Upper Mustang Trek



Trip Overview

Upper Mustang, also known as Lo Mustang, resides in Northern Nepal at the end of the Kali Gandaki River. Upper Mustang is a remote area that has its part in the Annapurna Conservation Area. The trek involves a high altitude as the upper Mustang gains an elevation of around 3,840 meters. The Upper Mustang Trek is a 14-day-long trek to explore the hidden world of the ancient Buddhist kingdom of Nepal, which has been protected from the world because of its difficult topography.

This region offers the virgin beauty of landscapes and a tranquil Himalayan range, along with captive and arid plateaus, ravishing cliffs, and plunging canyons. Besides its natural richness, one cannot miss the cultural significance of this region, which is intertwined with the heritage of the Tibetan ranges. The traditional Buddhist lifestyle, along with the ancient monasteries, beautiful attire and costumes, a delicacy of Tibetan and Himalayan cuisines with religious practices, fluttering prayer flags, and whitewashed houses, are some of the central attractions of this place.

Mustang is the perfect combination of cultural and natural beauty, which makes it a perfect spot for trekking. Away from the hustle and bustle of the busy city life, Mustang is a spot for absolute tranquility and peace. As you pass through the white snow-capped Annapurna and Dhaulagiri, you will be able to immerse yourself in the soothing sound of Kali Gandaki and the chippering of birds.

The Upper Mustang region is a paradise for photographers and explorers who are on a mission to explore this enchanting realm. It is not only a physical trip; it is more of a journey of self-discovery and connecting oneself with one's soul. The trek demands resilience, a challenging attitude, and a spirit for adventure. So are you ready to embark on a journey to discover the hidden secrets of Mini Tibet through dramatic landscapes and breathtaking views nestled in the heart of the Himalayas?

Gallery







Trip Itinerary

- 1 - Arrival at Kathmandu (1300m/4265ft)
- 2 - Trip from Kathmandu to Pokhara (800m/2624ft)
- 3 - Drive Pokhara to Kegbeni (2743m/8999ft) 5-6 hours
- 4 - Kagbeni to Chele (3050m/ 10006ft)5 to 6 Hours
- 5 - Trek to Syanbochen (3800m/12467.19ft) 6 to 7 hours
- 6 - Yamda La pass (3850m/12631ft) and trek to Giyani 7 to 8 hours
- 7 - The Tsaarang pass (3870 m/12631.23ft) and trek to Charang 5 to 6 hours
- 8 - The Ultimate Trek to Lo-Manthang (3810m /12500ft) 5 to 6 hours
- 9 - Explore and Relish Lo-Manthang(3810m /12500ft)
- 10 - Trek to Drakmar (3820m /12532ft)6 to 7 hours
- 11 - Trek from Drakmar to Ghiling (3570m/11712ft) 5 to 6 hours
- 12 - Trek to Chusksang (2910m/9547) 5 to 6 hours
- 13 - Chusksang to Jomsom or Marpha (2720m/8923ft) 6 to 7 hours
- 14 - Jomsom to Pokhara (800m/2624ft)
- 15 - Kathmandu

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- 3-star Hotel stays at Kathmandu night stay in twin sharing
- Drive from Pokhara to trek start point & Drive back to Pokhara
- Tea house accommodation and All Meals During Trekking
- Licensed Trek Guide with good spoken English plus assistant leader each for a group
- All trekking crew with there salary and all travels insurance
- All necessary paperwork and permits (TIMS/ Conservation Fee). Special permit for Upper Mustang
- Hotel in pokhara and sight seen in Pokhara city
- Tourist bus to drive to pokhara & Back Kathmadnu

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Essential packing Equipment
- Helicopter flight ,
- Tipping for trekking crew

Gears and equipment

- Clothing

  Waterproof jackets and pants Sweaters and down jackets Lightweight trousers Hiking shirts- long-sleeved Hooded raincoat and Fleece jacket Innerwears Lightweight and heavyweight winter gloves Sun hat or scarf; Money belt; Cotto headscarf, bandana Winter hat or insulating hat

- Extra items

  First aid kit Personal medications Sleeping bags and sheets, Rucksack, backpack, and a small day pack
  Water bottle Water purification tablet solution

- Personal accessories

  Headlights and extra batteries Face and body wipes
  Sunscreen and sunglasses with protection Watch
  camera

- Toiletries

  Medium-drying towels Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Footwears

  Trekking Boots A pair of sports shoes Heavy wool and light socks

Faqs

1. **Where does the Upper Mustang trek start?**

   Upper Mustang Trek begins from Kagbeni Village in Nepal. This is in the Mustang district of Nepal.

2. **What permits are required for the Upper Mustang Trek?**

   ACAP (Annapurna Conservation Area Permit), Restricted Area Permit, TIMS card.

3. **What are the things to do in Mustang Nepal?**

   Sightseeing, Trekking, and Trekking

4. **How much does the Upper Mustang Trek cost?**

   Cost depends upon various factors such as type of accommodation and length of the trek. On average you can pay around USD 1500 to 2500 USD for a 10 to 14 days trek per person.

5. **How long is the Upper Mustang Trek?**

   Upper Mustang Trek is from 12 to 18 days. However, you can stretch it as per your routine.

6. **How can I get to the Upper Mustang region?**

   you can get to the Upper Mustang region either by trekking or by driving. Moreover, some of the Heli services are also available to get to the Upper Mustang Area.