

Earthbound Expeditions

Nar Phu valley trek combined with Annapurna Circuit

15 days, from US$1,587 per person

Duration	Group size	Country
15 days	**10 People**	**Nepal**

Nar Phu valley trek combined with Annapurna Circuit Overview

Explore the stunning Himalayan views and diverse cultures on the nar phu valley and Annapurna Circuit Trek, a classic 15 day adventure in Nepal.

Nar and Phu valley trek - combine with Annapurna circuit trek - 15 days

If you are looking for real Himalayan wilderness experience then Nar Phu Valley trek is for you. Trek to Nar Phu valley will be unforgettable as it is spectacular. Tucked between the famous Annapurna and Manaslu mountain, Nar Phu is a true hidden gem, it offers trekkers a rare opportunity to explore unspoiled valleys that feature a mix of raw Himalayan nature and ancient Buddhist culture. Nar Phu valley was closed to trekkers until late 2002, very few outsiders have explored these virtually untouched villages or climbed the many 7000 meter peaks surrounding them in the Annapurna region.

Trekking through Nar & Phu valleys combines remote villages, narrow canyons, high peaks and passes, glaciers, lovely forests, amazing rock formations, grazing yaks, ancient gompas and unique ethnically Tibetan cultures.

We will drive through Besisahar the traditional starting point of the famous Annapurna Circuit trek, then the trail for Nar Phu valley quickly diverges from routes with more foot-traffic and into the remote Nar & Phu area Passing colorful Tibetan chortens and prayer stones into deep canyons and gorges. You will have ample time to hang out with villagers in Phu while they go about their daily activities, as well as spend a night perhaps at the Nar Phedi monastery. These are ideal ways to learn about life deep in the mountains of Nepal. There is also the optional hike or climb you can choose if you’re feeling up to it.

After Nar phu valley trek the trail takes you over the high Kang La Pass, and then trek down to ancient Ngawal village, a nice view point the main Annapurna Circuit trek route. After Ngawal we will embark on the fantastic Annapurna Circuit Trek that takes you around the entire Annapurna massif. After beautiful days spent in Manang village a Himalayan Shangri - la the trek climb through famous Thorong La Pass (5,416m/17,769ft).

After the pass we walk down to world’s deepest Kali Gandaki gorge with Mt. Annapurna I rising to 8,091m (26,545ft) to the east and Mt. Dhaulagiri hovering at 8,167m (26,795ft) to the west! Annapurna circuit and Narphu valley trek can do all year around except Dec to Feb. Come and discover the diverse region in Annapurna that takes you to un explored bar Phu valley, amazing Manang valley, holy Muktinath and Jomsom regions that allow us to get acquainted with the diverse Nepalese landscape and culture.

Please contact us to book the Nar Phu valley combined with Annapurna circuit trek.

The nar Phu valley combined with Annapurna Circuit Trek trail is a mix of easy and steep paths, making it a moderately difficult trek. Crossing the Kang La Pass and Thorong La Pass, however, can be a bit hard if you're not well prepared. So make sure you’ve got prior training and preparation, especially if you're a novice. We can combine the Manaslu larke la pass trek also and make it 3 high pass trek in Annapurna region too.

An article about Annapurna circuit trek was published in Newyork Times and our company Earthbound Expeditions was recommened as one of the reputed company to trek with to Annapurna circuit trek. Explore more trekking packages.

Cost Includes/ Excludes

Includes

- Accommodation Hotel in Kathmandu 3 star hotel and in trek simple lodges
- Full board meals as mentioned above in the trek
- One professional guide and necessary Number of porter/s for the trek with their meal
- All National Park and Conversation area fees, Trek Permits
- Kathmandu sightseeing, airport picks up and drope, all ground transport

- One night cultural show and dinner
- Special Nar Phu valley trek permit
- Jomsom to Pokhara Flight by Fixed wing aircraft
- Down jacket and sleeping bag for trek if necessary
- All Government Tax and Vat

Itinerary

Day 1

Arrival at Kathmandu

Upon landing at the Tribhuvan International Airport, our representatives will pick you up and transfer you to your hotel, where you'll be staying for the night.

Day 2

Kathmandu Exploration Day

After breakfast, we will take you for a tour of Kathmandu where you'll visit the UNESCO Cultural Heritage Sites inside the valley. These include: - Swayambhunath - the oldest Buddhist Stupa in Kathmandu Valley, also known as Monkey Temple. - Pashupatinath- a holy pilgrimage site for Hindus where you'll meet Sadhus (Holy Men) covered with ashes and matted dreadlocks. At the Hindu Crematorium in Pashupatinath, you can watch the unique way in which Hindu dead bodies are cremated. - Boudhanath- the biggest Buddhist temple in the world; surrounded by monasteries. You can watch the Holy Monks performing chanting rituals, and pilgrims going around the temple performing their kora. - Patan Durbar Square- a Medieval Royal Palace area, known for its fine arts and metal and stone carvings that date as far back as the 14th century. It's also an ideal site to witness the beautiful Nepali Architecture. You'll spend another night in Kathmandu.

Day 3

Kathmandu drive to Bashishar to Jagat, Dharapani and to Koto 2,610 m / 8,891 ft

Your day will begin with an early drive to Besi Sahar, a beautiful town in the mid-hills of Nepal then to reach to Dharapani 1,830 m / 6,003 ft and to Koto - 8 / 10 hrs Long but beautiful drive and we will reach at the teahouse (trekking lodge) at Koto where we stay overnight. B, L, D

Day 4

Trek from Koto to Meta 3,560 m / 10,826 ft - 6 to 7 hrs

Our trek start after breakfast (may be we will have banana porridge), today we enter the restricted area, passing a check post to do so. The trail takes us through pine forests, along the Soti Khola (river), and over rocky terrain. We can see caves and canyons on the way. We stop for lunch, most likely at Dharmasala village, before reaching Meta, where we stop for the night. Views of Annapurna II and Lamjung Himal fill the skyline. B, L, D

Day 5

Meta to Phu 4,250 m / 11,614 ft - 7 hrs

A wonderful day of cultural surprises. The trek trail takes us past beautiful Buddhist chortens (cairns/ shrines) with views of spectacular gorges, canyons, and ruins of Tibetan-style forts. Crossing a suspension bridge, we reach Phu, from where we can visit Tashi Lhakhang monastery. B, L, D

Day 6

Acclimatization Day in Phu 4,250 m / 11,614 ft - 2 hrs

We spend an extra day in Phu to acclimatize to the altitude before we trek higher and over the Kang La Pass in the days to come. Acclimatization is best done by keeping active, so we head off for a hike to Himlung Himal Base Camp and a glacier valley. Alternatively, there is plenty to see around the village of Phu itself with its yaks and yak herders. We stay overnight at Phu again. B, L, D Due to its close proximity to Tibet, has a prevalent Tibetan Buddhist culture.

Day 7

Phu to Nar 4,110 m / 13,484 ft - 6 hrs

Today we retrace our steps a little to reach Nar. Before that, we cross a bridge over an amazing 80 m deep narrow canyon. Tonight we attend evening prayers with the nuns who live there. We will also share dinner prepared by the nuns and experience the day-to-day life of the monastery. Please feel free to donate at the monastery and light some oil lamps for your loved ones. B, L, D

Day 8

Nar to Ngawal Via Kang La Pass (5,240m) Ngawal 3,600 m / 12,171 ft - 9 hrs

A challenging day but with views that make up for the ache in our legs! From the top of the Kang La Pass, we see the stunning mountains of Annapurna II, Gangapurna, and Tilicho Peak. Finally, we reach Ngawal, and here we can find Wi-Fi to relay some of our stories back home. B, L, D

Day 9

Ngawal to Manang 3,540 m / 11,859 ft - 4 / 5 hrs

Today our body will appreciate the shorter trekking time and less steep trails. Our spirits also enjoy the rich Buddhist heritage we will see today. Leaving Ngawal, we drop down, passing Sher Gompa and surrounding settlements and even Milaperpa's cave. Milaperpa was a dedicated yogi, spiritual leader, and teacher so is a major figure in the Kagyu school of Tibetan Buddhism. Born around 1052, he travelled to what is now Nepal, and various sites are dedicated to his memory. We also pass Braga Gompa, which is around 900 years old, and the Gompa of Godzo before crossing the Ghatte Khola and reaching the town of Manang, where we overnight. B, L, D

Day 10

Trek to Yak Kharka (13,287 ft)

After breakfast, you'll be ascending towards Yak Kharka, which literally means the Yak pasture land. You'll also see several yaks along the trail. The juniper trees and the settlement at Gunsang village will entertain you throughout your 6-hour hike. Overnight in a tea house at Yak Kharka. B, L, D

Day 11

Trek to Thorong Phedi (14,600 ft)

Your day starts early after breakfast towards Thorong Phedi, where you'll be staying for the night. Thorong Phedi is the base of the famous Thorong-la Pass. B, L, D

Day 12

Trek to Muktinath (12,467 ft) crossing the Thorang La Pass (17,769 ft) to Jomsom

You'll be hiking for around 8 to 10 hours this day, first upwards towards the Thorong La Pass, the highest point of the trek, and down to Muktinath. Since the weather can be unpredictable at Thorong La Pass, you want to reach there before the first portion of the day. So, you'll start very early in the morning and hike for around 4-5 hours to reach there. The panoramic view of snow-capped peaks like Annapurna South (7219m), Annapurna I (8091m), Annapurna II (7937m), Annapurna IV (7525m), Annapurna III (7555m),

Machhapuchhre (6997m), Gangapurna (7454m), Nilgiri (7061m), Dhaulagiri (8167m) and many other neighboring mountains, will make it worth the effort. From there, the trail descends steeply to Muktinath, a sacred pilgrimage site for Hindus and Buddhists. and we drive to Jomsom and Overnight stay at Jomsom. B, L, D

Day 13

Flight from Jomsom to Pokhara

From Jomsom, you'll catch the earliest possible flight to Pokhara. You'll fly above the Annapurna massif and conservation area. Once at Pokhara, you can tour the city, and visit caves and waterfalls. You can also try some of the adventure sports the place offers, such as boating, and zip-lining, or you can simply cycle around the lakeside. Overnight in Pokhara. B

Day 14

Drive/Fly back to Kathmandu

You can return back to Kathmandu either by bus or via flight. The flight takes around half an hour but may get delayed in case of unexpected rainfall, which is pretty common in Pokhara. If you choose to return by bus, it'll take approximately 6 hours to reach Kathmandu. Once you reach Kathmandu, you'll have enough time to explore the city and go souvenir shopping. In the evening, our team will host you a special dinner with a Nepalese cultural show. You'll stay overnight at a 3-star hotel in Kathmandu. B, D

Day 15

Departure from Kathmandu

After breakfast, our representative will drive you to the airport. B

What's included

- Accommodation Hotel in Kathmandu 3 star hotel and in trek simple lodges
- Full board meals as mentioned above in the trek
- One professional guide and necessary Number of porter/s for the trek with their meal
- All National Park and Conversation area fees, Trek Permits
- Kathmandu sightseeing, airport picks up and drope, all ground transport
- One night cultural show and dinner
- Special Nar Phu valley trek permit
- Jomsom to Pokhara Flight by Fixed wing aircraft
- Down jacket and sleeping bag for trek if necessary
- All Government Tax and Vat

Not included

- International airfare and Insurance
- Any Drinks, food in Kathmandu, while not mentioned
- Personal Insurance & emergency rescue charges if necessary
- Extra porter & transport charges in the event of landslides
- Other personal expenses, airport tax, Kathmandu city entrance fees
- Personal, medical and evacuation insurance Laundry, cost raised by re-routing, cancellation, political disturbance etc
- Tips any other expenses, which are not mentioned above.

Annapurna Circuit Trek Guide

Ready to embark on your adventure? Here are a few things you should know before you pack your bags and hit the Annapurna Circuit Trek trail!

Best time to trek Annapurna Circuit

While it's possible to trek the Annapurna Circuit all year round, the best time is during the autumn season. The clear and dry weather during the months of September to November makes for an ideal trekking condition. While the days are usually warm, the temperature during the nights can be freezing. Since these months fall during the Dashain and Tihar festivals, you'll get the chance to experience the vibrant Nepali culture throughout your journey.

The next best season for the trek is during spring, from February to May. The weather is mild, and the blooming flowers and green vegetation will make your journey even more enjoyable. The colorful landscape under the rocky white mountains is a sight to behold.

Trekking during the winter can get very challenging, most of the trail is blocked by thick snow, and the temperature can go as low as -10 °C. The steep trail during the monsoon also makes it difficult to trek around the circuit.

Annapurna Circuit Trek Packing List

During your trek, make sure you pack as lightly as possible. While you can carry your personal and essential items in your backpack, your porter will carry the rest of your luggage during your hike. You can also choose not to hire a porter if you can carry your luggage. Try and keep the weight of your luggage below 10kgs, which is also the weight limit for your Jomsom to Pokhara flight. You can leave your unnecessary luggage at the hotel in Kathmandu free of cost.

Clothes:

- Fleece & Down Jackets
- Full sleeve t-shirts
- Thermals
- Trekking boots with ankle support
- Adequate number of innerwear
- Warm & Waterproof trekking trousers
- Warm socks, caps/beanies & gloves
- Sunglasses & Sunscreen
- Sanitizers, Wet Wipes & Toilet Papers
- Flip-flops/Sandals
- Personal Toiletries

Equipment:

- Duffel bag
- Backpack
- Raincoat & waterproof bag covers
- Water bottles & water purification tablets
- Hydration bladder
- Compass, power bank & extra batteries
- Winter Sleeping bags

- Flashlight & Headlamp
- Crampons and gaiters
- Basic First Aid Kit
- Altitude Medicine
- Snacks, chocolates & energy bars

Annapurna Trek Permits and Requirements

Annapurna Conservation Area Permit (ACAP):

The permit costs approximately US $20 per person. For SAARC nationals, the cost is around NPR 200 per person.

Trekkers' Information Management System (TIMS) card:

The Blue TIMS card for trekking in groups costs around US $10 per person whereas an individual trekker should purchase a Green TIMS card for around US $20 per person.

The cost of obtaining these permits is included in the package. However, if you choose to obtain these permits on your own, you can obtain them from the office of the Nepal Tourism Board in Kathmandu or Pokhara. With these cards, you can spend as much time as you want in the conservation area, but you cannot re-enter the area. You'll need a copy of your passport and 2 passport-size photographs for each card application.

Travel Insurance for Annapurna Circuit Trek

Get travel insurance that covers all the activities and excursions that you plan to take on during the trip. All the medical expenses including treatment costs, ambulance & hospital charges, doctors' fees, and other costs for treatment of injuries, health issues, or accidents that could happen during the journey should be covered by the policy. Besides these, make sure your policy also covers the loss of theft and cancellation, as well as emergency evacuations and helicopter rescues.

Do not forget to bring a copy of your insurance policy throughout your trip and provide us with your insurance details so that we can access the information if required.

Road and Transportation details while Trekking Annapurna

The beginning of your journey is going to be on buses and local jeeps. While the roads are smooth for the most part, you'll encounter will be few potholes, ditches, and gravelly paths. As you start trekking, you will be walking along some rocky mountain roads, steep trails, forest paths, and narrow walkways.

From Jomsom, you'll be flying down to Pokhara. Toward the end of your trip, you have the option to fly back or take a bus from Pokhara to Kathmandu.

Health and Fitness Guide

Annapurna Circuit Trek involves a lot of walking, so you should be in sound health. Patients with heart, lung, blood diseases and other pre-existing medical conditions should consult their doctors before the trek, and inform up before confirming their bookings. If you do not have any trekking experience, it's essential that you train at least a month prior to the trek.

Start your training with light jogging on uneven surfaces for around 20-30 minutes a day for 4-5 days a week. Try not to strain your ankles, knees, and hips while walking. Avoid training on treadmills as they aren't ideal for strengthening your ankles. After a week, you should start going on short hikes. During these hikes, you should try out different books, backpacks, socks, and other gear to identify which ones are the most comfortable for you. After a week, we recommend you carry your actual backpack during these hikes. Keep increasing the duration of your training after each week by 15-20 minutes. If possible, you should train by hiking at higher altitudes. This will help you cope with altitude sickness that could occur during the Annapurna Trek.

Include cardio and strength training while preparing for the trek. Indulge in light to moderate weight lifting and resistance training to grow your muscles. However, you should avoid extreme weight lifting. Invest well in your physical preparation for an enjoyable trip.

Facilities on the Annapurna Trail

The Anna Purna Circuit is a lodge-to-lodge trek, so, basic facilities will be available throughout your journey.

Electricity and Charging Options During Annapurna Hike

Electricity is available at almost every tea house and lodges along the trail, however, as you go higher, you will need to pay an additional charge to get the charging facility. Hence, we recommend that you carry your own power banks and portable solar chargers to avoid the excess cost.

Wifi availability while trekking Annapurna

Most of the tea houses have Wifi services, but you should pay an additional charge to use them. Please note that the connection may not be reliable, especially at higher altitudes. You can always subscribe to data plans from your NTC sim card, which offers comparatively stable internet. But it's not consistent throughout the trail.

Network Connection at the Annapurna region

For communication, you can purchase an NTC sim card for around $3 at the airport, or from phone shops. You'll need to provide a copy of your passport for it.

The sim card offers 3G services in most places around the Annapurna Circuit Trek trail. The network is stable in the lower altitudes, and it tends to fluctuate as you move on your way up. At higher altitudes, the network can be unreliable.

Tea Houses and Rooms on the Anna purna circuit

The tea houses in the Annapurna Circuit Trek only provide basic room services; each room pretty much contains two beds with pillows, mattresses, and blankets. Only communal areas have heating facilities. The tea houses run on a B&B plan, and you'll be sharing your breakfast table with fellow trekkers and visitors.

Toilets and Bathrooms

Your rooms in Kathmandu and Pokhara will have attached bathrooms & toilets. During the trek, the toilets and bathrooms are shared in most of the tea houses.

Hot/Cold Water Availability while traveling to Annapurna

You'll need to pay an additional charge to get a hot shower facility in the tea houses. As you climb higher, the prices will hike. Some places will only provide hot water buckets for showering.

Clothing and Gear Shops

In case you forget to carry some of the required clothes or gear, you can always buy them from shops in Kathmandu before your flight.

Clinics and Medical Facilities

You'll find small clinics only at Manang and Jomsom, and they can only check for minor sicknesses. In case of an emergency, your guide will conduct a preliminary examination, and based on the seriousness of your condition, helicopter evacuation will be arranged.

The Annapurna Circuit Trek is a must-try adventure for any trekking enthusiast or nature lover. This trek offers an unforgettable experience that showcases the breathtaking diversity of Nepal's geography, taking

you from the lush lowlands to the towering peaks of the Himalayas. From stunning vistas to welcoming communities, this trek will truly leave you with memories that will last a lifetime.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/nar-phu-trek