

## NAR-PHU TREK - 14 Days

NAR-PHU is a separate and beautiful village in the Annapurna region of Manang. With its untouched medieval Tibetan culture, scenic landscapes, and limited tourist footfall since opening to the public in 2003, this trek promises an exclusive and captivating experience.

From Kathmandu to NarPhu region trek, you need good acclimatization, which you will get during the trek. The Highest Kangla pass will be the challenging and astonishing part of the trek.

Access to the Nar Phu Valley requires a special permit; glimpses of towering peaks like Lamjung Himal, Annapurna II, Annapurna IV, Annapurna III, and the North Face of the Annapurna Range await from the summit of Kang La.

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## PRICE INCLUDES

- Boutique hotel in Kathmandu with breakfast
- Mentioned sightseeing.
- A private vehicle went to Besisahar, and a chartered jeep went to Chyamje on day 3.
- 2-man tent for the trekking part from Koto onwards
- Expert trek leader or hire Norbu
- Trekking chef
- One assistant guide per 4 trekkers
- Chef's assistants
- Porters to carry all camping gear, food, and equipment
- All meals on the trek – the best and healthiest food in the Himalayas

## PRICE EXCLUDES

- International airport taxes
- Visas
- All optional additional tours or activities during free time
- Transportation outside of the tour program
- Travel insurance (compulsory to have insurance that covers helicopter evacuation)
- Tips and gratitude Leader's tips at your discretion
- Items of a personal nature, e.g., alcoholic drinks, bottled beverages, laundry, souvenirs, etc.

## FAQ

### 1. What is the difficulty level of Nar Phu Valley Trek?

Nar Phu Valley Trek is a moderate to reasonably arduous trek. The long day's walk and steep ascents make this a comparatively arduous trek. Because of the limited accommodation choices along the route, the distances that must be traveled daily are inflexible.

### 2. What to expect from the accommodation in the Nar Phu Region?

Usually, the homestays are pretty basic, with the family sharing the same space, even if you can fix the tent or organize a trek. At Nar Phedi, you will sleep in a Buddhist temple, share space with a monk, and camp in a tent.

### 3. What are the special features of Annapurna trekking?

Trekking in the Annapurna region is always special. It is a unique place in the world, containing the world's largest rhododendron forest in Ghorepani and beautiful Tilicho Lake, the world's highest-altitude freshwater lake, also located in Manang, north of the Annapurna massif.

### 4. How long does the Nar-Phu Trek take?

The Nar-Phu Trek typically takes 14-17 days to complete, depending on the specific itinerary and acclimatization needs. This duration includes the time needed to explore the Nar and Phu villages and other highlights like the Kang La Pass and the surrounding Himalayan views.

### 5. What is the best time to trek the Nar-Phu Valley?

The best times for the Nar-Phu Trek are spring (March to May) and autumn (September to November). These seasons offer stable weather, clear skies, and excellent visibility of the Himalayan peaks. The moderate temperatures make trekking more comfortable and the trails more accessible.

### 6. What cultural experiences can I expect on the Nar-Phu Trek?

The Nar-Phu Trek offers rich cultural experiences as you pass through traditional Tibetan-style villages and ancient Buddhist monasteries. The people of Nar and Phu are of Tibetan descent, and their lifestyle, customs, and architecture reflect centuries-old traditions. The trek also provides a rare opportunity to witness the daily life of these remote communities, with practices that have remained unchanged for generations.

### 7. Is the Nar-Phu Trek safe?

The Nar-Phu Trek is generally safe for trekkers, especially with an experienced guide. However, the remote nature of the trek means that it's essential to be well-prepared and acclimatized. Trekking insurance that covers high-altitude trekking is strongly recommended, and it's crucial to your guide's advice on altitude acclimatization and weather conditions.