

Upper Mustang Trek



Upper Mustang Trek begins from Jomsom. The flight begins from Pokhara to Jomsom with spectacular views along the Kali Gandaki which passes between the great mountain massifs of Annapurna and Dhaulagiri to reach Jomsom.

From here Muktinath and Mustang is popular trekking route and these are pilgrimage and natural area in Annapurna region Trekking. But upper Mustang Trek also begins, following the Kali Gandaki River into the restricted area of Mustang.

Geographically and culturally more parts of Upper Mustang are similar to land of Tibet. Mustang contains a wild landscape of eroded cliffs and hidden caves. This trek goes through remote villages, which influences by twentieth century.

Upper Mustang trekking is really best to appreciate the culture of the hardy Lobas people. After five days we reach the spectacular walled city of Lo Manthang , the capital of Mustang, and the incredible four storey palace. You will have time to explore the city and visit outlying villages to the north of the capital.

Our return is via the rarely visited eastern side of Mustang and the ancient Gompa at Luri. Hidden canyons and stairways lead to the Gompa which contains unique wall paintings.

Scenically unlike any other area in Nepal, a trek into the hidden Kingdom of Mustang is a uniquely rewarding experience in your lifetime.

Also Upper Mustang Trek has linked other many trekking routes in the Annapurna Region Trekking like as [Ghorepani Poon Hill Trek](#), Mustang Muktinath Trek, [Annapurna Base Camp Trek](#), Khoprang Trek, Dhaulagiri Community Trek, Mardi Himal Trek, Royal Trek, Siles Trek and Tangting Village Trek.

Except this trekking region, [Everest Base Camp Trek](#), Everest View Trek, [Gokyo Lake Trek](#) and Langtang

Trekking and [Short Everest Base Camp Trekking](#) routes are very popular in Nepal.

Duration: 18 days

Price: \$2145

Rating: 5 Star

Group Size: Minimum 02 pax

Grade: Medium

Destination: Nepal

Activity: Trekking in Nepal

Region: Annapurna Region Trekking

Accommodation:

Accommodation with breakfast in Kathmandu and Pokhara

Guest house with all meals in trekking (Lunch, Dinner and Breakfast)

Vital Information

Kathmandu City Tour, Pokhara tour, Upper Mustang Area, Lomanthang, capital city of Upper Mustang, Jomsom.

Itinerary:

Day 01

Kathmandu Arrival

Our representative picks you up upon arrival at the Kathmandu International Airport. Transfer to hotel. Then we will brief about the tour.

Day 02

Kathmandu City Tour

Morning after breakfast, Half day City Tour – Swoyambhunath means Monkey Temple and Kathmandu Durbar Square and preparing trekking and permit.

Day 03

Kathmandu to Pokhara

Early morning drive to Pokhara through the beautiful Nepalese countryside where one will explore the landscape, beautiful valley with interesting settlement on the mountain. The bus will have twice break on the way, once for the breakfast and once for the lunch. Once you reach in Pokhara, transfer to the hotel in lake side and evening stroll around the lake and overnight at hotel.

Day 04

Fly to Jomsom and trek to Kegbeni

Today we fly to Jomsom (windy valley) in the early morning, then after some initial preparation of loads, our trek leads towards northern valley of Kaligandaki by crossing suspension bridge.

It is tiring walking through the bank of the river where one can enjoy the views snow peaked mountains such as Dhaulagiri, Tukuiche and Nilgiri, whilst to the south can be seen the entire Annapurna massif.

Enjoy your evening to walk around the village which is very interesting with its settlement where clustered type of house can be found. Overnight at the lodge.

Day 05

Trek to Chele

Tangbe, with its picturesque traditional houses and fields of barley, buckwheat and apple orchards. We enjoy views of the magnificent Nilgiri peak and cross several ridges. After Chhusang village, we cross a stream and leave the Kaligandaki valley behind to reach the village of Chele, where we stop for overnight.

Day 06

Trek to Geling

After breakfast the trail leads you to the village of Samar to a ridge and then descend into a large gorge past a Chorten before entering another valley which filled with juniper trees. Then cross a stream and after climbing to a pass, we descend along a ridge to Shyangmochen, a tiny settlement with a few tea shops.

Nearby is Rangbyung, a cave containing stalagmites in the form of a *Chorten* and one of the holiest places in Mustang. The trail continues descends to Geling, with its extensive fields of barley and stop for overnight.

Day 07

Trek to Charang

Today's walk is through perhaps the driest part of Mustang, and much of our energy will be spent negotiating the loose, dry soil. However, the magnificent views of the countryside, from the gentle contours of the north to the rugged mountains in the east and west, more than compensates for the hard climb.

Finally, we come to Charang, a large spread-out village at the top of the Charang Chu canyon. At the eastern end of the village are a huge *dzong* [fortress] and a red *gompa* (monastery) which houses an excellent collection of statues and *thangkas*.

Day 08

Trek to Lo-Manthang

We will spend part of the morning exploring the interesting village of Charang and its large monastery, before setting out for Lo Manthang. We climb gently above the valley to a large isolated Chorten that marks the boundary between Charang and Lo Manthang.

The trail then broadens and eventually we get our first view of the walled city of Lo Manthang. The city has only one entrance so we circumambulate the wall to the gate on the north-east corner. We begin our return journey from Lo Manthang, taking the upper highland route.

This highland route offers dramatic views of Lo Manthang and the Charang Valley, with snow clad peaks in the background. Just past the settlement of Lo Gekar, we reach the oldest monastery in Mustang, the Ghare Gompa. Stay overnight at Lomanthang.

Day 09

Explore Day at Lomanthang

We have allowed full day to explore this outstanding historical and cultural centre. There are 4 major Gompas to visit during our stay. The palace is the home of the raja (King) and his rani (queen) is the attraction as well as the surrounding panoramic views of the Himalaya. Although the raja's function is now finished as we have republican democracy.

The town itself is fascinating, and offers countless opportunities to observe a vibrant Tibetan culture. There are many places to explore and manage your time to explore the places. Every monastery requires the donations and entry fees which is made by your own. Overnight at Lomanthang.

Day 10

Trekking from Lo-Manthang to Ghar Gumpa

After a wonderful time at Lo-Mangthang we depart to Ghar Gumpa which is also interesting place to explore the local area. Climbing the ridge, we get our last view of the walled city and descend the valley towards Ghar Gumpa. During the walk you'll suffer the dusty wind so we suggest walking in the morning. Overnight at Ghar Gumpa.

Day 11

Trekking from Ghar Gumpa to Ghiling

Today, we continue down to the valley at Ghiling which will be dusty day. Evening we explore area but we explore evening time due to the windy and dusty. Overnight at Ghiling.

Day 12

Trekking from Ghiling to Chele

Today we walk same trail back to Chele. You will have wonderful scenery during your walking with the great Himalayan view with wonderful landscape. Overnight stay at Chele.

Day 13

Trekking from Chele to Jomsom

This will be our last day of trek which is quiet long. We will be walking through the valley all the time to get in to the Kagbeni where we had our first night of the trek at the beginning. Once we reach Jomsom, we will celebrate the achievements of the trek with the crew and reflect on our journey. Stay overnight at Jomsom.

Day 14

Fly from Jomsom to Pokhara

after breakfast we check in the Jomsom airport to fly back to Pokhara. This is a dramatic flight between George of the two huge mountains Annapurna and Dhaulagiri which is known as the deepest George in the world.

On arrival at Pokhara airport guide will transfer to the lakeside hotel. Rest of the time explores the lake and overnight at hotel.

Day 15

Pokhara city tour and boating

After breakfast, visit Patale Chhango (Big water falls), Mahadev Cave, Bindabasini Temple and Tibetan Refugee Camp. In the afternoon boating on Fewa Lake and after 4 pm drive to Sarangkot for Sunset view with great Himalayan ranges scenes

Day 16

Drive from Pokhara to Kathmandu

Morning at 7 am, we'll drive to Kathmandu through the Prithivi highway which is the same route we drive to Kathmandu on our way to Pokhara. It is interesting driving route where one can enjoy the scenery of natural beauty. Afternoon arrive Kathmandu and we will host farewell dinner at Nepalese restaurant and overnight at the hotel.

Day 17

Rest Day in Kathmandu

This day you will take rest after long day trekking.

Day 18

Fly back to Home.

This day, we will see you off at Hotel and onward to your home.

Cost Include:

- Airport Pick up and drop off in Kathmandu and Pokhara
- All domestic flight tickets – 220 USD Pokhara- jomsom- Pokhara
- Airfare for Trekking Guide.
- Twin sharing accommodation in nice Hotel in Kathmandu and Pokhara with breakfast
- All ground transportation by private vehicles
- City Tour in Kathmandu and Pokhara and Boating on Fewa lake
- Entrance fees in tour places
- All accommodations in teahouse and all 3 times meals (breakfast, lunch & dinner) during the treks
- All Porters costs of Human carry or Animal carry-1 porter for two trekkers
- All cost for a Guide and (First Aid and Eco trained English Speaking) – 1 guide
- All required major permits – 500 USD per person Included.
- All necessary paper works and permits
- All government and local taxes if necessary

Cost exclude:

- Visa fees/ International airfare to & from home city
- Excess baggage charges & Monuments & Monastery fees

- Lunch & Dinner in Kathmandu and Pokhara.
- Travel and rescue insurance
- Personal expenses e.g. phone calls, laundry, bar bills & extra porters
- Tips for drivers, guides and porters
- Optional trips and sightseeing if extend
- Anything not included in the service includes column