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| Trekking Type : | TeaHouse/Camping |
| Trekking Grade : | Medium-Hard |
| Trekking Duration : | 21 Days |
| People In Group : | 2+ |
| Trekking Price : | \$.2200 |
| Max. Elevation : | 0 mt. |



For Himalayan addicts only, The [Nar and Phu valleys](#) are newly opened, spectacular regions of ethnically Tibetans inhabitants for those of you that think you trekked all. This is a trek that combines **high peaks** and passes, glaciers, remote villages, narrow canyons, lovely forests, amazing rock formations, yaks, gompas and unique Himalayan cultures. Trekking the standard

Annapurna circuit

, the bridge leading over the

Maryland River

to the steep portals of the

Nar/Phu

valley system is easily missed, but although the entrances is narrow and forested, the valley system above opens up to a huge expanse of high snow-peaks, ancient villages and high altitude grazing settlements. Two long days of walking from the border of Tibet, Tilman first explored this region in 1950s. Closed to

trekkers

until late 2002, very few westerners have explored these virtually untouched villages or climbed

the many 7000-meters peak surrounded it. We will venture into this remote region of Upper Manang. Camping along the way at the winter settlement of Nar and Phu, and visit some of the most unvisited and interesting villages in the

Tibetan

Buddhist world. Buddhist pilgrims from around

Nepal

might accompany us up to Phu to visit the renowned

Tashi Lha Khang monastery

and receive a blessing from Lama Karma Sonam Rinpoche. Along with spending plenty of time at these colorful and timeless villages, we explored the high alpine

valleys above

Phu (including Himlung base camp for those who want to), and crossing Kang La pass from Nar to Ngwal on the Pisang route leading back into the

[Annapurna](#)

circuit. Just in case one 5315-meter pass isn't enough, we will head west over the Thorong La pass (5416-meter) and down through lower

Mustang,

where we will spend a few days exploring before heading on to Jomsom, and finally fly back to Pokhara and Kathmandu.

Restricted Area trekking... *when the earth kisses the sky...*

If you are wishing to get well off the beaten track you may wish to consider a journey to some of the fascinating restricted regions of Nepal.

These regions remain pristine wilderness & ecological cultural museums where life has changed very little. An intimate experience of the differing ways people arrange their lives in order to cope with their often harsh physical conditions on some of the toughest terrain on earth. A journey full of questions and contrast awaits everyone who visits this side of Nepal.

Some of the remote areas of Nepal were restricted for foreign visitors until 1991. After multiparty democracy in Nepal, rules have been changed together with new democratic constitution regulations and opened for visiting the most inaccessible and firmly controlled areas in Nepal. The regulation is designed primarily to protect the environment and cultural aspects of the remote regions and provide security and safety for both foreign trekkers and Nepal's northern borders with China.

The treks must be fully arranged through a registered Trekking Company. It has to be fully equipped with tents, all Support staffs, cooks, etc. The trekking agency arranges the trekking permit through a series of applications and guarantee letters. You cannot trek alone in these restricted areas. You should be at least 2 people in the group. Each group is accompanied with a government environmental officer. The environmental officer has to handle all the formalities with the police and government offices en-route.

***Encounters Nepal* has a decade of experience in operating in restricted zones & we will arrange all your trek formalities & logistics for some of the most challenging & thrilling adventures in the great outback of Nepal.**

Itinerary List

- Day 1 :** Drive Besisahar
- Day 2 :** Trek to Bahundanda
- Day 3 :** Trek to Chamje
- Day 4 :** Trek to Dharapani
- Day 5 :** Trek to Koto
- Day 6 :** Trek to Dharmasala
- Day 7 :** Trek to Kayang
- Day 8 :** Trek to Phu village
- Day 9 :** Excursion around Phu valley
- Day 10 :** Trek to Junam
- Day 11 :** Trek to Nar
- Day 12 :** Explore Nar village
- Day 13 :** Trek to Ngwal after crossing Kang La pass

Day 14 : Trek to Manang

Day 15 : Trek to Letdar towards Thorong La pass

Day 16 : Trek to Thorong high camp

Day 17 : Trek to Muktinath after crossing Thorong La 5416-meter Pass

Day 18 : Trek to Kagbeni

Day 19 : Trek to Jomsom

Day 20 : Fly back to Pokhara

Day 21 : Drive to Kathmandu

Note

The 21 Days Narphu (Nar-Phu) Valley Trekking Itinerary we propose to you is only on outline. It is entirely based on your interest & as per your wishes; however, when you are in the field our itinerary is implemented practically by our guides who are very comfortable, flexible and understanding if any minor changes are required by you; but this is only done after consulting the tour leader & the group. Our itinerary is purely based on making your trip enjoyable with full of pleasure to give you maximum benefits in the course of your holidays. Encounters Nepal has a decade of experience in operating in restricted zones & we will arrange all your trek formalities & logistics for some of the most challenging & thrilling adventures in the great outback of Nepal.