

Ganga Jamuna Adventure Treks

Upper Mustang Trekking details

<http://www.gangajamunatreks.com/upper-mustang-trekking.html>

Upper Mustang is rain shadow area and popular trekking destination of northern central part of Nepal at the top of the Kaligandaki River. It is also a hidden world of old Buddhist Kingdom. **Upper Mustang** is opened for foreigner since 1992. Mustang offers a truly exceptional opportunity to explore Tibetan culture, tradition and also ancient mythology. This area covers many ancient Buddhist monasteries, isolated villages, hundreds of ruined cave and scenic beauties of different landscape. The goal of Upper Mustang Trekking is to reach capital of Upper Mustang, Lo Mangthang.

After flying to Pokhara and Jomsom and start trekking for a day we reach the entry point of upper Mustang which is at Kagbeni. In **Upper Mustang Trekking** you may have chance to explore the thousand years of old monastery, caves, local tribes and panoramic views of Annapurna, Dhaulagiri, Nilgiri and other snowcapped peaks are spectacular. Trekking trail follows the salt caravan route of the old days of most of the Nepalese community.



Trip Fact

- ⇒ **Total Days:** 19
- ⇒ **Trip Grade:** Moderate
- ⇒ **Accommodation:** Hotel and Local guest houses
- ⇒ **Meals:** Breakfast
- ⇒ **Mode of Transportation:** Private Car, Tourist bus and tiny Flight
- ⇒ **Maximum Altitude:** 4350m
- ⇒ **Pax:** 02+

Highlight of the trip

- Guided Tour in Kathmandu, Historical UNESCO world's heritage sites
- Flight from Pokhara to Jomsom and back
- Walking through Rivers, suspension bridge, lakes
- Exploring of typical local villages, peoples, ethnic groups and customs
- Exploration of oldest Buddhist monasteries and historical monuments
- Experience of Plateau landscape
- Scenic and panoramic view of Himalayas of Nepal and Tibet

Details Itinerary

Day 01: Arrival Kathmandu and be meet by our representative at airport. Transfer to hotel. Upon your arrival, our representative will pick up you from international airport and transfers you in Hotel. If time permits, we walk around Thamel. You also can grape the opportunity to shop your trekking equipment. Guide will help you. Overnight at Hotel.

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Day 02: Kathmandu/ Sightseeing around Pashupatinath, Boudha nath stupa and Swayambhunath Stupa.

Guided your in world's heritage sites. We can cover Pashupatinath temple, Boudhanath stupa and Kathmandu Durbar square. Evening briefing and meeting with guide/porters.

Day 03: Drive to Pokhara/ Evening sightseeing around Pokhara. (6 Hours – 827m)

Drive with tourist bus to Pokhara. 6 hours driving on hilly road is more attractive with natural hillside, typical settlement, croppy field sides and Rivers. Overnight at Hotel.

Day 04: Fly to Jomsom and trek to Kagbeni (4 Hours - 2,800m)

Your trekking journey starts from today. Early in the morning drive to Pokhara airport for flight to Jomsom. 15 minutes flight to Jomsom is flight over Mountain all the time. You will explore Mt. Fishtail, Mt Dhaulagiri, Gangapurna, Annapurna range and many more. Easy trek to Kagbeni and overnight at Local Lodge.

Day 05: Trek to Chele (7 Hours - 3,050m)

You are entering today to **Upper Mustang** restricted area. After crossing checking post, trekking trails follows bank of Kali Gandaki River, and it is keep climbing and descending. Overnight at Local Lodge.

Day 06: Trek to Eklo Bhatti (6 Hours - 3,820m)

Trekking at steeply up today, we reach at less vegetated land and it is as Tibetan plateau. Though you will see Apple plantations most of the places. We also cross Taklam Pass of 3,625 miter from where explore excellent view of Tilicho peak, Yakawa Kang, Nilgiri Himal and Damodar hill. Overnight at Local lodge.

Day 07: Trek to Ghame (5 Hours - 3,520m)

We trek shorter hours today comparatively other days. Trekking path today with high passes and climbing up hills. Cross Yamda pass (3,850m) before lunch and Nyi pass (4,010m) after lunch through local villages of Tibetan styles, Chortens, and off course Himalayas views. Overnight at local lodge.

Day 08: Trek to Tsarang (4 Hours 3,500 m)

Easy walking today, by crossing typical Tibetan Mani walls. You can view huge Dzong, red Gumpa and maze fields. You will have time to explore and hike around Charang village after your lunch. Overnight at local lodge.

Day 09: Trek to Lomanthang (5 Hours - 3,700 m)

Trek finally reach at capital of Mustang. Entering Lo Mangthang through the town gate, you feel entering in different world. This town is a medieval town, surrounding by huge town wall. You can view magnecent view of Mt. Annapurna, Nilgirin Tilicho and Bhrikuti peak. Overnight at local lodge.

Day 10: Explore Lomanthang 5-6 hrs round trip.

Lo-Mangthang is still place of Kingdom but king doesn't have any real power anymore. King is still highly respected by local peoples. Whatever decisions have to make in community that comes

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from King. Today we explore beautiful big monasteries. Thugchen Gompa, build in 15th century, Amchi museum and Amchi school. Overnight at local lodge.

Day 11: Second day of exploration Lomanthang 4/5 hours round trip.

Explore Namgyal, Tingkar and the valleys to the west. Come back to lodge for overnight.

Day 12: Trek back to Tsarang (6 Hours - 3,500 m)

We start our trekking back from Lo-Mangthang to Charang. Charang Village is known as extra ordinary village in Upper mustabg area. Overnight at Local Lodge

Day 13: Trek to Tangee (6 Hours - 3,240m)

Trek back to Tetang, Quite long day to walk today with stony and loos rucks path. The trail is mixing with climbing up and down, crossing bridges and crossing few passes. Overnight at Local lodge.

Day 14: Trek to Tetang (6/7 Hours - 2,940m)

Trek back to Tetang. Quite long day to walk today with stony and loos rucks path. The trail is mixing with climbing up and down, crossing bridges and crossing few passes. Overnight at Local lodge.

Day 15: Trek to Kagbeni (6/3 Hours - 2,810 m)

Trek back to kagbeni today where we spend a night at our first day of trekking. we still have time to explore more of Kagbeni village. Peoples enjoy with coffe at local coffee shop here. overnight at Local lodge.

Day 16: Jomsom (4 Hours - 2,700 m)

Short trekking down to Jomsom. We will reach at Jomsom in our lunch time. We still have choice to explore another village down to Marpha by using local transportation. Overnight at local lodge.

Day 17: Fly from Jomsom to Pokhara early in the morning, and spend the rest of the day relaxing lakeside. Check into hotel

Day 18: Drive to Kathmandu

Drive with Tourist bus to Kathmandu. you also have option to choose either private car driving back (6 Hours) or flight back (25 Minutes) to kathmandu. Fairwell at Nepali cultiral restaurant. Overnight at Hotel

Day 19: Transfer to airport and fly back home.

Trip Cost Included

1. Airports pick up and Drop by private car/van/bus.
2. Accommodation in Kathmandu & Pokhara on twin sharing basis with breakfast (on the arrival day and after the trekking)
3. Flight Kathmandu - Pokhara - Jomsom - Pokhara - Kathmandu
4. All meals (Breakfast, Lunch and Dinner) during the trekking
5. All accommodations in lodges/tea houses during the trek

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6. Trekkers' Information Management System (TIMS) Permit
7. An experienced, helpful and friendly trekking guide & porters (1 porter for 2 people)
8. Salary, Food, Drinks, Accommodation, Transportation and Insurance for the Guide and Porter
9. sleeping bag & down jackets
10. Medical supplies (first aid kit)
11. All government taxes

Trip Cost Excluded

1. Travel & Medical insurance
2. Food while you are in Kathmandu
3. Personal expenses
4. Alcoholic and nonalcoholic drinks
5. Sweet things like chocolate
6. Hot Shower during the Trek
7. International airfare
8. Tips for the guide and porter

Note: We can combine this trekking trip with some other activities such as cultural tour, jungle safari, whitewater rafting, bungee jump, paragliding etc.

Our cost is including drive with tourist bus Kathmandu – Pokhara – Kathmandu. You also have option to take private car and flight in this sector with extra cost.

For further information and prices for any of the above treks please contact us.

Useful Info

Nepal Visa

Nepal Visa is available at Kathmandu Airport on your arrival (Tribhuban International Airport). You need to bring visa fee in cash and passport size of pictures. Visa fee is USD 25 for 15 days, 40 for 1 month and USD 100 for 90 days multiple visa.

