TRAVEL TO nepal

DETAILED TREK ROUTE MAP

Nar Phu Valley Trek

10 days from Kathmandu · Start Koto, exit Ngawal · Highest point Kang La, 5,320 m



MAP KEY

- Main trek route
- Side hike
- Drive / jeep
- River
- Overnight (day)
- Village
- Town / city
- Mountain peak
- Mountain pass
- Base camp
- Viewpoint
- Monastery
- Permit checkpoint
- Bus / jeep

Not to scale. Altitudes in metres. N

10-DAY ITINERARY · OVERNIGHT

1	Koto Drive	2,620 m
2	Meta	3,560 m
3	Kyang	3,850 m
4	Phu	4,080 m
5	Phu Himlung BC	4,080 m
6	Nar Phedi	3,490 m
7	Nar	4,110 m
8	**Ngawal** Kang La	3,650 m
9	Ngadi Jeep	1,100 m
10	Kathmandu Drive	1,400 m

TREK FACTS

Duration	10 days
Max altitude	5,320 m
Highest sleep	4,110 m
Start / end	Kathmandu
Trek distance	about 87 km
Difficulty	Hard
Best months	Apr–May, Oct–Nov
Permits	Restricted area + ACAP

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