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NaarPhu Kangla PassTrek



Trekking to Naar and Phu village is a unique trek where you get the quite nature, unique Tibetan culture, hidden valleys with snow capped mountains. Walking through the thick forest, crossing high wood made bridges of Naar and Phu Rivers, wood and stone made century ago houses, art, historical ruined worthy Gompas and Monasteries ,seeing an amazing Yaks and wild Animals and the traditionally hand made Tibetan dress people you will meet in this trek. Till today yak herding is the basis of their livelihood. Visited by very few trekkers this exotic land offers medieval Tibetan culture in undisturbed form, dramatic mountain views and great alpine scenery. The mountains Himlung,Pisang Peak, and the famous kangla pass(5240m), and enter the Annapurna Trekking trail. A walk west up past Phu towards the chortens on the hillside provides some incredible vistas and views down over Phu and the surrounding fields, forts, valleys and peaks. And the Naar is mediaeval village on hillside under shadow of Pisang Peak and Kang Guru Mountains. We have explored this valley for several days, we follow the main route of the classic Annapurna Circuit, hiking to the village of Manang and Thorong La Pass then on the (5,416 m). From the holy place Muktinath it goes over Kagbeni (the gateway to Upper Mustang) to Jomsom from where we fly back to Pokhara and Kathmandu.

Trip Itinerary:

NaarPhu Kangla PassTrek:

Day 01 – Arrival in Kathmandu 1340m
Welcome and Greets to you at the Airport. Transfer to Hotel. In the evening, short briefing about the Program.

Day 02 – Kathmandu World Heritage sightseeing.
Kathamndu sightseeing Program Like : Kathmandu Darbar square, Pahupatinath hindu temple,
Boudhanatha Buddhist temple. Hindu and Buddhist culture temple sightseeing.

Day 03 - Drive to Besisahar to Nagdi (930m)
We're up early for our scenic drive from Kathmandu, on the Kathmandu-Pokhara highway along the Trishuli and Marsyangdi Rivers, to the starting part of our trek on the Annapurna circuit. It will take us approximately 6 hours of driving, Checking first Trekking permit then walk 1 hour to Nadgi where will be our first camp at the bottom of Khudi river. This evening we introduce our Nepali staff.

Day 04 Trek to Jagat (1300m)

Walk to Bhulbule then cross the Marshandgi River to North. Hike up to several small village and farmers fields to Bahundana where the Lunch set up. From here you can see the specticulars views of landscapes towards Annapurna trekking trail and Marshandgi river. Then walk down to Ghermuphant gurung village with big thundering Water fall views. Again cross the suspension bridge walk to small village sirubari and steeply climb to Jagat Tibetan village.

Day 05- Trek to Dharapani (1940m)
Today we walk some parts of motor road till Chamje Tibetan village with views of Waterfalls, bee hives. Descending to the Marsyangdi River, we cross on a long suspension bridge and then start the steep climb towards Tal. The rocky trail through lush forest and past small tea-houses undulates and hugs the cliff-side, offering dramatic views into the narrow and deep canyon to our left. After an hour or so we'll reach the small teahouses mid-hill at Sattale, and then a last steep climb brings us to the top of the Tal hill. We'll pass through the entrance kane chorten of scenic Tal and hike briefly along the bank of the river before reaching the village. Tal means lake, and the area here was formed when

the valley was blocked by a landslide and a dam formed behind.Tal is the first village of the Lower Manang region so the culture is now Tibetan instead of Hindu. Then continue walking along to the Matshandgi River till Dharapani.

Day 06- Trek to Koto-Qupar(2600m)

Continuing to climb through forests of pine and oak, we pass through the line of older-styled lodges at Bagarchap and then through the smaller hamlet of Danagyu before coming to a thundering waterfall, where we turn left and head up the high trail to Koto. After an hour of lovely, open forests, we reach a clearing at the top of the trail and a charming Tibetan teahouse in upper Timang where we will stop for a break. Pausing for breath, we can look back for views of Manaslu. An hour away, past the soccer field and through evergreen forests, staying high, is the hamlet of Lata Marang and Thankchok “wild next “followed by the wonderful Gurung village of Timang. From here walk almost flat way to Koto Village.with the wonderful views of Annapurna II, a stunning sight. Koto Qupar is the gateway to Nar Phu, a small, atmospheric hamlet at the bottom of the deep gorge .

Day 07- Trek to Meta 3560m

This morning we head out early, a long and somewhat difficult day before us as we head north towards Nar Phu and the border of Tibet. Just past the Koto check post, we cross the river on a long suspension bridge leading to the Nar Phu valley and ascend on a lovely trail through beautiful woods above the Phu Khola (river). Continuing to climb through the forest, we emerge out of the narrow canyon, the trail passing right under a wide waterfall from which point the woods become thinner and the vistas wider.Soon afterwards we trek past several small cave shelters and a dharamsala, or pilgrims' rest house. We might camp at Dharamsala but will most likely continue on and make the steep climb up the valley along a small, scenic trail to high, grazing pastures. This is the kharka of Meta, 3560m, the non-permanent winter settlement of Nar, and we will definitely share the campsite with a few yaks and possibly some villagers. It will be a chilly night, so we'll try to get a fire going to warm up.

Day 08 - Trek to Phu 4050m

Dropping steeply down to the river, we trek for a while along the river bank and past the 'submarine' rock, passing some small possible campsites along the way. Today we begin to see the unique, ochre and white chortens made of sticks, stone and mud-brick for which Nar and Phu are known. We have to rock-hop carefully across a small glacial stream before reaching a larger one with a bridge only half covered with large slabs of slate.

Another hour and a half of trekking through scenic canyon lands and gorges, and the 'leaning tower of Pisa' monolith guards the steep trail up to the Phu gate, called Pupigyal Kwe. This ancient gate provides us with our first view of the three villages of Phu, as well as an old 'dzong' and the remains of two forts, all now in ruins, but impressively situated atop the flatlands before Phu. Just before the bridge to Phu, a line of wonderful chortens color the landscape and lead the way to the main village of Phu, perched high up on a hill, amphitheater style. We will set up camp on the lower reaches of Phu, formerly called Gomdzong,

Day 09 - Trek to Gompa 3500m
Another classic Himalayan trekking day, as we trek down to the old bridge spanning a deep, contoured and narrow gorge and then all the way back up again. It's a good thing the scenery is so stunning ...Below us sit Gyalbu Kumbum, built in 1650, and Satte gompa, and TameLoppchen monastries, & the view of north part Pisang Peak which is so beautiful. We stay overnight there.

Day 10 - Trek to Naar Village.(4110m)

We climb up to the Nar gates at the top of the hill, and pass by yet another line of wonderfully painted, bamboo-topped chortens and a large tiered chorten before turning the corner and being rewarded with sublime views of Nar, the undulating patterns of the surrounding barley and mustard fields, four old, colorful and traditional gompas and the snow-peaks looming overhead. Pisang Peak and Kangaru Himal (6538m) are the best views. We arrive early, so will have some lunch in the sun before doing some exploring.

Day 11 - Explore day at Naar and surroundings s area. Visit Monasteries and village.

visit some of the gompas, climb the prayer-flag festooned hill above Nar for wonderful views, or sit at our lovely guest house overlooking the whole scene in the sun, sheltered from the chilling and ever-present afternoon winds. It is a good day to try some local buckwheat pancakes or 'diro'. Depending on the condition of the group, we will either spend the night at Nar, or leave early afternoon for a two hour easy walk up the valley towards the pass, and camp just below the access trail to the pass by the river.

Day 12 - Trek to Ngawal 3675m Via Kangla Pass (5240m)

The Kang La is not a difficult pass in GOOD conditions, but it can be a long and difficult day if there is snow on the pass or the altitude is taking it's toll. The Kang La, at 5240m, is

an absolutely spectacular pass looking over Annapurna II, Gangapurna, Tilicho peak, the peaks surrounding Tilicho and the airport at Thongde. The trail down initially is steep; scree jumping seems to be the easiest option for the descent. After resting sore knees and shaky legs, we lunch on a plateau overlooking the peaks, and then continue to contour to the left towards Ngawal.Ngawal, on the upper Pisang route of the Annapurna circuit (off the main Annapurna circuit), can be reached in as little as two hours from the pass, but the walk down is so nice that we will take it easy and enjoy the views. Just before Ngawal is an unusual grouping of chortens and prayer flags, and marks a meditation cave far up in the hills.
Ngawal is a wonderful, old village of cobbled streets, prayer wheels and beautiful architecture, obviously a hub of religious activity in previous times. We're finished the camping section of the trek here, and head for a guest house for the night!

Day 13 - Trek to Manang 3510m

We start the day with a two hour walk through open forest to Braga, an old Tibetan-style village of about 150 partially deserted houses. We have time to explore the old village of Braga, with its large, old gompa perched colorfully above the stacked houses. The gompa has an elaborate collection of thankas and statues, and it is worth finding the key-keeper to open the assembly hall and 'lha khangs' for us. Braga also has an impressive collection of traditional architectural details, so keep your eyes open for beautifully carved wooden windows and doors. The prayer wheels and chorten at the foot of Braga are particularly brightly painted.
After lunch at the New Yak Hotel (one of Kim's favorite's) it's just a 20-minute walk past a series of unique and colorful chortens to Manang, at 3500m, a village of 500 or so flat-roofed houses, the headquarters for the region, and a very interesting village packed with trekkers, bakeries and lodges. Manang is dominated by high peaks - Annapurna III and Gangapurna tower over it, and a dramatic icefall sits just across the river. There is an old gompa on the edge of town, many local teahouses, and some atmospheric, winding streets in the village leading out toward the Thorung La. There is a 3 o'clock lecture on altitude by the Himalayan Rescue Association for anyone interested. We stay at Tashi's lodge for the evening, a sort of Manangi art gallery, which also houses many of his photos of the region.

Day 14- Trek to Yak Kharka 4200m

We will undoubtedly be passed along the trail by galloping Manangi horses, saddled with wonderful (and expensive) Tibetan wool saddle blankets, and their jubilant Manangi riders, bells jingling as they gallop by. We climb past Tengi and Gunsang to Yak Karka,

Day 15 - Trek to Thorong Highcamp 4600m

Trek to Thorong High Camp (4600m) 5/6 hrs . This can be hard night with the lack of enough Oxygen. Ready to wake up in early morning for the next most excited day at all.

Day 16 - Trek to Muktinath 3670m

Up early for the four hour walk to the top of the Thorung La at 5400m, where we are treated with spectacular views over Mustang and the surrounding peaks. The descent is almost as demanding as the ascent to the top of the pass, so a cup of chai and a snack at the local tea house at Chabarbu, at the bottom of the descent, is a required stop. And on to lower Mustang, which we have actually reached just after the pass, and the serene temple complex of Muktinath. We stay just five minutes down the trail from Muktinath at Ranipauwa.

Muktinath is an important pilgrimage site for Buddhists and Hindus situated in a tranquil grove of trees, and contains a wall of 108 waterspouts in the shape of cows heads spouting sacred water, the Jwala Mai temple with a perpetual spouting flame and the pagoda-styled Vishnu Mandir, all of which make up the auspicious combination of earth, fire and water.

Day 17 - Trek to Jomsom 2710m

We might take an alternative route to Jomsom down the west side of the river depending on the conditions of the trail, and the attentiveness of the check post guards (this is also officially in upper Mustang, but not strictly enforced). There are groups of villages near the trail to visit; otherwise we will walk down the Kali Gandaki riverbed, looking for saligrams along the way, to Jomsom, the administrative center for the region. Some options for the afternoon are an easy half hour walk to the beautiful village of Syang or an hour's walk across the river to the gompa at Thini. We stay at the southern end of the village close to the airport in a traditional-styled guest house, the Trekkers Inn, after checking in at the check post.

Day 18 - Fly to Pokhara. Trekking ends.

If the weather is clear, which it should be at this time of year, we will catch a morning flight to Pokhara, and then continue on to Kathmandu the next day. The mountain views are tremendous en route. We have scheduled an extra day in Kathmandu, however, just in case we are delayed for a day in Jomsom.

If anyone is interested in spending some time more time in Pokhara, just let us know.

Day 19 – Drive back to Kathmandu

Day 20 – Depart yours home country.

Please view the images of *Naar and Phu-Kangla Pass Trekking*

Cost Details:

For this Trek Minimum requires 2 persons and Maximum 12 Persons

Trek style Camping and Tehouse/lodge accomodations

Price starting from Euro 2050 per person

Cost Includes:

4 night Hotels in Kathamndu and 1 night hotel in Pokhara with B/B

Naar and Phu Village restricated permits fees

Annapurna Conservation Area fees

Flight from Jomsom to Pokhara

All land transfers

Meals: All Camping and tea house trekking period

English speaking guide and Porters/helpers

All Guide and nepali staff insurances,salaries

Camping Tents, cookman,cooking gears & local fees

Cost Excludes:

International Flights

Personal expenses and Insurances

Nepal entry visa cost $50

Meals in Kathmandu and Pokhara

Guide porter Tips

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