Nar Phu – Manang Trek

Itinerary & costs · 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**

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

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 · delightful-orange-chimpanzee.tarevirjungleresort.com