# Upper Mustang Round Trek

## Description

The Upper Mustang Round Trek is a journey through the remote and isolated kingdom of Lo which was an independent Tibetan Kingdom in the Mustang region in Nepal. This trek offers trekkers a unique opportunity to explore the hidden and seldom-visited kingdom of Lo, which has remained largely unchanged for centuries. Upper Mustang is known for its arid desert-like landscape and its cultural significance as a former Tibetan kingdom. The trek takes you through some of the most stunning mountain scenery in the world, including views of the Annapurna and Dhaulagiri ranges.

The trek typically lasts around 21 days and is considered to be of moderate to challenging difficulty due to its high altitude. The highest point of the trek is at the Tashi kabum, which reaches an elevation of 4,005 meters. Despite the challenging nature of the trek, it is a rewarding experience for those who are prepared and fit enough to take on the challenge.

Upper Mustang Circuit Trek is located in the rain shadow of the Himalayas, which gives it a unique desert-like landscape. Upper Mustang is known for its ancient Buddhist monasteries, colorful prayer flags, and traditional mud-brick houses that trekkers can explore whilst trekking.

The  Upper Mustang region is home to the Lo Manthang, the capital of Upper Mustang and the seat of the former kingdom. Upper Mustang Circuit Trek gives trekkers a chance to experience the Tiji festival, a three-day religious celebration that takes place each year in the town of Lo Manthang. The festival features ancient rituals, traditional music, and dance, and is attended by people from all over the region.

Upper Mustang Round Trek is considered a  restricted area and requires a special permit to visit. It is a popular destination for trekkers and adventurers, who come to explore its unique landscape and culture. The region is known for its challenging terrain and high altitude, making it an ideal destination for experienced trekkers.

## Highlights

- Lo Manthang: The capital of Upper Mustang and the seat of the former kingdom. It is home to several ancient monasteries and the Tiji festival.
- Tiji festival: A three-day religious celebration that takes place each year in the town of Lo Manthang. It features ancient rituals, traditional music and dance, and is attended by people from all over the region.
- Buddhist monasteries: Upper Mustang is home to several ancient Buddhist monasteries, including the Thubchen Gompa and the Jhong Gompa. These monasteries are known for their beautiful architecture and are an important part of the region's cultural heritage.
- Landscape: Upper Mustang is known for its unique desert-like landscape, which is a result of its location in the rain shadow of the Himalayas. The region is home to towering cliffs, deep gorges, and winding trails that offer stunning views of the surrounding mountains.
- Culture: Upper Mustang is home to a unique culture that has been shaped by its history as an independent Tibetan kingdom. The region is known for its traditional mud-brick houses, colorful prayer flags, and ancient Buddhist practices.

- Trekking: Upper Mustang is a popular destination for trekkers and adventurers, who come to explore its challenging terrain and high altitude. The region is known for its long, winding trails that offer stunning views of the surrounding mountains.

## Itinerary

| Days | Description | Altitude | Hours |
|---|---|---|---|
| 01 | Arrival in Kathmandu | | |
| 02 | Sightseeing Kathmandu Boudha and Pasupatinath | | |
| 03 | flight from Kathmandu to Pokhara | 830 meters | 35 minutes |
| 04 | Flight from Pokhara to Jomsom to Kagbeni | 930 meters | 3-4 hours |
| 05 | Trek from Kagbeni to Chele | 3,050 meters | 6-7 hours |
| 06 | Trek from Chele to Syangmoche | 3,475 meters | 6 -7 hours |
| 07 | Trek from Syangmoche to Dhakmar | 3,820 meters | 7-8 hours |
| 08 | Trek from Dhakmar to Lomanthang | 3,770 meters | 7-8 hours |
| 09 | Explore Lo-manthang (Visit Monastery, Palace and school and enjoy walking around Lomanthang) | | |
| 10 | Day Trip to Chhoser Cave or Drive to Boarder of Nepal Tibet | 3,908 meters | |
| 11 | Trek from Lo-Manthang to Yara | 3,838 meters | 6-7 hours |
| 12 | Hike to Luri Cave Monastery & Tashi kabum | 4,005 meters | 4-5 hours |
| 13 | Trek from Yara to Tangye | 3,240 meters | 7-8 hours |
| 14 | Trek from Tangbe to Chhusang | 3,067 meters | 9-10 hours |
| 15 | Trek from Chhusang to Muktinath | 3,800 meters | 7-8 hours |
| 16 | Trek from Muktinath to Jomsom | 2,700 meters | 5-6 hours |
| 17 | Flight to Pokhara from Jomsom | 800 meters | 25 minute |
| 18 | Explore Pokhara city and Evening flight to Kathmandu | | |
| 19 | Explore Kathmandu and Shopping, Sightseeing Swyambhunath and Darbarsquare | | |
| 20 | Departure to airport | | |

## Detailed Itinerary

**Day 01:Arrival in Kathmandu (1,380m)**

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 (830m)**

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 04: Flight from Pokhara to Jomsom and trek to Kagbeni, (2,804m),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, Chhusang (2,980m), 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 (3,600m), 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, (3,570m), 7-8 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**

**Day 09: Trek from Dhakmar to Lomanthang via Ghar Gumba, (3,770m) , 7-8 hours**

**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, (3,838m), 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. Overnight in Dhi village.

**Day 12:Hike to Luri Cave Monastery & Tashi Kabum, (4,005m), 4-5 hours**

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 Tangge,(3,560m), 7-8 hours**

On 13th day our today's journey commences after breakfast. This day we carry pack lunch with us. The journey from Yara to Tangge consists of walk through the Yaripangje Danda.we cross the Dhechyang river and have lunch near the Phangtakawa village. Crossing through beautiful Sertang Danda we make it to the Tangge village after a long days journey. Tangge village we see beautiful monastery and chorten. Overnight in Tangge.

**Day 14: Trek from Tangge to Chhusang, (3,067m), 10-11 hours**

Prepare yourself for the longest walk in this entire trek. Today we rise early in the morning and begin preparing for today's odyssey . From Tangge we walk on a well marked trail. We have lunch in Paha, which is a camp site. Today's trail goes through Siyarko Tangk Danda, from this area we can see the far stretched lands of the Upper Mustang. overnight in Chhusang.

**Day 15:Trek from Chhusang to Muktinath( 3,800m), 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 16: Trek from Muktinath to Jomsom, (2,700m), 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 17 : Fly to Pokhara, (850m), 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 18: 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. In the evening we fly to Kathmandu. Overnight in Kathmandu.

**Day 19: 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 20: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 (German speaking Trekking Guide, 2 assistance guide for 9 people.)
? Guide/Ass. Guide ground transportation
? Necessary number of Muels /Horse during the trek.
? 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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