

# Upper Mustang Trek



**Cost per person: \$2,190**

## Description

Upper Mustang Trek is a unique adventure experience in the Himalayas of Nepal. It is a challenging journey that takes trekkers through the remote and untouched Mustang region to explore its ancient cultural and natural wonders. It begins in Kathmandu with a scenic flight to Jomsom, the gateway to the Mustang region. From there, trekkers traverse the Kali Gandaki River valley to the ancient kingdom of Lo Manthang. Along the way, trekkers pass through picturesque villages, monasteries, and stunning landscapes of snowcapped peaks, deep canyons, and rolling hills.

The Mustang region is renowned for its unique culture and landscapes. Trekkers can explore the ancient monasteries, villages, and forts that are fine throughout the region. They will also have the opportunity to meet the local people and learn about their culture and beliefs.

In addition to cultural exploration, trekkers can enjoy a wide range of outdoor activities. These include mountain biking, rock climbing, hiking, and camping. The stunning views of the Himalayas will make the Nepal trek even more memorable.

Mustang Trekking is an adventure that will last a lifetime. With its spectacular landscapes and rich cultural heritage, the Mustang region is an amazing destination that is perfect for trekkers of all levels.

**Upper Mustang Trek** is one of the restricted areas of trekking in Nepal. It lies in the famous Mustang district that is known as “the districts across the Himalayas.” It is called so because of its proximity to the Tibetan Plateau. Although it lies in Nepalese territory, it is culturally and geographically influenced by Tibet.

Mustang Trek is famous for its desert-like climate and harsh rock-faced landscapes. It can even be visited in the summer monsoon. Because it is a rain shadow area of Annapurna (**8,091 m**) and Dhaulagiri (**8,167 m**) Massifs. When the remaining parts of Nepal trekking experience heavy rainfall and flooding, you can explore the Upper Mustang.

## Trip Information

**Duration:** 14 Days

**Activities:** Trekking

**Arrival City:** Kathmandu

**Departure City:** Pokhara

**Best Season:** December

**Max Altitude:** N/A

## Gallery



## Itinerary

### Day 01: Kathmandu to Pokhara

You have to take a half an hour local flight from Kathmandu, the capital city of Nepal to reach to Pokhara. This is a short flight and presents you with scenic beauties. Alternatively, you may opt for a 6hours drive to Pokhara and stay overnight in Pokhara.

### Day 02: Pokhara to kagbeni via Jomsom flight

You will drive to the airport of Pokhara for catching another short flight of 15 minutes to reach at Jomsom i.e. headquarter of the district Mustang and a region of Thakali people. At this point, you will start your trek across Kali Gandaki valley for reaching to Kagbeni.

### **Day 03: Kagbeni to Chele**

Today, our team will take you for a walk across the riverbed of Kali Gandaki to come across Chhusand and Tangbe veillages. The entire area consists of barren landscapes to remind you of the Tibetan plateau. Later on, you have to cross a suspension bridge for reaching the Chele village and stay overnight there.

### **Day 04: Chele to Syangboche**

We will cross two passes named Dorje La Pass at 3735meters and Taklam La Pass at 3624meters via Ghiling Vhena to reach at Syangboche from Chele.

### **Day 05: Syangeboche to Gheling**

We continue with our trek across barren and rugged landscapes to cross Yamda La and Nyi La mountain passes at 3850meters and 4010meters respectively to get spectacular views of Mount Dhaulagiri and Mount Annapurna, while stay overnight in Gheling.

### **Day 06: Trekking from Gheling to Ghami**

Today, you will get stunning views of landscapes, cliffs and nearby villages to reach at Ghami

### **Day 07: Trekking from Ghami to Charang**

We will cross Charang La Pass at 3870meters to reach at Charang Village and have an overnight stay there. Specialty of Charang village is that it has mani walls and almost similar type of culture followed by Tibet people.

### **Day 08: Trekking from Charang to Lo-Manthag**

Finally, today will reach at Lo-Manthang, known as the forbidden kingdom consists of many white washed walls and renowed palaces. Here, you will view old monasteries and get glimpse of Tibetan Buddhism.

### **Day 09: Lo-Manthang rest**

You require taking rest and have relaxed in the Lo Manthang region to acclimatize yourself with the high altitude and weather. You may make a visit across the entire walled city and view a large number of beautiful monasteries.

### **Day 10: Lo-Manthang to Ghami via upper route**

Our team will take back to Ghami by following the same route that you followed before.

### **Day 11: Ghami to Chele**

Our downhill trek will continue to reach to Chele and stay overnight there.

### **Day 12: Chele to Jomsom**

On the last day of your trek, you will go back to Jomdom across the Kali Gandaki River Bank. You may explore the entire area in Jomsom and enjoy views of Dhaulagiri and Annapurna mountain peaks.

### **Day 13: Jomsom to Pokhara flight**

We will drive back to Jomsom and take a local flight to reach Pokhara and stay overnight in Pokhara.

### **Day 14: Pokhara to Kathmandu**

No description available.

## **Cost Inclusion**

- Airport pick-up and drop off service ,
- Trekking Guide
- Breakfast, Lunch, Dinner & accommodation during the trekking
- Sleeping bags, down jackets, duffel bags and trekking sticks if required,
- Trekking permit of National park & Restricted area permit
- TIMS(Trekking Information Management System )
- Insurance and equipment for the trekking staffs
- First aid kit
- Farewell dinner in Kathmandu with cultural program in typical Traditional Nepali restaurant

## Cost Exclusion

- Personal expenses
- Drinks, beverages, hot shower,
- Travel insurance
- Tips for Guide and porter (trekking staff)
- Meals & hotel accommodation in Kathmandu (with out iteniry)

## Frequently Asked Questions

### 1. What permits do I need to do Upper Mustang trek?

To do Upper Mustang Trek, you must have the following permits

TIMS card,

ACAP Permit and

Upper Mustang Restricted Area Trekking Permit. To collect these

### 2. What is the cost of the Upper Mustang trek permits?

The cost of Upper Mustang Trek permit is USD 500 for first 10 days and then USD 50 per extra day. This permit is issued by Immigration Office, Kathmandu. TIMS card needs USD 10 and it is managed by the trekking agency. And Annapurna Conservation Area Project Permit costs USD 27 and you get it from the office of ACAP.

### **3. Can I do Upper Mustang trek alone?**

No, you can't. Upper Mustang trek is a restricted area trekking in Nepal, so one can't do this trek alone. For this trek, there must be two members in a group accompanied by a registered trekking guide and a porter. The trekking guide takes you along the right trail and helps in case of any emergency.

### **4. Can I get altitude sickness during this trek?**

When you are travelling through the landscapes above 2,500m, there is always chance for altitude sickness. Lo Manthang (3,840m), the Capital of the ancient Himalayan Kingdom is the highest place to spend the night. Although there are three high passes above 3,800m, you spend the limited time over there. However, you can avoid the altitude sickness or AMS (Acute Mountain Sickness) if you follow some precautions. You must walk slowly by taking enough rest. You should have enough drinking water and hygienic food including sound sleep. For safety measure, you should pack some medicines like Acetazolamide and Diamox Oral in your backpack. As soon as you feel any symptom of such problem, you should share it with the guide. He can help you get rid of this as he is habituated to walking in the high altitude place.

### **5. Why Upper mustang trek is Expensive then other trek?**

Upper Mustang Trek is more expensive than other treks because it requires a special permit from the gov