

Contact Details:

- ✓ Web: - www.nepaltouroperators.com
- ✓ Email: - nepaltouragency@gmail.com
- ✓ Cell No: - +9779871016865 (whatsapp, viber, wechat)

Upper Mustang Trek, one of the most picturesque and exciting walks in the Nepalese Himalaya. The Mustang Trek takes you through dry, arid landscapes in high, eroded and broken canyons and high, colorful cliffs. You will discover the way of life of the real mountain people who, for hundreds of years, have had minimal contact with the rest of Nepal and have preserved its rich cultural heritage. In the Upper Mustang region of Nepal, you can admire the exclusivity of a rocky path, treeless landscape, and a beautiful Mountain View of Dhaulagiri, annapurna, Nilgiri, and many other Himalayas.

Upper Mustang Trek Highlights

- ❖ Visit the ancient kingdom of Lo Manthang and various historical places
- ❖ Stunning views of the mountains like Dhaulagiri, Tilicho, and Annapurna
- ❖ Learn more about the culture of Tibetan Buddhism, the rare Bon religion and the ethnic people known as Lo Pa
- ❖ Explore various cave dwellings and partially constructed cave houses
- ❖ Enjoy at the majestic Kaligandaki Gorge, the deepest gorges in the world
- ❖ Stay in beautiful villages near Chortens, Gompas, and monasteries.
- ❖ Admire the beauty of the Annapurna Conservation Area and the Upper Mustang Restricted Area
- ❖ Walk through the forests of rhododendrons, oaks, and pines with the opportunity to see various exotic animals
- ❖ Visit The UNESCO World Heritage Sites in Kathmandu like Durbar Squares, Temples and Stupas, etc.

About Upper Mustang Trek

Upper Mustang Trek is considered one of the best treks in Nepal due to the landscape, climate, and tradition, which are unique in this region. Upper Mustang trek is a slightly tricky trip with different ascents, and descents take you to some of the most beautiful villages like Kagbeni, Chele, Syanboche, Ghami, Charang, and finally to Lo Manthang. These villages are surrounded by more than 35 mountains over 6000 meters, always ready to leave you amazed. Lo Manthang is an ancient fortified kingdom that will make you feel like you have travelled hundreds of years in the past. If you are looking for a holiday that will take you into a world quite different from what you are experiencing, then trekking to Upper Mustang will be your right decision.

Many tourists visit the upper Mustang from around the world to take a look at the untapped Tibetan culture and the way of life of the local population. It was a restricted demilitarized zone until 1992, which is why the region has not been exploited and preserved until now. Reaching the upper Mustang is not only the highlight of this trip. The highlight is the whole hike, which is a journey through different magnificent landscapes with spectacular views of the snow-capped mountains, glaciers, alpine valleys, unusual rocks, and much more to reach one of the isolated regions of the world.

By strolling in rivers, streams, monasteries, chortens, forests, beautiful old houses and caves, you will finally finish this trek. Upper Mustang Trek takes you to the highest altitude of only 3800 meters in the village of Drakmar. It also makes this hike moderately tricky.

Certain terrains in the Upper Mustang region give you the impression of hiking in Tibet because it is part of the Tibetan plateau. The walk along the trail is also a fantastic chance to experience the unique culture and traditions of the people in the upper Mustang. You can see some splendid views of the snow-capped mountains of the Annapurna and Dhaulagiri mountain ranges during this trip. For the Upper Mustang Trek, You need Annapurna Conservation Area (ACAP) permit and the restricted trekking area permit.

Day-to-day itinerary

Day 01: Arrival in Kathmandu and briefing about the trip

Welcome to Kathmandu, Nepal, the country of the Himalayas! Upon your arrival at Kathmandu International airport, our representative will meet you and drive you to your reserved hotel. As it is the first day, we will provide you with a briefing on your trip and introduce you to your trekking tour guide.

Meals included: Breakfast

Day 02: Trekking Preparation and City tour around the Kathmandu Valley

It's your second day in Nepal. Today, you will have breakfast in the hotel and visit important cultural and religious sites in Kathmandu. Our tour guide will take you to some of the UNESCO World Heritage sites; Kathmandu Durbar Square, Patan Durbar Square, Swayambhunath Stupa, Boudhanath Stupa, Pashupatinath Temple. You will also discover the myths and stories linked to all these sites. You will also go to other historical places. When you return, after this short visit to religious sites, we make the first preparations for your trip and make sure everything is fine. You will spend the night at the Kathmandu hotel.

Meals included: Breakfast

Day 03: Drive to Pokhara from Kathmandu: 6 -7 hours drive

Today, after having breakfast in the same hotel, you will leave Kathmandu by tourist bus for Pokhara. This trip can take 6 to 7 hours during which you can see beautiful landscapes, rivers, green forests, etc. Upon arrival in Pokhara, you will settle into the hotel and rest for a while. After relieving your fatigue, you will set off to explore this lakeside city. You can visit lakes, temples, and caves such as the Mahendra Cave and the Bat Cave. If you have time, you can go to Sarangkot to watch the sunset. An evening stroll along the shore of the lake could be a beautiful thing.

Meals included: Breakfast

Day 04: Flight Pokhara to Jomsom and trek to Kagbeni: Walking Distance 3-4 hours

During this 25 minute flight from Pokhara to Jomsom, you will be able to admire an exceptional view of the mountain of more than 8000s like Annapurna, Nilgiri, and Dhaulagiri through your flight windows, which makes your flight even more enjoyable. The short flight takes you to the headquarters of Mustang, Jomsom. After landing, you will walk a smooth and almost flat path along the Kali Gandaki River for about 4 hours to reach Kagbeni, a fantastic site that has been used as the main route for the salt trade in the past. After your arrival, you will have a view of magnificent fields of wheat and barley and peaks like Dhaulagiri, Tukucho, Nilgiri, etc. To go beyond Kagbeni, you will need a permit for a restricted area of the Upper Mustang. You will spend the night here.

Meals included: Breakfast, lunch, and dinner

Day 05: Trek Kagbeni to Chele: Walking Distance 5-6 hours

Your journey begins with an individual permit check and enters the Upper Mustang restricted area. Your path will be ashore with caves and a Gumpa, and you will first arrive in a village, Tangbe. You will continue your hike after your lunch to get a breathtaking view of the buckwheat and barley fields. Then you will reach another city, Chusang. You will cross the Kali Gandaki River and climb a steep hill to reach Chele after almost 6 hours of walking. You will have dinner and stay in a tea house in Chele.

Meals included: Breakfast, lunch, and dinner

Day 06: Trek from Chele to Syanbochen: Walking Distance 6-7 hours

Today you start your trip even further. You climb the Taklam La pass at an altitude of 3624 meters and walk through the plateaus and the narrow path from where you can have impressive views of the Tilicho peak and Damodar Danda. An additional walk of about three hours brings you to Syanbochen, your destination for today. You can also see the famous Ramsung cave on your way. You will spend the night here.

Meals included: Breakfast, lunch, and dinner

Day 07: Trek from Syanbochen to Ghaymi: Walking Distance 5-6 hours

Today you start your walk after breakfast and cross Yamda La; you pass tea houses, local villages, and chortens. You can see the local community with Tibetan styles. Then you cross the barley fields. Finally, you will arrive at the place surrounded by barren fields, Ghyami. Spend the night in Ghyami.

Meals included: Breakfast, lunch, and dinner

Day 08: Trek from Ghaymi to Charang: Walking Distance 4-5 hours

Today you will have a nice walk; you will leave Ghyami and follow a rocky path. You will cross the Ghami Khola on a suspension bridge, and you will probably pass the driest part of the Mustang. But the views you will get will be amazing as you can see mountains to the east and west and beautiful cities to the north. You will climb uphill to cross the Tsarang La pass and reach the town of Charang (Tsarang), which is located at the top of the Charang Chu canyon. You will stay there in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek from Charang to Lo-Mangthang: Walking Distance 5-6 hours

You will wake up, have breakfast, and head to Lo-Manthang, which is the leading destination of your trip. Leaving Charang, you will do a slight climb to the border between Charang and Lo Pass. You will have a spectacular view of Annapurna I and the other mountains from the pass. Continuing your walk, you will find that the trail widens, and, reaching the top of the Lo pass, you will see the magnificent village of Lo Manthang. Lo-Manthang is also known as the capital of the Mustang kingdom. Stay overnight at Lo Manthang.

Meals included: Breakfast, lunch, and dinner

Day 10: Explore around Lo-Mangthang

Today is the most important day of your Nepal trip as you will explore Lo-Manthang, your final destination from the start. Since you are at high altitude, you will spend this day getting used to it. You will stroll through the village, exploring various gompas such as Jhampa, Thupchen, and Chhoeda. If you wish,

you can also walk to the village of Tingkhar, or walk around the town to visit other monasteries. The incredible places around this area also include the palace of the former king of Lo Manthang. The landscape of Lo-Manthang takes everyone's heart. You will also make a brief visit to the four-story King's Palace in Mustang. You can buy souvenirs and rest.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek from Lo-Mangthang to Drakmar: Walking distance 6-7 hours

You will wake up and start walking early. Today, you will head to Drakmar from Lo Manthang, taking a route different from the one you came. Going up a furrowed path to reach a ridge and uphill, you will arrive at the Marang La pass. You will then arrive at Ghar Gompa, also known as Lo Gyakar. This gompa is known for its beautiful and ancient cave paintings and is also said to fulfil your wishes. After a few hours of walking, you will arrive in Drakmar.

Meals included: Breakfast, lunch, and dinner.

Day 12: Trek from Dhakmar to Ghiling: Walking distance 5-6 hours

Today's trails become dustier on a sunny day, so we recommend starting to walk early in the morning or in the evening rather than in the afternoon. You will get up very early and start your walk down to Ghami. You walk almost descending and taking advantage of the breathtaking view of Dhaulagiri and Nilgiri, you cross the fields and the plateau to reach Ghiling. In the evening, you can walk around the city and spend the night in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 13: Trekking Ghiling to Chhuksang: Walking duration 5-6 hours

Today you will head towards Chhuksang on the same route. The altitude gradually decreases and will make it easier for you to walk. You will pass through the same villages in which you have stayed, climbing and continuing to walk towards Chhuksang. The view of the Himalayas will be better here than it was the day

before. After a total of 3-4 hours of walking, you will arrive at your destination. It will be the last day you will spend in the restricted area of Upper Mustang.

Meals included: Breakfast, lunch, and dinner

Day 14: Chhuksang to Jomsom: Walking Distance 6-7 hours

Today is our last day in the Mustang restricted area. You leave Kagbeni again, passing the standard Annapurna windy trails. You will have lunch in Kagbeni and go to Jomsom. You will also arrive at Muktinath today, an important religious site for Hindus. You will spend the night in Jomsom.

Meals included: Breakfast, lunch, and dinner

Day 15: Return flight from Jomsom to Pokhara

When you wake up and have breakfast in Jomsom, you will return to Pokhara then drive to Kathmandu with the landscapes seen outside your windows. When you arrive in Kathmandu, You rest and pack your bags for the international flight of tomorrow. You will arrive in Kathmandu. You can buy souvenirs to take with your family and friends.

Meals included: Breakfast

Day 17: Drop to Kathmandu international airport

Today you will return home or move to your next destination. If you plan to stay a few more days in Nepal, we will be happy to help. If not, we will drop to the airport according to your departure schedule.

Meals included: Breakfast

Included

- ❖ Pickup and delivery at Kathmandu airport
- ❖ Day tour in Kathmandu
- ❖ Three night deluxe hotel including breakfast in Kathmandu.
- ❖ Two night accommodation in Pokhara city with breakfast

- ❖ Shared double/twin accommodation during the trek
- ❖ Kathmandu-Pokhara-Kathmandu by tourist bus
- ❖ Plane tickets to Pokhara-Jomsom-Pokhara with guide
- ❖ Three meals (breakfast, lunch, and dinner) during the walk
- ❖ Very experienced, helpful and friendly trekking guide
- ❖ Salary, food, accommodation, Insurance for guides and porters.
- ❖ Special Trekking permit for Upper Mustang
- ❖ Trekker Information Management System fees
- ❖ Use of jacket and sleeping bag during trekking
- ❖ Strong and experienced porter
- ❖ Conservation fee of Annapurna
- ❖ First aid medical kit

Excluded

- ❖ Meals other than breakfast in Kathmandu and Pokhara
- ❖ Travel and medical insurance
- ❖ International plane ticket
- ❖ Nepal entry visa fees
- ❖ Hot shower during the walk
- ❖ Personal trekking equipment

Food and accommodation

In the village along the main hiking trail, the standard lodge has been building to accommodate travellers. Mustang Trekking hasn't existed like the Annapurnas or the Everest region for a long time, so overall, there are fewer standard lodges. However, they are all comfortable and at least equipped with bathrooms, dining rooms, beds, and often showers and even Wi-Fi. The shelters can sometimes fill up quickly in high season, so large one's groups often bring camping supplies just in case. However, as the area gains popularity, the new teahouse lodge is under construction.

Travel in the remote Upper Mustang is also an opportunity to live a simple life far from the pleasures of the world on the lap of the Himalayas. It is a different

experience to stay in tea houses that offer minimalist food like soup, pasta, potatoes, noodles, fried rice, vegetables, Dal Bhat, eggs, etc. and simple accommodation. We provide three meals in one day. During this stay, you can also observe the way of life and the tradition of the inhabitants.

Climate and the best time to trek

Upper Mustang location is in the rain shadow area, so you can trek in this region in summer (monsoon) because there is little or no rain. Some places in this region are so heavenly with the Alpine monsoon flowers in bloom. The average temperature of the area is around 10 degrees centigrade. However, it can drop to -15 ° C in winter, which makes walking almost impossible.

All major festivals, cultural programs take place in summer in this region. Thus, the summer hike offers you an excellent opportunity to explore the culture and way of life of the local population. If you can handle the cold, you can also visit other seasons.

Spring and fall are the most popular times to visit Upper Mustang. In the spring, many foreign visitors enjoy going to spring festivals in the region. At the same time, autumn is the most popular hiking season for all of Nepal because after the monsoon, the weather is dry and the temperatures are very comfortable.

Summer is a lesser-known but the ideal alternative period for visiting Upper Mustang is surrounded by mountains to the south that block many storms, the Mustang would be in a "rain shadow" and, therefore, dry for most of the year.

Culture and festivals in Upper Mustang

Upper Mustang is well known for its many impressive monasteries, caves, and palaces. Lo Mangthang has two of the most famous monasteries of upper Mustang, Thubchen, and Jampa, which are said to have been built in the 15th century. Luri Gompa, another famous monastery in the region, is said to be even older. Luri Gompa is a rock monastery, a unique attraction in Upper Mustang. There are around 10,000+ caves in the Upper Mustang, and some believe to be over 2,000 years old. Many caves have been used and are still used today, as meditation chambers or small monasteries. Others have historically served as

storage, military lookouts, and war shelters. Yet others are complete mysteries, and archaeologists come to Upper Mustang to investigate the caves and try to discover their purpose and their ancient inhabitants. Many caves are somehow dug hundreds of meters from the ground in loose and ruined rocks.

One of the biggest festivals celebrated in the region is the Tiji Festival, which takes place in the spring, often in early May. The festival celebrates the victory of one of the incarnations of Lord Buddha, over a demon. It takes place for a few days with dances and various religious rituals in the centre of Lo Manthang. Tiji is very popular with tourists for its colourful shows, dances, and elaborate costumes. Yarthum is another famous festival in the region, which takes place in August / September at the end of summer. Also known as the horse festival, the yarthum takes place over approximately three days with various sporting events on horseback, festivities, and dances. The Yarthum of Lo Manthang is the most famous in the region, but in recent years other villages have also begun to organize their Yarthum festivals, namely Ghami.

Trekking guide (s) and staff arrangements

The most important thing that makes your trip in a Mustang successful, pleasant and unforgettable is the knowledgeable and experienced guide, polite and helpful, and the crew members who are able to your days in the mountains without any hassle. The best leaders and the most professional will lead your trip. Our entire staff is carefully selected based on their appropriate experience, leadership skills, and personal skills. To support local communities, we only employ local staff with adequate knowledge of the culture, flora, fauna, geography, and history of the region or regions.

Travel insurance

Travel insurance for each itinerary of our company is a prerequisite for booking a trip. At a minimum, you must have emergency medical and repatriation insurance, which should include the cost of mountain rescue. Please read the general conditions of your insurers carefully; in particular, you must ensure that the following are covered: 1) Activity (i.e., sightseeing, hiking, or mountaineering)

2) Maximum altitude reached during the trek 3) Evacuation by helicopter in case of emergency. You should understand that ultimately, you will be responsible for all expenses incurred in the evacuation and repatriation procedures and that you are responsible for paying the costs incurred in case of evacuation or medical treatment. You should be fully aware of the implications of taking out travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may initiate rescue procedures by helicopter in medical emergencies without first contacting your insurance company for approval.

Physical condition and experience requirements

Upper Mustang Trek falls on the Moderate Plus rating and must walk on the terrain of high altitude regions. The trail can be difficult and steep in places. You have to walk 5-6 hours a day on rocky and arid terrain. Some days you may even have to trek for 8 or 9 hours. Trekking at high elevation is more stringent than walking at low altitudes; however, if you are in excellent health with an average physical condition, a positive attitude, self-confidence, and a strong determination, we can achieve the walk. Therefore, you must be physically and mentally able to do this hike. Exercising and jogging regularly for a few months before the trip is a good idea, as it will improve our strength and stability. Previous hiking experience is preferred, but no technical skill is required. You should check with your doctor before booking this hike.

Suggested preparation

- ❖ Cardiovascular exercises that include running, biking, jogging, pull-ups, and pull-ups for about 4-5 days a week for three months before your trip are beneficial.
- ❖ You must also participate in the development of necessary strength and muscular endurance during bodybuilding.
- ❖ Walking on the hills in different weather conditions will be adequate preparation for this trip.
- ❖ If you have access, kayaking and swimming can be a very beneficial way to build the strength and endurance needed for this trip.