

# Upper Mustang Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Hard

**Trip Style:** Trekking

**Accommodation:** Budget Hotels & Mountain Lodges

**Group Size:** 2 to 14 persons

**Max Elevation:** 3,820m

**Trip Route:** Kathmandu – Pokhara – Jomsom – Kagbeni – Tsele – Synagbochen – Tsarang – Lo-Manthang – Dhakmar – Syangbochen – Chhusang – Muktinath – Jomsom – Pokhara - Kathmandu

**Best Season:** May to October

**Permits Required:** restricted area permit, ACAP and MCAP permit, TIMS Card

Explore the vastest of landscapes and otherworldly experiences in Upper Mustang. This trek in Upper Mustang takes hikers into the rural part of western Nepal, where the environment is similar to Tibet's. It is an arid land, though full of beautiful, blossoming mountain flowers. The Kali Gandaki River's pristine roaring waters bring life to the area. You will find great pleasure in hiking on this unique trail. The former Lo Kingdom seems to be undisturbed by the passing of time. You will be blow away by the mysterious caves, suspended several dozen meters high into the side of a cliff. Equally spectacular is the Tibetan culture found in the area. You will find the people to be most kind and inviting. The Upper Mustang area, which used to be a yak caravan route to trade with Tibet, was opened to foreigners in 1992.

The route to Upper Mustang takes you along the Kali Gandaki River. Wearing open trekking

sandals will make crossing shallow waters more pleasant. You should consult with your travel expert at The Trekkers' Society about this – advice may vary according to season.

## **Day to Day Itinerary**

**Day 01: Arrive at Tribhuvan International Airport (1,345m):**

**Day 02: Discover Kathmandu's UNESCO World Heritage Sites:**

**Day 03: Drive to Pokhara (Kathmandu to Pokhara (204km) Approx 6 to 7 hours):**

**Day 04: Fly to Jomsom and trek to Kagbeni (Pokhara to Jomsom (approx. 20 minutes flight), Jomsom to Kagbeni: About 3 hours trek ):**

**Day 05: Trek to Tsele (Kagbeni to Tsele: Approx 6 hours trek):**

**Day 06: Trek to Syangboche (Tsele to Syangboche: approx. 7 hours ):**

**Day 07: Trek to Tsarang (Syangboche to TsarangL Approx 6 hours)**

**Day 08: Trek to Lo-Manthang (Tsarang to Lo-Manthang: Approx 6 hours):**

**Day 09: Exploration and observation at Lo-Manthang**

**Day 10: Visit to Chhoser Cave:**

**Day 11: Trek back to Dhakmar via Ghar Gompa (Loghekar Monastery)(Lo-Manthang to Drakmar: approx. 8 hours ):**

**Day 12: Trek back to Shyangbochen (Drakmar to Shyangbochen: 5-6 hours )**

**Day 13: Trek back to Chhusang (Shyangbochen to Chhusang: approx. 3 hours):**

**Day 14: Trek to Muktinath (3,710 Meters). About 8 hours (Chhusang to Muktinath: approx. 8 hours):**

**Day 15: Trek to Jomsom**

**Day 16: Fly back to Pokhara:**

**Day 17: Drive back to Kathmandu ( Pokhara to Kathmandu by vehicle: 6-7 hours , Pokhara to Kathmandu flight: 20 minutes (+ airport check in time):**

**Day 18: Transfer to Tribhuvan Airport:**