

Damodar Kunda and Upper Mustang Trekking

Package Highlights

- Trekking to **Upper Mustang and Damodar Kund** is in restricted area of Nepal very near from Tibet
- 22 days trekking plan can be customize to make less days
- Trans Himalayan kingdom Upper Mustang, Buddhist monastery, Chorten, Mani walls and temples
- Ancient and isolated villages, mixed and pure Tibetan cultures
- Views of High Himalayan ranges and landscape of scenic plateau
- Local tea houses accommodation in **Upper Mustang** and tented camp in **Damodar Kund**

Trip Facts

- Starting Price: US\$0.00 (Per Person)
- Duration: 22 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Camping Trek
- Accommodation: Hotel & Tent
- Max. Altitude: 5600 meters
- Min. Pax: 2
- Best Season : March to June and Sept to November

Itinerary Details

Day 01 : Arrival at Tribhuban International Airport Kathmandu 1350. Transfer to the Hotel and Overnight

Your arrival in Tribhuban International airport. Representative from Nepal Highland Treks pick up you from the airport and transfer to the Hotel. It is about 20 minutes drive to reach at your hotel. If time permits, walking tour around your hotel

Day 02 : Day in Kathmandu for Upper Mustang and Damodar Kund trek. Visit UNESCO heritage sites in Kathmandu. Overnight at Hotel

We need your original passport for trekking permits. You will be escort by our tour guide today to visit UNESCO heritage sites. Buddhist temple, Hindu temple and one oldest king palace (Durbar squire) Bouddhanath, Pashupati and Bhaktapur Durbar squire. Back to hotel and final preparation of the trek Introduction with your trekking guide and other team.

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Check your equipment list, If any thing need to buy, you can buy it around your Hotel. Our guide will help you.

Day 03 : Drive to Pokhara (200km - 6 Hours) and overnight at Hotel

It is 6 hours drive to Pokhara by private car. Start driving after your breakfast in the Hotel. Your trekking guide will be with you. Boating tour at Fewa Lake and walking tour in Lake side Pokhara.

Day 04 : Early flight to Jomsom (15 minutes) and trek to Kagbeni (2810m). 3 hours. Overnight at tea house

Jomsom flight is always at early in the morning. We wither pack out breakfast from hotel or take early breakfast to drive Pokhara airport. Only 15 minutes flight is with tiny aircraft. Land at jomsom airport and start walking to Kagbeni. Your trek is via Kaligandaki river valley with view of Nilgiri, haulagiri and Annapurna mountain ranges

Day 05 : Trek kagbeni to Chele (3050m) 6 hours. Overnight at tea house.

It is interesting to explore small Chorten and monasteries in Kagbeni. You will reach at restricted area after permit check point at the end of Kagbeni village. Most of the route of trek follows Kaligandaki river valley. Small villages are crossing with field of Apple, barley and wheat. Mount Nilgiri shows during full day in different snaps. Reach Chele which is starting of Tibetan style village

Day 06 : Trek Chele to Shyangboche (3800m) 7 hours. Overnight at tea house.

Trek through Narrow Street with the view of Damodar Kunda, Tilicho peak and Yakawa Khang. Continue climbing at plateau land cross Samar village. We also pass 3600 miter Taklam La pass. We can enjoy day with cool stream and Jupiter trees. Small Chorter and Ramchung cave on the way are other memories of the day

Day 07 : Trek Shyangboche to Tsarang (3560m) 7 Hours. Overnight at tea house

Start gently climb to the pass which is 3770 miter and decent to Geling village. Trek route passing few tea houses and Chortens. The Tibetan styles houses and long mani walls are interesting to view and take pictures. Reach Tsarang, if time permits visit white Dzong and red Gumpas around

Day 08 : Trek Tsarang to Lo Manthang (3800m) 5 Hours. Overnight at tea house.

Today is the day of reaching at head of Upper Mustang. Trail goes very fine with minor climb. We visit an oldest monastery called Lo-Ghekar gumba on the way. The magnificent view of Annapurna, Bhrikuti peak, Nilgiri and Tilicho are picturesque from land of plateau. Lo Manthang is walled city touch Tibetan boarder

Day 09 : Exploration Lo Manthang. Overnight at tea house

Today explore Namgyal gumpa which is situated at hilltop of valley and an important for the local peoples. Your tour continue to Tingkhar village. Tingkhar village is the last village and main village of Lo Manthang. If time permits visit another attraction of four stories of King Palace with panoramic Himalayan view surroundings

Day 10 : Trek Lo-Manthang to Yara (3900m) 6 hours overnight at tented camp

leave Lomanthang village and keep by gently ascending until we reach Day-La with dusty trail from where the last view of the Lo-Manthang. We continue our trail for a while and follow the left trail after skipping the trail to reach Tsarang. The trail gently climbs on the ridge viewing the scenic landscapes until reaching small pass. Then, we climb down a steep and dusty descent in the narrow path. We again come to a wide plateau and descend rocky gully and knee crunching trail until reaching Dhi village. After lunch we cross by a suspension bridge over the Kaligandaki River and make a short steep climb. Then, we follow along the upstream of Puyung Khola viewing the unbelievable landscapes and innumerable caves at the stone walls until reaching Yara village. We start to overnight at tented camp from today

Day 11 : Trek Yara to Ghuma Thanti (4800m) /7 hours visit Luri cave. Overnight at tented camp

Today, we climb up to reach Luri Cave Monastery and visit that interesting Cave Monastery. After that, we follow the barren valley after crossing 5100meter pass; today we prepare pack lunch due to no appropriate cooking possibilities on the trek. Stay overnight at tented camp.

Day 12 : Day to reach Damodar Kunda. Trek Ghuma Thanti to Damodar Kunda (4890m) 10 hours. Overnight at tented camp

In this day, we start after breakfast, the trail continues with ups and downs. After crossing another 5600meter pass we will reach High Altitude Damodar Kunda. We need to make lunch pack due to no appropriate cooking possibilities in the trail. Stay overnight at tented camp.

Day 13 : Day in Damodar Kund, hike to scenic view point and overnight at tented camp

It is beautiful place to camp and explore around. We hike around the highest place. The area of Damodar Kunda (lakes) offer magnificent views of Annapurna, Mustang Himal, Muktinath Himal, Bhrikuti peak, Chungian Chanma Himal and Araniko Chuli. Beside that camping around beautiful small Damodar lakes.

Day 14 : Trek Damodar Kunda to Ghuma Thanti (4800m) 8 hours. Overnight at tented camp

Today, we return back all the same way passing over the 5600m high pass. The trail again ups and down same like before. We will make our lunch in some small stream in the trail, cooked by our kitchen team and continue trek to Ghuma Thanti

Day 15 : Trek Ghuma Thanti to Yara (3900m) 7 hours. Overnight at tented camp

In this also we come back all the same route which before we trek up. The trail continues downhill until reaching Yara Village. We prepare our lunch on the trail by our kitchen crew and continue trek to Yara

Day 16 : Trek Yara to Tangye (3240m) 8 hours. Overnight at tented camp

Today is also difficult and long day for us. Therefore we start really early in the morning. We first have short and steep ascent and then long flat way trail. Then the trail continues steep down to Dechhyang Khola which origin is from Damodar Kunda. It takes about 30 minutes. We find everywhere Saligrames (the black fossils of marine animals). Then the trail steeply ascends and leads us to the top of the pass where we have our packed lunch break, so we need to make pack lunch in Yara due to no appropriate cooking possibilities in the trail. After lunch, the trail goes up and down and then we are on a huge plateau and cross it for reaching to Tangya village. We can see several big Chhortens

Day 17 : Trek from Tangya to Tetang (3040m) 10 hours. Overnight at tented camp

Today is also long day again. Therefore we start again really early in the morning. We leave the village, cross the suspension bridge and follow the short river route. After crossing the river, we steeply climb up to reach a small pass. Then the trail goes straight to Paha (shelter house) where we make our lunch. Here is small water tap for drinking water. After the lunch break we continue crossing many small passes until we reach the top of the hill. It takes about 2 hours. Then the trail steeply descends and we encounter strong winds until we reach Tetang village. We have a superb view of Nilgiri Himal, Dhaulagiri I, Tukucho Peak, and other snow peaks during the trail.

Day 18 : Trek Tetang to Muktinath (3700m) 6 hours. Overnight at local hotel

In the morning after breakfast, we follow our trail through the village after passing the scenic Mani walls. Then, we climb up to the wide valley. After walking the plateau, we keep ascending until reaching small pass from where we can see the high mountains and picturesque view of Muktinath. Then, we drop down to the small stream and cross by a suspension bridge. After that, we enter in the village of Chhyongar and follow the level trail until reaching Muktinath passing Kani/gate. In the evening, we explore to secret place for Hindus and Tibetan Buddhist in about 30 minutes in its compound. We can visit the

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108 brass water spouts, Muktinath temple stands enshrining Vishnu, a Hindu god. When we visit to Muktinath Temple at once, we are free/salvation of escape from the cycle of birth and rebirth. Below the temple there is another Buddhist monastery where the combination of earth-water-fire that gives for Muktinath's great religious significance. And we can also see the magnificent view of Nilgiri Himal and Daulagiri I

Day 19 : Trek Muktinath to Jomsom (2720m) 5 hours. Overnight at local hotel

In the morning after breakfast, we leave the village and drop down to Jharkot village where we visit the ancient Sakyamuni Buddhist Monastery and Traditional Medical Center. Then, we follow the dusty road trail for a while and choose short cut left trail until reaching Eklebatti where we have our lunch. After lunch, we follow again dusty and strong wind road level trail along the Kaligandaki River to reach Jomsom.

Day 20 : Fly back to Pokhara from Jomsom and stay relax. Overnight at Hotel

It is only 15 minutes flight to Pokhara from Jomsom. Flights are all in morning time before 11am. After reaching at Pokhara airport, drive to Hotel for overnight. Rest of the day time is free yourself

Day 21 : Fly back to Kathmandu and overnight at Hotel

It is 25 minutes flight at late morning. We recommend you to fly back Kathmandu Late morning. There are flight available until 4pm. From Kathmandu airport, drive to Hotel and overnight. Meet company representative talk about your trekking and have feedback

Day 22 : Departure

Day of departure. it is important to reach airport before 3 hours from your flight time. Representative from Nepal Highland treks will arrange drop transportation.

Cost Includes

- All arrival and departure arrangement
- Accommodation in Hotel Kathmandu and in Pokhara | 3 star category hotels on twin sharing room
- Every morning breakfast in Hotel Kathmandu and in Pokhara
- 3 Domestic flight ticket Pokhara – Jomsom – Pokhara – Kathmandu
- Upper Mustang restricted area permit and permit of Annapurna conservation
- Accommodation in local tea houses and tented camp
- All the foods and hot drinks during trekking days
- Professional trekking guide, kitchen staff and necessary porters
- Trekking equipment (Tents, Sleeping bags, Kitchen equipment)
- All service charges and government taxes
- Management of emergency evacuation
- First aid kit box with primary medicines

Cost Excludes

- Lunch Dinner in Kathmandu and in Pokhara
- Your personal trekking equipment
- Bottled drinks including bottled mineral water and bar drinks
- Personal expenses
- Personal medical expenses
- Any tipping to staffs
- Cost of emergency evacuation in case of need
- Nepal visa (it is on arrival visa and cost of visa is USD 50 per person for 30 days)

Useful Note

Trip Note

Customize Your Trek itinerary: This is a general itinerary, which can always individually be tailor-made. The trek package can be redesigned or redeveloped as per your taste, your time frame and your interest. Please drop us an Email for more. info@nepalhighlandtreks.com

Trip cost is depend on 2 pax trekkers. Minimum 2 pax in require and if there will be more than 2 pax group, trip cost will reduce accordingly.

Departure Note