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: 01 - 15

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 permit fee 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.

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 restricted area of the upper Mustang trek. In the following days, we trek through beautiful canyons, mountain passes, ancient shrines and the tiny towns of Chele, Syangbochen, Ghaymi, and Charing. 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.

Upper Mustang Trek Permit Cost

1. Upper Mustang Restricted Permit Fee:

    USD 50 per person per day

2. Annapurna Conservation Area Permit Fee (ACAP): NRs. 3000 per person (approx. USD 23)

3. TIMS card: NRs. 2000 per person (approx. USD 15)

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 valleyJomsom.

Day to Day Itinerary

Day 01: Drive to Pokhara

Day 02: Fly to Jomsom, trek to Kagbeni.

Day 03: Kagbeni to Chele.

Day 04: Chele to Syangbochen.

Day 05: Syangbochen to Ghaymi.

Day 06: Ghyami to Charang.

Day 07: Charang to Lo-Manthang.

Day 08: Lo Manthang to Ghami via Gekar

Day 09: Ghami to Samar

Day 10: Samar to Kagbeni.

Day 11: Kagbeni to Jomsom.

Day 12: Fly to Pokhara and sightseeing in Pokhara.

Day 13: Drive to Kathmandu from Pokhara.

Cost Includes

- Airport pick-up and drop-off by private car/van/bus.
- 2 nights accommodation in a 3-star (***) hotel in Pokhara with a BB plan.

- Teahouse accommodations on the trek.
- Flights between Pokhara and Jomsom
- Land transportation between Kathmandu and Pokhara.
- Full board meals during the trek (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

- Travel insurance.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.
- Any other expenses that are not mentioned in the Price Includes section.