

## **UPPER MUSTANG TREK:-**

### **Trip's Summary**

Upper Mustang is an arid river valley lying near the Annapurna Circuit in the rain shadow region of the Himalayas. In the past, this valley was a forbidden kingdom within Nepal. Due to decades of isolation from the world, it developed its own tradition and culture, which closely resembles Tibetan culture. Currently, Upper Mustang forms a prime trek destination due to its unique desert-like terrain, its unique history, and culture.

### **Why you'll love this trip?**

#### **Preserved Tibetan Culture:**

Upper Mustang offers a unique opportunity to immerse yourself in traditional Tibetan culture. From the vibrant festivals to the warm hospitality of the locals, every moment spent in this region is a cultural delight.

#### **Ancient Monasteries:**

Explore the fascinating monasteries that dot the landscape of Upper Mustang. These ancient structures are not only architectural wonders but also provide a tranquil space for spiritual contemplation.

#### **Stunning Landscapes:**

The rugged terrain, deep gorges, and unique rock formations of Upper Mustang make it a photographer's paradise. Capture the beauty of this untouched landscape and create lasting memories.

#### **Of-the-Beaten-Path:**

Upper Mustang is still relatively untouched by mass tourism, allowing you to experience its beauty in a more authentic and serene way. Step away from the crowds and discover the hidden treasures of this remote region.

#### **Trekking Challenge:**

The Upper Mustang Trek is a moderate-level trek that offers a great combination of adventure and physical challenge. This trek has big hills, rough paths, and it's way up high, which makes it great for people who love excitement.

#### **Panoramic Mountain Views:**

As you trek through the Upper Mustang, you will be rewarded with breathtaking views of the Annapurna and Dhaulagiri mountain ranges. Witness the sunrise over the snow-capped peaks and feel a sense of awe and wonder.

### **Unique Flora and Fauna:**

Upper Mustang is home to a diverse range of flora and fauna, including rare species of birds, plants, and mammals. Keep your eyes peeled for the elusive snow leopard and experience the region's unique biodiversity.

### **Untouched Beauty:**

The Upper Mustang is a region that has been relatively isolated from the outside world, allowing it to maintain its pristine beauty. Feel calm and peaceful while walking around the untouched land and admiring the beautiful nature.

### **Cultural Exchange:**

Interact with the locals and learn about their way of life. The people of Upper Mustang are known for their warmth and hospitality, and engaging in cultural exchange will enrich your travel experience.

### **Inner Peace:**

The serene and tranquil environment of Upper Mustang provides the perfect setting for self-reflection and inner peace. Disconnect from the hustle and bustle of daily life and reconnect with yourself in this spiritual haven.

## **ITINERARY**

### **DAY 1 : KATHMANDU( 1340M)**

Namaste! Welcome to Nepal. Your adventure begins with a welcome meeting at 3 pm in Kathmandu, the colourful capital of Nepal. This place is a fascinating blend of traditional architecture and symbols of the 20th century. Its rich artistic and cultural heritage is evident where ornately carved balconies mingle with beautiful shrines and temples. If you arrive early, why not check out Durbar Square with its temples, markets and busy atmosphere. It is also worth the climb to visit the Swayambhunath – the 'monkey temple'. Explore the network of street markets and alley bazaars and Pashupatinath. For those with a few extra days in Kathmandu, the neighbouring towns of Patan and Bhaktapur are also well worth a visit.

Accommodation

- Hotel (1 night)

#### **Meals**

There are no meals included on this day.

### **DAY 2 :POKHARA (820m / 2,690ft)**

After an early breakfast, we travel to **Pokhara on a tourist bus**. The journey will take around 6 to 7 hours. On our way, we can see the picturesque Trishuli and Marsyangdi rivers. Pokhara is a beautiful

river valley known for its panoramic views of Annapurna and Machapuchare in the north, Dhaulagiri in the west, Manaslu and Lamjung Himal in the east. Pokhara is a tourist paradise complete with the most modern comforts.

#### **Accommodation**

- Hotel (1 night)

#### **Meals**

- Breakfast.

#### **Special information**

205km / 127miles) 6-7 hrs

#### **DAY 3 : KAGBENI(2,800m / 9,500ft)**

We take an early morning flight to Jomsom. During the early morning, the weather is the clearest, and you will see spectacular mountain views - including two eight-thousanders mountains - Dhaulagiri and Annapurna. The landscape below is absolutely breathtaking.

We land in Jomsom - the district headquarter of Mustang. The trekking starts from Jomsom. The route 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 the Upper Mustang.

#### **Accommodation**

- Guesthouse (1 night)

#### **Meals**

- Breakfast

#### **DAY 4 : CHELE (3,055m / 10,025ft)**

**The area above Kagbeni is called Upper Mustang**, and you cannot enter the upper Mustang without a permit. There is a check post at the gateway, where we **register our documents** and trek forward.

We will start our trek early in the morning, along the eastern bank of the Kali Gandaki River to Chuksang, to avoid the heavy Mustang wind in the afternoon. On the way, you will get fantastic views of **Mt. Nilgiri** glowing orange from the early sun rays. The area beside the river can be windy with dust all over the air, so you will need sunglasses and perhaps a face mask to cover your nose and mouth.

You will then pass by the **Mustang's unique red sandstone pillars** and rock formations, formed by thousands of years of erosion, and reach Tangbe Village. Tangbe is a pretty village with red and whitewashed houses, picturesque apple orchards, and barley fields. Then we follow a relatively narrow

canyon to Chele, a small town along a ridge. The views from **Chele** are other-worldly. We are sure you will not get similar views from any other parts of the world.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 11.2km / 6.9miles

Approximate Duration: 4/5 hours

#### **DAY 5 : SYANGBOCHE(3930m / 11,400ft)**

This day's trek will be considerably challenging as we will be gaining around 800m in height. From Chele, we climb a steep spur and then continue up a steep canyon to Eklo Bhatti and ascend to the **Taklam La** (3,625 m/11,940 ft), a high pass. We cross the Taklam La pass to reach **Samar**.

We can catch beautiful views of **Mount Nilgiri** from Samar. This is also a usual place to stop horses and mule caravans for rest. From Samar, we descend to a large gorge past **Rangchyang Chorten** - painted red, black, yellow, and white, and trek ahead to reach **Syangboche**.

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#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 11.5km / 7.1miles

Approximate Duration: 5/6hours

#### **DAY 6 : GHAMI(3520m / 11,535ft)**

The day begins with an ascent to another pass - the **Yamda La** (3,845m/12,655 ft) Pass, through an astonishing **desert landscape** and a few remote settlements. Again, The trail climbs up to a large valley and then descends to a wide barley field at Gelling. The mud and stone houses at Gelling are painted white and ochre, just like in Mustang.

From Geling, we reach a settlement - **Tama Gaun** and climb a pass known as the **Nyi La** (4015 m/13,205ft). We will be descending from this pass and trek ahead to Ghami.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 9.3km / 5.7miles  
Approximate Duration: 5/6hours

### **DAY 7 : TSARANG ((3505m /11.500ft)**

This day's trek takes you through the **driest part of Mustang**. However, the heavenly countryside perspective you gain compensates for a difficult climb. Finally, we arrive at Tsarang, an extensive spread-out town with around 1000 inhabitants.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 11.2km / 6.9miles  
Approximate Duration: 5/6hours

### **DAY 8 : LO- MANTHANG(3810m /12135ft)**

Starting on flat land, we ascend over yet another pass - Lo La Pass, from where you can enjoy the delightful views of the valley below - including Lo Mathang. We descend from **Lo La Pass** and enter **Lo Mathang from the north**.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 11.5km / 7.1miles  
Approximate Duration: 5hours

### **DAY 9 : EXPLORATIONS DAY**

Today will be the day for you to **explore the historical Lo Manthang** - a walled city with around 150 houses. This ancient city dates back to the 1390s approximately.

Lo Manthang was the walled capital of the **Kingdom of Lo** since its founding in 1380 by **Ame Pal**. The village is best known for its tall whitewashed mud-brick walls, gompas, and the royal palace.

This palace is a nine-cornered, five-story structure built around 1400. It is the oldest existing structure with such architecture. This town is also home to four major temples - **Jampa Gompa** (Jampa Lhakhang), **Thubchen Gompa**, **Chodey Gompa**, and **Choprang Gompa**. Jampa Gompa is the oldest and is also known as God's house. Similarly, Choprang Gompa is also known as New Gompa. The Nepal government opened Upper Mustang for foreigners in 1992, but, even today, tourism to Upper Mustang remains limited.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **DAY 10 :GHAMI(3520m / 5577ft)**

From Lo Manthang, we head **south towards Kagbeni**. However, we will not take the same route we took to arrive at Lo Manthang. As our journey passes through Drakmar, we will also make sure we head to the famous Ghar Monastery decorated with beautiful wall paint. Our trek continues until we reach **Ghami**.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 16.1km / 10miles

Approximate Duration: 6/7hours

### **DAY 11 : SAMAR(3700m / 12139ft)**

We trek through the remote and arid landscape carefully, enjoying the magical views all around the path. You will be ascending to reach **Chemi La** and **Yiy La** passes and then descend steeply to reach Geling. After **Geling**, the descent eases as you reach Syangboche, but our destination lies further at Samar. **Samar** is a Tibetan-style village, complete with mani walls, monastery, and terraced fields.

### **Accommodation**

- Teahouse (1 night)

### Meals

There are no meals included on this day.

### Special information

Trek Distance: 13.2km / 8.2miles

Approximate Duration: 6/7hours

### DAY 12 : CHHUSANG(2980m /9776ft)

From Samar, we join the regular trekking trail to Chhusang. The trails lead to the Kali Gandaki riverbed. We cross this river through a rock tunnel and trek forward to reach Chhusang.

### Accommodation

- Teahouse (1 night)

### Meals

There are no meals included on this day.

### Special information

Trek Distance: 9.9km / 6.1miles

Approximate Duration: 5/6hours

### DAY 13: MUKTINATH(3770m /12335ft)

Today you will be crossing Gyu La Pass (4077m) as the trek follows the world-famous **Annapurna circuit**, but you will cross the pass from a different direction. From this pass, you can see several majestic Himalayan peaks extending northwards into Tibet before you, and as you look behind, you can see the **Annapurna range**.

The trail passes through several ancient villages before reaching Muktinath - a common Hindu and Buddhist holy site. Buddhists call Muktinath '**Chumig Gyatsa**', which in Tibetan means "**A Hundred Waters**". The walled **Muktinath temple** complex houses a Buddhist monastery, several Hindu shrines, 108 bathing spouts, and an eternal flame.

### DAY 14 : JOMSOM(2720m / 8915ft)

You have reached your **final day** on the trekking trails. We descend to Jharkot and Khingar- where there are beautiful monasteries that you can explore. We gradually lose elevation as we join Jomsom, which sits on the bottom of **Kali Gandaki River Valley**. **Jomsom** market area is a huge change from the serene trails and remote villages we visited.

### Accommodation

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

Trek Distance: 22km / 13.6miles

Approximate Duration: 5/6hours

### **DAY 15 : POKHARA(920m /2690ft)**

We bid goodbye to Mustang and catch an early morning flight over the southern Kali Gandaki Valley to Pokhara. Then you can either fly back to Kathmandu or spend a day **exploring Pokhara** - a famous tourist hub in Nepal.

### **Accommodation**

- Teahouse (1 night)

### **Meals**

There are no meals included on this day.

### **Special information**

25 minutes flight.

### **DAY 16 : DEPARTURE**

It's time to bid a sorrowful namaste to your newfound friends and the gorgeous country of Nepal as you pack up and head to the airport. No doubt, beautiful images of her powdered peaks and fluttering prayer flags will be seared into your memories forever.

### **Meals**

There are no meals included on this day.

## **Trip Details**

### **Price**

\$1460usd (twin share)

### **Trip length**

- 16days 15 nights



- Trip starts from Kathmandu and finishes in Pokhara, Nepal.

### **Meeting point**

Kathmandu, Nepal

### **Departure point**

Pokhara, Nepal

### **Group size**

Maximum 12

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### **Included**

- 2 breakfasts
- 14 nights Accommodation in hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide
- Driver, guide & Porter & luggage transport
- 2 x domestic flights( pkr-jsm and jsm-pkr)
- Acap & tims permits.
- Transportations.

### **Not included**

- International flights
- Travel insurance (compulsory)
- Special permit(\$500usd for 10 days)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips to guide and porters.
- Personal expenditure
- Hiking equipment
- Pre or post-trip accommodation