Upper Mustang Trek

Facts

Destination: Nepal

Trip Difficulty: luxurious

Trip Style: Hiking & Trekking

Transport: As per Itinerary

Food: Breakfast,Lunch & Dinner(BLD)

Accommodation: Hotel, Lodge &Tent

Group Size: min. 2pax

Upper Mustang Trek is an adventurous journey that leads to the last forbidden kingdom, Lo Manthang. Trekking to Upper Mustang was closed until 1990 for foreigners. Upper Mustang Trekking lets you traverse the Buddhist kingdom closely tied with Tibetan culture, language, and practices. As Upper Mustang is one of the remotest parts of Nepal, the culture and nature here is well preserved. The region is not developed and still practices the ancient way of living.

Upper Mustang Trek 18 Days allows you to see the prettiest barren landscape, unique rocks, and snow-capped Himalaya mountains like Mt. Annapurna (8,091 m), Mt. Dhaulagiri (8,167 m), Mt. Nilgiri (7,061 m), Tilicho Peak (7,134 m), Bhrikuti Peak (6,364 m), etc. Likewise, you get to experience the lifestyle of the locals. The trail is extremely adventurous and involves passes and dense forests. To know about the Upper Mustang Trek cost or any other information, please contact us anytime.

Highlights

- Scenic flight to Jomsom
- Trek through picturesque villages and dense forests

- Adventurous and rugged trail
- Cross several passes
- Explore Lo Manthang
- Visit ancient Jhampa, Thupchen, and Chhoeda gompas
- Visit a century-old Ghar Gompa
- Experience rich culture and tradition of locals influenced of Tibetans
- Get to see the stunning scenery and snow-capped Himalaya mountain views

Day to Day Itinerary

Day 1: Arrive in Kathmandu

Day 2: Sightseeing & preparation for the trek

Day 3: Drive/fly Pokhara

Day 4: Fly to Jomsom, trek to Kagbeni

Day 5: Trek to Chele (entry into a restricted area)

Day 6: Trek to Syangboche

Day 7: Trek to Ghami

Day 8: Trek to Tsarang

Day 9: Trek to Lo Manthang

Day 10: Explore Lo Manthang

Day 11: Trek to Dakmar

Day 12: Trek to Syangboche

Day 13: Trek to Chhusang

Day 14: Trek to Kagbeni

Day 15: Trek to Jomsom

Day 16: Fly Jomsom to Pokhara and then to Kathmandu

Day 17: Leisure day

Day 18: Final departure