Trek to upper mustang- 17 days

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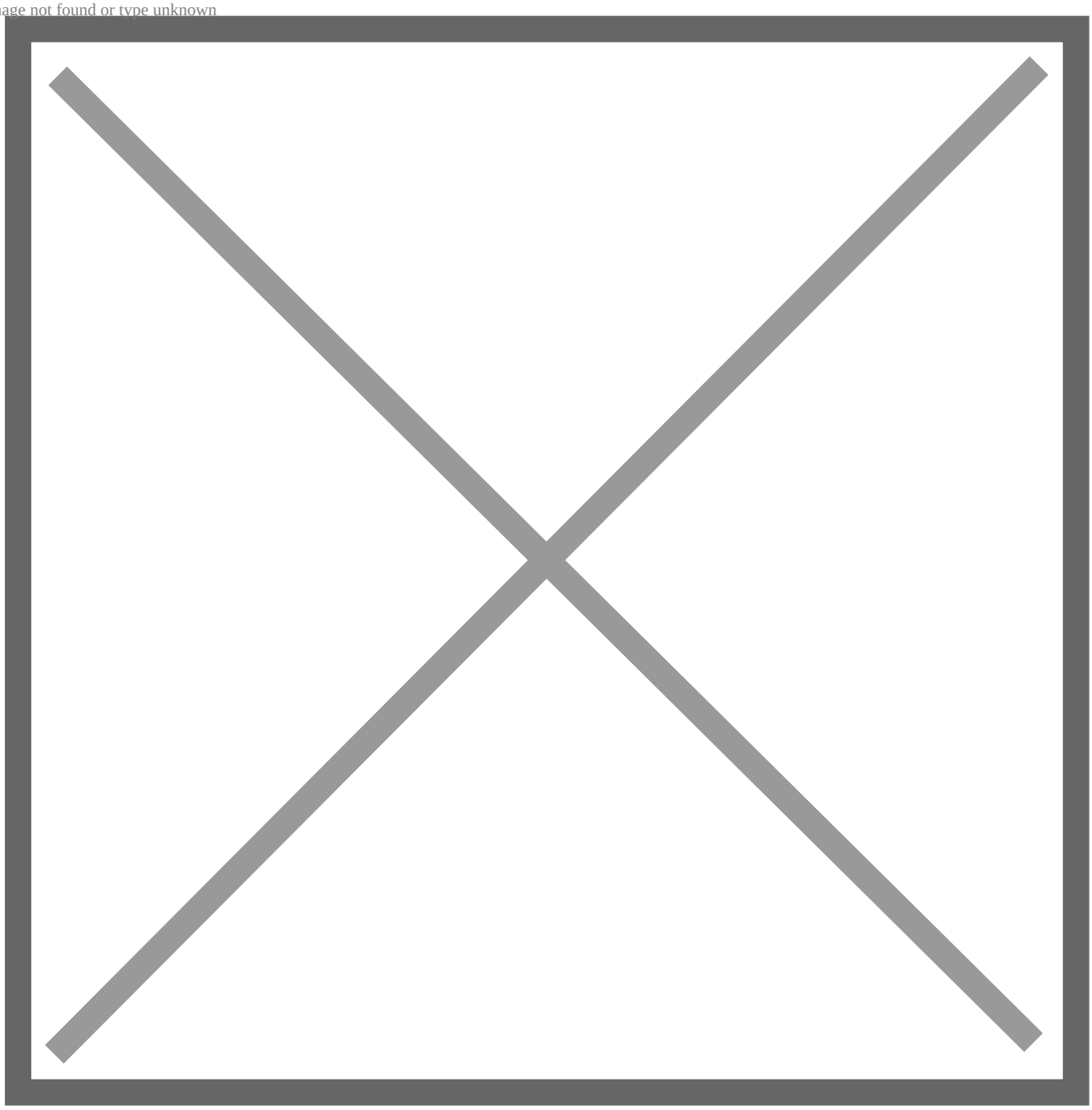

Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
2050	17 Days	3,810m	5-6 hours	Hotel & Lodge	Moderate

Group Size:

2-15 max.

Overview

Heavenly trek to Upper mustang takes you to the rain shadow area of the restricted area of the arid lands of upper kali gandaki valley that unfolds the charm of Dhaulagiri and Annapurna ranges. Lo Manthang the capital of Mustang lies north end of the district. The culture is a blend of Tibetan and Nepalese cultures. You can go through the artwork with various forms of Buddha paintings on the rocks. You will also see the King's palace.

During the trek to Upper Mustang remote valleys and villages you pass by gompas, chortens, prayer flags, caves, monasteries. The people are the Thakalis, Tibetans and Gurungs. You also reach the hamlets of Dhakmar. Other places are Ghiling and then Chhuksang. On the way you can also see Red Monastery at Kagbeni, intriguing caves, passes like Nye and Charang La pass to suspension bridges of Ghami khola.

From Lo palace of the walled villages you can see Mountain peaks like Nilgiri, Tilicho, Annapurna 1, Bhrikuti peak. The sky caves on the next route are five storeys high. It was used as burial chambers, hiding places. Ghiling is a village that has some agricultural fields with views of Dhaulagiri and Nilgiri. The paths alongside rocky ledges pass through Chuksang to lower Mustang area in Jomsom district. You will also be able to see the deepest gorge of Kaligandaki before arriving at Pokhara for some relinquishing moments and leaving from Kathmandu.

Trek to Upper Mustang is challenging to reach an altitude with a dry atmosphere. It takes you to high passes and steep descendants but the views of these remote lands actually compensate with the efforts made to reach here in remote Nepal. Best seasons are summer and monsoons.

If you have already done Trek to Upper Mustang trek,then we have some best selling trips for you;

Best Everest base camp trek, Glorious Manaslu circuit trek, Popular Langtang Gosaikunda Helambu trek, Wonderful Annapurna circuit trek might be your favorite travel destination in Nepal.

Trip Highlight

Hike along the trans- Himalayan region and ancient trading route of Tibet

Explore many caves,ancient monasteries, and Buddhist shrines

Spectacular mountain view of Annapurna,Dhaulagiri,and Nilgiri

Amazing landscape,well reserved culture & tradition of Mustang

Itinerary

Day: 01 Arrival in Kathmandu

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world. Overnight at Hotel.

Accommodation: 3-star hotel
Meals: No
Duration: 1 dayDay

Day: 02 Sightseeing around Kathmandu

Kathmandu,Bhaktapur and lalitpur are historical and cultural heart of Nepal, incircile by name of kathmandu valley. which are popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. These cities have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. We will provide you a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. Overnight at Hotel.

Accommodation: 3- star hotel
Meals: Lunch
Duration: 1 dayDay

Day: 03 Drive to Pokhara,

Today you drive to Pokhara with a countryside to flowing rivers of Trishuli and Marsyangdi through lush green hills and highways to come to Pokhara. Overnight in Pokhara.

Accommodation: Hotel
Meals: B/L/D
Duration: 6-7 hours Days

Day: 04 Fly to Jomsom & Trek to Kagbeni

Today we take a short mountain flight to Jomsom and from the airport we introduce you to trekking staff and then start hiking to cold desert like barren lands with few yak herds on the valley to Kagbeni. Overnight in Kagbeni.

Accommodation: Lodge
Meals: B/L/D

Duration: 4-5 hours Days

Day: 05 Kagbeni to Chele

We start by trekking on the banks of Kali gandaki river and ascend to dry regions of mountain where there are canyons, villages, valley and few suspension bridges to cross and arrive at Chele. Overnight in Chele.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 06 Chele to Syangboche

Today we leave Chele and climb up the passes of Taklam La (3624m) and Dajori La(3753m) and cross a village called Samar and then climb up to the ridge and reach Syangboche. Overnight in Syangboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 07 Syangboche to Ghami (3,520m),- 6 hours

Today you cross Syangboche La pass and pass by many villages and tea houses along the way and crop fields from the forested paths and cross Nyi La pass to arrive at Ghami village. Overnight in Ghami

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 08 Ghami to Charang

Today from Ghami we cross mani walls ahead along with Tibetan gompas of vibrant colors and prayer flags at the entrance of Charang village. You will also visit Gelup sect monastery in Charang. Overnight in Charang.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 09 Charang to Lo-Manthang

Today we cross Charang khola and ascend on a trail to Sungda chorten alongside stream and ascending and descending to Lo which is surrounded by walls and reach Lo la pass with Lo valley on a deserted mountain. We also visit monastery at Lo Manthang. Overnight in Lo Manthang.

Accommodation: Lodge
Meals: B/L/D

Duration: 5-6 hours Days

Day: 10 Explore Lo-Manthang

Today we hike to a palace and fortress surrounded by walls and gompas. There are prayer flags and walls to make it peaceful. There are sky caves which are tombs of ancient people. Kings palace was built in 1400 A.D. Overnight in Lo.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 11 Lo-Manthang to Drakmar

Today we descend along dry mountains and ascend Cho La pass and follow desert trails to Ghar Gumpa. There are scriptures of Padmasambhava and descend to Drakmar. Overnight in Drakmar

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 12 Drakmar to Ghiling

Today we make our way to Ghiling following desert type landscape , barren mountains to keep good faith then cross mani wall and pass Ghami La and Nyi La to Ghiling. Overnight in Ghiling.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 13 Ghilling to Chhuksang

Today crossing small villages with thick houses and apple trees trails and through stone paths and Mustang river banks we arrive Chhuksang. Overnight in Chhuksang.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 14 Chhuksang to Jomsom

Today we walk alongside the Kali Gandaki River alongside apple and apricot trees and untouched old villages to arrive at Jomsom. Overnight in Jomsom.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 15 Fly to Pokhara, - 20 min.

This morning we drive you to the airport in Jomsom and catch an early flight to Pokhara. Rest of the day relaxing and boating at lakeside. Overnight in Pokhara.

Accommodation: Hotel
Meals: B/L
Duration: 20 min. Days

Day: 16 Drive to Kathmandu - 7 hours

Today you will drive in the countryside enjoying roadside settlements, hills, rivers views to arrive at a hotel in Kathmandu. Farewell program and dinner at hotel. Overnight in Kathmandu.

Accommodation: 3-star hotel
Meals: Lunch

Day: 17 Departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

What are included?

All accommodation in Hotels with twin sharing rooms

All Ground transportation

Kathmandu sightseeing with city tour guide

Full board meal 3 times a day during the trekking

Government licensed guide and their insurance, salary and meals

Cultural show and dinners

Trekking bags

National park entry fees and TIMS permit card

All Domestic Flights according to the itinerary.

What are Not included?

International Flight, Airport tax and Nepal Visa fees.

Monuments entrance fees in Kathmandu tour

All personal expenses such as bar bills, water, extra tea / coffee, snacks, shower, battery

recharge laundry charge et

Personal clothing and gears, sleeping bag and down jackets for trek

Tips for guide and porters

Costs due to delays in departures.

Personal Travel Insurance.