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Deeper into Upper Mustang Exploratory Trek - 24 Days

Walk an exploratory trek through the mysterious Buddhist Kingdom of Upper Mustang to discover its sky caves and their secrets of Tibetan culture in the territory of Nepal. Situated in the rain shadow of the Dhaulagiri and Annapurna range, Mustang is one of Nepal's most varied and stunningly beautiful regions. Prohibited to travelers until 1992, Upper Mustang only half-opens its door to a small number of travelers motivated by the discovery of the amazing kingdom of "Lo Pa ".

Still categorized into a restricted area, Upper Mustang sees a limited number of tourists, and it's able to hide the secrets of thousands of caves distributed sparingly on its red cliffs. Carved canyons and fantastic rock formations, traditional, white-washed Tibetan-style villages, royal palaces, crumbling fortresses, unexplored cave complexes, Tibetan Buddhist fortified monasteries, ubiquitous chortens and Himalayan snow-peaks are the special characteristics of this region.

The capital, Lo Manthang, a starkly beautiful region, home to Tibetan Buddhism as well as the remnants of the more mystical Bon religion which pre-dates Buddhism is home to the Loba people, and its walled city is considered by some scholars to be the best-preserved medieval fortress in the world, a candidate to become a UNESCO World Heritage.

Our Deeper into Upper Mustang Exploratory trek is a journey along some of the least known routes to the more isolated villages in this sun-drenched region, often following the rocky Kali Gandaki riverbed, other times trekking on spectacular trails high above it, and descending through marvelously sculpted and multi-hued gorges. Upper Mustang is the realm of the last nomads of Mustang, still living their traditional migratory lifestyle on the high plateaus bordering Tibet.

We visit some of Upper Mustang's most far-flung villages such as Tangge, Ghara, Yara, Samdzong, having salt-butter tea and bartering for locally-woven textiles with the villagers, have coffee, and chat with the King of Mustang, Jigme Parbal Bista. We explore several caves like Konchok Ling Cave, Chungsi caves, Choser cave Tashi Kabum. We visit ancient Buddhist monasteries like Luri Gompa, Ghar Gumba, Namgyal Gompa, Gompa in Garphu, and Niphu, three gompas of the walled city of Lo Manthang, and many others.

Deeper into Upper Mustang Exploratory trek is a long trek, off the beaten path trek, an exploratory trek and a cultural trek ideal for enthusiastic adventurous fellow interested in ancient Buddhist cultures, exploration of caves, Tibetan Buddhist cultures and want to discover the remotest part of Upper Mustang.

If you are looking for a shorter cultural trek to Upper Mustang then our Upper Mustang Trek- 17 days would be suitable for you. The best time for the Upper Mustang trek is from March to October (June to October most recommended). If you can get there in August, the tempting panorama of flowering buckwheat fields will cherish you.

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PRICE INCLUDES

- Airport pickups and drops in private vehicle
- Three nights' accommodation with breakfast at a 3-star category hotel in Kathmandu
- Two nights' accommodation with breakfast at a 3-star category hotel in Pokhara
- Guided Kathmandu City Tour in private vehicle including temple and monument entrance fees
- Kathmandu to Pokhara transfer in private vehicle
- Pokhara -Jomsom -Pokhara flight
- Special Trekking Permit US$ 500 per person for 15 days (the above price includes 10 days valid trekking permit from Kagbeni to Kagbeni. If you wish to stay more than 10 days in restricted area, you are subjected to extra charge for extra days (US$ 50 per day / per person).
- Annapurna conservation permit and all necessary permits.
- Meals (breakfast, lunch and dinner) during the trek
- Seasonal fruits during the trek
- Duffel bag, down jacket and sleeping bag for use during the trek
- Icicles adventure treks & Tours T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- Government taxes & office service charge All your standard Meals prepared by our expert camping cook and kitchen team during the trek (Breakfasts, Lunches and Dinners).
- Tented accommodation and equipment during the camping trek. (We will provide two man tents, dinning tents, kitchen gear, dining table, chairs, toilet tents,
- The required number of local staff, porters and Yaks or Jhopkey (Strong Animal similar to Yak) to carry your luggage during the trek.

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu or Pokhara because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu and Pokhara (and also in the case of early return from mountain than the programmed itinerary)
- Alcoholic drinks and cold drinks
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

Our representative will meet you at the arrival terminal of Kathmandu Airport. So as soon as finish your custom formalities (visa, etc.) and get to the airport waiting for terminal, look for our representative who will be holding the Icicles Adventure Treks & Tour signboard. You will be then transferred to your respective hotel in our private vehicle. You can either rest in your hotel or shop around Thamel for any gear for your trek.

Stay overnight at Kathmandu
Accommodation: City Hotel

Day 2: Kathmandu: UNESCO World Heritage Sites Tour and Trek preparation

We explore the UNESCO World Heritage sites of exotic Kathmandu city. Hence, after waking up, we shall take you on a sightseeing tour around Kathmandu valley today. We will take you around UNESCO world heritage sites, including Kathmandu Durbar Square, Swayambhunath Stupa, Boudhanath, and Pashupatinath temple.

Get insights into centuries-old culture, craftsmanship, and architecture, avoiding crowd and dust as possible. We recommend you put on a mask while strolling around Kathmandu city, especially during the dry season.

Afterward, give a quick visit to our Icicles office, or our trekking guide will visit you at your hotel to have a chat on your preparations and packing.

Stay overnight in Kathmandu.
Accommodation: City Hotel
Meal: Breakfast

Day 3: Kathmandu to Pokhara (820m/2,690ft)

Excitement must be flowing through your entire body as you are now ready to leave Kathmandu city and begin your dream trip in Nepal. With that in mind, we leave the bustling charms of the capital city and drive towards another famous yet heart throbbing city of Nepal called Pokhara.

In it’s simplicity, Pokhara itself is a wonderful site for both adventure enthusiasts and leisure travelers. Encompassing the shimmering Phewa Lake, tourists can stroll around the quaint, tranquil sidewalks while gazing at the majestic views of the colossal Himalayan mountains up north.

Stay overnight at Pokhara.
Driving Time: 6 hrs.
Accommodation: City Hotel.
Meal: Breakfast

Day 4: Fly to Jomsom (2700m/8856 ft) and trek to Kagbeni (2850m/9350 ft)

Today we are scheduled to take a flight away from the charming Pokhara city and head up high to Jomsom. Unlike Pokhara city, Jomsom lies within a very rural part of Nepal with many trekking routes seemingly starting from there.

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In addition to that, as it is situated at a very high altitude of 2,700 meters above sea level, Jomsom is a beautiful town where trekkers can get the first glimpse of traditional, old-style houses. As soon as you land in Jomsom, you can feel the natural freshness with the wind blowing through the valleys, hills, and cliffs of this magnificent region. Continuing on from Jomsom, we shall follow the mystique Kali Gandaki Valley up and end our day at Kagbeni village.

Stay overnight at Kagbeni.
Walking Time: 3-4 hrs
Accommodation: Local lodge.
Meal: B, L, D

Day 5: Kagbeni to Muktinath (3760 m/12464 ft)

It is day five and we have now started feeling the effects of 'High Altitude Trekking' as we gain elevation beyond 3,000 meters above sea level. Having said that, the trek, in general, will become more blissful as trails become more picturesque filled with heavenly trans-Himalayan landscapes and terrains.

Our trekking trail follows a trekking route towards Jharkot and Ranipawa village. And as we continue ahead, we will reach Muktinath Temple. Known for being a popular religious site, Muktinath temple is a great place to get in touch with the culture and religion of Nepal.

Stay overnight at Muktinath.
Walking Time: 3-4 hrs
Accommodation: Local lodge
Meal: B, L, D

Day 6: Muktinath -cross Gyu La (4077m) to Tetang (3040m/9970 ft)

The main focus for today will be to cross the Gyu La Pass which stands at a high elevation of 4,077 meters above sea level. Following a bright, vivid trail filled with gorgeously festooned fluttering prayer flags. Along our way to Tetang village, we will cross Gyu La while gazing at the spectacular Himalayan views.

After crossing the Gyu La, we will make a descend down to a green valley and reach Tetang village. Upon reaching Tetang, you will be able to get some amazing insights into the rural lifestyle of Nepalese people who have lived here for several generations. Furthermore, Tetang is a quiet photographic village for those who have a passion for photography.

Stay overnight at Tetang village.
Walking Time: 6-7 hrs
Accommodation: Camp
Meal: B, L, D

Day 7: Tetang to Pa (4010m/13152 ft)

Today is going to be a very long day and quite challenging as we will have to make sure that we reach the settlement of Pa before dawn. Therefore, after waking up and having our usual morning breakfast, we shall leave Tetang village and walk on a trail along an alluvial hillside.

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Like any other day, we shall make use of our day by hiking on a trail higher to Pa. Furthermore, we will also follow a Siyarko Thang Danda and continue on a small cairn topped ridges. Later after walking for about 7 hours, we will reach Pa village.

Stay overnight at Pa
Walking Time: 7-8 hrs
Accommodation: Camp
Meal: B, L, D

Day 8: Pa to Tangge (3240m/10627ft)

Unlike yesterday, today will be an easier day as we have to simply pass over a small ridge called Pa La which stands at a high altitude of 4,185 meters above sea level. Marked with prayer flags we shall follow a distinctive trail that is going to head down to Tangge village.

After following a scenic Himalayan route, we shall reach Tangge village. All in all, it will take us about 4 hours to reach Tangge village today. Upon reaching Tangge, we will witness a small community village filled with several houses and domesticated animals such as sheep and goats.

Stay overnight at Tangge.
Walking Time: 4-5 hrs
Accommodation: Camp
Meal: B, L, D

Day 9: Tangee to Dhey (3920m/12857 ft)

It's another beautiful morning in the scenic village of Tangge. We will enjoy our breakfast and then pack up our bags for another adventure into the serene natural lands of the Upper Mustang. We continue heading northeast and enjoy a fantastic landscape that has been shaped by centuries of wind and water erosion.

We continue climbing to higher lands and cross Sertang La Pass which is a revered site for the locals living here. Shortly after crossing Sertang La, we will reach Dhey village which is also known as one of the most isolated villages of northern Himalayas.

Stay overnight at Dhey
Walking Time: 5 – 6 hrs
Accommodation: Camp
Meal: B, L, D

Day 10: Dhey to Dhechyang Khola to Yara (3650m/11972 ft)

Dhey is a lovely village, no doubt about that. However, we can't really stay here much long amount of time. Hence, we will continue onward to our next destination of Yara village today.

This will not take us more than 6 hours to reach as the trail is bewilderingly gorgeous and will encompass your eyes with some breathtaking views of dramatically present cliff faces. As we continue further, we shall cross a small river

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stream and the reach at Yara village later in the evening.

Stay overnight at Yara
Walking Time: 6-7 hrs
Accommodation: Camp
Meal: B, L, D

Day 11: Yara to Ghara (Luri Gompa)

After spending a night at Yara village, we shall hike up higher to Ghara village. Following a northeast trail out of Yara village, we will now cross some huge, dramatizing canyons filled with rocky ancient caves. Heading along the trail that is covered up with gracefully painted chorten.

As we continue moving further, we will follow Puyung Khola and head up towards Ghara. Upon reaching Ghara village, you can explore some ancient caves and dwellings dated to be around the 13th to 14th century old. Furthermore, you can even relish in the mesmerizing mountain views.

Stay overnight at Ghara village
Walking Time: 3 hrs
Accommodation: Camp
Meal: B, L, D

Day 12: Trek Chodzong Gompa Camp (3900m/12792 ft)

Today is a comparatively hard day. We will head out towards Chodzong Gompa Camp, located at a high altitude of 3,900 meters above sea level.

We will have our breakfast and then begin climbing towards a village towards a sandy trail past some minute cave dwellings featuring great foliage and heading higher to Chodzong Gompa Camp. Overall, the overall journey will take us about 5 hours to complete after leaving Ghara village.

Walking Time: 7-8 hrs
Accommodation: Camp
Meal: B, L, D

Day 13: Chhodzong Gompa to Yarsang khola Camp (4600/15088 ft)

It is day thirteen and we are now going to head towards Yarsang Khola Camp from Chhodzong Gompa. So, after having our breakfast and enjoying the serene natural surroundings of Chhodzong Gompa, we shall tie up our laces and head up higher to Yarsang Khola Camp. Moving forward, we will walk along the Salde Khola and as the sun slowly begins to go down, we shall reach Yarsang Khola Camp- our final destination for the day.

Stay overnight at Yarsang Khola Camp.
Walking Time: 5-6 hrs
Accommodation: Camp
Meal: B, L, D

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Day 14: Yarsang Khola Camp to Samdzong (4372m/14340 ft)

As per our scheduled itinerary, we shall now head towards Samdzong village from Yarsang Khola Camp. While attempting to reach Samdzong, we shall climb up the valley and complete a 20m ascend today.

So, after waking up in Yarsang Khola Camp and finishing our breakfast, we shall head start following the Yarsang Khola on the right flank while observing the blissful views of Mt. Annapurna. Continuing, we will pass through Tal Khola and Thak La.

Later, we will arrive at Samdzong village, situated beside the iconic Samdzong river at more than 4,000 meters of elevation.

Stay overnight at Samdzong.
Walking Time: 5-6 hrs
Accommodation: Camp
Meal: B, L, D

Day 15: Samdzong Village to Choser Village

It's another beautiful morning as we wake up in the scenic village of Samdzong. We will enjoy our breakfast and then pack up our bags for another adventure into the serene natural lands of the Upper Mustang. We continue on with our trek and enjoy a fantastic landscape that has been shaped by centuries of wind and water erosion.

On our way to Choser village, we shall explore Konchok Ling cave and reach Choser village after walking for about 5 to 6 hours. In addition to that, Choser used to be one of the most important villages for carrying out trading activities between Tibet.

Stay overnight at Choser
Walking Time: 5-6 hrs
Accommodation: Camp
Meal: B, L, D

Day 16: Chhosar Village to Lo Manthang

The attractions at Chhosar never appear to finish. At long last, abandoning Chhosar village, we stroll for a couple of hours seeing hundreds of years old posts, religious communities and begin to see the dividers of Lo Manthang which is otherwise called the 'Plain of Aspiration'.

We see the horsemen riding their stallions, crossing the waterway, going around the city. We now enter the town of Lo which has a single passage and through which just the King, Queen, and Kempo (Abbot) are permitted to ride.

Stay overnight at Lo Manthang
Walking Time: 5-6 hrs
Accommodation: Camp
Meal: B, L, D

Day 17: Lo Manthang

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Today we explore Lo Manthang, Namgyal religious community, and Tingkhar. We prescribe you to take a steed ride today advancing during that time trip. Additionally, we visit the Namgyalgompa which is otherwise called the religious community of triumph which is situated at the edge and has a famous fascination at Lo.

Leaving behind the cloister, we enter the Tingkar town. It is likewise the mid-year castle of the ruler. We discover posts and different attractions around. We come back to Lo and remain overnight at a nearby cabin.

Stay overnight at Lo Manthang.
Breakfast, lunch, and supper included.

Day 18: Lo Manthang to Tsarang (3560m/11676 ft) via Lo Gekar Gompa

After enjoying a peaceful exploratory day at Lo Manthang, we are now ready to leave the enchanting fortress of this iconic place and head down to Tsarang village. In order to do so, we will first need to wake up and have our breakfast with our companions.

After filling up our bellies with a nutritious breakfast, we shall carry our bags and start following the guide on a striking trekking trail that slopes down all the way to Lo Gekar Gompa. From there ahead, we will descend further down to Tsarang while enjoying the natural freshness of our surrounding environment.

Stay overnight at Tsarang
Walking Time: 6-7 hrs
Accommodation: Camp
Meal: B, L, D

Day 19: Tsarang to Gheling (3570 m/11710 ft)

It’s day nineteen and we are now going to continue on with our trek by following a heart-throbbing trekking trail towards Gheling village. Known for its picturesque landscape and friendly, compassionate local people, Gheling will be our final destination for this day.

All in all, it will take us at least 5 hours to reach Gheling from Tsarang. So, we don’t need to hurry at any rate. We can simply stroll through the entire trail at our own pace without hurrying.

Stay overnight at Gheling
Walking Time: 5-6 hrs
Accommodation: Camp
Meal: B, L, D

Day 20: Gheling to Tangbe (3060m/10036ft)

We are now reaching the ending phase of our Deeper into Upper Mustang Trek. Hence, we are now going tumble all the way down to Tangbe village which is a very beautiful rural village that is quite popular among foreigners.

After waking up and having our breakfast, we shall leave Gheling village and walk on a trail with fantastic Himalayan views of Mt. Annapurna 1, Mt. Nilgiri, and other surrounding snowclad mountains peaks. Later we shall head down to Syangboche village and then cross the Syangboche river before reaching Tangbe several hours later.

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Stay overnight at Tangbe
Walking Time: 6-7 hrs
Accommodation: Camp
Meal: B, L, D

Day 21: Trek to Jomsom

Going ahead with the last leg of our trek, we will hike along the stunning Kali Gandaki River. By doing so, we are bound to reach Kagbeni village after 3 hours of continuous walking.

From there onward, we need to start hiking to Jomsom village but before reaching Jomsom, we will pass through a small village called Eklebhatti. Upon arriving at Jomsom, trekkers can take a rest for the remainder of the day and have some delicious local delicacies.

Stay overnight at Jomsom
Walking Time: 6-7 hrs
Accommodation: Local lodge
Meal: B, L, D

Day 22: Fly Jomsom to Pokhara

Today we will fly back to Pokhara from Jomsom early in the morning. And after landing in Pokhara, you will be transferred to your hotel by our representative. Once there you can take your bags down and enjoy a relaxing day inside the famous lakeside area.

Stay overnight at Pokhara
Breakfast included.

Day 23: Drive Pokhara to Kathmandu

We return to Kathmandu today by taking a scenic drive through beautiful hill areas. We hit the street one morning and getting a charge out of the agreeable ride-intensive valleys, streams, and settlements.

We arrive in Kathmandu at around 3 pm. Upon reaching Kathmandu, you shall be transferred to your respective hotel rooms for the remaining time where you can take some much-needed rest.

Stay overnight in Kathmandu.

Day 24: Depart Kathmandu-Airport drop

Your Deeper into Upper Mustang, an exploratory Upper Mustang Trek concludes today. Our airport representative will drop you at the international airport in Kathmandu for your departure flight from Nepal.

Meal: Breakfast