

## Upper Mustang Trek

Duration: 18 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 3,840m</b>
<b>Activity: Sightseeing, Trekking, Hiking</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

**Upper Mustang Trek** explores the once independent kingdom and the “Last Forbidden City” famous for its deserted landscape and uniquely shaped hills and mountains beside the unique culture that closely resembles Tibetan culture. Permitted in 1992 for entry to foreigners, Upper Mustang region hosts extensive barren valleys, ancient caves that hide mysteries of yesteryear and worn down canyons watched over by the snow-clad Himalayas such as Annapurna, Dhaulagiri, Nilgiri, and Tukucho Peaks. Pay visit to the ancient monasteries and Gompas built at the edges of barren hills, observe the cultural marvel of Tiji Festival and explore the walled city of Lo-Manthang which is home to 5 storied Lo-Manthang Palace, ancient monasteries, and white-washed houses. Join the Upper Mustang Trek to traverse around unique cultured villages, beautiful apple orchards, farmlands and unique funeral rites that shall create a feeling of being to another world. Upper Mustang Trek begins with the short exploration of Kathmandu valley and reaches to the trailhead in Jomsom after a couple of flights to Pokhara, the Lake City of Nepal, and to Jomsom, the windy town in Mustang district, for the beginning of the trek. This exploration continues, starting from the western bank of Kaligandaki River, the holy river that has Shaligram stone which is the symbolic representation of Lord Vishnu for the Hindus, and head on to Kagbeni which marks the entry into the mystical valley of [Mustang](#). Traversing through the villages of Chele, Bheha, and Syangboche, we move further into the heart of the valley. Exploring the ups and downs of the arid trail and being watched over by the mountains, we head on to the famous walled city of Lo-Manthang after paying a visit to the Ghar Gompa, the oldest monastery in this region, and the biggest library of this region at Tsarang. Guarded by high walls and overlooking the vast arid landscape and mountains, stands the old Lo-Manthang Palace at the center of this region. Home to the last monarch of Mustang, Jigme Dorje Palbar Bista, Lo-Manthang Palace watches out three red-walled monasteries at the heart of the town, the caves at the hill slopes in the rim of the valley, and the ravines, rock shelves flanked by the snowy mountains. From the plateaus of Lo-Manthang bordering Tibet, we head on back to the Kaligandaki valley through the settlements of Yara, Tangge, Chhusang, and Ekle Bhatti before finally moving to Jomsom. Intermittently, we shall explore

the traditional lifestyle of locals, savor the salt-butter tea, witness the ancient Teji Festival influenced by Tibetan Buddhism and go on an excursion around the scenic Pokhara valley. We then head to Kathmandu for ending the adventure. Get the rare privilege of being on this ancient city and time travel to the world heritages of this rain shadow area in Upper Mustang Trek. Though trekking here can be done around the year, March to June and September to November are the preferred season for trekking here. Join this restricted trekking region with **Himalayan Holyland Treks and Expedition** for quality service and experience the magic of Tibetan Buddhism, unique landscape and diverse flora and fauna of the region.



## Itinerary

### Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu (1350m)

Our team member will receive you at the airport and transfer to hotel. After the check in, you will be given briefing about the whole program and collect papers documents for TIMS and permits. Enjoy your 1 night stay at the hotel. B/B

### Day 02: Preparation day for Trek.

Preparation day for permit and short visit around Thamel or Kathmandu Durbar Square. In the evening, guide will come at the hotel for detail briefing about the trek. Overnight at hotel. B/B

### Day 03: Kathmandu to Pokhara(850m)

Kathmandu to Pokhara(850m) by A/C tourist bus about 7 h drive. In Pokhara, our guide will take you around Lakeside. Overnight at hotel. B/B

### Day 04: Pokhara to Jomsom(2720m) flight(20m)

Pokhara to Jomsom(2720m) flight(20m) and after breakfast we start trek to Kagbeni all way to Kaligandagi river bank where fossils or Shaligram can be found(2800m) 3h. Overnight at the guest house, B/L/D

### Day 05: Kagbeni to Chele(3100m) 5h

At the end of this village, there is entry point for Upper Mustang trek and we walk to Chhusang for lunch. Just before we reach Chele, we cross the river from where we can see beautiful landscape of this region. Overnight at the guesthouse. B/L/D

### Day 06: Chele to Syangboche(3800m) 6h.

The trail follows steep up from Chele for about 3 hours and we reach Samar where we take lunch with view of Mt Annapurna and Nilgiri range. After lunch we continue to Syangboche passing a village called Bheni. Overnight at the hotel, B/L/D

### Day 07: Syangboche to Ghami (3510m) 4h30.

This day the trail is up and down and we pass Nyi La(4020m). We can see Mt Annapurna and Nilgiri range. There is a long Mani wall and monastery in Ghami. Overnight at the hotel, B/L/D

### Day 08: Ghami to Tsarang(3560m) 5h.

There are two different trails to go to Tsarang, one goes through Dhakmar and another goes directly to Tsarang. We take the trail of Dhakmar. After this village, there is a pass called Muila Bhanjyang (4170m). We continue our trail to Ghar Gumba in the altitude of 3920m. This Gumba(Monastery) is one of the oldest in this region where we can see scriptures of Padmasambhava(Bodhisatwa or enlightened one) and specially this monastery is of Bhuddhist Nyingma pa sect(group). Then the trail goes along the Tsarang Khola through Marang village to Tsarang. When we enter this village, we see a monastery which is also an old palace and there is also the greatest library in this region. Overnight at the guest house. B/L/D

### Day 09: Tsarang to Lo-Manthang(3840m) 5h.

The trail goes up and down this day, we pass a beautiful chorten called Sungda. Then continue to Lo La(3960m) pass, from where view of Lo -Manthang village can be better seen. And the trail goes down to Lo Manthang.

## **Day 10: Lo-Manthang(3840m)**

This is the day full of activities since this village has about 7 monasteries which are all of Gelukpa sect(A Buddhist sect). We will explore Lo- Manthang Palace and visit some monasteries meeting people. You can enjoy walking around the Tibetan

## **Day 11: Lo- Manthang to Yara(3671m) 6h30.**

The trail this day is quite normal, we walk down climbing few uphill. We will stop at Dhigaun for lunch then continue to Yara. Overnight at the guest house. B/L/D

## **Day 12: Yara to Tangge(3240m) 6h.**

We continuously walk down looking around the beautiful landscape and taking photographs. Overnight at the guesthouse, B/L/D

## **Day 13: Tangge to Chhusang(2980m) 6h.**

Today, here is a quite normal pass called Paha(4218m) then walk down to Chhusang. Overnight at the guest house. B/L/D

## **Day 14: Chhusang to Ekle Bhatti(2740m).**

We walk all the way along the Kaligandagi river passing Tangbe village where we can see black, white and red chortens then take lunch at Kagbeni. After lunch we walk around 45m to Ekle Bhatti. Overnight at guesthouse. B/L/D

## **Day 15: Ekle Bhatti to Jomsom(2720m) 3h .**

This a quite easy day , we walk along the riverbank enjoying view of Jomsom valley and mountains, we also try to find the stone fossils( Shaligram on the way). We will have lunch in Jomsom and walk around the village where a small museum called Musatang Eco Museum is located. Overnight at the hotel. B/L/D

## **Day 16: Jomsom to Pokhara flight(20m) 850m.**

This is a short flight just above through the deepest Kaligandagi Gorge, still you can enjoy the view of mountain. After the lunch in Pokhara you will have free time to explore this beautiful city. Overnight at the hotel. B/B

## **Day 17: Pokhara to Kathmandu(1350m) 7 h drive by A/C tourist bus.**

You can enjoy the view beautiful landscape, villages and river view on your drive to Kathmandu. Dinner in a typical Nepali restaurant. Overnight at the hotel. B/B

## **Day 18: Final departure day.**

Departure day to your on ward destination or your home country.

## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in Kathmandu and Pokhara in B/B basis.
- => Tea house accommodation during the trek.
- => Hot soup in the high places.
- => Three times meal in the trek.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(Permits and TIMS including special permits).
- => Two way flight : Pokhara-Jomsom-Pokhara.
- => Airport taxes.
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu and Pokhara.
- => Travel and rescue insurance of clients.
- => Personal expenses: Hot shower, battery charge during trek, bar bills, laundry and mineral water.
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary.
- => Entrance fees in Monastery, museum and Temples.
- => Tips for guide, driver and porters.