

Upper Mustang Trekking

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Upper Mustang is a remote and extremely fascinating region of Nepal on the northern borders of Tibet. It was previously a forbidden Kingdom. Upper Mustang has been open for tourists since 1992. This destination is the historic walled city of Lo Mangtang. Its restricted area as well. We need to issue the special permit for the upper Mustang.

Life of Lo-Manthang has continued much the same as it has for centuries. People are steeped in religion here with numerous Gompas, Mani walls (prayer walls), chortens adorning the Kings palace and surrounds. Prayer flags flutter above each household, spreading god blessings to all corners of the world and the universe beyond. This area can be trekked all year round regardless of season. The people are well adapted to the region after many centuries of experience surviving the harsh climate. They survive by practicing a form of agro-pastoralism and seasonal migration. The farming is done whenever irrigation is possible. Only one crop (barely) can be produced in a year.

If you are planning a visit to Mustang you need to be in good physical condition. The tour commences with a flight from Kathmandu to Jomsom via Pokhara. This trekking route crosses the villages of Tangbe, Samar and Geling to reach Tsarang. The settlement of Tsarang is considered as one of the highlights of the tour a day before Lo Manthang.

Itinerary

Day 01: Arrival and Transfer to Hotel in Kathmandu.

Arrive at Kathmandu International Airport and get transferred to a hotel. Our Tour Manager will give you the briefing about the trip upon arrival in the Hotel.

Day 02: Kathmandu Sightseeing/Trekking preparation

After breakfast, proceed for a city tour of Kathmandu visiting Durbar Square, a complex of palaces, courtyard and temples, built between the 12th and 18th centuries used to be the seat of the ancient Malla kings of Kathmandu. In the afternoon visit the Swoyambunath Stupa and Patan City. Swoyambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone

Day 03: Drive Kathmandu-Pokhara 200 km 6-7 hrs Drive

After breakfast, we will drive to Pokhara. Pokhara is a place of remarkable natural beauty. The serenity of Phewa Lake and the magnificence of the Fishtail Peak rising behind it create an ambiance of peace and tranquility. Pokhara is a perfect place to see the panoramic view of Himalayan region including Annapurna and Dhaulagiri.

Day 04: Early morning drive to Jomsom (2720m)

Early morning drive to Jomsom **(2720m)**, to Kagbeni 10 hours. Mustang starts from here. The trail from Jomsom to Kagbeni follows all along the Kali Gandaki River BY public JEEP or by walk.

Day 05: Trek Kagbeni to Chhuksang (3050m).

At places the trail is steep and passes through the ridges. Overnight in Chhuksang.

Day 06: Trek Chhuksang to Samar (3700m).

The trail passes through the village of Chele along the Great Canyons and mysterious colorful caves. Part of the trail passes through uphill on a rocky saddle. The village of Samar is famous for birds watching and rare green views in a rocky place like upper Mustang.

Day 07: Trek Chuksang to Syangbochhe (3850m)

While hiking from Samar to Tamagaon one can experience the great views of Nilgiri Hills, Thorang peak and other higher Himalayan ranges.

Day 08: Trek Syangboche to Tsarang (3650m)

The trail passes through the village of Ghemi. We camp at the village of Tsarang; the village is famous for the ruined muddy fort of Mustang King. Also the village of Tsarang is famous for old monasteries, buckwheat fields and canyons.

Day 09: Trek Tsarang to Lo Manthang (3760m).

Lo Manthang located in the wide valley at Tibetan plateau is the capital city of Mustang. We can visit their Majesties the King and Queen at their palace. The historical and spiritual city of Lo Manthang is a place worth exploring with its beautiful setting and picturesque buckwheat and barley fields.

Day 10: Explore Lo Manthang.

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Day 11: Trek to Lo Manthang to Ghemi (3690m).

Ghemi is famous for the ancient and longest Mani wall in Nepal which is said to be the large intestine of a demon.

Day 12: Trek Gehemi to Shyangboche

Gehemi to Shyangboche

Day 13: Trek Shyangboche to Chaile.

Shyangboche to Chaile.

Day 14: Trek Chaile to Jomsom stay one night.

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Day 15: Drive from Jomsom- Pokhara by public reserve jeep or reserve bus to Beni Bazaar.

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Day 16: After breakfast Drive to Kathmandu by Tourist Bus – Lunch onn the way , Hotel and dinner in Kathmandu.

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Day 17: Free day in Kathmandu

Free day in Kathmandu or Sightseeing.

Day 18: Departure to your next destination .

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