

Upper Mustang Trek - 15 Days

DURATION: 15 DAYS

Trip Facts

- Duration : 15 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



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Trip Overview

The “Upper Mustang” Trek is a lately opened Trekking destination in Nepal Himalayas region. This trek is allowing foreign Trekker’s only since 15 years ago. It’s a atypical opportunity and required restricted area special permit. It’s really beautiful and hidden valley that had not been in touch with Nepal for several 100 years making the local culture there and unique lifestyle.

This journey is full of historical and religious monuments, nature and geological variety. We will come across the **delightful** ancient **Buddhist monasteries**, **Caves**, holy fossil rocks, deserted land territory and cliffs geographically piece of the Tibetan highland, the mustang regions is rich in Tibetan local culture, mainly in the beautiful village of Lo Manthang. Lo manthang is an attractive town in the mustang region, the old king’s palace and the Chode Lhakhang and ancient Buddhist monastery which is around two hundred (200) years old.

Culture and Religion:

People are deeply rooted in their belief in Lo Manthang culture. The town abounds with many Chortens, Mani walls, and monasteries. Above all the houses, there are prayer flags, Prevailed . There is. One of the oldest Gompas, Janoa Gompa, which was ' established in 1387 AD'. Tiji is the most Popular festival of Lo Tsho Dhun.

Is a permit required for the Upper Mustang trek?

The Upper Mustang trek is in a restricted area due to its proximity to the Tibet Border. Therefore, the Nepal Government requires a permit. The permit costs \$500 per person for ten days and \$50 per day after. Additionally, there is a \$30 fee for the Annapurna Conservation Area.



Can I do this trek alone without a Guide?

It is not possible alone, for the upper Mustang trek because, according to the rules and regulations of the Nepal Government, you now need a guide. The Upper Mustang trek is close to the Tibet border and falls within a restricted area. It might be more dangerous for alone. If you are unfamiliar with this place, more than 8-9 tourists get lost within a Year. So, you have to need a guide.

This trek being located in the **Annapurna region**, on the path to Mustang we will be see the magnificent mountains views of including Mt. Dhaulagiri (8,167m/26,794ft), Annapurna I (8,091m/26545ft), Nigiri Himal (7,061m/23,166ft) Tukche Peak (6,920m/22,703ft , Throng Peak and Tibet peak etc.

Our **Upper Mustang Trek Itinerary**, we fly to **Jomsom from Pokhara** or **Pokhara to Jomsom by Jeep** and head towards kagbeni. The entry to Upper Mustang Trip. The trail goes to continue Chele, Syangboche, Ghyami, Tsarang, Ghiling and reach to your final destination of Lo-Manthang village. And we chance to the explore the delightful holy temple of Muktinath. On the whole it is a moderate height trekking and best way to travel around the unique local culture and traditions of Mustang, the nature and beauty of the Nepal Himalayas Landscape.

Trip Itinerary

Day 01: Kathmandu to pokhara 200km (830meters/2,723feet).

🕒 6/7 Hours

🍽️ Breakfast & Lunch

🏠 Hotel

🚌 Tourist Bus

🏔️ 830 m



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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.

Day 02: Early morning flight to Jomsom 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.

Day 03: 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.

Day 04: Chele – Syanbochen (3475meters/11,401ft) 6/7 Hrs Walking.

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

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



Day 05: Syanbochen – Ghami (3520meters/11,549ft) 5/6 Hrs walking.

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

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

Day 06: Ghami – Tsarang (3870meters/12,697ft) 5/6 Hrs walking.

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

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

Day 07: Tsarang – Lo-Manthang (3730meters/12,238ft) ¾ Hrs Walking.

🕒 3/4 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3730 m

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

Day 08: Exploring Day

🕒 3/4 Hours 🍽️ Breakfast, Lunch & Dinner 🏠 Hotel/Lodge/Tea House 🚶 walking 🏔️ 3730 m

Exploring Day, you visit Lo-Manthang and Cave.



Day 09: Lo-Manthang – Drakmar (3810meters/12501ft) 6/7 Hrs walking.

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

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

Day 10: Drakmar – Ghiling (3806meters/12,487ft) 5/6 Hrs walking.

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

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

Day 11: Ghiling – Chhuksang (3050meters/10,006ft) 5/6 Hrs walking.

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

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

Day 12: Chhuksang – Jomsom (2700meters/8,859ft) 6/7 Hrs Walking.

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

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



Day 13: Fly back to Pokhara.

Fly back to Pokhara.

Day 14: Drive Back to Kathmandu.

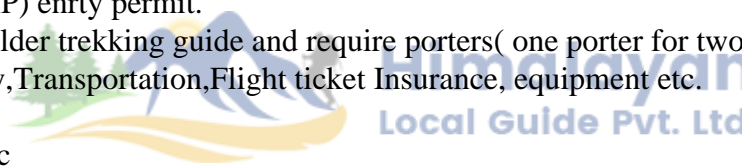
Drive Back to Kathmandu.

Day 15: Fly back to at your Home country.

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



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