



## Upper Mustang Trekking - 16 Days

Upper Mustang trekking is an [exotic tour](#) and one of the most mysterious trek that brings you into the hidden world of the old Buddhist kingdom of Mustang also called Lo. This [region](#) is known for its unique landscapes, with its desert like terrain, deep canyons, and towering peaks. The word "Mustang" is originated from Tibetan word which means fertile plain in Nepali.

It is a moderate and remote route in the north of [Annapurna](#) at an average altitude of 4000 m that combines adventure, culture, and natural beauty, making it a must-do for any trekker enthusiast [visiting Nepal](#). The trail takes you through ancient monasteries, traditional villages, and Buddhist temples, providing insight into the rich culture and history of the [upper mustang region](#).

The inhabitants of Mustangs' mainly celebrate Tiji festival at Lo- manthang in the middle of May which lasts for 3 days. They follow Tibetan Buddhist culture and speak traditional [Tibetan Languages](#). On special occasions, they also invite Lamas to perform [religious rituals](#) at their home. The township abounds with mani walls, numerous chortens and monasteries.



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## PRICE INCLUDES

- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- Trekking permits and TIMS card
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: Drive to Pokhara From Kathmandu

Early in the morning you will take the tourist bus from Kathmandu to Pokhara.

### Day 2: Fly to Jomsom from Pokhara (2725m)- Kagbeni (2810m) 20min flight and 4hrs walk respectively

Early morning you will be flying North West from Pokhara towards the great portal between the snow-covered peaks of Annapurna and Dhaulagiri. You will enjoy the well-raised massifs of more than 8000 m, and the deepest gorge on this planet. And you will begin your trek from the main gate to Upper Mustang with a beautiful trail from Jomsom towards Kagbeni.

### Day 3: Trek to Chele (3624m) 6 hours

The path leads up towards the east bank of the Kali Gandaki climbing over many ridges as it heads north and reaches Tangbe village. The town is a labyrinth of narrow alleys amongst white washed houses, fields of buckwheat, wheat, apple orchards and barley. The Nilgiri peak dominates the southern skyline of Kagbeni, all the way by different shapes. There are several Nepali and Tibetan songs sung portraying the beauty of Chossang.

### Day 4: Trek to Syangboche (3800m) 7- 8 hours

Today your walk is more into undulating trails with couple of steep climbs and descents. Despite hours of walk the tremendous canyons with its unusual color that opens out is fantastic. In this bizarre, the farming fields with rich red buckwheat and brilliant green and the south view providing you a panorama of Nilgiri, Annapurna, Yakawa kang, and Tilicho peak adds up to its magnificence.

### Day 5: Trek to Ghami (3520m) 6-7 hours

You will keep up the journey, crossing the river to the Kali Gandaki valley and climb steeply up a rocky gully to Chaile. From here, the culture changes from the Manangi culture to the Tibetan culture of Lo. The climb continues along steep, treeless, waterless terrain, along the side of the spectacular steep canyon to a pass and cairn of rock. Then, the trail makes a long gradual descent to some Chortens on a ridge, and with a further descent before coming along a pleasant trail to Samar village. You will climb above Samar to a ridge, then descend into a large gorge, which the trail goes into another valley field, crosses a stream and reach to the destination.

### Day 6: Trek to Charang (3560m) via Ghar Gumpa (3950m) 7 hours

You will have interesting red cliffs, blue sheep sightings on the way. You will cross steel bridge of the Tangmar Chu River and arrive to a Mani wall perhaps the longest and most spectacular Mani wall in Nepal. The huge five-story white Dzong (fortress) and red Gumpa are the main attractions to visit and explore collections of statues and Thangkas along with huge paintings of seated Buddha's. Similarly, Ghar Gumpa is also another main attraction for the day. It is the oldest and unique Gumpa built during the eighth century. The Gompas and Mani in this area are all seen in red and white colors. According to the legend, a famous Rinpoche (Padma sambhava) once came here and fought a big demon which he tore apart and the remains of the demon spread to every direction. So it's pretty interesting how there is no any sign of vegetation or animals and the sight is creepy.



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### **Day 7: Trek to Lo-Manthang (3810m) 5 hours**

Finally you will get to the plateau of Lo Manthang, 'The Capital city and the Plain of Aspiration' of Mustang. The fabled walled city of Lo, the kingdom with a single entrance is a welcome sight. The king, "Lo Gyelbu", named Jigme Palbar Bista, is still resides at his four-storied palace inside the walled city of Lo Manthang.

### **Day 8: Rest Day at Lo Manthang**

Lo Manthang is the capital city of Mustang contains around 150 houses and has some of the largest and finest Tibetan Buddhist Gompas in Nepal. The city itself is absolutely impressive place with four major ancient Monasteries which are stunning and an enormous 14th century palace imposing 4-storey building in the center of the city. The main attraction sites in this area are: Nyphu Cave monastery built into the side of a soaring cliff. Jhong sky cave 2500 years old that has more than 44 compartments and gives you the pre- historic settlement of humans. Thinkar summer palace and ancient monasteries inside the walled city itself is exceptional.

### **Day 9: Additional rest**

Additionally, here you will get physically acclimatized and have numerous place to explore from the previous day around Lo Manthang.

### **Day 10: Trek to Yara (3650m) 6-7 hours**

From Lo-Manthang, the path leads straight till Dhi pass 4100 m and descends down to Dhi village. The trek from Lo Manthang to Muktinath is harder. However, it is more rewarding and interesting than the west side of the valley. Dhi village is one of the charming villages of whole Lo-mathang and it seems highly prosperous and is settled in a cozy place. And you will reside to Sara.

### **Day 11: Trek to Tangye (3240m) 4-5 hours**

The trek then continues crossing the rivers and through a grassless, treeless bare hills. After the pass, the trail again drops directly to Tangye village at an elevation of 3370 m. Tangye is a small village of at least 30 houses but most of the houses are attached to each other. On the rooftops one can see piles of dry woods, which is believed to reflect the prosperity in their society.

### **Day 12: Trek to Tetang/Chossang (2980m) 6-7 hours**

The trail passes through a steep ridge of hills offering glimpse of the wind carved hills. Tetang village is formed between two hills. They should have found it a safe place to avoid the strong wind that hits the entire Kali Gandaki valley.

### **Day 13: Trek to Kagbeni (2810m) 4-5 hours**

And you will slide back and exit from the restricted area of Mustang and stay overnight in Kagbeni.

### **Day 14: Trek to Jomsom**

Again you will make a one day trip to Jomsom and overnight stay there.

### **Day 15: Fly back from Jomson-Pokhara (20 min and 30 min)**



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Early morning you will fly back to Jomsom and again to Pokhara. And rest here in Pokhara exploring the city since you have a whole day left.

### **Day 16: Back to Kathmandu**

You will be taken the tourist bus from Pokhara. And you will be in Kathmandu for your respective departure according to your scheduled plan.