Upper Mustang Trek

Description

The historic and remote forbidden kingdom of Upper Mustang lies behind the Dhaulagiri and Annapurna ranges of Nepal and the northern border with Tibet. Upper Mustang Trek is considered one of the most interesting and delivers picturesque views of Nepal with the Himalayan range and trans-Himalayan range.

The moderate-level Upper Mustang Trek usually takes about 21 days. The best month to trek through the Upper Mustang is April through June and from August to October. The maximum altitude the trekkers trek through is 3,838m at Yara.

The rain shadow area in Upper Mustang Trek has an extraordinary geographical foundation with gray hills desert. The famous holy river Kaligandaki starts from the Upper Mustang. Likewise, The monasteries with unique and old paintings, the old palace, fort, and chorteen are some of the major attractions of the Upper Mustang Trek.

Mustang was a separate kingdom within Nepal until the time of monarchy in 2007. Though Nepal is a people’s Republic country, still the monarchy system exists in Mustang and the people give high respect to their king. Current king Jigme Parbal Bista is the 25th successor of the Pal dynasty. The trekkers can visit his majesty's palace.

The people of Upper Mustang call themselves Lobas and their culture and lifestyles are similar to Tibetan origin people. They celebrate Tiji, Yartung, and Yarne as major festivals. If the trekkers are lucky with timing, they too can enjoy the festivals with Lobas. The marriage system (marriage with a single girl by 4/5 brothers from the same family) still exists as a hidden culture. The major religion in this valley is Tibetan Buddhism and partly the Bon religion or nature worshiper.

The unique tradition of sky burial (after death giving a dead body to the vulture) still exists in the communities. In 1991, after opening a restricted area in Upper Mustang for tourists, The Upper Mustang Trek has been getting popular since.

Highlights

- Experience authentic Tibetan culture and lifestyle.
- Visit centuries-old monasteries, including Chhoser Cave
- Unique landscape of Upper Mustang
- Explore the Last Forbidden Kingdom and experience the rich history at the King’s Palace
- Enjoy the views of Annapurna I (8,091 m), Nilgiri (7,061 m), Tilicho (7,134 m), and Dhaulagiri (8,167 m)

Itinerary

Days	Description	Altitude	Hours

01	Arrival in Kathmandu	1,380 meters	
02	Sightseeing Kathmandu Boudha and Pasupatinath		
03	Flight/Drive from Kathmandu to Pokhara	830 meters	35 minutes flight / 7-8 hours Drive
04	Flight from Pokhara to Jomsom and trek to Kagbeni	2,804 meters	3-4 hours
05	Trek from Kagbeni to Chhusang	2,980 meters	5-6 hours
06	Trek from Chhusang to Samar	3,600 meters	5-6 hours
07	Trek from Samar to Ghiling Via Chhungsi Cave	3,570 meters	7-8 hours
08	Trek from Ghiling to Dhakmar	3,820 meters	7-8 hours
09	Trek from Dhakmar to Lomanthang	3,770 meters	7-8 hours
10	Explore Lomanthang (Visit Monastery, Palace and school and enjoy walking around Lomanthang		
11	Trek from Lo Manthang to Yara	3,838 meters	6-7 hours
12	Hike to Luri Cave Monastery & Tashi kabum		
13	Trek from Yara to Charang	3,560 meters	6-7 hours
14	Trek from Charang to Syangboche	3,800 meters	6-7 hours
15	Trek from Syangboche to Chhusang	2,980 meters	6-7 hours
16	Trek from Chhusang to Muktinath	3,800 meters	7-8 hours
17	Trek from Muktinath to Jomsom via Lubra	2,700 meters	5-6 hours
18	Flight to Pokhara from Jomsom	800 meters	25 minutes
19	Explore Pokhara city and Evening flight to Kathmandu		
20	Explore Kathmandu and Shopping Sightseeing Swyambhunath and Darbarsquare		
21	Departure to airport		

Detailed Itinerary

Day 01:Arrival in Kathmandu 1,380 meters

Welcome to Nepal, on your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a

complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 02 Sightseeing Kathmandu Boudha and Pashupatinath

Today we drive around Kathmandu for sightseeing and visit two of the UNESCO world heritage sites in Kathmandu. Boudhanath stupa holds a prominent place among Buddhist people. A stupa is a hemispherical shaped structure or mound which is prominent in Buddhism. Though the Boudhanath stupa is bustling with day-to-day activities, the atmosphere around here is rather tranquil. Pashupatinath temple is one of the most sacred and significant Hindu temples in the world. The temple is dedicated to Lord Pashupatinath, who is an incarnation of Lord Shiva. While visiting the temple we can see some Hindu rituals and ceremonies taking place. Indeed both religious places are beacons of diverse religions, cultures, and history. For lunch, we have local delicious cuisine, a hallmark of Nepali traditional food. Overnight in Kathmandu.

Day 03 Flight/Drive from Kathmandu to Pokhara 830 meters

On this day we take a short 35 minutes flight or a 7-8 hours ride to Pokhara. Even though Pokhara is regarded as the tourist capital of Nepal, the city is known for its natural beauty with stunning views of the Himalayas and peaceful lakes. If we take a flight, then we have lunch in Pokhara

Day 04: Flight from Pokhara to Jomsom and trek to Kagbeni,2,804 meters,3-4 hours

On the 4th day embarks our journey by taking a short flight to Jomsom, and trekking to Kagbeni. From the flight, we have scenic views of the Dhaulagiri and Annapurna ranges. Jomsom is the starting point of our today's short trek. it is also known as an administrative center of the Mustang District. After crossing the wooden bridge and walking through the Kali Gandaki windy valley, we arrive at Eklebhatti where we have lunch. Along the way, we see the splendid Dhaulagiri and Nilgiri mountains. Ammonite fossils are also found in the riverbed of Kali Gandaki. we continue our trek to Kagbeni. It is an old village located on the bank of the Kali Gandaki river. We will visit the Kagbeni gumba and the nearby temple and known as a holy place for Hindus. The village also serves as the gateway to Upper Mustang, a restricted area in Nepal. It is known for its pristine natural beauty and ancient Tibetan culture. Overnight at Kagbeni.

Day 5: Trek from Kagbeni to Chhusang, (2,980 meters), 5-6 hours

Today we set out on our trek for Chhusang. We proceed after breakfast following the Kali Gandaki river and traveling to the north. We cross a narrow windy trail called, Kalobhir and a small river called, Simkoghiu khola before finally reaching at the village of Tagbe. It is an old village, where we can see black, white and red chortens and old mani walls. Afterward, we continue our trek to Chhusang. The road diverges into two paths here, one leading to Samar while the other road takes you to Muktinath. On our way to Chussang we see some apple gardens, barley, and buckwheat fields. Overnight in Chussang

Day 06:Trek from Chhusang to Samar 3,600 meters, 5-6 hours

This day we set out on our journey to Samar. The trek starts early in the morning and after having breakfast we leave the Chhusang village. Surrounded by beautiful landscapes as we walk we pass through Chhomnang village. We also get a chance to witness the exquisite old man-made cave and

then cross a steel bridge over the Kali Gandaki river, which flows through a rock tunnel just before entering in the village called Chele. The trail after the Chele village is a steep climb. Following the climb, we have lunch at Ghyakar, a small Gurung village. Traveling through the Taklam La(3624m) and Dajong La (3660m) we arrive at Samar. It is a beautiful green village in the upper mustang that provides a magnificent view of the Annapurna and Nilgiri range. In this village, we get to experience the desert mountain lifestyle. We also can encounter polyandry couples and know more about the cultures and traditions. Overnight in Samar.

Day 07:Trek from Samar to Ghiling Via Chungsi Cave,3,570 meters7-8 hours

On the 7th day, we traverse through splendid landscapes and see the mountain range, Thorong peak, Annapurna, Nilgiri, and Purkung Himal range. Traveling via the Chungsi cave, we have a chance to closely observe one of the most popular Buddhist pilgrimages in Mustang. Also known as the Ranchung cave, the Chungsi cave monastery is an antique monument with a self-originated Stupa. Finishing up exploring the cave, we get back on the trail and move towards the Syangboche village. we have lunch in Syangboche. Crossing sayngboche we finally arrive at our day's destination. Ghiling is a beautiful village. in Ghiling we see a monastery, stupa, and charming mani walls. If you visit here in August and September, the cultivated lands look as if they were a lovely flower garden. However, at other times you can see widespread Barley fields. Overnight at Ghiling

Day 08:Trek from Ghiling to Dhakmar 3820m, 7-8 hours

Moving on from Ghiling, we walk through Jhaite, Ghami, and finally arrive at Dhakmar village also known as the red hill. Subsequently, we travel towards Ghami via Nyi La(pass) and Ghami La. The Nyi La pass also delivers some of the best views of Annapurna, Nilgiri, and Mustang. We take lunch in Ghami village. The longest mani walls in the entire mustang are located in this village. along with the monastery and chortens we also see some old village ruins. After re-energizing our bodies we head back to the trail. From Ghami it takes about 2 hours to reach Damkmar. Majestic red hills are seen in Damkar, and the chances of spotting Blue sheep are also really high. Overnight in Damkar.

Day 09 :Trek from Dhakmar to Lomanthang via Ghar Gumba3,770 meters, 7-8 hours

On the 9th day of the trek, we have a long day's journey to complete. On this day we walk a long exciting trial to Lo-Manthang. Moving ahead with the trek, we go by Muila Bhanjyang pass before arriving at Ghar Gumba where we take our lunch. Ghar gumba is known as the oldest monastery on the entire Tibetan plateau. where pure virtues of the Lo Nyingma sect and scriptures of Padmasambhava are present. After lunch, we advance via the Marang la, also known as the Chogo La sits at a height of 4230m. This is the highest pass on this trip. Before making it to Lo-Manthang, we go by Pangga a serene camping site. Lo-Manthang is well renowned for its tall mud brick walls. Get a good night's sleep, in order to get energized for tomorrow's exploration. Overnight in Lo-Manthang.

Day 10:Explore Lomanthang

On this day we explore the spectacular city of Lo-Manthang. Monasteries, schools, and palaces are some of the places which depict its history and culture. You can also visit the Namgyal Gompa, Ancient Ruins, Gompas, and old fortresses are worth visiting or we can follow an alternate route to explore Nepal Tibet boarder, Chhoser cave, and villages. Likewise, we can hike a day tour to Chhoser and Dzong cave, a 5-storey ancient man-made cave. Overnight at Lo Montang.

Day 11:Trek from Lo Manthang to Yara,3,838 meters, 6-7 hours

Bid your farewell to the walled city of Mustang. Today we head towards Yara, leaving Lo Manthang behind. The mountains seen from this route are simply beautiful as if they were like candles. The trail has ample opportunities to see the Grand hills of mud like big candles. We have lunch in Dhi village, travelers can also find fossils on the way over. tonight, overnight in Dhi village.

Day 12:Hike to Luri Cave Monastery & Tashi Kabum

Get ready to experience one of the aesthetic experiences on this trek. Today we visit one of the most beautiful caves of Luri Gumba. It is said that the cave belonged to the Kagyu tradition. The beautiful Buddhist paintings on the wall are very famous. It is a Kagyu lineage Buddhist monastery. Tashi Kabum is another beautiful cave, located just above the Puyung khola. It takes about 1 hour to reach here from Luri Gumba. It takes a little effort to enter this cave as you have to get down on your knees. However, once inside you can stand with ease. We head back on our trail to tonight's destination. Overnight at Yara.

Day 13:Trek from Yara to Charang,(3,560 meters), 6-7 hours

On the 13th day, it's time to move ahead and make our way to the historic city of Charang. Charang also known as Tsarang is the former capital of the Lho kingdom. Rich in its historic and cultural significance this city is a must-visit place. We cross the Surkhang village and some steel bridges then head towards Charang. Charang has one of the most beautiful monasteries in the entire vicinity which dates back 400 years old. The old royal palace serves as the current greatest Library in Lo which is used to store many Buddhist texts. The Stupas, maniwalls, and narrow city streets, they're all fascinating to look at. Overnight in Charang.

Day 14:Trek from Charang to Syangboche, (3,800 meters), 6-7 hours

On this day we walk back to Syangboche via Ghami Village. on our way, we cross the Syoda Khola and travel through the Chinggel (Tsarang, Choya) La. Some prayer flags can be seen along the way after we cross this pass. We then arrive at the city of Ghame where we have lunch. Following lunch, we get on the trail. Passing through Ghami (Ghemi) La and Nyi La we again get to witness the majestic Annapurna, Nilgiri, and the view of Mustang Valley. Going through the small villages of Jhaite, Chhunggar, and Tamagaon we make it to Syangboche. Overnight in Syangboche.

Day 15:Trek from Syangboche to Chhusang 2,980 meters,7-8 hours

On the 15th day, we begin our trek from Syangboche to Chhusang. However, this time we follow another route for arriving at Samar village. we go through Yamda, Chungsi, and Bhena before making it through the Bhena La. Again going from the Dajong La and Taklam La, following the same route backward we make it to Chele village. we have lunch in chele village. then make our way to Chhusang. Overnight in Chussang.

Day 16:Trek from Chhusang to Muktinath(3,800 meters, 7-8 hours

On this day we embark on our journey from Chhusang to Muktinath. The entire trail takes 7-8 hours to complete. Today we take packed lunch with us, it's also important to bring water with you as it's crucial to stay hydrated during these times. We pass via the Gyu La. It is a steep climb before Gyu la. Nevertheless, the 140-degree panoramic view of the Annapurna, Dhaulagiri, and Tukuche Himalayan range makes the climb seem like it's nothing. wild animals can also be seen on this trail. Muktinath is a holy place where many Hindu and Buddhist pilgrims come here. During the festival of Janai

Purnima, an annual fair is held here. Monasteries and temples that worship different Hindu deities such as Lord Bishnu and Lord Shiva are erected here. Overnight in Muktinath.

Day 17: Trek from Muktinath to Jomsom 2,700 meters,6-7 hours

Today marks the final trek of our entire Upper Mustang trek. Last day to enjoy walking in the arid landscape of the forbidden valley of Nepal. We walk from Muktinath to Jomsom via Lupra. Lupra is a small Thakali village residing to the west of Muktinath. We have lunch in Lupra, Bon Monastery, also known as the Bonpo Gompa is one of the places that we see. The oldest walnut tree is in Lubra, which dates back to the 16th century. We pass through a windy valley so make sure you pack accordingly. From Lupra we make our way back to Jomsom. Overnight in Jomsom

Day 18: Fly to Pokhara 850 meters, 25 minutes

Today we leave the Upper mustang trek and go to Pokhara from Jomsom. After arriving at Pokhara, we will visit Phewa lake and enjoy the lake view and mountain. If you wish, you can go by cable car to Sarangkot for sunset.

Day 19: Explore Pokhara city and Evening flight to Kathmandu

An entire day to explore the beauty of Pokhara, depending on the time available to us we can visit some of the best features of Pokhara such as the International Mountain Museum, and local market, or maybe casually stroll around the tranquil Phewa lake and enjoy the lake view and mountain.

Day 20: Explore Kathmandu and Shopping Sightseeing Swyambhunath and Darbar square

Today we explore the capital city of Nepal in depth. We visit Durbar Square and Swyambhunath and enjoy the cultural heritage of Nepal. First, we visit Durbar square where we witness the living goddess, ‘kumari’. The Kumaris are young girls who receive the power of Goddess Kali and Taleju. It is believed that Kumari Goddess is the living incarnation of Goddess Taleju. Later we visit the local market likewise a variety of shrines, temples, monasteries, museums, libraries, and stupas are worth exploring, some of them having major historical significance. In the end, we visit the famous swayambunath stupa where from the top of swayambhunath hill we enjoy the majestic view of captivating sunset and the Kathmandu valley.

Day 21:Departure to airport

On your last day here our representatives will drop you off at TIA with the hope that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey

Includes

Kathmandu Hotel as per program on Bed & Breakfast and basis(3 star level & Twin bed sharing)

? pokhara Hotel as per program on Bed & Breakfast basis (3 star level)

? During the Trek:local Lodge room, Breakfast, Lunch, Dinner and Tea coffee during the meal time.

? Flight: KTM-Pokhara-KTM (Regular Flight) with airport taxes

? Flight: Pokhara-Jomsom- Pokhara flight with airport taxes

? Upper mustang Restricted area permits. ($500 for 10 day)

? ACAP Fees & TIMS Permit Fee
? All staffs insurance , daily wages & Food (English speaking Trekking Guide, assistance guide.)
? Guide/Ass. Guide ground transportation
? Necessary number of Muels /Horse during the trek for carrying Trekking lauggage
? Full day sightseeing in Kathmandu and Pokhara as per program with German speaking tour guide and Vehicles
? All Airport transfers
? All government, local taxes, and official expenses
? Heritage Entrance fees (Pasupatinath, Bhaktapur, Boudhanath, kathmandu Darbarsquare and 5 mona-stries in Upper Mustang)
? Welcome dinner in Kathmandu at the beginning of the trek
? Trekking Arrangement cost.

Excludes

? Lunch and Dinner in City (kathamndu & Pokhara) except welcome dinner
? Excess luggage charge in flight (15 kg is limit)
? Extra expenses due to early arrival, late departure and early return from Trekking.
? Personal expenses such as shopping, snacks, bar bills, cold drinks, bottled or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee etc
? Travel insurance that covers emergency high-altitude heli - rescue and evacuation and health care costs (compulsory)
? Tips for guide and porters
? Jeep ride to Nepal Tibet Board/chhoser and back to lomanthang
? Additional costs due to circumstances beyond our control like bad weather conditions, itinerary mod-ification for safety, government policy changes.

Map

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