Nar Phu – Manang Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**13 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5320m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,890 per person**

Trip overview

The Nar Phu – Manang Trek is a remote and culturally rich Himalayan journey that explores two of the most hidden and least-explored valleys in the Annapurna region. Combining the isolated Nar and Phu valleys with the scenic Manang region, this trek offers a rare blend of ancient Tibetan-influenced culture, dramatic mountain landscapes, and high-altitude adventure.

The route takes trekkers far off the main Annapurna Circuit into secluded Himalayan settlements where traditional lifestyles have remained largely unchanged for centuries. The journey features narrow canyons, ancient monasteries, medieval-style stone villages, and high mountain passes. Throughout the trek, travelers enjoy breathtaking views of Himalayan peaks including Annapurna II, Gangapurna, Tilicho Peak, and surrounding ranges.

This trek is ideal for experienced trekkers seeking a remote, less-crowded, and culturally authentic Himalayan experience combined with spectacular alpine scenery.

Geography and Landscape

The Nar Phu – Manang Trek is located in the northern part of the Annapurna region within Annapurna Conservation Area. The journey typically begins from the Marsyangdi Valley before branching off toward the restricted Nar and Phu valleys, followed by the Manang region.

The landscape is extremely diverse and rugged, ranging from subtropical forests and river valleys to barren high-altitude deserts influenced by the Tibetan plateau. Deep gorges, wind-carved cliffs, and dramatic rock formations dominate the Nar and Phu valleys, giving the region a wild and untouched character.

Phu Village, in particular, is known for its medieval stone architecture and ancient Tashi Lhakhang Monastery, while Nar Village sits at a high elevation surrounded by stark Himalayan terrain. The Manang region offers slightly more developed trails with wide valleys, yak pastures, glacial rivers, and panoramic mountain viewpoints.

The trek also provides access to high passes such as Kang La Pass (5,320 m), which offers stunning panoramic views of the Annapurna range and surrounding peaks.

Climate and Best Time to Trek

The best seasons for the Nar Phu – Manang Trek are spring (March–May) and autumn (September–November). During these periods, weather conditions are stable, skies are clear, and mountain views are at their best.

Spring brings mild temperatures and blooming alpine vegetation in lower regions, while autumn provides crisp air and excellent visibility after the monsoon season. Winter (December–February) is extremely cold, especially in Nar and Phu valleys, where heavy snowfall can make access difficult. The monsoon season (June–August) is not recommended due to rain, landslides, and limited visibility.

Overall, autumn is considered the most suitable and safest time for this remote Himalayan trek.

People and Culture

The Nar Phu and Manang regions are home to communities heavily influenced by Tibetan culture and Buddhism. The lifestyle is deeply traditional, with people engaged in yak herding, agriculture, and small-scale trade across the Himalayas.

Villages such as Phu and Nar preserve ancient customs, with stone-built houses, prayer flags, mani walls, and centuries-old monasteries. The remote Tashi Lhakhang Monastery in Phu is a major spiritual site believed to have been blessed by Guru Rinpoche.

In the Manang region, cultural experiences include visits to Braga Monastery and interactions with local Manangi people, who have adapted to life in high-altitude desert conditions while maintaining strong cultural identity.

The combination of remote wilderness, ancient Tibetan-influenced culture, and dramatic Himalayan scenery makes the Nar Phu – Manang Trek one of the most unique and enriching trekking experiences in Nepal.

Highlights

- Nar & Phu Valleys trek – remote Himalayan region Nar Phu Valley
- Off-the-beaten-path experience – very few trekkers, untouched trails
- Tibetan-influenced culture – ancient traditions still preserved
- Tashi Lhakhang Monastery – key spiritual site Tashi Lhakhang Monastery
- Kang La Pass (5,320m) – challenging high pass with epic views Kang La Pass
- Dramatic landscapes – gorges, cliffs, and alpine valleys
- Authentic village life – close interaction with locals and customs
- Annapurna Circuit connection – links at Manang or Pisang
- High-altitude adventure – physically demanding, rewarding trek

Day-by-day itinerary

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

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive at Tribhuvan International Airport and transfer to your hotel in Kathmandu. The remainder of the day is free for rest, exploring the lively streets of Thamel, or preparing for your Himalayan adventure

ahead.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation and permit arrangements before beginning your journey into the remote Nar Phu Valley. Meet your trekking guide for a detailed briefing covering the itinerary, altitude awareness, safety procedures, and trekking essentials. You will also organize your trekking equipment, complete permit formalities, and have time to purchase any last-minute gear if needed.

Day 3 : Drive to Koto via Besisahar (2,600m)

Altitude: 1400m - 2600m

Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Travel Duration - 9-10 hours drive

A long but scenic jeep drive takes you from Kathmandu through the beautiful Marsyangdi River valley toward Koto. Along the route, enjoy views of terraced farmland, waterfalls, rivers, traditional villages, and snow-capped Himalayan peaks while gradually entering the Annapurna region.

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

Altitude: 2600m - 3560m

Walk: 6-7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Begin trekking through dense forests, narrow canyons, and rugged mountain trails while following the remote Nar Phu Valley route. The trail gradually climbs through alpine landscapes and scenic ridges before reaching Meta, a peaceful settlement offering panoramic views of the Annapurna range and surrounding mountains.

Day 5 : Trek to Phu Village (4,080m)

Altitude: 3560m - 4080m

Walk: 6-7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today’s trail leads deeper into the isolated Phu Valley through dramatic rock formations, ancient chortens, and traditional Tibetan-influenced settlements. Upon arrival at Phu Village, experience its unique stone houses, Buddhist culture, prayer flags, and peaceful mountain atmosphere surrounded by towering Himalayan cliffs.

Day 6 : Acclimatization & Exploration Day in Phu

Altitude: 4080m

Walk: Optional Short Hikes · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Spend the day acclimatizing to the altitude while exploring the spiritual and cultural beauty of Phu Village. Visit the historic Tashi Lhakhang Monastery, local gompas, mani walls, and traditional Tibetan-style homes while enjoying incredible views of the surrounding Himalayan landscape.

Day 7 : Trek to Nar Village (4,110m)

Altitude: 4080m - 4110m

Walk: 6-7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

The trail crosses rugged alpine terrain, suspension bridges, and scenic mountain ridges while continuing toward the traditional settlement of Nar Village. Known for its preserved Tibetan culture,

stone architecture, and remote location, Nar offers a fascinating cultural experience in the high Himalayas.

Day 8 : Cross Kang La Pass (5,320m), descend to Ngawal (3,660m) – 8–9 hrs

Altitude: 4110m

Walk: Optional Exploration · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today is reserved for acclimatization and cultural exploration around Nar Village. Wander through narrow village paths, interact with local residents, and visit ancient monasteries while enjoying the peaceful atmosphere and breathtaking mountain scenery.

Day 9 : Cross Kang La Pass (5,320m), Descend to Ngawal (3,660m)

Altitude: 4110m - 5320m - 3660m

Walk: 8-9 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

This is the most challenging and rewarding day of the trek as you cross the spectacular Kang La Pass. The high mountain pass offers breathtaking panoramic views of Annapurna II, Gangapurna, Tilicho Peak, and surrounding Himalayan giants. After reaching the summit, descend through dramatic alpine landscapes toward the traditional village of Ngawal.

Day 10 : Trek to Pisang or Manang

Altitude: 3660m - 3200m - 3540m

Walk: 4-5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Descend further along the Annapurna Circuit trail through scenic valleys, forests, and traditional Himalayan settlements. Depending on the route and pace, you will stay overnight in either Pisang or Manang while enjoying magnificent views of Annapurna, Gangapurna, and surrounding peaks.

Day 11 : Drive or Trek Down the Annapurna Circuit

Altitude: 3540m - 1960m

Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Travel / Trek Duration - 6-8 hours

Today you may continue trekking through lower Himalayan villages and forests or take a vehicle further down the Annapurna Circuit toward warmer regions. Along the route, enjoy changing landscapes, waterfalls, rivers, and terraced hillsides.

Day 12 : Drive Back to Kathmandu via Besisahar

Altitude: 1960m - 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration - 8-9 hours drive

Return to Kathmandu by jeep or private vehicle through scenic mountain highways, river valleys, and rural villages. Upon arrival in Kathmandu, transfer to your hotel and enjoy a relaxing evening after completing your remote Himalayan adventure.

Day 13 : Final Departure or Optional Kathmandu City Tour

Altitude: 1400m

Visit: Nepal · Meals: Breakfast

Depending on your flight schedule, enjoy free time for sightseeing, shopping, or exploring Kathmandu’s

UNESCO World Heritage Sites before being transferred to Tribhuvan International Airport for your onward journey.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Drive to Koto via Besisahar · 1,400 m · day 21°C / night 10°C
- Day 4 · Trek to Meta · 2,600 m · day 15°C / night 3°C
- Day 5 · Trek to Phu Village · 3,560 m · day 10°C / night -4°C
- Day 6 · Acclimatization & Exploration Day in Phu · 4,080 m · day 7°C / night -7°C
- Day 7 · Trek to Nar Village · 4,080 m · day 7°C / night -7°C
- Day 8 · Cross Kang La Pass, descend to Ngawal – 8–9 hrs · 4,110 m · day 7°C / night -7°C
- Day 9 · Cross Kang La Pass, Descend to Ngawal · 4,110 m · day 7°C / night -7°C
- Day 10 · Trek to Pisang or Manang · 3,660 m · day 9°C / night -4°C
- Day 11 · Drive or Trek Down the Annapurna Circuit · 3,540 m · day 10°C / night -3°C
- Day 12 · Drive Back to Kathmandu via Besisahar · 1,960 m · day 18°C / night 7°C
- Day 13 · Final Departure or Optional Kathmandu City Tour · 1,400 m · day 21°C / night 10°C

What’s included

1. Transportation

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicle transfers as per the itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Nar –Phu restricted area permit (issued by Department of Immigration).
- Annapurna Conservation Area Project (ACAP) Permit.
- Trekkers’ Information Management System (TIMS) Permit.

4. Guide & Staff

- Professional and experienced licensed trekking guide, including salary and insurance.
- Porter salary, equipment, and insurance.
- First-aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 14 Mar 2027 · USD 1,890 · Available
- 16 Mar 2027 – 28 Mar 2027 · USD 1,890 · Available
- 06 Apr 2027 – 18 Apr 2027 · USD 1,890 · Available
- 20 Apr 2027 – 02 May 2027 · USD 1,890 · Available
- 04 May 2027 – 16 May 2027 · USD 1,890 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Clothing

- ☐ Moisture-wicking base layers (top and bottom)
- ☐ Fleece or light insulated mid-layer
- ☐ Down jacket (–10 °C rated for high trails)

- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in basic teahouses and community lodges throughout Manang Valley and in limited homestays or primitive lodges in Nar and Phu villages.

In Manang, facilities are relatively more developed with comfortable lodges and better services. In contrast, Nar and Phu valleys offer very basic accommodation due to extreme remoteness and limited infrastructure.

Rooms are typically twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided during the trek. Meals are freshly prepared and reflect a mix of Nepali and Tibetan-influenced cuisine.

Typical menu options include:

- Traditional Dal Bhat set meals

- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Tibetan bread, pancakes, and eggs
- Butter tea, coffee, and hot drinks

Food variety becomes more limited in Nar and Phu valleys due to isolation.

Difficulty & Physical Requirements

The Nar Phu – Manang Trek is classified as moderate to strenuous, suitable for trekkers with good fitness and prior trekking experience.

Daily trekking ranges from 5 to 8 hours, with high-altitude passes and rugged terrain. The most challenging section is the crossing of Kang La Pass (5,320m), which requires endurance and careful acclimatization.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- Restricted Area Permit (Nar & Phu Valley Permit)
- TIMS Card (Trekkers' Information Management System)

A licensed guide is mandatory for trekking in restricted areas.

Best Season

- Spring (March–May): Clear skies, stable weather, and blooming alpine landscapes
- Autumn (September–November): Best visibility and ideal trekking conditions
- Winter (December–February): Extremely cold with heavy snow in upper valleys
- Monsoon (June–August): Not recommended due to landslides and poor visibility

Transportation & Access

The trek typically begins with a drive from Kathmandu to Besisahar, followed by a jeep journey toward Koto, the entry point to the Nar Phu Valley.

From Koto, the trail branches into the restricted Nar and Phu valleys before reconnecting with the Manang section of the Annapurna Circuit.

Safety & Acclimatization

This trek reaches elevations above 5,300 meters and requires proper acclimatization and altitude awareness.

Key acclimatization stops include Manang and intermediate villages before ascending toward Kang La Pass.

Experienced guides monitor weather conditions, trail safety, and trekkers' health throughout the journey. Emergency evacuation is available if required.

Travel Insurance

Comprehensive travel insurance is mandatory and must include:

- High-altitude trekking coverage (up to at least 6,000m)
- Emergency helicopter evacuation and rescue
- Medical treatment and hospitalization
- Trip interruption and accident coverage

Additional information

Guide & Porter Services

A licensed trekking guide is mandatory for the Nar Phu Valley. Guides provide navigation, permit management, and cultural interpretation.

Porters are available to assist with luggage, especially due to the rugged terrain and high altitude conditions.

Cultural & Natural Highlights

This trek is known for its untouched Tibetan-influenced culture and dramatic Himalayan scenery:

- Ancient villages of Nar and Phu with traditional stone houses
- Monasteries, prayer flags, and Buddhist heritage sites
- Crossing of Kang La Pass (5,320m)
- Views of Annapurna II, Himlung Himal, and surrounding peaks
- Deep river gorges, glaciers, and alpine deserts
- Less crowded and highly remote trekking environment

Essential Equipment

Recommended trekking gear includes:

- High-quality trekking boots (well broken-in)
- Layered clothing for extreme temperature variations
- Warm down jacket (-20°C to -30°C rating)
- Waterproof jacket and trousers
- Gloves, hat, buff, and UV sunglasses
- Trekking poles and daypack (30–40L)
- Sleeping bag suitable for cold alpine conditions
- Personal first aid kit and essential medications

Communication & Connectivity

Mobile network coverage is very limited in Nar and Phu valleys. Connectivity is generally available only in lower Manang areas.

Wi-Fi is rare and unreliable in remote sections, and trekkers should expect long periods of offline travel.

Why Choose the Nar Phu – Manang Trek?

This trek is ideal for travelers seeking a remote, cultural, and less commercialized Himalayan experience:

- Explore the hidden restricted valleys of Nar and Phu

- Cross the high Kang La Pass (5,320m)
- Experience authentic Tibetan-influenced culture
- Combine remote wilderness with Manang Valley
- Far fewer trekkers compared to Annapurna Circuit
- Dramatic landscapes of gorges, glaciers, and alpine deserts
- Strong cultural preservation and ancient heritage sites
- One of Nepal's most unique and untouched trekking routes

Frequently asked questions

How difficult is the Nar Phu – Manang Trek?

The Nar Phu – Manang Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Nar Phu – Manang Trek?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What permits do I need for the Nar Phu – Manang Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers' TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Nar Phu – Manang Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Nar Phu – Manang Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Nar Phu – Manang Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Nar Phu – Manang Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/nar-phu-manang-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 ·

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