

# Upper Mustang Trek



## Overview

Upper Mustang trekking is a 17-days trekking package created by Himalayan Social Journey in the northern central part of Nepal. Mustang is the ancient Himalayan Kingdom at the top of the Kali Gandaki River. The district is part of Dhaulagiri zone, therefore, the majestic view of Dhaulagiri which is the eighth highest mountain in the world and Annapurna range is visible. Mustang consist of two distinct regions; upper mustang in the southern part and lower mustang in the northern part. The Lower Mustang trek is easy compared to Upper Mustang trek and can be finished within a short amount of time. You can also opt for trekking both region at once. Trekking in the both region at once can be quite long and challenging too.

The place is stunningly beautiful with a picturesque landscape and interesting culture. The culture of the place is similar to Tibetan culture. Also by those who have travelled the places has considered the place one of the interesting and picturesque places in Nepal. The area was isolated and restricted for tourism until 1992. Trekking in Mustang is quite a lengthy process for any foreigner wishing to travel in this region. They require a special type of permit to trek in Mustang and should be accompanied by a guide. The place is an extremely popular destination in Nepal because of its pure culture and natural beauty.

## Highlights

- Mustang's hidden remaining forbidden Kingdom
- Trek through a wild barren region with cliffs and spires.
- Visit Lomangthang's walled metropolis and monasteries
- A top-notch time out to get away from the summer monsoon mendacity in the rain shadow
- Discover the hidden valleys and undulating landscapes.

# Outline Itinerary ( 17 Days )

## Day 1 : Arrive at Tribhuwan International Airport (TIA) Kathmandu

Once you land at Kathmandu Airport (TIA), you will be led to your hotel orientation program at 5:00 pm and at evening, welcome dinner.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Kathmandu Valley Sightseeing Tour

Explore the historical sites of Kathmandu from centuries and experience the classical charm of the patrimony. We'll go to the four incredible sites in Kathmandu listed as UNESCO-listed UNESCO cultural heritage sites [with 489 temples, 15 shivalayas and 12 jiotirlinga shrines], Boudhanath stupa, the huge Mandala Sanctuary of the eighth century, Swoyambhunath Temple, the Kathmandu Valley stupa of the thirteenth century, and Patan Durbar Place (the Royal Palace Square of the 12th century). We're going to visit the four amazing places.

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Kathmandu to Pokhara

Pokhara can be reached by two options: private jeep or by bus. The costs are very comparable anyway. So, whether or not you want to visit the countries depends on your decision. If yes, the best option is the private jeep. You will fly to Pokhara otherwise.

Kathmandu is approximately 200 km from Pokhara and is approximately 7–8 hours from the hotel. Traffic jams often delay the planned arrival time. The experiences are nevertheless valuable. .

**Max Altitude** Pokhara (822 m)

**Duration** 7-8 hrs

**Overnight** Hotel Dandelion/ Hotel Lake Star

**Meal** Breakfast included

## Day 4 : From Pokhara fly to Jomsom & Trek to Kagbeni

One of the most attractive flights in Nepal is the flight to Jomsom. With a view from unbelievable moundland, especially when between the summits of Annapurna and Dhaulagiri, this 20-minute flight will surprise you. That's amazing views. You'll have lunch and ample drinks before you go to the Kagbeni once you arrive at Jomsom.

**Max Altitude** Jomsom (2700m), Kagbeni (2800m)

**Duration** 3-4 hrs

**Overnight** Guesthouse

**Meal** Breakfast included

## Day 5 : Kagbeni to Chele

There is a control point in Kagbeni that leads beyond a steep footpath towards Tangbe. In an hour, the aridness of the Mustang Area will be added. The road passes the high cliffs, gazing into Northern Mustang's breathtaking views. As you continue your journey through the Tangbe, the black and brown colors of sand and rocks will become familiar.

**Max Altitude** Chele (3110m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 6 : Chele to Geling

The path to Ghyakar takes us from Chele towards the Dajori La pass (3.735 meters) with views of Nilgiris and Tilicho 's magnificent peaks. A humble village of Samar with a monastery in Nepalese style can be found down the pass. The route goes across the Samakyung Khola and Ihuwa Khola canyon to the dirt road to syangmochen. The view from Dhaulagiri is outstanding.

We will then go to our destination Geling through a line of Chortens via the Syangmochen La Pass. Geling is a peaceful, lovely village to explore with a monastery.

**Max Altitude** Geling (3500m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 7 : Geling to Charang

We'll go over the farms and the meadows from Gheling. The views are rising significantly as you move forward. Shortly before we get to the Nyi La Pass, a smiley face is drawn on a rock. Perhaps the smile tried to convince the walkers that in the next few days something spectacular is expected. When we reach Ghami, we'll meet some of

the amazing mani walls and the Upper Mustang chortens.

The trail climbs up to the Choya La Pass through a long manic wall in Ghami and then descends to the Tsarang, dotted randomly with numerous Chortens. It's worth visiting the Tsarang monastery.

**Max Altitude** Charang (3,620 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 8 : Charang to Lo - Manthang

A ravine that unwinds the wonders of the Annapurna I, Nilgira and the Tilicho rivers, climbs up from the Tsarang. About two hours later, we reach Sungda Chorten, which is beautiful and then climb up to the Lo La Pass (3,850 m). The exotic palaces, white houses and red Lo Manthang monasteries are visible from here. The path then goes straight down to the Lo Manthang.

**Max Altitude** Lo - Manthang (3840m)

**Duration** 3 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 9 : Exploration of Namgyal Gumpa and Tingkhar and return 4 - 6 hrs

Lo Manthang is an exceptional town separated by its 8.5 m high wall from the rest of the world. There are mysterious caves and palaces within this city centuries which appear at a glance inexorable. But a few people have been exploring these ancient territories. The typical Tibetan-style Buddhist monasteries tell us that Lo Mantang 's history is somewhat tied to Tibet.

Throughout the day, we will visit the Namgyal Monastery with pictures of Buddha and his disciples in its interior. Later, we go to Thingkar, a palace used by lo Manthang Royalties in the summer of 1953.

**Max Altitude** Lo - Manthang (3840m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 10 : Lo-Manthang to Drakmar

It's a very long day, with frequent ascents and descents. There are several points behind the Chogo La, with views of the left valley. But you'll be in the new world after that. The trail continues down the Chogo La to Ghar Gompa, which is one of the best gompas in the entire area of Mustang. Now you'll climb up to Mui La, where the dry mustang is best viewed. The path goes down abruptly into a beautiful Drakmar village. .

**Max Altitude** Drakmar (3,820 m)

**Duration** 6-7 hrs

**Overnight** Teahouse

**Meal** Breakfast included



## Day 11 : Drakmar to Shyangmochen

Initially the path winds its way around red cliffs and Drakmar's caves. Then a long Mani wall stretches to Ghami up to the steep bluff. We'll be at the Nyi La a little while from now. It is a few kilometers from here to the Syangmochen. In Syangmochen there are a couple of comfortable lodgings and the views are not misleading.

**Max Altitude** Shyangmochen (3,800 m)

**Duration** 5 - 6 hrs

**Overnight** Teahouse

**Meal** Breakfast included

## Day 12 : Shyangbochen to Chhusang

From Syangmochen, the trail goes down the same path as before to the Chhusang. The road descends mostly, so you can easily get to Chhusang.

**Max Altitude** Chhusang (2,980 m)

**Duration** 6 hrs

**Overnight** Teahouse

**Meal** Breakfast included

## Day 13 : Chusang to Muktinath



We follow the other course towards the temple of Muktinath, the Hindu sacred temple, rather than on the same road as Kagbeni. This temple is complex and it is necessary for the pilgrimage through many small shrines to finally see Lord Vishnu's man-like golden statue in the main temple. Pay heed to areas where non-Hindus are forbidden. There are also 108 carved taps in which all the sins of life are to be washed away. This temple is popular in Nepal both artistically and religiously.

**Max Altitude** Muktinath (3800m)

**Duration** 7 hrs

**Overnight** Teahouse

**Meal** Breakfast included

## Day 14 : Muktinath to Jomsom

Muktinath is an interesting day that takes you through the beautiful Jharkot village to the spectacular Jomsom market. We will explore the marketplace once we reach Jomsom, and then check-in for the night.

**Max Altitude** Jomsom (2700m)

**Duration** 6 hrs

**Overnight** Teahouse

**Meal** Breakfast included

## Day 15 : Fly to Pokhara from Jomsom

Jomsom to Pokhara by flight .

**Max Altitude** Pokhara (822 m)

**Duration** Fly 20 min

**Overnight** Hotel Dandelion/ Hotel Lake Star

**Meal** Breakfast included

## **Day 16 : Drive/ Fly to Kathmandu**

Pokhara to Kathmandu by driver or flight (flight is an optional).

**Max Altitude** Kathmandu (1,400 m)

**Duration** Drive 7-8 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## **Day 17 : Departure**

After breakfast, transfer to airport for your international flight.

**Meal** Breakfast included

## **Include / Exclude**

- Airport pick up & drop
- Transportation by tourist bus Kathmandu-Pokhara -Kathmandu
- Three star category hotel in Kathmandu (Himalayan Suite Hotel) and in Pokhara (Hotel Dandelion or Hotel Lake Star) in twin sharing with breakfast
- All meals accomodation ,insurance and other expenses of trekking crew
- Permit and TIMS
- Special permit
- Pokhara-Jomsom- Pokhara flight ticket
- Guided sightseeing tour in Kathmandu by car/ Van/ Hiace
- All necessary equipments during the trek.
- Flight fare from Pokhara-Jomsom and back
- Lunch and dinner in Kathmandu and Pokhara and during trekking days
- Optional: Private transportation and flight ticket KTM\_PKR\_KTM
- City sightseeing entry fees (1000+400 +200+1000)
- Cold drinks and beverages
- Personal expenses and your insurance
- Tipping for driver, guide, and porter as per your satisfaction



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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