

8848 Nepal

Upper Mustang Trek



Trip Facts

Trip Duration: 17 Days

Difficulty Level: Moderate

Maximum Altitude: 3840m/12,598.43ft-Lo Manthang

Best Season: September-November and March-May.

Accommodation: Hotels, Resorts & Lodges

Transportation: Flight, Jeep, Bus

Trip Start: Kathmandu

Trip End: Kathmandu

Itinerary Highlights

- Lo Manthang
- Tibetan Culture
- Panoramic Views
- Ancient Cave Dwellings
- Restricted Area
- Local Hospitality
- Challenges and Rewards
- Photographic Opportunities
- Spiritual Renewal

Trip Overview

The Upper Mustang trek in Nepal offers a mesmerizing journey through diverse landscapes and cultural experiences. Beginning in the vibrant city of Pokhara, trekkers venture into the

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Annapurna region, where the sacred Muktinath temple stands as a symbol of religious harmony, revered by both Hindus and Buddhists. The trek then ascends into the remote and rugged terrain of Upper Mustang, a region often referred to as the “Last Forbidden Kingdom,” where ancient Tibetan Buddhist culture remains well-preserved. As trekkers traverse through arid valleys, towering cliffs, and picturesque villages, they encounter ancient monasteries, intricate cave dwellings, and stunning vistas of the Himalayas, including views of Nilgiri, Annapurna, and Dhaulagiri peaks. The journey provides not only physical challenges but also profound spiritual and cultural insights, as travelers immerse themselves in the rich heritage of the region.

Moreover, the Upper Mustang trek offers a unique opportunity to explore a lesser-known corner of the Himalayas, away from the crowds of more popular routes. The restricted nature of the Upper Mustang region ensures a sense of exclusivity and adventure, with limited permits allowing for a more intimate and authentic experience. Along the trail, trekkers interact with friendly locals, experiencing their hospitality and gaining insight into their traditional way of life. From the medieval walled city of Lo Manthang to the ancient cave paintings of Chhosar, each stop along the trek unveils a new facet of Upper Mustang’s rich cultural tapestry. Whether marveling at the natural beauty of the landscape or delving into the region’s history and spirituality, the Upper Mustang trek promises an unforgettable journey of discovery and exploration in the heart of the Himalayas.

Detail Itinerary

Day 1: Arrival in Kathmandu

- Arrive in Kathmandu and transfer to your hotel.
- Explore the bustling streets of Thamel, a vibrant tourist hub in Kathmandu, and prepare for your trek.

Day 2: Kathmandu Sightseeing

- Guided sightseeing tour of Kathmandu’s UNESCO World Heritage Sites, including Kathmandu Durbar Square, Pashupatinath Temple, and Boudhanath Stupa.
- Meet your trekking guide and fellow trekkers for a briefing and equipment check.

Day 3: Kathmandu to Pokhara

- Fly or drive from Kathmandu to Pokhara, enjoying scenic views of the Himalayas.
- Explore Pokhara’s lakeside area and relax before the trek begins.

Day 4: Pokhara to Jomsom (2,700m) to Kagbeni (2,810m)

- Take an early morning flight from Pokhara to Jomsom, a gateway to the Mustang region.
- Begin trekking to Kagbeni, a charming village at the entrance of Upper Mustang, passing through arid landscapes and traditional Tibetan-style villages.

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Day 5: Kagbeni to Chele (3,050m)

- Trek from Kagbeni to Chele, ascending gradually along the Kali Gandaki River.
- Pass through beautiful landscapes, ancient monasteries, and Tibetan settlements along the way.

Day 6: Chele to Syanboche (3,475m)

- Trek from Chele to Syanboche, crossing the Taklam La Pass (3,624m) and the Dajori La Pass (3,735m).
- Enjoy panoramic views of the Mustang region's unique terrain and snow-capped peaks.

Day 7: Syanboche to Ghami (3,520m)

- Trek from Syanboche to Ghami, passing through the village of Ghiling and ascending to Nyi La Pass (3,950m).
- Explore the ancient Ghami Monastery and immerse yourself in the local culture.

Day 8: Ghami to Tsarang (3,560m)

- Trek from Ghami to Tsarang, crossing the Charang La Pass (3,870m) and descending into the Tsarang Valley.
- Visit the historic Tsarang Monastery and explore the village's traditional architecture and cultural heritage.

Day 9: Tsarang to Lo Manthang (3,840m)

- Trek from Tsarang to Lo Manthang, the capital of Upper Mustang, passing through scenic landscapes and ancient Tibetan villages.
- Explore Lo Manthang's ancient walled city, monasteries, and royal palace.

Day 10: : Explore Lo Manthang

- Spend a day exploring the cultural and historical attractions of Lo Manthang, including the Jampa Lhakhang, Thubchen Gompa, and Namgyal Gompa.
- Visit nearby villages, interact with locals, and experience the unique Tibetan-influenced culture of the region.

Day 11: Lo Manthang to Drakmar (3,810m)

- Trek from Lo Manthang to Drakmar, following a scenic trail that passes through rugged terrain, barley fields, and ancient cave dwellings.
- Enjoy views of the Nilgiri and Annapurna ranges as you descend into the lower Mustang region.

Day 12: Drakmar to Ghiling (3,806m)

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- Trek from Drakmar to Ghiling, crossing the Ghami La Pass (3,520m) and passing through picturesque landscapes dotted with prayer flags and chortens.

Day 13: Ghiling to Chhusang (2,980m)

- Trek from Ghiling to Chhusang, descending through the Kali Gandaki Valley and crossing the river to reach the village of Chhusang.
- Explore the village's Tibetan-style architecture and ancient caves.

Day 14: Chhusang to Jomsom (2,720m)

- Trek from Chhusang to Jomsom, the endpoint of the Upper Mustang trek.
- Celebrate the completion of your journey with your trekking team and enjoy a well-deserved rest in Jomsom.

Day 15: Jomsom to Pokhara

- Take an early morning flight from Jomsom to Pokhara, enjoying breathtaking views of the Himalayas and the Annapurna range.
- Spend the day relaxing in Pokhara, exploring its attractions, and reflecting on your trekking adventure.

Day 16: Pokhara to Kathmandu

- Fly or drive back to Kathmandu from Pokhara, marking the end of your Muktinath and Upper Mustang trek.
- Explore Kathmandu's markets, cafes, and cultural sites, and enjoy a farewell dinner with your trekking group.

Day 17: Departure from Kathmandu

- Transfer to the airport for your onward journey or extend your stay in Nepal to explore more of its cultural and natural wonders.

Cost Includes

- Trekking Permits
- Transportation
- Accommodation
- Meals
- Trekking Guide and Porter
- Trekking Equipment

Cost Includes

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- International Flights
- Travel Insurance
- Personal Expenses
- Tipping
- Optional Activities
- Visa Fees
- Additional Services
- Extra days stay due to unforeseen circumstances

Guidelines / Information

Permits:

Trekking in the Upper Mustang region requires special permits, including the Restricted Area Permit, Trekkers Information Management System (TIMS) card and the Annapurna Conservation Area Permit (ACAP). These permits can be obtained through registered trekking agencies in Kathmandu or Pokhara. Make sure to have these permits arranged before starting your trek.

Physical Fitness:

The Muktinath and Upper Mustang trek involves trekking at high altitudes and traversing rugged terrain. It's essential to be in good physical condition and undertake appropriate training before the trek to ensure a safe and enjoyable experience.

Altitude Sickness:

Acclimatization is crucial when trekking at high altitudes to prevent altitude sickness. Take your time to acclimatize properly, stay hydrated, and be aware of symptoms such as headache, nausea, and fatigue. If you experience severe symptoms, descend to a lower altitude and seek medical attention if necessary.

Weather:

The weather in the Mustang region can be unpredictable, with temperatures varying widely between day and night. The best time to undertake the trek is during the spring (March to May) and autumn (September to November) seasons when the weather is relatively stable, and the skies are clear. Avoid trekking during the monsoon season (June to August) due to heavy rainfall and the risk of landslides.

Accommodation:

Accommodation along the trekking route consists primarily of teahouses or lodges, offering basic amenities such as beds, blankets, and meals. It's advisable to carry a sleeping bag for added warmth and comfort, especially during colder months.

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Food and Water:

Most teahouses along the trekking route serve a variety of meals, including Nepali, Tibetan, and international dishes. It's essential to drink plenty of water and avoid consuming untreated water from streams or taps. Carry water purification tablets or a water filtration system to ensure safe drinking water.

Pack Essentials:

Pack wisely for the trek, including appropriate clothing for varying weather conditions (layers are key), sturdy hiking boots, a daypack, sunscreen, sunglasses, a hat, and a first-aid kit. It's also recommended to carry snacks, energy bars, and personal toiletries.

Cultural Sensitivity:

: Respect the local customs, traditions, and beliefs of the communities you encounter along the trekking route. Ask for permission before taking photographs of people or religious sites, and avoid wearing revealing clothing or behaving inappropriately.

Waste Management:

Practice responsible trekking by disposing of waste properly and minimizing your environmental impact. Carry out any non-biodegradable waste and follow the principles of "Leave No Trace" to preserve the natural beauty of the Mustang region for future generations.

Emergency Contacts:

Familiarize yourself with emergency contact numbers, including local authorities, trekking agencies, and medical facilities. Carry a fully charged mobile phone with local SIM card coverage or a satellite phone for communication in case of emergencies.