Detail Itinerary

An Unexplored Hidden Valley in the Annapurna Region

The Nar Phu Valley Trek is an ideal journey through an unexplored and remote segment of the Annapurna region, typically connecting toward the Thorong Pass via the challenging Kang La Pass (5320m). Nepal Kailash Trekking strongly recommends combining the Nar Phu Valley with your Annapurna Circuit itinerary. Opened to international visitors in 2002, this route is the ultimate choice for trekkers looking to discover a hidden valley, venture off the beaten path, and traverse demanding high mountain passes. Often referred to as a lost valley of Nepal, it offers an authentic and untouched Himalayan experience.

High Passes, Ancient Culture, and Tilicho Lake Extension

Beginning from Besisahar, the Nar Phu and Tilicho Thorong Pass trek leads you through dramatic terrain displaying a well-preserved, medieval Tibetan lifestyle. The journey is defined by striking peak views, massive alpine landscapes, breathtaking high-altitude lakes, and pristine natural features, making it a premier adventure for outdoor enthusiasts. The trail crosses demanding high passes such as the Tilicho Pass (5340m) and the Kang La Pass (5320m), rewarding you with exceptional vistas of the Annapurna massif, Manaslu, the Dhaulagiri range, Lamjung Himal, and Tilicho Peak.

The valley is inhabited by roughly 300 residents who traditionally rely on livestock and trans-border trade. After exploring the remarkable Nar Phu valley, trekkers who have a few additional days can extend their journey to Manang and continue onward to Tilicho Lake, famously situated at one of the highest elevations in the world. Nepal Kailash Trekking ensures a seamless off-the-beaten-path adventure, providing stunning vistas, picturesque hill terraces, charming local settlements, and comfortable community teahouses along the way.

Trip Facts

- Trip Duration: 22 days

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Cost Includes

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