahouse

Day 16: Muktinath to Pokhara (822 m)

Drive: 6–7 hours. Take a morning jeep or bus down the Kali Gandaki gorge through Kagbeni and Jomsom, past windswept landscapes and apple orchards, to the lakeside city of Pokhara. Celebrate by Phewa Lake. Overnight: Pokhara hotel

Day 17: Pokhara to Kathmandu (1,400 m)

Drive: 7–8 hours. A morning drive back to Kathmandu, then transfer to your hotel. In the evening, join a farewell dinner hosted by us to celebrate your traverse of the Narphu Valley and both passes. Overnight: Kathmandu hotel

Day 18: Final Departure from Kathmandu

FREQUENTLY ASKED QUESTIONS

1. Is this harder than the standard Annapurna Circuit?

It shares the Manang to Muktinath section with the classic circuit, so Thorong La is the same. The Nar Phu section adds a restricted valley, Kang La, and a longer stretch without roads. For most trekkers that makes it harder.

2. Why is the area restricted?

Because of its closeness to the Tibetan border, which is why a guide, an agency and a separate permit are required.

3. What if Kang La or Thorong La is closed by weather?

Your guide makes the call on the day, and safety comes first. This itinerary has no spare day built in, so tell us if you'd like one added.

4. What happens if I'm delayed, will the permit still work?

Permits are issued for specific dates, so tell us before you travel if your dates may shift.