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## UPPER MUSTANG TREK

### Overview

One of the most well-liked places to hike in the Northern Mustang District of Nepal is Upper Mustang. Upper Mustang is recognized for its contrasting natural beauty and is surrounded by hilly plateaus to the east and west. A desolate region with barren hills, impressive views of snow-capped mountains, and vibrant seasonal hues. This valley used to be a forbidden country within Nepal, but tourism started there in 1992. It established its tradition and culture, which is quite similar to Tibetan culture, as a result of years of isolation from the outside world.

Within the borders of Nepal, the Mustang district was an independent monarchy until 1950. The Raja of Mustang, the last surviving ruler, remains in Lo-Manthang, the historical capital of Mustang and one of the most intriguing regions due to its abundance of ancient history and mountain civilization. Additionally, exploring the region is an excellent opportunity to learn about the historic Buddhist kingdom that is identical to Tibet. Other highlights of the Upper Mustang trek include stunning mountain panoramas, historic caves, magnificent monasteries, the Amchi Museum, colorful walls, and prayer flags.

### Itinerary

#### **Day 1: Fly from Pokhara to Jomsom (2,720m / 8,915ft) and trek to Kagbeni (2,800m / 9,500ft)**

We fly to Jomsom in the early morning to begin our hiking journey. The weather is clearest and the mountain panoramas are fantastic during the early morning flight. You will be able to see two eight-thousand summits, Dhaulagiri and Annapurna Range including Fishtail Summit. As the plane approaches higher on the northern side, we will see a clear shift in

the landscape. Once we meet with the rest of the trekking staff, we proceed to the Kagbeni-restricted area of Lo-Manthang, a historic trading center with a Buddhist monastery, by following the Kali Gandaki River.

- Hiking time: 4-5 hours
- Flight Hour: 25 minutes
- Trek Distance: 11.4km / 7 miles
- Max. altitude: 2,800m / 9,500ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Jomsom (2,720m / 8,915ft) and trek to Kagbeni (2,800m / 9,500ft)

**Altitude Gain:** 2800

**Duration:** 5

**Accommodation:** Teahouse

## **Day 2: Trek from Kagbeni (2,800m / 9,500ft) to Chele (3,055m / 10,025ft)**

Upper Mustang, the region above Kagbeni, is off-limits to visitors unless they have a permit. At the gateway, there is a checkpoint where we register our paperwork before moving on.

We will continue on our trek to Chuk-sang along the east bank of the Kali Gandaki, passing steep slopes as the breathtaking morning sunlight rises. On the western bank of the Kali Gandaki River, we'll see some amazing caverns and Gompa Kang. You'll need sunglasses and maybe a face mask to protect your mouth and nose because the region next to the river can be windy and dusty. We will travel to Tang-be Village, a picturesque community with a maze of winding streets surrounded by whitewashed mud and stone homes, buckwheat fields, and apple trees. From there, we will walk for two hours to Chhusang villages before crossing the Kali Gandaki River. The Kali Gandaki river passes through a tunnel formed by a massive red mass of sedimentary rock that has fallen from the cliff above. Then, we proceed through a relatively minor canyon to the town of Chele, which is situated along a ridge. You will see how Manangi culture gradually changes to Tibetan culture.

- Hiking time: 5-6 hours
- Trek Distance: 11.2km / 6.9miles
- Max. altitude: 3055m / 10,025ft
- Accommodation: Teahouse/Lodge

- Meals included: Breakfast, Lunch and Dinner

**Destination:** Chele (3,055m / 10,025ft)

**Altitude Gain:** 3055

**Duration:** 6

**Accommodation:** Teahouse

### **Day 3: Trek from Chele (3,055m / 10,025ft) to Syangboche (3,930m / 11,400ft)**

Today's trek will be considerably challenging because we'll be climbing around 800 meters. From Chele, we cross a rough, desolate terrain to Eklo Bhatti and then rise to the Taklam La (3,625 m/11,940 ft), a high pass, along with the copper-red canyon. We will eventually arrive in the wonderful city of Samar after continuing our downward hike for a while. From Samar, we can see the captivating sight of Mount Nilgiri. Additionally, horse and mule caravans frequently halt here to relax. From there, we continue on foot through another valley, cross a stream, and ascend a ridge that is 3,800 meters above sea level before continuing to Syangboche.

- Hiking time: 5-6 hours
- Trek Distance: 11.5km / 7.1miles
- Max. altitude: 3930m/ 11,400ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Syangboche (3,930m / 11,400ft)

**Altitude Gain:** 3930

**Duration:** 6

**Accommodation:** Teahouse

### **Day 4: Trek from Syangboche (3,930m / 11,400ft) to Ghami (3,565m / 11,535ft)**

We will travel uphill from Syangboche to the Yamda La (3,845m/12,655 ft) Pass, passing through a stunning desert environment and a few isolated communities, before hiking downhill to the town of Gheling. Similar to Mustang, the dwellings in Gheling are made of mud and stone and are painted white and ochre.

From Gheling, we will go upward passing through fields to the center of the valley – Tama Gaun and climb a pass known as the Nyi La pass (3840m). We continue our walk until we arrive at Ghami.

- Hiking time: 5-6 hours
- Trek Distance: 9.3km / 5.7miles
- Max. altitude: 3,930m / 11,400ft
- Accommodation: Teahouse/Lodge

Meals included: Breakfast, Lunch and Dinner

**Destination:** Ghami (3,565m / 11,535ft)

**Altitude Gain:** 3930

**Duration:** 6

**Accommodation:** Teahouse

### **Day 5: Trek from Ghami (3,565m / 11,535ft) to Tsarang (3588m / 11,500ft)**

Today's trek will take you through the **driest part of Mustang**. It will be a tiring hike with rough topography. Nevertheless, the spectacular views of the isolated countryside and mountains in all directions make up for the challenging ascent. When we reach Tsarang, a large settlement that is spread out and has around 1000 residents at the top of the Charang Chu Canyon. There is a historic fort nearby, as well as a crimson Gompa that is home to an amazing array of sculptures and thangkas.

- Hiking time: 5-6 hours
- Trek Distance: 11.2km / 6.9miles
- Max. altitude: 3,520m / 11,535ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Tsarang (3588m / 11,500ft)

**Altitude Gain:** 3588

**Duration:** 6

**Accommodation:** Teahouse

### **Day 6: Trek from Tsarang (3588m / 11,500ft) to Lo Manthang (3824m / 12,135ft)**

We will travel to Lo Manthang, one of the main sights on our trip. This was the walled capital of the Kingdom of Lo. Ame Pal laid the foundation for the city around 1380. It has around 150 homes as well as guru lama houses. Starting on level ground, we rise over Lo La Pass, which offers breathtaking views of Lo Manthang city and the surrounding villages. When we hike up to the Lo-Manthang plateau and down the muddy route from the Lo la heights to the creek, we are rewarded with a breathtaking view of the massive wall that surrounds the city. The walled city's main entrance is located on its northeastern side. When you arrive at the walled city of Lo, you will have the chance to explore the nearby historical temples and monasteries as well as the outside of the King's magnificent palace, which is home to the King and Queen of Lo-Manthang.

- Hiking time: 5-6 hours
- Trek Distance: 11.5km / 7.1miles
- Max. altitude: 3,824m / 12,135ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Lo Manthang (3824m / 12,135ft)

**Altitude Gain:** 3824

**Duration:** 6

**Accommodation:** Teahouse

### **Day 7: Rest and exploration day in Lo Manthang**

We will be touring the walled city of Lo Manthang today, which has around 150 houses. This historic city was founded around the year 1390. This city was the walled capital of the Kingdom of Lo. Around 1380, Ame Pal established the city's foundation. The Namgyal Gompa and four others significant Gompa—Jampa Gompa (Jampa Lhaxhang), Thubchen Gompa, Chodey Gompa, and Choprang Gompa—will be visited during the first hours of the day. We'll stop at Champa Lhaxhang as well, where you can see a massive statue of the Buddha and exquisite Mandala paintings on the walls.

- Max. altitude: 3,824m / 12,135ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Altitude Gain:** 3824

**Duration:** 1

**Accommodation:** Teahouse

### **Day 8: Trek from Lo Manthang (3,810m / 12,135ft) to Ghami (3,565m / 5,577ft)**

Using the higher highland trail, we move southward from Lo Manthang toward Kagbeni. The views of Lo-Manthang and the Charang Valley, with snow-capped mountains, will be magnificent compensation. We will also stop at the gorgeously painted Ghar Monastery as our route goes through Dhakmar. We keep going till we get to Ghami.

- Hiking time: 6-7 hours
- Trek Distance: 16.1km / 10 miles
- Max. altitude: 3,810m / 12,135ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Ghami (3,565m / 5,577ft)

**Altitude Gain:** 3810

**Duration:** 7

**Accommodation:** Teahouse

### **Day 9: Trek from Ghami (3,565m / 5,577ft) to Samar (3,600m / 12,139ft)**

We'll climb down to Samar while admiring the majestic and enormous mountain scenery of Mount Dhaulagiri and Mount Nilgiri. We travel through the Chemi La and Yiy La passes before beginning a difficult descent to Geling. We hike for a few hours from Geling to Samar, a Tibetan-style town with mani walls, a monastery, and terraced farms.

- Hiking time: 6-7 hours
- Trek Distance: 13.2km / 8.2miles
- Max. altitude: 3,700m / 12,139ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Samar (3,600m / 12,139ft)

**Altitude Gain:** 3700

**Duration:** 7

**Accommodation:** Teahouse

## **Day 10: Trek from Samar (3,600m / 12,139ft) to Chhusang (2,980m / 9,776ft)**

We carry on with our usual high slopes and over hills trekking paths to Chhusang from Samar. The route led to the bank of the Kali Gandaki river. We continue further till we reach Chhusang after passing through a rock tunnel.

- Hiking time: 5-6 hours
- Trek Distance: 9.9km / 6.1miles
- Max. altitude: 2980m / 9776ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Chhusang (2,980m / 9,776ft)

**Altitude Gain:** 2980

**Duration:** 6

**Accommodation:** Teahouse

## **Day 11: Trek from Chhusang (2,980m / 9,776ft) to Muktinath (3,800m / 12,335ft)**

On Day 11, when we pass the Gyu-La Pass (4077m), we will be able to glimpse several magnificent Himalayan peaks reaching Tibet to the north. Before reaching Muktinath, a popular Hindu and Buddhist holy place, the trek passes through various old villages. What makes the Muktinath Temple noteworthy are its 108 stone sprouts, which come from the Kali Gandaki River. Additionally, you may witness the 2,000-year-old perpetual flame that is present. Although the trek is challenging, the breathtaking views of Dhaulagiri make the effort worthwhile.

- Hiking time: 6-7 hours
- Trek Distance: 14.5km / 9 miles
- Max. altitude: 3,800m / 12,335ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Muktinath (3,800m / 12,335ft)

**Altitude Gain:** 3799

**Duration:** 7

**Accommodation:** Teahouse

## **Day 12: Trek from Muktinath (3,800m /12,335ft) to Jomsom (2,720m/8,915ft)**

Beginning our trip from Muktinath to Jomsom, we will travel through the village of Jharkot, where we will explore the local monastery, the impressive Tibetan Herbal Medicine Center, and an old fortress that was once a palace. As we descend to Jomsom, which is at the foot of the Kali Gandaki River Valley, we gradually lose elevation. Jomsom is the entry point to Mustang and home to a major market area. We will also witness the beauty of the Kali Gandaki Valley and Kagbeni Village from Jomsom

- Hiking time: 5-6 hours
- Trek Distance: 22 km / 13.6miles
- Max. altitude: 3,800m / 12,335ft
- Accommodation: Teahouse/Lodge
- Meals included: Breakfast, Lunch and Dinner

**Destination:** Jomsom (2,720m/8,915ft)

**Altitude Gain:** 3799

**Duration:** 6

**Accommodation:** Teahouse

## **Day 13: Rest and exploration day in Jomsom**

We will take a one-day rest in Jomsom, as it is the last day of our memorable trek. We will be exploring the Jomsom and visiting some of the local monasteries, visiting the apple garden, and enjoying the beauty of the Jomsom. At last, we will celebrate the last day of our trek by having a group dinner with all our staff members.

**Duration:** 1

**Accommodation:** Teahouse

## **Day 14: Early morning flight from Jomsom to Pokhara (820m / 2,690ft)**

We bid farewell to Mustang and will take a 20-minute flight to Pokhara early in the morning. The rest of the day may be spent relaxing and seeing the city, or you can take a flight back to Kathmandu. You may rent a boat and explore the mysterious caverns or go sightseeing or go boating in the exotic Phewa, Rupa, and Begnas Lakes in Pokhara Valley. You will have the opportunity to shop for memories and enjoy the vibrant city's

nightlife.

**Destination:** Pokhara (820m / 2,690ft)

**Altitude Gain:** 820

**Duration:** 1

## Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner)
- Accommodations in Tea House/Lodge during the Trekking.
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Upper Mustang Restricted Area Special Trekking permits US\$ 500 per person for 10 days. For each extra day USD 50
- Pokhara – Jomsom – Pokhara flight cost – including airport taxes
- Proper First aid kit
- Trekking permit (Annapurna Conservation Area Permit fee)
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses
- Company's duffel bag will also be provided. (If needed)
- All essential official fees.

## Excludes

- International Airfare
- Your travel insurance
- Excess baggage charge (weight limit 9 kg per person)
- Nepal visa fee
- Any kind of drinks during the trek
- Other items of personal expenses like hot shower, battery charge, telephone, porter, etc.
- Tips for the Guide and Porter(expected).
- Travel insurance that covers emergency high-altitude Heli-rescue and evacuation and health care costs (compulsory)
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes