



# Upper Mustang Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Moderate

**Trip Style:** Trekking and Tour

**Transport:** Private Vehicle / Aeroplane

**Food:** Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

**Accommodation:** 3-Star Hotel + Teahouses + Lodges

**Group Size:** 02 - 10

**Max Elevation:** 4,030m

The **Upper Mustang trek** offers both natural beauty and a rich Tibetan cultural experience. Formerly known as the Kingdom of Lo, Upper Mustang lost its status as a kingdom in 2008 and requires a special-fee permit for entry to protect its pristine culture.

The region is arid, protected by a “rain shadow” from the high, adjacent Annapurna range. **Upper Mustang trek** has wildly colorful rock formations, ancient stupas, and gompas, as well as the highlight of the trek: the walled 14th-century town of Lo-Manthang.



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**Upper Mustang Trek,** Landing at the Jomsom airstrip, we start walking along the winding Kali Gandaki River valley with mountains on both sides. In a few hours, we reach the town of Kagbeni, the last town before the upper mustang trek restricted area. In the following days, we trek through beautiful canyons, mountain passes, ancient shrines and the tiny towns of Chele, Syangbochen, Ghaymi, and Charang. Ultimately, we arrive at Lo-Manthang, a red-walled town with colorfully painted houses, old monasteries, and the king's palace.

Tibetan Buddhism has a great impact on the life of common people. Every year, local people celebrate the Teeji festival worshipping the Lord of the rain. This is a teahouse trek with basic accommodations.

**Rainshadow colorful Upper Mustang Trek.**

## Highlights

- Muktinath- a sacred place for both Hindu and Buddhist pilgrimage
- Enjoy the Tiji festival with the Tibetan ritual, enjoy the ritual dance performed and organized by the Buddhist monks of the Choedhe monasteries of Lo Manthang.
- Explore the mysterious cave of this region.
- Walk through the blooms rhododendron, lush alpine and Sal forest, charming scattered village of the Gurung and Magar community.
- Experience the mixed tradition, culture, and hospitality of the Gurung, Magar, and Tibetan people.
- Explore the Lo Manthang-the ancient kingdom of the Mustang.
- Amazing diverse landscapes and ritual the practice of the locals.
- Views of Buddhist monasteries and windy valley Jomsom.

## Day to Day Itinerary

- Day 01: Kathmandu arrival.**
- Day 02: Kathmandu Sightseeing.**
- Day 03: Fly/Drive to Pokhara.**
- Day 04: Fly to Jomsom, trek to Kagbeni.**
- Day 05: Kagbeni to Chele.**
- Day 06: Chele to Syangbochen.**
- Day 07: Syangbochen to Ghaymi.**
- Day 08: Ghyami to Charang.**
- Day 09: Charang to Lo-Manthang.**
- Day 10: Explore Lo-Mangthang.**
- Day 11: Lo-Manthang to Drakmar.**
- Day 12: Drakmar to Syangmochen.**
- Day 13: Syangmochen to Chhusang.**
- Day 14: Chhuksang to Jomsom.**
- Day 15: Fly to Pokhara (half-day sightseeing)**
- Day 16: Drive/fly to Kathmandu. From Pokhara,**
- Day 17: Final Departure.**

## Cost Includes

- Airport pick-up and drop-off by private car/van/bus.
- 3 nights accommodation in a 3-star (\*\*\*) hotel in Kathmandu with the BB plan.
- 2 nights accommodation in a 3-star (\*\*\*) hotel in Pokhara with a BB plan.
- kathmandu valley sightseen included tour guide, private Car.



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- Teahouse accommodations on the trek.
  - Flights between Pokhara and Jomsom
  - Land transportation between Kathmandu and Pokhara.
  - Full board meals during the trek (3 times/day tea or coffee, breakfast, lunch, and dinner).
  - Seasonal fruits during the trek.
  - Expert, experienced, friendly guide and porter as well as their food, accommodation, salary, equipment, and insurance.
  - Duffle bag for the trek.
  - First Aid kit included Oxi-meters
  - All permits and Tims (please bring a passport copy and photos).
  - Government tax, farewell dinner.

## **Cost Excludes**

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.
- Flight options to and from Pokhara in lieu of land transportation.