

Upper Mustang Trekking

Package Highlights

- Visit major heritage sites of Kathmandu valley
- Drive or fly to Pokhara from Kathmandu
- Fly to Jomsom and back from Pokhara with tiny aircraft
- Trekking through Kaligandaki River valley and enter one of the most ancient Kingdom **Upper Mustang**
- Scenic mountains and cultural village
- Tibetan lifestyle and culture
- Oldest caves and Monasteries

Trip Facts

- Starting Price: US\$2115.00 (Per Person)
- Duration: 17 Days
- Grade: Strenuous
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: 3800m Lo-Manthang
- Min. Pax: 02 Pax
- Best season : March to Nov month

Itinerary Details

Day 01 : Arrival at Kathmandu and transfer to Hotel. 1300m

Representative of Nepal Highland Trek will pick up you from international airport and transfer to hotel. If time permits, talk and little preparation of the trek. We can assist you to buy trekking equipment around Thamel.

Day 02 : Day in Kathmandu, sightseeing and trek preparation. Overnight at Hotel

Sightseeing in major historical places of Kathmandu valley. Our guide will lead you three major heritage sites like Pashupatinath temple, a biggest Hindu temple listed in world heritage sites. A Buddhist Stupa and Kathmandu Durbar square which are listed in world heritage sites. Meet with your trekking guide and involve in briefing at evening

Day 03 : Drive 6-7 hours or fly 25 minutes to Pokhara (720m). Overnight at Hotel

You have option either drive to Pokhara with tourist bus/ private vehicle or take flight. We normally suggest drive with private vehicle which give opportunities to start your suitable time and stop interesting places on the way. Transfer to hotel.

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

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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 to Dhakmar (3800m) 6 hours. Overnight at tea house

We trek different route from Lo Manthang than we trek up before. Route is passing via Gyakar village and Ghar Gumba. Gumba is about 1200 year old. Strong legend about Ghar Gumba is, those wish their wishes there will be fulfilled. Reach at Dhakmar and evening exploration around

Day 11 : Trek to Ghiling (3570m) 6 hours. Overnight at tea house.

Trek to Ghiling village passing through Ghami La pass. You will reach earlier today and can explore surroundings at the evening

Day 12 : Trek to Samar (3550m) 6 hours. Overnight at tea house

Continue follow up hills and downhill. Reach at Samar by crossing Chhuksang village

Day 13 : Trek back to Kagbeni (2810m) 6 hours. Overnight at tea house

The same way back to Kagbeni

Day 14 : Trek back to Jomsom (2750m) 3 hours. Overnight at tea house

A short day of trek at last day. You can reach Jomsom early and take rest. Or option to visit famous Marpha village. Have return at Jomsom for overnight for your next day early morning flight to Pokhara

Day 15 : Fly back to Pokhara and half day sightseeing around. Overnight at Hotel

Early morning walk to Jomsom airport and fly back to Pokhara. Check in hotel and plan to visit major sites of Pokhara. Boating at Fewa Lake, visit international mountain museum and evening walking at lakeside is good idea

Day 16 : Drive or fly back to Kathmandu. Overnight at hotel

After long trek we suggest you to take 25 minutes flight to Kathmandu. You have another option to take tourist bus and private transportation back to Kathmandu

Day 17 : Departure and farewell friends

Drive you to International airport for your final departure

Cost Includes

- All arrival and departure arrangement
- 3 nights' accommodation in Kathmandu on twin sharing with breakfast
- 2 nights' accommodation in Pokhara on twin sharing
- 1 days sightseeing in Kathmandu valley with professional tour guide, private transportation and entrance fees
- 1 half day sightseeing in Pokhara with your guide, private transpiration and entrance fees
- Tourist bus to and from Pokhara
- Flight ticket of Pokhara – Jomsom – Pokhara
- Upper mustang restricted area permit
- Permit of Annapurna conservation area
- An English speaking trekking guide
- Porter to carry your goods (2 pax one porter)
- Salary, Insurance, Accommodation, equipment of guide and porter
- All the foods during trekking (Breakfast, Lunch and Dinner)
- Farewell Dinner
- Free duffel bag for trekking
- Sleeping bag in returnable based if you need
- Management of emmergency evacuation in case of need
- Service charges and taxes

Cost Excludes

- Lunch and dinner in Kathmandu and in Pokhara
- Personal expenses
- Personal insurance,
- Personal trekking equipment
- Emergency evacuation and personal medical expenses in case of need
- Bottles drinks and bar bills
- More than 3 cups of tea/coffee per day per person while trekking
- Tipping
- Any extra cost due to natural calamities which is beyond our limit
- Private transporation or fllight if you choose for Kathmandu - Pokhara sector (Tour cost is including normal tourist bus in this sector both ways)
- Etra activities which are possible in Kathmandu and in Pokhara
- Single supplementary

Useful Note

Accommodation in the trip

Our package is including 5 nights hotel in Kathmandu and in Pokhara. It is 3 star category hotels with breakfast and twin sharing. Accommodation in entire trekking is in local tea houses (Local guest house) on twin sharing. You will get rooms with inside toilet in

Kagbeni and in Jomsom only. Rests of the overnights are room without toilet inside. All the tea houses are providing common toilets outside your room. **Upper Mustang trekking** region have limit tea house accommodation, at the time of main season it may have over flow of trekkers. In that situation, you may share common room with other trekkers. But it is less chance

Foods in the trip

Kathmandu and Pokhara have lots of restaurants to choose for your Lunch and Dinner. Breakfast is including in the package that is provided by same hotel you are staying. During your trekking, same tea houses you are going to stay provide you breakfast and Dinner. Lunch is on the way at suitable place. All the foods during trekking is including in the packages. Hotel and restaurants provide you international standard foods in entire **Upper Mustang**.

Guide and Porter

Your guide and porters to **Upper Mustang Trekking** are from Kathmandu. He is the one who will be our regular guide more responsible, friendly, and helpful English speaking. You will meet him in Kathmandu before starting your trek. There will be 1 porter for every two trekkers. He is able to carry total 25 kilogram. Both guide and porters are fully equipped, insured and package including their foods, accommodation on the way. Trekking guides are those who can communicate with you and local peoples and having enough knowledge of local places, peoples, their cultures and having knowledge of high altitude sickness.

Drinking water during Trekking

Drinking water is extra cost from package. During the trek it is available bottled mineral water, boiled water fill in your own bottle from every tea houses or can use even normal water from Tap. Bottled mineral water is available in every guest houses, shops in entire Upper Mustang. As you hike high altitude, cost of bottled mineral water and boil filtered water increase. Water from local taps can be also used as drinking water by purification with purification tablet and filter it yourself. Most of the trekkers are drinking bottled mineral water and boiled filtered water. Trekkers are using local tap water rarely.

Equipment list

You do not need to bring whole equipments from your home country. Good trekking equipments with reasonable cost are available in Kathmandu. We can suggest you to buy those after we check it in hotel before starting of trekking. Representative from **Nepal Highland Treks** or your guide can provide you good suggestion. Our itinerary has enough time to be prepared with your proper equipment.

Clothing List

Round cap to protect from sun during sunny day
Warm head cover cap
Muff to cover mouth from heavy wind and cold
2 pairs warm inner thermal and inner trouser
1 pair warm outer trouser
1 pair warm wind proof warm outer trouser

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One pair light and warm jacket or sweater

One pair down jacket

One pair wind proof jacket

2 pairs light shocks

2 pair warm shocks

1 pair light shoe or sandal

1 pair warm water proof trekking shoes

2 pairs light trouser or half pant for walking during day and hot temperature

3 to 4 pairs of light t-shirt

Warm glove

Rain coat (cover body and backpack)

20 litter polar bag for trekking, carrying yourself (Trekking bag pack)

Duffel bag or big polar bag to hand over with your goods to our Porter *

Down Sleeping bag with its Inner * (* = **Nepal Highland Treks provide in returnable based**)

Other accessories

Head lamp with enough battery

Camera and its battery

Battery charger

Trekking stick

Phone and charger

lip care

Sun cream

Toilet papers

Hand wash lotion

Tooth brush and paste

Washing soap and bath shampoo

Quick dry towel

First Aid Kit Medicines

In every trekking package, our guide will carry first aid kit box containing medicines of anti altitude, anti Diarrhea, pain relief, Antibiotic, anti cold, anti vomiting, anti headache, fever, bandages, handplaster and anti septic lotion . If you are taking any regular medicine that is compulsory to bring yourself.

Some Dos and Dont's during Upper Mustang Trekking

Upper Mustang route is sensitive land which is one of the restricted areas. It is unspoiled and exotic land which is sensitive. Treat the land and local peoples with care and respect. Try your best to keep environment clean and show appreciation for culture and traditional religious beliefs.

Make Upper Mustang region litter free: Do not throw any litter; put it in dustbin fixed by national park or in local tea houses. Sanitary napkins and tampons should be wrapped properly and through it right place. Take batteries back to your home country for safe disposal or reuse.

Respect local cultures, custom and peoples: Route of **Upper Mustang** is combination

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of different cultural ethnic group of local peoples. Their culture, customs, living style and any function is typical and it is important for them. So respect all these while you are there. You can involve respectfully in those function.

Take your guide with you in every hiking and climbing: our guide will be always with your while trekking every days. You are trekking and hiking in remote areas with maximum altitude. Few days in the itinerary are as acclimatization day and hiking around for recovering stamina. Take your guide with you in all these activities. It is Himalaya and do not be more excited, take advice from guide to take any decision.

Do not through foods after order: Foods are all carried from Pokhara or from Kathmandu. It takes a week time to reach all the foods in the area of Lo manthang. It is important that you order only sufficient food which you can finish. Do not waste any foods in the region. Meet items are not fresh in the high region. The land is out of scarifies any animals, and meets are all carried from out of region. This is the reason meets are not fresh.

Trip Note

- Upper Mustang Trekking need minimum two pax to obtain restricted area permit. If you are only single, we can make you join in our suitable group.
- The best season for **Upper Mustang Trekking** is in raining season of Nepal (June, July and Aug), March to May and September to November is also good weather and season to visit **Upper Mustang**.
- Nepal Highland Treks offer [Cycling Tour](#) and [Jeep Upper Mustang](#)
- **Upper Mustang during Tiji festival** itinerary is longer than the regular itinerary. Staying in Lomanthang for 3 days to explore festival and probably accommodation in local monasteries.
- Itinerary can be also customized as per interest. If you want to visit other real villages of Upper Mustang Lori village and Yara village exploration is suggested. which need more 2 days.

Our Itinerary for **Upper Mustang Trekking** is general one. You can change it as per your interest; itinerary can be also changed on the way. Guide from Nepal Highland Treks is always flexible and suggest you better option once he knows your interest and walking style. If you are joining with group, itinerary can be change as per main group interest. For your kind information, **Upper Mustang** restricted area permit cost is Us dollar 500 per person. If you stay more than 10 days, US dollar 50 per day per person is extra. Restricted are begins after Kagbeni and end at Kagbeni. Minimum group size must be 2 pax to obtain permit.

Cost is based on tourist bus to and from Pokhara. If you choose private transportation or flight to and from Pokhara, cost will change. Your visa cost of Nepal is also not including in the cost. It is USD 40 for one month multi entry visa which you can get on arrival.

Join small group joining trekking to Upper Mustang

Nepal Highland Treks can make you join in our **small group trekking to Upper Mustang** . We will have fixed departure dates from March to October. Every dates of departure can

have different itineraries and services. Please make sure about it before booking your trek.

Departure Note

Our fixed departure date for **Upper Mustang Trekking** can be worthful if you are single traveller. We at least need two trekkers to obtain restricted permit for **Upper Mustang Trekking** from Nepal government. You can choose your own date if you are at least 2 pax or more. Let us know if you want your own new date. We may not be updated with our other fixed departure dates, so please send us email for details and other fixed departure dates in you want to join.