

Nar Phu VAlley Trek Via Thorong-La Pass

Description

Embark on a thrilling 19-day adventure through the enchanting Nar Phu Valley and conquer the majestic Thorong La Pass. This off-the-beaten-path trek will take you on a mesmerizing journey through wide meadows, snow-capped peaks, and awe-inspiring glaciers. Nar Phu Valley, known as the "hidden valley," offers untouched natural beauty and ancient Buddhist culture. Prepare yourself for a trek filled with high passes, breathtaking canyons, dense forests, and remarkable rock formations. Immerse in the rich Tibetan cultures and witness the raw essence of the Himalayas.

The Trek begins in from Kathmandu to Beshishahar and drive by Jeep to Koto, leading you to the pristine Nar Phu Valley and guiding you across Kang La Pass and Thorong La Pass, standing tall at an impressive 5,416 meters. Immerse yourself in the rich tapestry of Tibetan culture that thrives in Nar Phu Valley. Encounter warm-hearted locals engaged in age-old practices of yak herding and farming, offering glimpses into a way of life unchanged by time.

Marvel at medieval monasteries and delve into the spiritual essence that permeates these ancient structures. Join us on this once-in-a-lifetime adventure, where the untouched beauty of Nar Phu Valley and the exhilaration of crossing Thorong La Pass await. Unleash your spirit of exploration and immerse yourself in the wonders of this untamed corner of the Himalayas.

Highlights

Off the beaten path trekking experience

- Reach the highest point of the trek at 5,418m, Thorung La
- Explore a remote and rarely visited part of Nepal
- Stay overnight in ancient untouched villages
- Encounter the unique Tibetan plateau extending into Nepal

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Explore Kathmandu		
03	Kathmandu to Besishahar	850m	7-8 hours drive
04	Drive from Kathmandu to Koto	3560 m	7-8 hrs
05	Koto to Meta	3560m	7-8 hours
06	Trek from Meta to Phu	4080 m	7-8 hrs
07	Acclimatization day in Phu	4080 m	
08	Trek from Phu to Nar Phedi	3490 m	5-6 Hrs
09	Trek from Nar Phedi to Nar	4110 m	5-6 hrs
10	Trek from Nar to Ngawal) via the Kang La Pass (5,240m)	5240 m	7-8 hrs
11	Ngawal – Manang	3550m	5-6 hrs
12	Explore & Restday in Manang		

Days	Description	Altitude	Hours
13	Manang -Yak Kharka	4,110 m,	3-4 hrs
14	Yak Kharka to Thorong Phedi	4450m	3hrs
15	Thorong Phedi – Muktinath Via Thorong Pass(5416m)	3,800m	8-10hrs
16	Muktinath to Jomsom	2743m	5-6hrs
17	Fly to Pokhara or Jomsom to Pokhara by drive 7hrs/154km.	980 m	7-8 hrs
18	Pokhara to Kathmandu by drive 7hrs/205km.	1,380 meters	7-8 hours
19	Departure to international airport.		

Detailed Itinerary