

Kingdom of Upper mustang

Upper Mustang Trek is an amazing adventure in Nepal, near Tibet. It used to be its own kingdom long ago, but now it's part of Nepal. The area was closed to foreign tourists until 1992, so it's quite remote and special. The trek usually takes about 14-18 days, depending on the plan.

During the trek, you'll see a unique landscape that looks like a desert, but it's actually a part of the Tibetan plateau. There are high cliffs, deep gorges, and interesting rock formations. The colors of the land change with the time of day and weather, making it a visually stunning journey.

Description

Upper Mustang Enchanting Terrain

Upper Mustang Trek is an attractive adventure that takes you through the ancient kingdom of Lo-Manthang, located in the Mustang region of Nepal. This off-the-beaten-path trek offers a unique opportunity to explore a remote and culturally rich area, tucked away in the Trans-Himalayan region.

The trek starts from Jomsom, a quaint town in the Kali Gandaki River Valley, and follows the ancient trade route to Tibet. As you ascend, you'll be greeted by dramatic landscapes of barren cliffs, deep gorges, and soaring peaks, showcasing the breathtaking beauty of the Upper Mustang.

The region is filled with ancient Buddhist monasteries and traditional villages that are built in the Tibetan style. The people here follow Tibetan Buddhism and have been influenced by their proximity to Tibet.

Accessing and permit for upper Mustang trek

You'll start the trek in Jomsom and end in Lo Manthang, the capital of Mustang. To get to Jomsom, you can take a short flight from Pokhara or a jeep ride from Kathmandu. But remember, this is a restricted area, so you'll need a special permit to enter. which ensures that the unique cultural heritage is preserved.

This also means that the number of trekkers is limited, creating a more exclusive and intimate trekking experience. The permit costs \$500 per person for 10 days, and if you want to stay longer, each additional day will cost \$50. You'll also need an Annapurna Conservation Area Permit (ACAP), which is \$30 USD per person.

Best Time for Upper Mustang Trek

The best time for the Upper Mustang Trek is during the spring (March to May), and autumn (September to November) when the weather is pleasant, and the skies are clear, providing awe-inspiring views of the surrounding mountains. Even June, July, and August are perfect because the region lies in the rain shadow.

Trekking in Upper Mustang is a unique opportunity to experience a fascinating culture and witness breathtaking scenery in an ancient kingdom. It's a challenging journey, but the beauty and cultural richness make it all worthwhile.

Highlight

- Unique landscape a semi-arid desert-like landscape
- Traditional Tibetan culture
- The Upper Mustang region is a restricted area
- The trek reaches an altitude of 3,800m at Lo Manthang

Included

- **AIRPORT PICK-UP & DROP** : Airport - Hotel transfer – Airport (Pick Up and Drop).
- **ACCOMMODATION IN KATHMANDU** : 3 nights sharing a twin bedroom at the hotel (3 Star category) in Kathmandu on a bed & breakfast basis.
- **WELCOME DINNER** : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
- **PERMITS** : All necessary paper works: Trekking Permit including ACAP and special permit, TIMS Card & conservation entry fee.
- **SPECIAL PERMIT: Mustang** restricted permit
- **STAFF INSURANCE** : Insurance for all involved Nepalese staff during the trek.
- **MAP** : Manaslu Region Trekking map.
- **LAND TRANSPORTATION**: Pokhara to jomsom
- **MEMBER TRANSPORTATION** : Air Transportation: Kathmandu – pokhara and while returning jomsom - pokhara - kathmandu
- **MEMBER LUGGAGE** : Up to 15 Kg per member for personal baggage during the trek carried by porters.
- **FOODS & LODGING** : 3 meals a day (BLD; including tea and coffee) along with accessible accommodation sharing basis in tea house/camp during the trek.
- **GUIDE** : Government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- **PORTER** : Porters (2 trekkers: 1 porter) during the trek.
- **STAFF SALARY & ALLOWANCE** : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- **MEDICAL KIT** : Comprehensive Medical kit.

Excluded

- **INTERNATIONAL AIRFARE** : International flight airfare (from and to Kathmandu).
- **NEPAL VISA FEES** : Nepal Visa fee is US\$ 40 per person for 30 days (to be applied for 60 days (USD\$ 100)).
- **LUNCH & DINNER** : Lunch & dinner during the stay in Kathmandu & Pokhara (also in case of early return from Trekking than the scheduled itinerary).
- **EXTRA NIGHTS IN KATHMANDU & POKHARA** : Extra nights' accommodation in Kathmandu & Pokhara. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- **INSURANCE** : Travel and high altitude insurance, accident, medical & emergency evacuation.
- **PERSONAL EXPENSES** : Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- **PERSONAL EQUIPMENT** : Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.
- **TOILETRIES** : Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **FILMING** : Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE** : Internet facility during the trek is not included.
- **TIPS** : Tips for Guide, porters, and staff.
- **EXTRA** : Any other services or activities, which are not mentioned in the itinerary. Any other item not listed in the "Cost Includes" section.

Notes: Costs may prone to change in itinerary. So costs will be recalculated if the trekking/tour days get modified.

Note: For unforeseeable reasons at this stage of climatic hazards, form or deformity of the participants or others (state of the roads, traffic, case of force majeure . your guide or guide may have to adapt the program, if necessary for the smooth running of your trip. He remains the sole judge and guarantor of your safety. Walking times are given as an indication and may vary from one participant to another.

Trip Itinerary

• Day 1 DAY 1: ARRIVE IN KATHMANDU

- Upon your arrival in Kathmandu, our local team warmly welcomes you at the airport. You will then be escorted to the hotel, where you can enjoy some well-deserved relaxation. The itinerary includes a briefing about the trek's progress and presentation, followed by leisure time. If you arrive in the morning, you'll have the entire day at your disposal. This can be used for rest or for those interested, to explore the surroundings freely. It's an ideal chance to deeply experience Nepalese culture and indulge in the local culinary delights.

Transfer to hotel

Final altitude: approximately 1350 m

Meals: Dinner

Accommodation: night in the hotel

- **Day 2 DAY 2: PREPARE FOR TREKKING AND EXPLORE KATHMANDU VALLEY (1350M)**

- Have breakfast and then you have the whole day to explore the best Kathmandu Sightseeing spots with your guide. You can visit and explore one of the most famous Shiva temples, Pashupatinath, recognized as the monkey temple; Swyambhunath, the largest Stupa in the world, also called Boudhanath Stupa; and finally the Royal Palace, Kathmandu Durbar Square. The next day, you will begin your trek on the Annapurna Circuit, so you have to check your equipment to make sure that you are ready for your adventure and climb. Have dinner and stay overnight in the same hotel in Kathmandu

Day tour

Final altitude: approximately 13,50 m

Meals: Breakfast

Accommodation: night in the hotel

- **Day 3 DAY 3: DRIVE TO KATHMANDU TO POKHARA**

- Bus trip to Pokhara, which allows you to have a first glimpse of life in Nepal. Located on the shores of Lake Phewa, Pokhara offers a famous view of the Annapurna massif. Its lively streets are an opportunity for the last shopping before heading to Mustang.

6 to 7-hour drive

Free meals in Pokhara.

Night at the hotel.

- **Day 4 DAY 4: FLIGHT TO POKHARA - JOMOSOM & DRIVE KAGBENI (2800 M)**

- Morning transfer to Pokhara airport for the flight to Jomsom. Then departure for our first day of trekking in a world of exceptional mineral beauty, along the Kali Gandaki where a good number of marine fossils abound. Arrive at the beautiful fortified village of Kagbeni with Tibetan architecture, which is closes to the Mustang valley.

Transfer: plane, about 25 minutes. 1-hour transfer to Kagbeni.

Final altitude: approximately 2800 m

Meal: Breakfast- Lunch- Dinner

Accommodation: Night in lodge.

- **Day 5 DAY 5: TREKKING FORM KAGBENI - TANGBE - CHUKSANG - CHELE - SAMAR (3640 M)**

- We take a vehicle to go to Samar. Indeed, for this stage, there is no alternative but to walk on a track. So we opted for a jeep transfer. On leaving the village we pass the check post and show our permits for the upper Mustang. We leave Lower Mustang, and pass through the village of Tangbe. We then continue our journey along the torrent to arrive at Chuksang. In front of the village a magnificent cliff and many caves. We follow the Kali Gandaki called Mustang Khola here. We cross on foot a bridge and we change vehicle. The track leads us to Chele where we discover vertical manis, which is unusual. We arrive at a pass at 3,500 m from where the view of the snow-capped mountains is magnificent. We descend towards the village of Samar which is an important caravan stopover. Samar in Tibetan means "red earth". Walk in the wooded village of willows and poplars. We see the fields of barley and wheat. In the distance the Nilgiri (7,134 m) and Tilicho (7,161 m) dominate us.

6 hours of walking

Final altitude: approximately 1900 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 6 DAY 6: TREKKING FROM SAMAR - SYANGBOCHE (3800 M) TO GHILING (3570 M)**

- Descent into the river bed followed by a leisurely climb. Then there is a magnificent balcony path facing the Nilgiri and the Annapurna range. Here, are some mountain pastures where shepherds settle in summer. We quickly plunge into a superb canyon with steep walls. A round trip of 40 minutes to an hour to visit the sacred cave, where many pilgrims come to pray, before quietly reaching Syangboche, a tiny white village with flat roofs, tight on itself. The climb continues to the pass around 3850 meters. Descent towards Ghiling which we enter following a red ocher wall. Ghiling is vast, its largely irrigated fields are protected by a long dry stone wall. A very beautiful monastery dating from the 1400s preceded by a very pretty chorten dominates Ghiling; we visit the monastery.

6 hours of walking

Final altitude: approximately 1900 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 7 DAY 7: TREKKING FROM GHILING - NYI LA (4010 M) - GHEMI (3520 M) - DHAKMAR (3820 M)**

- Quiet start in the pastures of Ghiling before the steep climb by a good path to the Nyi La pass (4010 m). The view is clear on the Annapurnas. From there, we descend into a deep gorge with sculpted walls. A crossing on the side takes us to the small pass of Ghemi which opens the view of the eponymous village. White houses pierced with windows with woodwork painted in bright colors, chortens, and prayer wheels make Ghemi a very pretty village that dominates its beautifully drawn fields. After lunch, possible to walk there and back (approximately 1 hour) to discover the longest mani wall in Mustang (350 m). We leave Ghemi; the path takes us to a new small pass. Quickly, we discover the extraordinary red Ocher cliffs which are close to the horizon and overlook Dhakmar.

6hours of walking

Final altitude: approximately 1900 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 8 DAY 8: TREKKING FORM DHAKMAR - MUI LA (4170 M) - GHAR GOMPA (3665 M) - GHAR LA (4200 M) - LO MANTHANG (3810 M)**

- Our winding path zigzags through dirt penitents to the first pass of Mui La, then crosses a pretty plateau to the real pass of Mui La. The path, now a balcony, winds through mountain pastures where goats and yaks graze, to the very lively monastery of Ghar Gompa (8th century) decorated with beautiful frescoes. Visit of the monastery. Small descent in the thalweg and we gradually climb to Ghar La, accompanied by the song of a small stream. A first pass before crossing the side that bypasses the valley takes us to the second pass of Ghar La at 4280 meters. In a landscape of magnificent colored hills ranging from white to red ocher with all the shades of yellow, all crowned with snow-capped peaks, we reach Lo. Lo Manthang is the fortified capital of the ancient and mythical Kingdom of Lo.

7hours of walking

Final altitude: approximately 3810 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 9 DAY 9: EXPLORE LO MANTHANG**

- There are many walks around Lo Manthang, in the middle of fields of barley, mustard, and buckwheat. Walk through the small narrow streets of this old town to meet the inhabitants chatting on the square of the royal palace, returning from the fields or bringing in the herds. Ancient monasteries with very beautiful paintings and magnificent mandalas are worth a visit.

Possible optional excursion to Choser, in the direction of Tibet: its caves, its monastery half built in the cliff. In this case, we have to hire horses to go back and forth during the day.

- **Day 10 DAY 10: TREKKING FROM LO MANTHANG - LO LA PASS (3950 M) TO YARA (3650 M)**

- We recross the pass above Lo Manthang. The path branches off into an adjacent valley of the Mustang Khola. A magnificent balcony path, with a splendid view of the high peaks of Annapurna and Dhaulagiri, leads us to a small pass around 4000 meters above sea level. Then, we descend to the Dhi Gaon. Magnificent view of the village and the river. Rise, for a good hour, in the bed of the Puyun Khola river, dominated by cliffs hollowed out by ancient troglodyte dwellings forming a real city of 17 floors. The path straightens out and it's Yara, a small hamlet with houses huddled together.

6hours of walking

Final altitude: approximately 3650 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 11 DAY 11: TREKKING FORM YARA - DHISHVANG KHOLA (3480 M) - TANGYE (3340 M)**

- The path descends to cross a ravine. Slight ascent to reach a large plateau of around 3,750 meters, overlooking a spectacular relief: huge organ pipes! From this plateau, very beautiful view of the Dhaulagiri. Descent via fairly steep hairpin bends to the Dichvang Khola river, which we ford. Long climb to the pass around 4000 meters before plunging again towards the village of Tangye (3340 m). The arrival above the village and its fields is superb! Visit of this lost village with remarkable architecture with its magnificent alignment of chortens.

6hours of walking

Final altitude: approximately 3400 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 12 DAY 12: TREKKING FROM TANGGE - PAHA PASS (4220 M) - CHHUSANG (2980 M)**

- The stage is long, with many climbs and descents! After a short descent into the gorge, the path, initially horizontal to the torrent, climbs “dry” to 41,000 meters to arrive at the Paha pass (4,220 m) (4-hour walk). This is followed by three hours of “Nepalese flat” between 4,200 and 4,300 meters; the path zigzags from plateau to plateau, from ridge to ridge, between very

jagged rock formations, before a dive on Chhusang (2980 m), a village that we already know. Very nice day in a wild landscape where we enjoy superb colors and magnificent rock formations.

8 hours of walking

Final altitude: approximately 2980 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 13 DAY 13: TREKKING FROM CHHUSANG - VIA GYU LA (4077M) TO MUKTINATH (3700M)**

- Nice step to reach the Hindu sanctuary of Muktinath via the Gyu La pass (4077 m). The climb is tough, but in a dazzling setting. At the pass, the view of Dhaulagiri and Annapurna rewards us for our efforts. The path descends, then continues on a balcony to join the one coming from Thorung Pass (Annapurna tower). Descent to Muktinath. Arriving at Muktinath, short stop to visit the Hindu shrine, attracting many pilgrims.

6hours of walking

Final altitude: approximately 3400 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 14 DAY 14: TREKKING FORM MUKTINATH - LUPRA (2790 M) - JOMOSOM (2710 M)**

- Arid landscapes open onto the Tibetan plateaus to the north and high snow-capped mountains to the south: the Nilgiri and especially the formidable Dhaulagiri. A short climb to a pass (4000 m), an exceptional view of the Dhaulagiri. Descent to Lupra, the only Bon village on our route. The Bon religion is the pre-existing Tibetan religion of Buddhism. Descent to Jomosom.

7 hours of walking

Final altitude: approximately 2700 m

Meals: breakfast – lunch – dinner

Accommodation: night in a lodge

- **Day 15 DAY 15: JOMSOM- POKHARA - KATHMANDU**

- This morning superb flight over the Annapurnas between Jomsom and Pokhara. You continue with a flight to Kathmandu. End of a free day in the capital.

NB: If the Jomsom / Pokhara flight is canceled you return to Pokhara by car. you then spend the night in Pokhara before flying to Kathmandu the next day

- **Day 16 DAY 16: KATHMANDU**

- The free day in Kathmandu also serves as a safety day in case something goes wrong while trekking. During the monsoon, which lasts from the end of June to the end of August, it is possible that domestic flights are delayed or canceled due to bad weather conditions. Vehicle transport from Jomosom to Kathmandu can be arranged. Or you have a rest day to relax or you can also go shopping in Kathmandu or you can do whatever you want by yourself.

- **Day 17 DAY 17: FINAL DEPARTURE TO INTERNATIONAL AIRPORT**

- free time depending on the departure time of your flight and our representative will drop you at the airport, ending your journey in Nepal. We hope to be of service to you again. Thank you and safe travels.

Trip Features

Duration	Grading	Group Size	Transport
19	Easy	7	Private vehicle
Food	Accommodation	Activities	Trip Price
Breakfast - Lunch - Dinner	Hotel - lodge - Tea House	Trekking	3055 / Per Person

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