Upper Mustang Trek



Introduction

Upper Mustang Lo-Manthang trek is a trek to the forbidden kingdom, which lies in the northern central part of Nepal. This area is considered to visit as one of the most interesting and picturesque places. Trek to upper mustang is an exceptional, extended trek pass through an almost treeless barren unique landscape with a great culture of Nepal Himalaya. The region of Kaligandaki from the Tibetan border to south to Kagbeni is generally referred to as Upper Mustang. A legend city Lo –Manthang is the capital of Upper Mustang. It is situated at an altitude of 3800 meters with a magical place and centuries of rugged history. Upper Mustang Lo-Manthang trek offers myriad attractions to visitors. Ecologically and biologically unique habitant harbors, high-value species, both flora, and fauna. The trail, trek to Lo – Monthang follows high altitude desert with panoramic views of Nilgiri, Annapurna, Dhaulagiri, and several peaks give a truly memorable trek. Moreover, the gorge, which the Kaligandaki River runs through, is the deepest in the world. The rich and colorful strands of natural and cultural diversity combine to weave the unique tapestry. That is mustang the destination with a difference.

Trip Facts

Trip Duration	11 Days
Trip Grade:	Moderate
Best Season	May to September
Per Day Hiking:	6/8 hrs
Elevation	3890 m

Accomodation	Tea House /Lodge
Transportation	Air / Land

Cost Includes

- Airport to hotel and airport transfer by private car.
- 3nights Accommodation twin sharing in Kathmandu include breakfast.
- 2nights Accommodation twin sharing in Pokhara include breakfast.
- Guided city sightseeing tour in Kathmandu includes entry fees.
- Pokhara city sightseeing and an hour boating in Fewa Lake.
- Kathmandu /Pokhara /Kathmandu transfer by tourist bus.
- Flight Ticket from Pokhara / Jomsom / Pokhara
- Require trekking permit, TIMS and other entry fees.
- Upper Mustang special permit.
- A English speaking experience & license holder trekking guide.
- Trekking porter / s (2 trekkers can share a porter) carrying 15 KG
- Teahouse / lodge accommodation on the trek.
- Three meals a day (Breakfast/ Lunch/ Dinner) during the trek
- A route map
- Welcome & farewell dinner

Itinerary Details

1. **Arrived to Kathmandu**

   Arrive in Kathmandu the beautiful capital city of Nepal. The beautiful snow-clad Himalayan mountain range, apart from the peak of Mount Everest, can be viewed from the Kathmandu valley. We will meet you at the airport and transfer you to the hotel A trip briefing and official meeting will be held. Forms and disclaimers need to be filled out and signed and final cash payments. You will be introduced to your group leader and given an overview of the trip and remaining time explores local market. Stay overnight at hotel on Bed & breakfast basis.

2. **Kathmandu city tour (1300 Meter)**

   Today, you will be taken on an interesting guided tour of Kathmandu city, you will visit historical monuments and religious holy places like temples, Stupas and durbar squares. The rest of the time, we will spend in preparation for upper mustang trek.

3. **Kathmandu to Pokhara (820 Meter)**

   Drive or fly to Pokhara then couple of hours explore a wonderful natural beauty city. Pokhara is get-way town to trek Annapurna region including Annapurna base camp. Pokhara is itself a popular tourist destination. Travelers can enjoy in the evening in down – town with local cultural programs and their choice foods.

4. **Fly to Jomsom and trek to Kagbeni (2800m)**

Early morning fly to Jomsom check in to hotel and breakfast restaurant. After breakfast short hike to Dhuma lake and apple garden and back to hotel for lunch and after lunch walk around down town. overnight at hotel.

5. **Jomsom to Charang**

   After Breakfast drive to Charang village. this village situated at an altitude 3620 meter. It takes almost 9 hours drive to be there. while you are driving you can enjoy and explore few beautiful village like kagbeni, Chuksang, Tsele, Samar, Syanbochen, Gelling and Ghami. Either Samar or Syanbochen will be the place for lunch break.

6. **Drive Lo – Manthang (3890m)**

   Cross the Charang Chu River, follow the off road to the Lo- Gekar Gumba. it is the oldest gumba in the region. on the way we can visit beautiful Marang Village. it takes almost 5 hours to reach Lo - Manthang via Lo- Gekar. Today lunch will be in Lo-Manthang. after lunch we will explore the walled city. to a cairn on a ridge, It is a politically interesting and culturally rich. The Tall Champa Lakhang, the red Thugchen Gompa, Chyodi Gompa and the entrance hall are the main attraction of this town. Another attraction is the four-story building of recent past king’s places as well as the surrounding panoramic views of the Himalayas.

7. **Explore day in Lo – Manthang**

   After breakfast hike to old palace, it is like view point, from here we can see whole Lo –Manthang valley as well as many villages of upper mustang. After lunch we will visit to Choser Village, where we can see the biggest cave of upper Mustang's region.

8. **Drive to Jomsom (2720 M)**

   After breakfast we will drive all the way back to Jomsom for overnight. Today we will have lunch in Chukksang village and evening dinner party with staff as last day of trip.

9. **Fly to Pokhara**

   After breakfast fly back to Pokhara and after being refresh a day trip sightseeing of pokhara valley. Stay overnight at hotel on bed & breakfast basis.

10. **Drive to Kathmandu**

    After breakfast drive to Kathmand, transfer to hotel, evening farewell dinner.

11. **Departue (optional tour)**

    You will be free until your dipature to the airport for your final departure.