

# UPPER MUSTANG TREK



## TRIP OVERVIEW

- ✚ **Trip Accommodation** : Hotel and Tea House Clean Bed and Separate Toilet and Bathroom
- ✚ **Group Size Minimum** : 02 Trekkers
- ✚ **Maximum Height** : 3810m. Height
- ✚ **Trip Duration** : 15 Nights 16 Days Upper Mustang Trek
- ✚ **Mode of Transport** : Tourist Bus and Domestic Flight
- ✚ **Trip Location** : North West Annapurna Region
- ✚ **Trip Grade** : Moderate and Adventure hiking
- ✚ **Start/End Point** : Pokhara to Pokhara



## INTRODUCTION

Mustang is, in fact, a mystical land lying in the rain shadow region of Nepal. And, [Upper Mustang Trek](#) offers an amazing trekking experience to the distant Trans-Himalayan peak area with Tibetan culture. We will explore around age caves, an old monastery, local ethnic group and picturesque beauties of the region. We will start trekking from world's deepest ravine, Kaligandaki Region into the highest areas of Lo-Mangthang Valley that goes all the way through almost barren scenery, a sheer unsteady track up and down and scenic views of Nilgiri, Dhaulagiri, Annapurna and more than a few other peaks.

Likewise, the trek moves via high peaks, glaciers, passes and alpine valleys. The houses here are typically made from stone and mud bricks. The town wall and the four-story fortress in Lo-Manthang are several of the striking architectures of Mustang area. Also, we will come across the doorway to the "Forbidden Kingdom of Mustang" since the area was restricted for foreigner until 1991. Here we can and get a glimpse of the very old traditions still in practice.

The [Upper Mustang trek](#) begins from Jomsom to reach Kagbeni, the entrance point of Upper Mustang Region. Following the shores of Kaligandaki River, we will reach Lo-Mangthang, the capital area of the Upper Mustang. Upper Mustang trek arranged by

[Everest Trekking Routes](#) is for those who desire to make a demanding trek all along the isolated the Trans-Himalayan area. Upper Mustang, with landscape and culture similar to Tibet, has many exceptional features and fascinations.

## **ITINERARY**

DAY 01: ARRIVAL IN KATHMANDU (1,400M)  
DAY 02: FULL DAY SIGHTSEEING KATHMANDU VALLEY  
DAY 03: KATHMANDU TO POKHARA BY TOURIST BUS/ 6 TO 7 HOURS DRIVE  
DAY 04: MORNING FLIGHT TO JOMSOM (2,715 M) AND TREK TO KAGBENI – 04 HRS.  
DAY 05: TREK TO CHHUSANG (2800 M) 6 HRS.  
DAY 06: TREK TO SOMARE (3,340 M) 6 HRS.  
DAY 07: TREK TO GHELING (3,540 M) 5 HRS.  
DAY 08: TREK TO TSARANG (3,560 M) 6 HRS.  
DAY 09: TREK TO LO-MANTHANG (3700M) 5 HRS.  
DAY 10: AT LO-MANTHANG REST DAY FOR EXPLORATION AROUND ITS VILLAGE AND MONASTERIES.  
DAY 11: TREK TO DHAKMAR (3,810 M) 6 HRS.  
DAY 12: TREK TO SYANGBOCHE (3,540M) 6 HRS.  
DAY 13: TREK TO CHHUSANG (2,800M) 6 HRS.  
DAY 14: TREK TO KAGBENI (2,830 M) 5 HRS.  
DAY 15: TREK TO JOMSOM (2, 715 M) 4 HOURS.  
DAY 16: FLY FROM JOMSOM TO POKHARA (820M) 25 MIN FLIGHT  
DAY 17: POKHARA TO KATHMANDU BY TOURIST BUS 6 TO 7 HOUR  
DAY 18: FINAL INTERNATIONAL DEPARTURE

## **DETAILS ITINERARY**

### **DAY 01: ARRIVAL IN KATHMANDU (1,400M)**

Arrival in Kathmandu, The representatives by **Everest Trekking Routes** will welcome you at TIA Upon your Arrival. we transfer to hotel overnight stay.

### **DAY 02: FULL DAY SIGHTSEEING KATHMANDU VALLEY**

Half day sightseeing Kathmandu Valley Major Place as Kathmandu Durbar Square, Soyembhunath (Monkey Temple and Boudhanath Stupa) The Darbar Square is 14th Century established after Pratap Malla and very famous lord kumari goddess after that continue to drive to Swayambhunath which is ancient believed that create self-beautiful monastery with sounding monkey gang and continue to Boddhnath temple. that is also of the biggest stupa in Asia. all these things will explain your guide during the trip and drive to hotel prepare Upper Mustang Trekking to stay overnight at the hotel.

### **DAY 03: KATHMANDU TO POKHARA BY TOURIST BUS/ 6 TO 7 HOURS DRIVE**

hotel to tourist bus station just 10 minute morning walk, then take the tourist bus departure at 7:00 AM in the morning continue to drive prithibi rajmark high way. after 2 hours drive to stop for breakfast about 20 minute and the edge of the Trisuli river. along the road, we can beautiful rice farm and evergreen tropical villages with Trisuli river rafting. though at 12:00 to at 1:00 PM stop again lunch take a 20-minute break then continue drive to Pokhara. we will be reached in the afternoon and short walk lake site and stay overnight at hotel.

#### **DAY 04: MORNING FLIGHT TO JOMSOM (2,715 M) AND TREK TO KAGBENI – 04 HRS.**

After breakfast transfer to Domestic airport and flight to Jomsom altitude of 2715 meters, Trek to Kagbeni takes 4-5 hours. The excellent Himalayan scenery of lower Mustang which is popular Jomsom Muktinath route and joins to Annapurna Circuit; the Jomsom is headquartered of Mustang District between Mt Dhaulagiri and Annapurna Himal. Stay overnight at lodge.

#### **DAY 05: TREK TO CHHUSANG (2800 M) 6 HRS.**

Trek to Chhusang we will have to descend to Kagbeni. the Kagbeni is the main entry gate Restricted Area of Upper Mustang which is a cost for \$ 500 Per Person for 10 days. take time while for checking. we are entering Special Upper Mustang area of Kagbeni, Passing several local typical villages chhusang follow the kaligandaki river then crossing to reaching at Chhusang Village during the day we can see beautiful Nilgiri, Dhaulagiri, tukuche peak and other Himalayan scenery. overnight at Chhusang.

#### **DAY 06: TREK TO SOMARE (3,340 M) 6 HRS.**

From Chhusang to Somare is normal trails solidly flat and bit step after chele biggest climb to reach until Syangboche. 5 to 6 hours trek desired area Upper Mustang Trekking. today is we pass beautiful Apple garden and bottom of the Chele crossing an amazing suspension bridge. and around little Trekking Peaks and villages, we can see. after at 12:00 PM trails go windy, continue trekking to Somare stay overnight at Guesthouse.

#### **DAY 07: TREK TO GHELING (3,540 M) 5 HRS.**

After breakfast Climb up to Syamboche, mostly uphill to syanboche take lunch and rest for a while. The scenery is Excellent Himalayan white range which is most popular Mt. Dhaulagiri 8167m, Annapurna I 8097m. and many other Expedition. Desert geographically decorate awesome vies of Upper Mustang. today we don't see many villages just follow the trail. if interest to see the Buddha cave also possible before reach syangboche. and continue to Ghiling stay overnight at lodge.

#### **DAY 08: TREK TO TSARANG (3,560 M) 6 HRS.**

This Morning if the weather is very clear we can different type of scenery, beautiful farm and Ghiling village with some old monastery follow the route of Lo Manthan continue to walk at Tsarang. The tsarang is the biggest village of upper mustang has old monastery over 800 years old. Identify of old king palace some sample and beautiful villages visit

the monastery and all area of Tsarang. The Monastery colour and architecture are awesome with colourful and visit insight monastery then return to lodge stay overnight.

**DAY 09: TREK TO LO-MANTHANG (3700M) 5 HRS.**

After breakfast trek to LManthanan, takes 5-6 hours on foot to reach Lo-Manthan City Himalaya kingdom of Nepal. The biggest city of Himalaya, before lo-man passing several river and bridges with deserted scenery and continue to Lo-Manthan when we reach Lo-Manthan than stay overnight at lodge.

**DAY 10: AT LO-MANTHANG REST DAY FOR EXPLORATION AROUND ITS VILLAGE AND MONASTERIES.**

Explore a day at Lo-Manthan, Today after the breakfast visit to Monastery and King Palace. the lo man thang is the Himalayan kingdom of Nepal. there are many different things decorate with colourful Villages and biggest city in Himalaya. Our local guide will describe the history of lo-Manthan City and Cultures. then realizes all trekkers are paid why \$ 500 per person for 10 days. the nearby area has some other local villages if have time to visit can do short seeing. stay overnight.

**DAY 11: TREK TO DHAKMAR (3,810 M) 6 HRS.**

This Morning takes Breakfast at the same lodge our team and starts Journey to Dhakmar, the beginning part is uphill to Gompa. The amazing scenery of the Upper Mustang area with lots of history about Gompas when we reach monastery the lama will explain to us. Ancient history and cultures, take lunch continue to Dhakmar. but today don't pass many villages because the trail path is the Upper route. anyway,y scenery is perfect. and little colder then Lo-Manthang. stay overnight.

**DAY 12: TREK TO SYANGBOCHE (3,540M) 6 HRS.**

Beautiful Upper Mustang Valley after Dhakmar, take breakfast to follow the trail to Ghami. The Ghami is also the biggest village and Monastery also a popular route. There is some farm product by a foreigner. And nice Apple garden, take lunch at Ghami and continue to Syangboche. today we are following same to return Upper Mustang Trekking Route Stay overnight.

**DAY 13: TREK TO CHHUSANG (2,800M) 6 HRS.**

Syanboche to Chhusang is big downhill and passing some little villages as Samar, bhena, and Chele. A thousand meters Descending to Kaligandaki River, during the day more windy boundary of Kaligandaki valley and stop for Chhusang stay overnight.

**DAY 14: TREK TO KAGBENI (2,830 M) 5 HRS.**

The Chhusang to Kagbeni we have to leave a little early in the Morning. if we take breakfast little Early then we can walk follow to Kagbeni. because after at 12:00 PM. very strong windy until Kagbeni, when we reach Restricted Permit checkout point. we have mentioned our Upper Mustang Trekking Permit and Complete the 10 days upper Valley stay overnight Kagbeni.

**DAY 15: TREK TO JOMSOM (2, 715 M) 4 HOURS.**

Trek to Jomsom, Easy and short hike to Jomsom. When we reach at Jomsom check our flight schedule for next day and visit to Jomsom City buy some Apple brandy of some others from apple makers. The Jomsom is a very busy City in Himalayan and waiting for next morning flight to Pokhara.

#### **DAY 16: FLY FROM JOMSOM TO POKHARA (820M) 25 MIN FLIGHT**

Depend on time flight schedule if have time to eat breakfast we can do in Jomsom otherwise leave Early to Report at Airport and waiting for a flight to Pokhara take 25 minutes and transfer hotel. Leave our backpack and sightseeing in Pokhara City. The Journey is complete and relaxes stay overnight Pokhara.

#### **DAY 17: POKHARA TO KATHMANDU BY TOURIST BUS 6 TO 7 HOUR**

Finally, we short drive to Pokhara tourist bus park and catch Tourist take a 7-hour drive to Kathmandu. the Bus journey when we start our Trip and Kathmandu Pokhara.

#### **DAY 18: FINAL INTERNATIONAL DEPARTURE**

We will drop you to the TIA for your final departure and happy journey to your hometown, hope to see you again and goodbye.

### **COST INCLUDES**

- ✓ Airport / Hotel / Airport pick up and Drop by private car/van/bus.
- ✓ Hotel In Kathmandu: 2 Nights standard accommodation in Katmandu.
- ✓ 2 Nights Hotel in Pokhara BB Plan
- ✓ Kathmandu to Pokhara and Pokhara to Kathmandu by Tourist bus
- ✓ Pokhara to Jomsom and Jomsom to Kathmandu both by flight
- ✓ You're Meal in During the Trekking as Your standard meals (3 times a day Breakfast, Lunch and Dinner with a cup of tea or coffee).
- ✓ All Trekking Permit (Special Upper mustang Permit \$ 500 Per Person) and ACAP Permit.
- ✓ Accommodation in Trekking: All accommodations in lodge/tea houses during the trek & Campsite where is not able to lodge.
- ✓ Trekking Guide: An experienced, helpful, friendly and English speaking Trekking Guide. His well- paid salary, meals, accommodation insurance and flight ticket etc.
- ✓ Trekking Porter: porters (1 porter for 2 peoples). Salary, Food, Drinks, Accommodation, Transportation.
- ✓ After the Success Trip, Everest Trekking Routes will Provide Adventure Certificate.
- ✓ Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
- ✓ Medical supplies (first aid kit will be available).
- ✓ All government taxes.
- ✓ Service charge.

## **COST EXCLUDES**

- Meals and Accommodation in Kathmandu and Pokhara
- Deserts (cakes, bakes and pies)
- The additional size of Pots Hot Drinks
- Bottled drinks
- Boiled water
- Electronic device re-charge
- Hot shower
- On the trekking Wi-Fi
- Personal expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter

## **MANUAL NOTE :**

The Flight is Some time not sure. because of the reason is Weathers, if Political Problem makes strict for roadblock and bad weather make flight cancel and take **Helicopter charter** or **Jeep reserved to Pokhara**. and Also if you need to extend your trip that all that cost will be Extra. If Need any more query to talk to Tour Operator.

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