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Upper Mustang Trek - 17 Days

"Join our Upper Mustang Trek to uncover the hidden mysticism of Upper Mustang."

With plenty of nature to see and culture to observe, Upper Mustang is a beautiful place to travel in. A trek inside Upper Mustang is a journey which presents travelers with a vivid blend of arid landscape & exotic cultural heritages. Upper Mustang lies near to the Tibetan border at an altitude over 4,000 meters above sea level. It encompasses Tibetan societies, scenic landscapes & compelling arrangement of bio-diversity. Due to which, it has gained vast popularity as an incredible trans-Himalayan region!

Initially, trekkers get to go an outlandish venture which takes them on an off the beaten path trail. Following out of the ordinary and far-flung trek routes, trekkers are eventually rewarded with breathtakingly beautiful vistas. Learn and witness the glorious Tibetan cultures as you make your way up and through the valley's ethnic villages; take pleasure in the scenes of yellow & grey colored hills being eroded away by the gusting winds and ultimately capture all those precious moments in your heart so that you can cherish them forever.

Our 17 days Upper Mustang Trek begins with a flight from the scenic lake city of Pokhara to Jomsom. From that point onward, you visibly make an effort to go through Mustang's windswept mountain desert areas with our vigilant trekking staffs as planned in our trek itinerary. We gradually follow trails atop Kali Gandaki River and steadily make our way through to the historical site of Lo-Manthang which is also sometimes referred as "the capital of Mustang". Take each of the moment as an opportunity to learn and revitalize your mind and body while exploring the natural graces, rivers and its ancient caves. Not only that but we also visit some of Mustang's most distant villages of Ghara, Yara and Tangge (in the spring) and if the timing is right you can observe the fascinating "Tiji Festival" which is another major highlight of our trek.

Along the entire route of our remaining trek you are offered with deep understanding of the obscured lifestyle of the indigenous communities who are thriving in this barren but stunning region. After Lo-Manthang our next point of interest will be the secreted holy site of Muktinath Temple, which has been a very revered place of spirituality & religious harmony among Hindu and Buddhist people. Later on as we reach closer to the end of our trek we trek ahead to Jomsom and take a flight back to Pokhara on the fifteenth day of our trek.

Dream like geographical landscapes and locally grown delicious apple await any traveler who wishes to visit this unscathed region with intact ancient cultures and rituals. Contact Icicles Adventure Treks now and join in on our Upper Mustang Trek for a memorable experience in this remarkable region with our trustworthy trekking staff.

UPPER MUSTANG TREK NOTE:

We strongly suggest scheduling an extra day in Kathmandu post-trek in case of flight delays or cancellations out of Jomsom! It is possible to shorten the trek by driving from Lo Monthang directly back to Jomsom or taking a helicopter from any of the villages back to Jomsom or Kathmandu. You can also make a stopover in Pokhara for a night or two. Let us know if you want any moderation in this itinerary.

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PRICE INCLUDES

- Airport pick ups and drops in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore/Hotel Mulberry or similar
- Two nights' accommodation with breakfast at a 3-star category hotel in Pokhara- Hotel Aabas or similar
- Best available twin sharing local lodge to lodge accommodation during the trek
- Guided Kathmandu City Tour in private vehicle including temple and monument entrance fees
- Kathmandu- Pokhara-Kathmandu transfer by tourist bus
- Pokhara -Jomsom -Pokhara flight
- Special Trekking Permit (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
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Duffle 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

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International airfares, domestic flights except Pokhara-Jomsome-Pokhara
- 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)
- Beverages (tea/coffee, cold drinks, alcoholic beverages, bottled or boiled water)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips for guides and porters

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ITINERARY IN DETAIL

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

Upon your arrival at the Tribhuvan International Airport (TIA) in the capital city of Kathmandu, a representative of Icicles Adventure Treks shall welcome and greet you to the Himalayan nation. After that you shall be transferred on a private vehicle to your respective hotel room where you can loosen up a bit and give some rest to your jetlagged body. Later you also have the option to take a stroll around the iconic Thamel area where you can many streets and shops waiting to be explored by travelers like you. Stay overnight at Kathmandu.

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

Today we have planned a sightseeing tour which is intended to let you explore around the ideal capital city of Kathmandu. Extraordinarily, we shall visit around the UNESCO world heritage sites that offer incredible chances to get bits of knowledge into the intricate designs of sanctuaries created hundreds of years back.

At first, we visit Kathmandu Durbar Square, and after that take a drive to the Monkey Temple of Swayambhunath followed by the holy Pashupatinath Temple and lastly the Buddhist stupa of Boudhanath. Later in late evening, we will have a short pre-trip meeting. You will meet your trekking guide and can unreservedly ask inquiries relating to your trip ahead that you want to question. Stay overnight at Kathmandu. Breakfast included.

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

We take a grand drive to the lake city of Pokhara subsequent to having our breakfast at our lodging. After around 6 hours of a pleasant drive on through mountains, terraced fields, stream banks, farmlands, green valleys, we at long last shall come upon the wonderful city of Pokhara with one lunch stop in transit.

In the wake of reaching Pokhara, you will witness the change in landscape with spotless clear environment, lakes, Himalayan perspectives and cordial individuals which can be the best place to be in that instance. You may also go out for a stroll around lakeside or do boating if time remains. As the sun sets we shall afterward move to our lodging in Pokhara. Stay overnight at Pokhara. Breakfast included.

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

We will head towards Pokhara airport to get a short scenic flight towards Jomsom today. You will see delightful Annapurna and Dhaulagiri Himalayas from the flight alongside the world’s most profound Kali Gandaki gorge. After arriving at Jomsom, we begin our trekking action further into the Annapurna region while traversing alongside the Kali Gandaki River.

We shall also stroll along the stream bank closely and genuinely straight for a couple of hours before we touch base at Eklebhatti town. We will have a short lunch stop at this place and proceed with our trek to Mustang by means of the prominent local town of Kagbeni.

In Kagbeni, the Kali Gandaki River is made by conversion of its existing tributaries Mustang Khola and KakKhola whose perspectives are thought to be very staggering and endearing. In any case, we stay overnight at nearby cabin in Kagbeni getting a charge out of general trekking encounters. Stay overnight at Kagbeni. Breakfast, lunch, and

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supper are incorporated.

Day 5: Trek to Chele (3050m/10000ft)

Our astounding trek to Mustang proceeds as we walk north through the Kali Gandaki waterway valley. On the western side of the stream, we can see an exceptionally absurd NyingmapaGompa Kang religious community.

Additionally, while strolling through the wonderful Tangbe, we gradually plunge through Chhusang town, which lies at the conjunction of Narshing River and Kali Gandaki River. There are a couple of religious communities to visit at Chusang.

Presently moving up the gigantic fallen strongholds, we take a lofty move towards Chele. We additionally observe the adjustment in culture from Manang to Tibetan Lo. Stay overnight at Chele. Breakfast, lunch, and supper included.

Day 6: Trek to Geling (3570 m/11710 ft)

In the wake of having our initial supper at our hotel, we proceed with our move through soak fruitless trails without trees or water sources along the lofty gorge and shake. We see a few chortens on edge and further plummet before heading towards the wonderful town of Samar.

The Tibetan alike scenes, level with excellent perspectives of Annapurna Himalayan ranges and encompassing pinnacles. We go through Bhena La, Yamda La before achieving the village of Shyangbochen (3800m), initially a regular Kharka, named after a young lady, Shyangbo (Che implies put in Tibetan).

We stop for lunch in Shyangbochen. We at long last arrive at Geling town with red gompas, old contemplation gives in, and houses with grain fields. Stay overnight at Geling. Breakfast, lunch, and supper included.

Day 7: Trek to Tsarang (3560m/11676 ft)

Today, proceeding with our Mustang Trek, we abandon Geiling and trek towards Nyala situated at 4000m above ocean level. We appreciate fantastic perspectives of close-by Himalayas and plunge to Ghemi. Moreover, we cross a suspension extension that takes us over Tangmar River and we touch base at Tsarang. Tsarang was old capital of Lo kingdom. We will at long last visit an old neighborhood religious community. Stay overnight at Tsarang. Breakfast, Lunch and Dinner included.

Day 8: Trek to Lo Manthang (3810 m/12400 ft)

The attractions at Tsarang never appear to finish. In this way, on the off chance that you wish to explore significantly more locales, then we can without a doubt take you around the castles and religious communities. At long last, abandoning Tsarang, 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. All others must stroll, to offer their regards to Chenrizig, the Buddha of Compassion. Lord Jigme Palbar Bista, called ‘Lo Gyelbu’ by the Mustangis, still dwells at his four-storied royal residence inside the city dividers; that is, the point at which he’s not in Kathmandu.

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He is an ardent horseman and keeps his own stable of stallions, a portion of the best in Mustang. In the present setting, the lord assumes a stately part in spite of the fact that he is very much cherished and regarded all through Mustang. The present lord is the 25th descendent of Ame Pal. Stay overnight at Lo Manthang. Included breakfast, lunch, and supper.

Day 9: Exploration day in Lo Manthang – NamgyalGompa and Tingkhar

Today we explore Lo Manthang, Namgyal religious community, and Tingkhar. We prescribe you to take a steed ride today advancing during that time trip. Advance we visit the Chosar town, religious communities, and chortens and head towards eastern banks of Mustang stream towards over 2000 years of age Jhong give in.

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 10: Lo Manthang to Dhakmar (3820 m/12530 ft)

Thusly, we at long last abandon the Lo Manthang and advance towards Dhakmar. The trekking course is for the most part tough towards Chogo and afterward we begin sliding to touch base at Ghar cloister at Dhakmar. We can see blue sheep's and wild rabbits over yonder. It will associate with 7 hours of tough first and downhill walk today. Stay overnight at Dhakmar. Breakfast, lunch and supper included.

Day 11: Dhakmar to Syangbochen (3800 m/ 12464 ft)

Proceeding with our Mustang Valley Trek, we take a long downhill trek back to Ghemi and will take a tough stroll to Ghemi La. With proceeded with rises and dives, we will stroll down the stream and move over Nya la go at 4090m to see wonderful perspective of Annapurna, Mustang and Nilgiri Himalayas. Promote we have our tummy break at Jhaite before achieving Syangbochen. Stay overnight at Syangbochen. Breakfast, Lunch and Dinner included.

Day 12: Syangbochen to Chhusang (2980 m/ 9774 ft)

Abandoning Syangbochen, we advance towards left course that brings us down the valley through lovely villages. We see the shepherds with their sheep's, cattle's and go through Chungsi give in. Lovely flying creatures welcome us as we cruise by, these hollows, which is likewise the Guru Rimpoche's contemplation put. Assist, we stroll up the self-made Tibetan affected figures, chortens and different relics. In the wake of ascending the high mountain, we arrive at Chisungi La demonstrating elevated perspective of Lo Manthang and close-by mountains. In the comparable way, we follow down our means towards Chhussang. Stay overnight at Chhussang. Breakfast, Lunch and supper included.

Day 13: Trek to Muktinath (3760 m/12464 ft)

We start our day early today. At first, we dive towards Muktinath, a blessed journey place of worship that holds extraordinary significance for both Hindu and Buddhist travelers. This sacred sanctuary of Lord Vishnu is encompassed by 108 waterspouts and visit to adjacent Jwala Mai sanctuary with interminable fire sparkling out from inside the ground. We shall spend the overnight at a neighborhood cabin at Muktinath. Stay overnight at Muktinath. All breakfast, lunch and supper included.

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Day 14: Muktinath to Jomsom (2700m/8856 ft)

Festivity is around the bend as we are on our last trekking day. Even though we can drive to Jomsom, we attempt to take rough terrain course through Jharkot or Lupra town with the goal that we can see significantly more social variety, visit more brilliant religious communities and antiquated castles. We have our lunch and keep strolling towards Jomsom getting a charge out of fantastic scene perspectives of Kali Gandaki and Kagbeni. Lastly we end our day with a last stroll down to Jomsom sometime in the evening time. Stay overnight at Jomsom. Breakfast, lunch and supper included.

Day 15: Morning flight back to Pokhara

In the wake of having our initial feast at the cabin, we prepare to load onto a flight from Jomsom to Pokhara with terrific Himalayan perspectives. Sit at the left half of plane for better close-up Himalayan perspectives. Capture some scenic shots of this regions vast magnificence before arriving in Pokhara. What's more, after arriving at Pokhara, appreciate leisure time at lakeside. Stay overnight at Pokhara. Breakfast included.

Day 16: Drive Pokhara to Kathmandu

We return Kathmandu today by means of street. We hit the street on morning and getting a charge out of the agreeable ride intensive valleys, streams and settlements. We arrive at Kathmandu at around 3pm. Upon reaching Kathmandu, you shall be transferred to your respective hotel rooms for the remaining time where you can take some much needed rest. Lastly you should consider going out to do some souvenir shopping as this your last day here and buy something that will remind you of this lovely nation. Included breakfast and farewell supper.

Day 17: Depart Kathmandu-Airport drop

At long last, our 17 days Upper Mustang Trek and your Nepal vacation has come to an end today. After all your packing is done and when you are fully ready, a representative of Icicles Adventure Treks shall drop you to the International Airport 3 hours prior to your scheduled flight. Arriving in time is imperative as you would prefer not to miss your international flight. Now we say farewell and hope you come back to Nepal for some other excellent treks.

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FAQ

1. Can I go for Upper Mustang Trek? How difficult is this trek?

Upper Mustang Trek is not strenuous, but more of exploring beautiful deserted landscapes, rich cultures and magical surroundings. Therefore, you can comfortably join this adventure along with your kids, family members, and/or friends.

2. Can I go for Upper Mustang Trek on my own? What are prerequisites?

There must be at least two trekkers with one government licensed trekking guide to join this trek. Trekking with local trekking companies during any treks in Nepal is highly recommended because it will help local economy grow and no one knows the home town better than local inhabitants.

3. When is the best time to join this trek?

Upper Mustang region lies at the rain shadow area where there is very less chances of rainfall. Therefore, this is an evergreen trek that can be joined during any time of the year. Capture the best landscape views along with cultural exploration opportunities and the major Tiji festival usually happens on month of May which you wouldn't want to miss.

4. What are the permits required?

For this trek, you need to have Annapurna Conservation Area Project (ACAP) permit along with restricted area permit. All these permits will be arranged by our company and is included in trip cost.

5. What should my insurance policies cover?

It is recommended that your insurance policy covers medical rescue upto 4000 meters. Getting a travel insurance is a must. Therefore, get insured from reputed travel insurance company after booking this Upper Mustang Trek with us.

6. Can I directly fly from Kathmandu to Jomsom?

No, there are no direct flights from Kathmandu to Jomsom. The flight to Jomsom only departs from Pokhara airport.

7. What meals do we eat during Mustang trek?

Hygienic meals are prepared at tea houses with quite a few items to choose from, from Nepali, Indian to mostly Tibetan food items are on offer.

8. What are the accommodation options available?

Upper Mustang Trek is mostly a tea house hiking, but camping can also be organized upon request. There are plenty of lodges with meals and other standard facilities on offer.

9. What are the things to pack for this adventure?

Well, bring along your windproof jacket, sleeping bag and sleeping mat along with trekking boots if you have them. Or else we will arrange easy hire or buy options of all trekking equipment after your arrival in Kathmandu. Here, in this page you can find extensive trekking in Nepal equipment list.

10. What about foreign exchange and ATMs?

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You can easily get foreign exchange services so that you hold Nepalese currencies at most of the places in Kathmandu, Pokhara and Jomsom. Also, there are plenty of ATMs at these city areas.

11. Why there is big difference in cost among the trekking companies?

You may have noticed there is big difference in cost usually among the local and international trekking companies. Various factors affects the cost; and salary/benefits of trekking guide plays a vital role in determining the cost. If the guide is foreigner, then all of his international flights, accommodation and salaries is added which is much more compared to local trekking guides.

Therefore you are highly recommended to join this trip with local trekking company that uses experienced and trained professional guides. In this way, you will be also creating the employment opportunities and supporting the local economy prosper.

12. What is highest altitude gained and what are chances of AMS?

Highest altitude gained is 3810m above sea level at headquarter of Mustang region, Lo-manthang, which is below 4000m and not considered as risk of altitude sickness. However, if you feel unwell, our trained professional guide will take a good care of you and takes best decision as per situation.

13. Is there mobile coverage and internet?

Both of the major telecom service providers Nepal Telecom and Ncell have coverage on Upper Mustang Region of Nepal and you can easily contact your loved ones back home via telephone or internet.

14. Are there hot shower and laundry facilities during the trek?

Yes, most of the tea houses offer solar powered hot shower facility. The trail is well developed and few lodges even provide laundry services.

15. Can I customize this trip?

Yes, like our other trips, Upper Mustang walking trip is also customizable as per your need and requirements. We do arrange the trips that fit your budget, from standard to luxury without compromising on quality being offered. Let us know how you want to make this trip happen, and we will tailor made just like you ordered.