Nar Phu Tilicho Lake Annapurna Circuit Trek

DURATION: 17 DAYS

Trip Facts

Group Size 1-8 Persons

Trip Grade Moderate

Accommodation Tea House/lodge/Hotel /Home stay

Max Height 5416 Metres

Start From Kathmandu

End At Kathmandu

Transportation Car/Jeep /Bus/Plane

Duration 17 Days

Meals included Brekfast/Lunch/Dinner Days

Best season:
March-jun/September -Octuber

Trip Overview

The Annapurna Circuit Trek is a world-renowned long-distance trek offering stunning views of mountain peaks like the Annapurna Massif, Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, Tilicho Peak, Pisang Peak, and Paungda Danda. The trek covers diverse climate zones, cultural traditions, and tourist destinations like Naar-Phoo Valley and Tilicho Lake. The trek is a favorite among tourists for its breathtaking views and diverse cultural experiences. It typically takes around 15–20 days to complete the Annapurna Circuit Trek, depending on the pace and acclimatization needs of the trekkers. Along the way, trekkers pass through charming villages like Manang and Muktinath, where they can immerse themselves in the local culture and interact with friendly locals. In Nepal's Annapurna region, the Nar Phu Tilicho Lake Annapurna Circuit Trek is a difficult and rewarding trek. Nar Phu Valley, Tilicho Lake, and the traditional Annapurna Circuit are all combined in this area. With a more varied and off-the-beaten-path experience, it is an expanded version of the standard Annapurna Circuit Trek.

North of the Annapurna range is the isolated and remote region known as the Nar Phu Valley. Only in 2003 was this region made accessible to visitors, making it relatively unexplored and unaffected by modernization. The trek through Nar Phu Valley provides a distinctive cultural experience as you pass through traditional Tibetan villages, engage with local populations, and observe their

Trip Itinerary

Arrive in Kathmandu (1350m)

Breakfast Hotel Car 1345 m

Arrive at Kathmandu airport, receive you at the airport and drive to the hotel. Prepare for trekking, meeting with a guide, and stay the night at a hotel in Kathmandu.

Kathmandu to Besishahar/Koto (2600 m)10 -11 hours

8-9 Hours | Breakfast/Lunch/Dinner | Lodge | Jeep /Car | 2600 m

Receive you at your hotel by your guide and driver for 6 hours to Besishahar, a scenic countryside driving past river, terraces fields, and highway villages. drive on a four-wheel-drive vehicle in order to prepare for the rugged journey to Koto. The road can be almost as challenging for passengers as for drivers, but it is incredibly scenic! You'll travel along the old Annapurna Circuit trek route, through amazing gorges and past stunning waterfalls. Arrive in the village of Koto and stay the night there at the Hotel/Lodge/ teahouse lodge.

Koto to Meta(7-8 hours, 20 km, 3560 m)

7 | Breakfast/Lunch/Dinner | Hotel/Lodge/ teahouse lodge. | 3560 m

After breakfast in Koto, you'll start the day early as there is a lot of ground to cover. First, you'll cross the river and enter the Nar & Phu valleys. Unlike towns on the nearby Annapurna Circuit, this area is not as developed and offers plenty of vistas for nature lovers. The walk through the spectacular narrow valley is one of the most beautiful on the trek with a mixture of beautiful oak, rhododendron, and bamboo forests, as well as sheer cliffs and a series of suspension bridges as you cross back and forth ascending up the valley. This is a small village with a few clean teahouses for trekkers. stay the night there at the Hotel/Lodge/ teahouse lodge.

Meta to Phu(7-8 hours, 9.7 km, 4080 m)

7 | Breakfast/Lunch/Dinner | Hotel/Lodge/ teahouse lodge. | 4080 m

After breakfast in Meta, you'll trek out of the village and begin to notice some of the unique, colorful Tibetan Buddhist stupas that make Nar and Phu famous. The trail meanders along the ridge with great views of the Phu alley and the magnificent Nar Phedi monastery. From here, you can get your first view of the three villages in the area as well as an old dzong (Tibetan-style fortress) and the remains of two ruined forts, impressively situated above the flatlands. Just before crossing the bridge into Phu, a line of more wonderful stupas will appear in the landscape. After a rest and snack, take a short walk up to the famous Tashi Lhakhang Gompa to pay respects to Lama Karma Sonam Rimpoche who came to Nepal with the Dalai Lama in 1959. stay the night there at the Hotel/Lodge/ teahouse lodge.

Phu Exploration Day

5 | Breakfast/Lunch/Dinner | Hotel/Lodge/ teahouse lodge. | Trekking | 4700 m

Due to the high altitude, it’s smart to spend an acclimatization day in Phu. You can wake up and have a relaxing breakfast while enjoying the views. Take time to explore the tiny alleyways of this interesting village; sit with the locals as they spin their yak and sheep wool, pound mustard seeds into a paste for oil, or tend to other daily chores. For a physical challenge, take the hike up to Himlung Himal base camp through a glacial valley (4-5 hours round-trip). On the trail to the base, you will see herds of blue sheep skillfully clambering up the steep cliffs. stay the night there at the Hotel/Lodge/ teahouse lodge.

Phu to Nar Phedi(4-5 hours, 14.5 km, 3490 m)

5 Breakfast/Lunch/Dinner Hotel/Lodge/ teahouse lodge. Trekking 3490 m

Wake up in Phu and have breakfast before retracing the route back down towards Meta. This time, though, you'll turn off at the Nar Phedi monastery, which will be your accommodation for the night. In fact, the monastery is all that Nar Phedi consists of. The rooms are neat and clean and the nuns are extremely welcoming. In the late afternoon, there is a puja (blessing), which you are welcome to watch. Keep an eye out for the small donation box in the monastery where you can leave a contribution to the maintenance of this beautiful and friendly place. stay the night there at the Hotel/Lodge/ teahouse lodge.

Nar Phedi to Nar(3-4 hours, 4 km, 4110 m)

4 Breakfast/Lunch/Dinner Hotel/Lodge/Tea House Trek 4120 m

Today is an easy trek day. You'll have breakfast at Nar Phedi and then climb out of the area through Nar Valley, and then follow a winding path up a hill towards Nar. Pass a line of wonderfully painted, bamboo-topped stupas on the way into the ancient village. Arrive in the town around lunchtime. Even though Nar is not far from the main Annapurna trail, it is rarely visited by trekkers and is about as picturesque as it gets. Nar will likely feel a bit more social and lively than Phu, and during the day you may find the village hub teeming with chatting women wearing their back-strap looms, weaving wool fabric for rugs and blankets. stay the night there at the Hotel/Lodge/ teahouse lodge.

Nar to Ngawal via the Kang La Pass (5,240m, 8-9 hours, 16 km)

7-9 Breakfast/Lunch/Dinner Lodge/Tea house/Home Stay Trek 5245 m

Today is a long day, so it's best to get up before sunrise and head towards the Kang La Pass, which leads back onto the popular Annapurna Circuit. It is not a difficult pass, but it can be a long day as the effects of altitude will be felt. Once on top of the pass, you can enjoy an amazing view over Annapurna II, Gangapurna, and Tilicho Peak. The trail downward starts off steep, but if you enjoy scree running you can have some fun! Stop for lunch

on a plateau overlooking the peak, then continue towards Ngawal.
Ngawal, on the upper Pisang route of the Annapurna Circuit, is certainly different from the ancient villages you just visited. The lodges are bigger, the menus much more comprehensive, and there will be wi-fi and phone signals in most lodges. stay the night there at the Hotel/Lodge/ teahouse lodge.

Khangsar Village to Tilicho Base Camp (4,919 m, 5 hours, 7.2 km)

5 | Breakfast/Lunch/Dinner | Lodge/Tea House/Home Stay | Trek | 4920 m

After breakfast in Khangsar Village, you'll continue trekking along a wide new path until you get to a Buddhist monastery. From here, climb towards a high ridge where you'll reach an intersection where the new trail and the old trail collide; take the new trail and ascend to another steep ridge before descending back down along switchbacks. You'll eventually reach a scenic valley and then cross a little stream putting you at Tilicho Base Camp, your spot for the next two nights. stay the night there at the Hotel/Lodge/ teahouse lodge.

Visit Tilicho Lake, Return to Base Camp (4,918 m, 6 hours, 10 km)

4 | Breakfast/Lunch/Dinner | Tea House/Home Stay | Trek/Walk | 4925 m

Today, you'll start with an early breakfast before a nice roundtrip loop to Tilicho Lake in the Manang district. It takes about 3 /4 hours to get to this clear body of bright turquoise water, one of the highest lakes in the world. You'll hike through high alpine landscapes with plenty of snow-covered rocks—a striking contrast against the vibrant hue of the lake. Have lunch and take your time to enjoy the lakeside surroundings before returning to base camp for the night. stay the night there at the Hotel/Lodge/ teahouse lodge.

Tilicho Base Camp to Yak Kharka (4,010 m, 5-6 hours, 13 km)

6 | Breakfast/Lunch/Dinner | Lodge/Tea House | Trek/Hike/Walk | 4015 m

After breakfast at base camp, you'll follow a gently winding trail high above Khangsar village with more views of the Himalayan giants as you pass through juniper bushes and the ruins of old Khangsar. From here, follow an unmarked trail that leads you down to an old log bridge between Gumsang and Yak Kharka, an area where yak herders bring their animals to graze. This is where you'll stop for the night. stay the night there at the Hotel/Lodge/ teahouse lodge.

Yak Kharka to Thorung Phedi (4,450 m, 6-7 hours, 6 km)

5 | Breakfast/Lunch/Dinner | Lodge/Tea House | Trek/Hike/Walk | 4500 m

Today's scenic trek starts with breakfast in Yak Kharka before you take a slow, gradual climb towards your overnight location. You'll hike up a ridge and notice that the high-altitude landscapes become more extraordinary along the way. Then descend to the Marsyangdi where you'll cross the river on a covered wooden bridge that leads to a small tea shop. After a short ascent up the mountain path on the right bank, you'll follow a narrow trail and then trek down to Thorung Phedi (meaning: foot of the hill). Once settled, choose to spend your free afternoon either hiking up to the lodge at High Camp for some acclimatization or relaxing with a book and chatting with other trekkers staying the night.

Thorung Phedi to Muktinath(8-9 hours,16 km, 3,800 m) via Thorung La (5,400m)

9-10 Hours | Breakfast/Lunch/Dinner | Hotel/Lodge/Tea house | Trek/Hike/Walk | 5416 m

Today begins at sunrise as this is the longest and hardest day of the trek! Start off with a four-hour walk to the top of the Thorung La at 17,717 feet (5400 m)—Annapurna Circuit's highest point—where you'll be rewarded with spectacular views over Mustang and Kaligandaki valleys, and the surrounding peaks. Take time for photos as the summit opens up to reveal a sweeping panorama of snow-capped mountains extending towards Tibet. The descent is almost as demanding as the ascent, so when you get to the bottom at Chabarbu, there is a teahouse where you can relax with a cup of chai and a snack. Continue trekking on a long, grassy slope through a series of switchbacks towards the lower Mustang and head back to the serene village of Muktinath. This important pilgrimage site for Buddhists and Hindus is surrounded by rugged mountains with unparalleled views of Dhaulagiri—the world’s 7th highest peak. stay the night there at the Hotel/Lodge/ teahouse lodge.

Trek from Muktinath to Jomsom(5-6 hours, 15 km, 2,715 m)

5-6 | Breakfast/Lunch/Dinner | Hotel/Lodge | Trek/Walk | 2720 m

After breakfast at your teahouse, pay a visit to Muktinath Temple, an important place of worship for Nepalese Buddhists and Hindus. You will have the opportunity to visit the main temple and its surrounding area before you hit the trail. From here, begin your trek back to Jomsom along an easy route that heads straight downhill. While you retrace your steps, you'll be able to enjoy good views of Mt. Dhaulagiri. Pass through Jarkot where you can visit one more monastery, and take in the views of snow-capped mountains and ancient caves. Admire the signs of rich Tibetan culture and keep an eye out for Mustang people who will come out and sell handicrafts to pilgrims. stay the night there at the Hotel/Lodge/ teahouse lodge.

Jomsom to Pokhara via flight /drive (850m, 145km, 10 hours)

35-Minute | Breakfast | Hotel | Car/Flight | 822 m

Today, after breakfast in Jomsom, you'll catch a 30-minute morning flight to Pokhara and one whole day bus drive back to Pokhara. Snag a window seat as the scenic mountain views en route will be nothing short of spectacular. Upon arrival in Pokhara, settle in your hotel and enjoy the afternoon and evening on your own. This relaxed lakeside town is the gateway to the Himalayas, so there are plenty of cool cafés, restaurants, water activities, funky shops, and adventure travelers.

Pokhara to Kathmandu flight/drive (1345m, 200km, 6 hours)

35 Breakfast Hotel Car/Flight 1400 m

Breakfast, and take 7-8 hours scenic drive by tourist bus to Kathmandu or 35 minutes by flight.

Final Depature Kathmandu Airport

20 Breakfast Hotel Car 1400 m

Free day on your own walking around Thamel market, and Mount Adventure Holidays staff transfer to Kathmandu airport to get your flight back home. Our Airport Representative will drop you at the International Airport as per your flight schedule.

Cost Includes

- Airport pick up and drop in a private vehicle

- Guesthouse accommodation during the trek
- All necessary trekking permits: Annapurna Conservation Area and Trekkers' Information Management System (TIMS) fee.
- Special permit for Nar Phu Trek
- An experienced, English-speaking, and government-licensed trek leader
- Staff costs including salary, insurance, equipment, food, and accommodation
- All government and local taxes
- First aid medical kit
- Trekking maps
- Transportation from Kathmandu to Koto and Passing to Kathmandu
- Sleeping bags and Down jackets for the trek (should be refunded after the trek.

Cost Excludes

- Bar bills, beverage bills, laundry, and, other personal expenses
- Travel and rescue insurance
- Tips for guide, porter, and driver
- Hotel in Kathmandu
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)

- Optional trips and sightseeing if extended

Trip Map