

# Upper Mustang Valley Trekking - 18 Days

DURATION: 18 DAYS

## Trip Facts

- Duration : 18 Days
- Trip Difficulty : Moderate
- Group size : 2-20 Pax
- Accommodation : Hotel/Lodge/Tea House
- Meals included : Breakfast, Lunch & Dinner
- Transportation : Flight/Bus/Car/Taxi
- Trip starting point : Jomsom
- Trip Ending point : Pokhara

Best season : All Season



**Himalayan**  
Local Guide Pvt. Ltd

## Trip Overview

We offer **Upper Mustang trekking - 18 Days** "the forbidden kingdom" is situated north part of the Himalayas and just out into the Tibetan plateau. The mustang trekking is very accepted trekking Destination in Nepal and has been described as "desert in the mountains". The trek to this area is very satisfying one for those with Himalayan local guide to experience the hospitality of the people living in this remote areas. Department of Immigration issued only a small number of special permit since 1992.this is wonderful Destination where plenty range is offered for visiting Buddhist monasteries upper mustang trekking in Nepal.

Trek to **Lomanthang** is via an almost treeless barren landscape. a steep rocky trail up and downhill, Panoramic view of Nilgiri, Annapurna, Dhaulagiri and Several others peaks make your trek Memorable. Upper mustang trek begins From Jomsom accessible from pokhara continue follow to Kaligandaki valley. The main Highlights Places are Lo Manthang, Chhoser Cave, Tibet Boarder, Ghar Gompas. Explore all this places by horse when you reach to Lo manthang.

**Upper Mustang** consists of two different region; The south region with five villages inhabited by people related to the managis;and the northern region ( the ancient kingdom of lo), where the language ,culture and traditions are almost purely Tibetan,the capital of low is named manthang, which translates from the Tibet as 'Plain of aspiration 'many texts refer to the capital as Lo manthang, But this is not strictly correct, Other texts spell the name of the kingdom as Lho, But this is a transliteration of the Tibetan word for 'south' and is also incorrect. Thus the portion of the upper mustang district north of samar is Lo and its capital is Mustang the King of Lo is the Lo, Gyelbu, though I use the Nepal term raja here, To avoid total confusion with exiting maps and text, i also refer to the capital of Lo as 'Lo manthang'

## Trip Itinerary



### Day 01: Arrival in Kathmandu (1350meters/4,429feet).

🕒 20 Minute   🍳 Breakfast   🏨 Hotel   🚗 Car/Van   🏔️ 1350 m

Our company staff will come to pick up you at Tribhuvan international airport, our guide will be stand up your name on with paper it will be easy to know each other, at the airport terminal gate. He will take you at your hotel by car or van depends on the group size.

### Day 02: Kathmandu valley Sightseeing.

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel   🚗 Car/van   🏔️ 1350 m

After breakfast, you will go to explore the Monkey temple, Buddhanath Stupa, Pasupatinath, Durbar Square etc.

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### Day 03: Kathmandu to pokhara 200km (830meters/2,723feet).

🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel   🚗 Tourist Bus   🏔️ 830 m

Our Local trekking guide will be picked up you at your hotel to bus station, a scenic drive through the Prithivi highway from Kathmandu to pokhara, it takes 7/8 hours approximately by tourist bus. Pokhara is one of the 2nd biggest cities of Nepal and it is so beautiful and clean city, you will have leisure time to visit pokhara overnight at Hotel.

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### Day 04: Early morning flight to Jomsom 25minute, and trek to Kagbeni (2804meters/9,199ft) 5/6 Hrs Walking.

🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚗 Fly/walking   🏔️ 2804 m

After breakfast at Hotel, you will take an early morning flight to Jomsom. A beautiful flight to Jomsom offers an amazing view of the Mountain. After you reach to Jomsom airport, than you starts as you head towards Kagbeni. You will observe the spectacular landscape verities as you walk alongside Kaligandaki River. And reach to Kagbeni, we will stay overnight at Lodge.

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### Day 05: Kagbeni - Chuksang - Chele (3050meters/10006ft) 5/6 Hrs Walking.

🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚗 walking   🏔️ 3050 m

After the Breakfast at Kagbeni, you will trek continue towards Chele. The trail includes walking alongside the bank of Kaligandaki River as you follow the trail ascending and descending, continue 5/6 hours trek, you will approach ancient Stupas, caves, chhortens and local peoples. Passing along the

way after, you will ascend the cliff to reach Chele. You will stay overnight at Lodge.

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### **Day 06: Chele – Syanbochen (3475meters/11,401ft) 6/7 Hrs Walking.**

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🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚗 Walking   🏔️ 3475 m

Chele – Syanbochen (3475meters/11,401ft) 6/7 Hrs Walking.

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### **Day 07: Syanbochen – Ghami (3520meters/11,549ft) 5/6 Hrs walking.**

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚗 walking   🏔️ 3520 m

Syanbochen – Ghami (3520meters/11,549ft) 5/6 Hrs walking.



### **Day 08: Ghami – Tsarang (3870meters/12,697ft) 5/6 Hrs walking.**

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚗 walking   🏔️ 3870 m

Ghami – Tsarang (3870meters/12,697ft) 5/6 Hrs walking.

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### **Day 09: Tsarang – Lo-Manthang (3730meters/12,238ft) ¾ Hrs Walking.**

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🕒 ¾ Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚗 walking   🏔️ 3730 m

Tsarang – Lo-Manthang (3730meters/12,238ft) ¾ Hrs Walking.

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## Day 10: Exploring Day

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🕒 4/5 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3730 m

Exploring Day, you visit Lo-Manthang and Cave.

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## Day 11: Lo-Manthang – Drakmar (3810meters/12501ft) 6/7 Hrs walking.

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🕒 6/7 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3810 m

Lo-Manthang – Drakmar (3810meters/12501ft) 6/7 Hrs walking.

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## Day 12: Drakmar – Ghiling (3806meters/12,487ft) 5/6 Hrs walking.

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3806 m

Drakmar – Ghiling (3806meters/12,487ft) 5/6 Hrs walking.

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## Day 13: Ghiling – Chhuksang (3050meters/10,006ft) 5/6 Hrs walking.

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🕒 5/6 Hours   🍽️ Breakfast, Lunch & Dinner   🏠 Hotel/Lodge/Tea House   🚶 walking   🏔️ 3050 m

Ghiling – Chhuksang (3050meters/10,006ft) 5/6 Hrs walking.

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**Day 14: Chhuksang – Jomsom (2700meters/8,859ft) 6/7 Hrs Walking.**

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🕒 6/7 Hours    🍽️ Breakfast, Lunch & Dinner    🏠 Hotel/Lodge/Tea House    🚶 walking    🏔️ 2700 m

Chhuksang – Jomsom (2700meters/8,859ft) 6/7 Hrs Walking.

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**Day 15: Fly back to Pokhara.**

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Fly back to Pokhara, which take around 25 minutes.

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**Day 16: Drive Back to Kathmandu.**

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Drive Back to Kathmandu.



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**Day 17: Free Day at Kathmandu Valley (Shopping Day).**

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Free Day at Kathmandu Valley (Shopping Day).

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**Day 18: Fly back to at your Home country.**

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Fly back to at your Home country.

## Cost Includes

- **Pick up/drop/from/to International Airport** by private car/van.
- **Kathmandu-pokhara-kathmandu** by Tourist bus.
- **pokhara-jomsom-pokhara** by flight with airport tax.
- all meals During the trek( lunch, Dinner, breakfast with tea/coffee three times a day in a cup)
- Lodge Accommodation During the trek.
- Upper mustang restricted entry Permit(\$500)
- Annapurna Conservation Area project (ACAP) enrty permit.
- One english speaking government license holder trekking guide and require porters( one porter for two clients)
- Guide, porters , food, accommodation, salary,Transportation,Flight ticket Insurance, equipment etc.
- First Aid Kits
- seasonal fruits, Apple,Orange, Blackberry etc
- Farewell Dinner

## Cost Excludes

- Cold drink, such as beer, mineral water, cock, Fanta , Hot shower etc.
- Your International air fare.
- Nepal visa fee ( 15 Days-25 U\$D and 30 Days- 40 U\$D.)
- Lunch and Dinner while in Kathmandu.
- Rescue operation charge that is just in case.
- Tips for Guide and porters



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