

Upper Mustang Trek



Trip Grade: Moderate
Duration: 15 Nights/16 Days
Max. Altitude: 4077M

Destination: Nepal
Region: Mustang
Activity: Trekking & Hiking
Theme: Lodge & Tea House

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Overview

Mustang Region is one the very unique and most loved travel destination of Nepal. It is called 'The Last Forbidden Kingdom' or the 'Kingdom behind the mountains' or 'Little Tibet'. Despite of being a part of Nepal, Mustang still has local King, Jigme Palbar Bista. Even after Nepal was declared a republic in 2007, the Nepal Government took back the official recognition of the Bista as the Mustang's King. However, the people there still respect him as their King or tribe-leader. Bista also grants audience the visitor upon request. Trekking Experts offer this exclusive trip in Upper Mustang.

Trekking in Upper Mustang provides you unique feeling because of its geographical structure, local culture and mysterious caves. Upper Mustang Trek brings you to the kingdom of Mustang; Lo Manthang. Mustang region is rich in culture, tradition, unique lifestyle and many mysterious man-made caves. The journey starts by flying to Josom through the deepest gorge in the world, between the Dhaulagiri and the Nilgiri. From Jomsom, the trail follows to Dhakmar where you can find the oldest Tibetan monastery in the world, the Lo Gekar Monastery. Lo Gekar Monastery was built in the 8th century by the famous Tibetan magician Guru Rimpoche. Legends have it that Guru Rimpoche had to kill a powerful demon first and the blood of the demon was used to paint the rocks around Dhakmar. This trek will also bring you to world's deepest gorge Kali Gandaki Region and the world's highest regions of Lo-Mangthang Valley that passes through dry barren landscape, a steep rocky trail up and down hill and panoramic views of Nilgiri, Annapurna, Dhaulagiri and several other peaks. The trek passes through high peaks, passes, glaciers, and alpine valleys. The thousands years of isolation has kept the culture, lifestyle and heritage remains unchanged from centuries to this date. The houses in Mustang are mostly made from stone and sun baked mud bricks.

Highlights

- ✓ **Close watch of the original roots of Himalayan Buddhism**
- ✓ **Panoramic views of Nilgiri, Annapurna, Dhaulagiri and several other peaks**
- ✓ **The traditional city 'Lo Mangthang' influenced by Himalayan Buddhism, Tibet-influenced culture**
- ✓ **Amazing landscape with about 10,000 human made mysterious caves**
- ✓ **The diversity of landscapes, villages, ethnicities, lifestyles**
- ✓ **Surprising family- all the brothers in the family are married to a single girl**
- ✓ **Oldest Tibetan monastery in the world, the Lo Gekar Monastery**
- ✓ **Rare and legendary local King or Tribe-leader, Jigme Palbar Bista (even Nepal is democratic country)**

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu - Pokhara (alt. 820m)

After an early breakfast at hotel, our trekking guide will pick you from hotel, drop to bus park to catch the bus and drive towards Pokhara by local tourist bus. On your way, you can see the picturesque Trishuli and Marsyangdi rivers along green and Rocky Mountains, rivers connecting each other and small springs too. It will take about six hours drive to reach Pokhara. You'll stop on the way for lunch. Upon arrival in Pokhara, you'll be checked-in at hotel and you'll free time to relax at hotel or explore around Pokhara. Pokhara is a beautiful valley set on the banks of the Phewa and Begnas Lake, also known for its panoramic views of Annapurna (8,091m), Machapuchare (6,993m) in the north, Dhaulagiri (8,169m) in the west, Manaslu (8,156m) and Lamjung Himal (6,983) in the east. Pokhara is one of the most popular tourist's paradises with many facilities for travelers.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 820 meters

Day 03: Pokhara-Kagbeni (alt. 2800m)

After very early morning breakfast (or picking pack breakfast from hotel), you'll take short flight to Jomsom. During the early morning flight to Jomsom and if clear is clear, you will see spectacular mountain views as you pass through two eight thousanders mountains between Dhaulagiri and Annapurna, following along the world's deepest gorge. The landscape below is absolutely breathtaking. You will land in Jomsom, district headquarters of Mustang. You'll start your walking journey from here. Upon arrival at Jomsom airport, our trekking guide and porter will meet you there and will pack up your baggage for trekking. Trek to Jomsom follows a pleasant trail up the arid valley of the Kali Gandaki River to the fort of Kagbeni, an ancient trade post with a Buddhist monastery. Kagbeni is just south of the restricted area of Upper Mustang.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 4 Hours Walking **Altitude:** 2800 meters

Day 04: Kagbeni- Chele (alt. 3055m)

After breakfast at lodge, you'll we register your trekking permits at the check post to the restricted area and will start trekking. You'll follow the east bank of the river to Chhuksang; on the way you can see mount Nilgiri glowing orange from the sunrays. The area beside the river can be windy and have dust blowing; you will need sunglasses and perhaps a face mask or cloth for our nose and mouth. Passing by Mustang's trademark red sandstone pillars and rock formations, formed by thousands of years of erosion you'll reach the village of Tangbe. It's a pretty village with red and white washed houses and picturesque apple orchards and barley fields then you'll follow a relatively narrow canyon to Chele, a small town along a ridge.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5/6 Hours Walking **Altitude:** 3055 meters

Day 05: Chele- Syanbochen (alt. 3930m)

After breakfast at lodge, you'll continue your trek to Syanbochen today. From Chele, you'll climb a steep spur and then continue up a steep canyon to Ekle Bhatti and ascend up to the Taklam La (3625 m), a high pass. Transcending beyond the pass you'll go down to Samar, you can see the beautiful view of Mount Nilgiri from Samar. This is a usual place to stop for horse and mule caravans from here you'll go on a downhill path leading to a large gorge past Rangchuyung Chhorten that's painted red, black, yellow and white. You'll get a magical view of Mount Everest from Syangboche. You'll find Nyingma-pa Tibetan Buddhist sect and practice their own Buddhist tradition and custom which was brought when they migrated from Tibet to Nepal. As you trek further you'll follow blue pine, fir and juniper forests grow in lower elevation and birch and rhododendron forests in between 3300 meters to 4000 meters and finally you'll reach Syanbochen, a tiny village.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5/6 Hours Walking **Altitude:** 3930 meters

Day 06: Syanbochen-Ghami (alt. 3520m)

After breakfast at lodge, your today's trek begins with an ascent up to another pass, this one is called the Yamda La (3845m), and through astonishing landscape of desert and a few remote settlements and their nearby crops. Again, the trail climbs up from Syangbochen leading up to a large valley then descends to a wide barley field at Geling. The houses here are painted white and ochre and made of mud and stones, just like in Mustang From Geling, you'll go up to the settlement of Tama Gun and make your way to climb a pass known as the Nyi La (4015 m) and descent down a trail junction where you'll take the left trail that leads to Ghami.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5/6 Hours Walking **Altitude:** 3520 meters

Day 07: Ghami- Tsarang (alt. 3505m)

After breakfast at lodge, you'll trek to Tsarang today. Today's trek may be through the driest part of Mustang. However, those heavenly perspectives of the countryside, starting with the tender forms of the north of the rough mountains in the east and west, compensates for the difficult climb. Finally, you'll arrive at Tsarang, an extensive spread-out town with around 1000 inhabitants.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5/6 Hours Walking **Altitude:** 3505 meters

Day 08: Tsarang-Lo Manthang (alt. 3810m)

After breakfast at lodge, today you'll trek to your last destination of this trip; Lo Manthang. Your today's journey will begin with flat land, and you'll ascend over yet another pass and enjoy the delightful in view of the valley below. You will also be able to see Lo Mathang. You'll go down take and enter Lo Mathang from the north.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5 Hours Walking **Altitude:** 3810 meters

Day 09: Lo Manthang (alt. 3810m)

After breakfast at lodge, you'll begin your today's journey by visiting around Lo Manthang. Today you'll explore Lo Manthang (One of the best places with full of historical things on our Upper Mustang trek), a walled city with around 150 houses. This is an ancient city, said to have existed before the 1390s approximately. Lo Manthang is the capital of Upper Mustang. It is best known for its tall whitewashed mud-brick walls, Gompas and the Royal King's Palace (Maharaja Palace), a nine-cornered, five-story structure built around 1400 (older than anything that exists now in the world with such architecture). There are four major temples namely Jampa Gumpa (Jampa Lhakhang), the oldest beauty of art, built in the early around 15th century and also known as the "God's house" (Also Thubchen Gumpa), a huge, red mass assembly hall inside the God's house and gumpa built in around the late 15th century situated just southwest of Jampa Gumpa (Chodey Gumpa), now the main city gumpa; and the Choprang Gumpa, which is popularly known as the "Naya Gumpa". You can even visit Tingkat- a home to around 40 houses. In this way, Our Exploration Day to Lo Manthang will be successful and it's for sure it will be the best part of our Upper Mustang Trek.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 3810 meters

Day 10: Lo Manthang- Ghami (alt. 3520m)

After breakfast at lodge, you will return to Ghami towards south. You'll take another route than the route you took to arrive Lo Manthang. As your journey to Drakmar you will also make it sure we head to the famous Ghar Monastery decorated with beautiful wall paint.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6/7 Hours Walk **Altitude:** 3520 meters

Day 11: Ghami - Samar (alt. 3700m)

After breakfast at lodge, you'll trek to Samar through remote and arid landscape very carefully taking all the magical views about there. It's mostly downhill but required a short climb up the bridge then you'll descend down to Ghami, then you'll head to Nyi La. Later you'll reach Gelling. You'll cross streams and climb up to a largely painted Chhorten. After walking further you'll reach your destination at Samar.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6/7 Hours Walk **Altitude:** 3700 meters

Day 12: Samar- Chhuksang (alt. 2980m)

After breakfast at lodge, you'll trek to Chhuksang by taking same route as you've already trekked.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 5/6 Hours Walk **Altitude:** 2980 meters

Day 13: Chhuksang- Jomsom (alt. 2720m)

After breakfast at lodge, today you'll trek towards Gyu La pass (4077m), one of the highest passes in the world. From here you'll join the world's famous Annapurna Circuit Trekking route. You will see panoramic views Himalayan peaks extending northwards into Tibet, at the back we can see several of the main peaks of Annapurna. You'll also make a scenic climb up the Jhong River valley with marvelous scenery along the way. The trail passes ancient villages on the way to Muktinath. Muktinath is a sacred place for Hindus and Buddhists. The Buddhists call it 'Chumig Gyatsa,' which in Tibetan means "A Hundred Waters". The temple's walled complex has a Buddhists monastery and Hindu shrines, 108 bathing spouts and even an 'eternal flame'. After visiting Muktinath temple, you'll take jeep drive to Jomsom; the district headquarters of Mustang.

Accommodation: Lodge **Meals:** Breakfast **Walking Hours:** 6/7 Hours Walk **Altitude:** 2720 meters

Day 14: Jomsom –Kathmandu (alt. 2720m)

After very early morning breakfast at lodge, you'll say good bye to your guide and porters. And then you'll

take short flight to Pokhara. Upon arrival at Pokhara, you'll take connection flight to Kathmandu. And once you arrive in Kathmandu airport, you'll be picked up by Trekking Experts' representative and drop you to hotel. You'll have free time to relax at hotel.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 15: Kathmandu (alt. 1310 m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast/Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 16: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

What's Included

☒ **Meals & Accommodations**

- i) 3 nights in Kathmandu at Hotel Vaishali*** or similar hotel with bed & breakfast on twin sharing basis
- ii) 1 night in Pokhara at Kuti Resort*** or similar hotel with bed & breakfast on on twin sharing basis
- iii) 11 nights in local lodges with common rooms during the trekking with bed & breakfast on twin sharing basis

☒ **Transportation & Flights**

- i) All airport/hotel/airport transfers as per program by private vehicles
- ii) Drive: Kathmandu-Pokhara private air conditioned vehicle
- ii) Flight: Pokhara-Jomsom with airport taxes
- iv) Flight: Jomsom-Pokhara flight with airport taxes
- v) Flight: Pokhara-Kathmandu with airport taxes
- vi) 12 KG personal baggage during the trek

☒ **Permits & Fees**

- i) Annapurna Conervation Fee
- ii) Mustang Special Permit Fee
- iii) Travel insurance for trekking crew

☒ **Guide & Supporting Crew**

- i) 1 experienced English Speaking trekking guide
- ii) 1 porter for every 2 members

☒ **Value-Added Services**

- i) Welcome at airport on arrival with Khata
- ii) Farewell Dinner at typical Nepalese restaurant
- iii) Trekking Map and Kathmandu City Map
- iv) Comprehensive First Aid Kit

What's not Included

- ☐ All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- ☐ Medical and travel insurances
- ☐ International airfare and taxes
- ☐ Nepal Visa fees
- ☐ Entrance fees to visit monasteries in Mustang
- ☐ Emergency helicopter rescue charges
- ☐ Main meals in entire trip (lunch and dinner)
- ☐ Tips for trekking crew