Upper Mustang Trek - 17 Days

Upper Mustang Trek is a charismatic journey that takes you to the mystic land of Upper Mustang. Also, regarded as the Last Forbidden Kingdom, the region was opened for trekking only in 1992. Though opened, the number of visitors is restricted only to 1000 visitors each year. The region has remained isolated from the rest of the world since long; therefore, it is still able to maintain its originality in terms of natural glory, historical enigma, and cultural distinctiveness.

Upper Mustang Trek allows you to traverse into the old Buddhist kingdom Mustang, which is popular as Lo. This place is totally isolated from the rest of the world. As you go deep into the region, you will feel as if you have travelled back to time. The old monasteries, classic & dry terrain, wild mountains, traditional people, their culture, lifestyle, etc are the features that give the vibes of Tibetan Buddhist lifestyle and culture. Upper mustang trek passes through some dry, arid and isolated trail in the backdrop of wild landscapes and mountains.

The journey to the remote Trans Himalayan region of Nepal starts from the capital city of Kathmandu. From Kathmandu, you drive to Pokhara and fly to Jomsom. Upper mustang trek is then followed by a walk to the upper Mustang region. On the way, you pass some villages like Chele, Ghiling, and Charang to Lo Manthang. The desert-like landscapes, hidden caves, ancient monasteries, etc in the backdrop of majestic mountains are some wonderful aspects of Lo. You can experience the unique Tibetan Buddhist religion prevalent in those areas. From Lo, you pass some remote villages to Muktinath and drop down to Jomsom for a flight back to Pokhara. Upper Mustang Trek concludes with a drive back to Kathmandu.

Upper Mustang Trek is a moderate level trek. It might be difficult as you will have to walk through some remote desert-like places for more than a week. You require a certain level of endurance capacity to opt for this trek. Even accommodation facilities might not be available and you may have to stay under a tent. Even if available, the lodging will be very basic. But the wonder of this trek is beyond any kind of stress and difficulty. All the difficulties for Upper Mustang Trek are worth it.

Itinerary

Day 01 – Welcome to Kathmandu

The first day marks your arrival day in Kathmandu. Clear all the visa requirements and customs clearance if any at the arrival section of the airport. As you come out, you will find a representative from World Alpine Treks waiting for you holding a board with your name. You will then be transferred to your hotel at Kathmandu. The representative will shortly inform you about the plans ahead.
Day 02 – Sightseeing in Kathmandu (1400 Meters) - 4 Hours

The second day is a day tour just to warm up prior to your trekking journey. Kathmandu is a city enriched with artistic palaces, beautiful monuments, ancient temples and other constructions of historical and cultural importance. No wonder, the city has seven out of ten UNESCO listed world heritage sites. Today, you will be guided to the UNESCO listed heritage sites in Kathmandu. These heritages are perfect examples of rich history, fine culture and architectural treasures of Nepal. At first, you will be taken to Kathmandu Durbar Square. The art, crafts, and carvings in the palaces, temples and other monuments of the durbar square are excellent. After that, you will be escorted to Swayambhunath stupa (Monkey temple), Pashupatinath temple and Boudhanath stupa respectively. (Inclusive of breakfast)

Day 03 – Drive to Pokhara (820 Meters) - 6 Hours

In the morning, you will be picked up at your hotel for a drive to the lakeside city of Pokhara. Today, we take a scenic drive along the Prithvi highway for around six to seven hours to Pokhara. We pass through some amazing landscapes throughout the journey. In the first half portion, we will be able to get some stunning views of the Trishuli river along with hills and villages. In the second half, the countryside landscape and the greenery will keep you engaged. Upon arrival, you will be transferred to a hotel in Pokhara. Check in to the hotel and rest for a while. In the evening, we can walk down lakeside and enjoy some fascinating views of lakes and mountains. Tonight, we stay at a hotel in Pokhara (inclusive of breakfast and lunch)

Day 04 – Fly to Jomsom (2720 Meters) - 30 Minutes and trek to Kagbeni (2810 Meters) - 3:30 Hours

Early in the morning, you will be escorted to the Pokhara airport for an early flight to Jomsom. The flight to Jomsom is fill of wonderful mountain views. You will be rewarded with the astonishing views of Annapurna massif that rise above eight thousand meters. Jomsom is a wonderful town popular for the apple orchards, picturesque landscape, and hostile people. We begin our trek today from Jomsom. We follow the trail that opens up to a Kagbeni. Kagbeni is a beautiful village and the main gate to upper mustang. In the 14th century, it used to be a checkpoint of traders. Now, there is a checkpoint that records the trekkers travelling to Muktinath and Mustang region. Tonight, we stay at a guesthouse in Kagbeni. (Inclusive of breakfast, lunch, and dinner)

Day 05 – Trek to Chele (3050 Meters) - 5 Hours

After breakfast in the guesthouse, we follow a trail that goes through the eastern bank of the Kaligandaki River. We traverse through several ridges on the way to Tangbe village.
It is a beautiful village with narrow alleys and traditional whitewashed houses. We walk through the fields of buckwheat, barley, wheat, etc as we pass the village. The view of Nilgiri Himal from the village is stunning. Leaving Tangbe, we pass the village of Chhusang and climb up a huge rock. We ascend up to come out of the Kaligandaki valley and further climb up steep to Chele. Tonight, we stay at a guesthouse in Chele. (Inclusive of breakfast, lunch, and dinner)

Day 06 – Trek to Geling (3570 Meters) - 6 Hours

Following the trail to upper mustang, we leave the village of Chele and climb up towards Samar village. As we move ahead, we can notice a change in the atmosphere. As we move up, we traverse into a dry, arid and treeless area. We climb up steep to a rock cairn enjoying some wonderful views of the Mustang region. A long descend from the cairn leads us to Samar village. From the village, we climb up to a ridge enjoying the majestic views of Nilgiri Himal. Further we descend down and continue towards a valley. We follow a route that goes up to another ridge and descends down to Shyangmochen. We continue our walk until we reach the village of Geling. Tonight, we stay at a guesthouse in Geling. (Inclusive of breakfast, lunch, and dinner)

Day 07 – Trek to Charang (3560 Meters) - 4:30 Hours

Leaving Geling, we climb up to the pass of NYI and descend down to the cliffs. We cross a steel bridge over the Tangmar chu river and continue our walk until we come across a long mani wall in the Mustang. We ascend up to a pass at an elevation of 3600 meters and make a long descend down to the Charang village. In the village, we can visit an old five-story dzong and a red gompa. The collection of statues, thankas, and paintings in these dzongs and gompas are fascinating. Tonight, we stay at a guesthouse in Charang. (Inclusive of breakfast, lunch, and dinner)

Day 08 – Trek to Lo Manthang (3810 Meters) - 5:30 Hours

From Charang, the trail ascends up steep to Lo Gekar. In Lo Gekar, there is an old gompa whose existence is older than the Samye Gompa in Tibet. We visit this old gompa and continue our journey up towards the upper Mustang. Today, we take a trail to Lo Manthang along a well-defined path with some minor climb on the way. Lo Manthang is marked by a long wall at the entrance. From the entrance, we take a short descent down and cross a small stream on the way. We further climb up to the plateau to Lo Manthang. Tonight, we stay at a guesthouse in Lo Manthang. (Inclusive of breakfast, lunch, and dinner)

Day 09 – Explore Namgyal gompa and Tingkhar (3910 Meters) - 4:30 Hours
Today, we spend our day exploring around the village of Lo Manthang. After breakfast, we walk up to a hilltop to visit Namgyal Gompa. It is an important monastery in the village that serves as a local court. After visiting the gompa, we head towards Tingkar. It is the last village that lies northwest to Lo Manthang. The village has nearby about 40 houses. The villages resemble that of the Tibetan villages. Even we can notice the dominance of Tibetan Buddhist religion and culture in this place. Tonight, we return back to our guesthouse in Lo Manthang. (Inclusive of breakfast, lunch, and dinner)

Day 10 – Trek to Drakmar (3820 Meters) - 5 Hours

Leaving Lo Manthang, we take a trail that ascends up steadily to Chogo La. As we climb up, we can enjoy some stunning views of the entire Lo Manthang. The Chogo La at an elevation of 4210 meters is the highest point of this trek. From the pass, we descend down to Charang river and cross a bridge over the river. We further climb up to Lo Gekar and head towards Ghar Gompa. It is a small old monastery on the way. We then climb up a ridge and cross a valley to alpine meadows. The trail further drops down along an eroded path to Drakmar. Tonight, we return back to our guesthouse in Drakmar (Inclusive of breakfast, lunch, and dinner)

Day 11 – Trek to Syangmochen (3800 Meters) - 4 Hours

From Drakmar, we follow a trail that drops down and passes some stone walls and fields along the village. We climb up a ridge and again descend down to the lower part of Ghami and then to Jaite. We again descend down to Chhung Kah via Jaite. Finally, we start walking to Tama Gaon and continue our descend down until we reach Shyangmochen. Tonight, at a guesthouse in Syangmochen. (Inclusive of breakfast, lunch, and dinner)

Day 12 – Trek to Chhusang (2980 Meters) - 4 Hours

After all the long day walks down, we follow a stream that flows all the way down to Chhusang. There is an alternative route to Chhusang via Samar village. You can take that route if interested. You will be able to visit a Ranchung cave if you take that route. However, you will have to walk more for around half an hour if you opt for that route.

Day 13 – Trek to Muktinath (3800 Meters) - 4 Hours

Today, we ascend up to Muktinath. Muktinath is a very popular spiritual hub of the Annapurna region. The place holds a high value amongst Hindu and Buddhist pilgrims. Many Hindu pilgrims visit this place early with high dedication and devotion. At first, we ascend up to Khingar and continue along with a fortress-like village to Jharkot. We further follow a trail that takes us to Muktinath. Tonight, we stay at a guesthouse/ lodge in Muktinath. (Inclusive of breakfast, lunch, and dinner)
Day 14 – Trek to Jomsom (2720 Meters) - 5 Hours

Early in the morning, we walk to Muktinath for amazing views of mountains in the Annapurna range. Appreciating the glories of the mountains, we descend down to Jomsom. Tonight, enjoy your time in Jomsom with the warm hospitality of the local people. (Inclusive of breakfast, lunch, and dinner)

Day 15 – Fly to Pokhara (820 Meters) - 30 Minutes

Today, we take an early flight to Pokhara. Upon arrival, you will be transferred to the hotel. Enjoy your time at the hotel in Pokhara. In the evening, you can walk to the lakeside and enjoy the serenity in the environment. (Inclusive of breakfast)

Day 16 – Drive to Kathmandu (1400 Meters) - 6 Hours

Concluding our trip, we drive back via the same route along the Prithvi Highway to Kathmandu. Upon arrival, you will be transferred to your hotel in Kathmandu. Tonight, we stay at a hotel in Kathmandu. (Inclusive of breakfast and lunch)

Day 17 – Departure Day

Before a few hours of your scheduled flight, you will be transferred to the international terminal of Tribhuwan International airport. (Inclusive of Breakfast)

Inclusion

-Airport pick up/ drop facility.
-All ground transportation during the trip.
-Flight to and from Jomsom.
-Meals as mentioned in itinerary.
-Accommodation in a three-star category hotel in Kathmandu and Pokhara.
-Accommodation in guesthouses during the trekking journey.
-Trekking permit.
-Entry fee to national parks, heritage sites and other places.
-A professional English speaking guide and a porter (one porter for two clients).
-Insurance of support crew members and their other costs.
- First aid kit.

Exclusion

- Travel insurance.

- International airfare.

- Nepal entry visa fee: You can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (A multiple-entry tourist visa good for 30 days can be obtained by paying the US $ 50 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying the US $ 125). Please bring 2 copies of passport-size photos.

- Lunch and dinner in Kathmandu and Pokhara.

- Personal refreshment expenses - soft drinks, hard drinks, mineral bottled water, cigarettes, chocolates, etc.

- Utility expenses like telephone, electricity for charging, internet, laundry services, etc.

- Tips for support crew members of your trekking team.