

# Upper Mustang Trekking

Url: <https://www.glorioushimalaya.com/trip/upper-mustang-trekking/>

**Duration**

18

**Max. Altitude**

3,840m

**Difficulty**

Moderate

**Group Size**

2+ pax

**Transport**

Plane / Car / Tourist Bus

**Meals**

Breakfast

**Accommodation**

Hotel and lodges

**Starts At**

Kathmandu

**Ends At**

Kathmandu

## Highlights

- Visit Walled city and ancient monasteries of Mustang.
- Picturesque view of the Mountains and explore deepest gorge
- Visit Kingdom of Mustang
- Explore rain shadow region of Nepal
- Visit cultural world heritage sites in Kathmandu valley.

## Overview

Glorious Himalaya team proudly and sincerely welcomes to all the trekkers and urges to join our 18 days **Upper Mustang trekking** package program. *Upper mustang trekking* takes you to the remote and semi-independent Tibetan kingdom which became independent in 1380. It is located in the north of Annapurna on the [Tibet](#) border in the Mustang district of the Dhaulagiri zone in Nepal. It is situated at an average altitude of 4,000 meters. The valley of Mustang is a part of the Tibetan plateau geologically and culturally. Lo-Manthang is the capital of Mustang district and it's possible to visit the king palace in Lo-

Manthang. It is a medieval city surrounded by a big wall. The valley has arid and rainshadow deserts. So, you can do this trek even in the month of July, August, and September (rainy season of Nepal). In upper Mustang, there are colorful rock formations consisting of many caves dwelling high up in the cliffs.

People belong to ethnic groups viz-Bista, Gurung, Thakali, Damai, Sharki, etc reside in an around the valley of Mustang. They are friendly, hardworking and nature-loving. People of Mustang district follow Tibetan Buddhism in a pure form and the houses are built of whitewashed with firewood tucked on the roofs. Tiji is the main festival celebrated by locals for three days in the month of May every year. There are some ancient and important big monasteries in Mustang valley which has their own spiritual numbs and values.

Once as an important part of Tibet for trading, upper Mustang is used by salt caravans crossing the Himalayas into Nepal. Besides, it's a beautifully rugged landscape; it offers majestic and eye-catching views of Mt. Dhaulagiri, Annapurna and more. Mani walls, Buddhist shrines, gompas, a palace, and a mandala are another prime attraction of here. Upper Mustang trekking requires a special permit for foreigners since it is a restricted valley or region for outsiders. The prohibition was lifted and the first group of trekkers got an entry in 1992. Thereafter, hundreds of visitors pay their visit every year in order to enjoy and explore the beauty of the place and its people.

***Upper Mustang trekking*** with the Glorious Himalayas team would be your lifelong holidays experience physically, mentally and spiritually.

Check out our fixed itinerary for **Upper Mustang Trekking** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## Itinerary

### **Day 01: Arrival in Kathmandu (1,400m)**

After you land at Tribhuvan International airport, you will be welcomed by our office representative. As he will be holding your name plate, it will be easy for you to recognize him. Then after, he will transfer you to the hotel. You can freshen up and have some walk around Thamel. At the evening our guide will give some briefing about our trek and routes. Overnight at hotel inclusive Bed & Breakfast.

### **Day 02: Kathmandu Sightseeing and preparation for the trek**

To make your trip more memorable, we will take you to have some sightseeing in the Kathmandu valley. We will be visiting some historical and cultural places. Our program includes sightseeing around Swyambhunath stupa, Bouddhanath Stupa, Pashupatinath temple and Kathmandu durbar square. Swyambhunath stupa and Bouddhanath Stupa are famous Buddhist holy places whereas Pashupatinath temple is famous Hindu holy site. Similarly Kathmandu durbar square carries historical values. You can also have some shopping of Nepalese product. Overnight at hotel inclusive bed and breakfast.

### **Day 03: Drive from Kathmandu to Pokhara (8,50m) - 7 hrs Drive**

After having breakfast, we will be ready to travel to Pokhara. Kathmandu-Pokhara is about 6-7 hour journey which goes by the side of Trishulu River and Marshyangdi River. You can watch out the living style of people living all along the side of highways. After we enter Pokhara valley, views of mountains will be in front of our eyes. Overnight at hotel inclusive Bed & Breakfast.

### **Day 04: Fly to Jomsom and then trek to Kagbeni (2,800m) - 3 hrs Trek**

After having our tasty breakfast, we will leave for Kagbeni via Jomsom. We will set off to airport for our flight to Jomsom. It is about 30 minutes flight over mid-hills with the scenic views of mountains like Annapurna and Dhaulagiri. Jomsom is the district headquarter of Mustang from where our trekking starts. The trail goes along Kali Gandaki River for about 3 hours and then we will reach to Ekklibhatti. It is an easy walk up to Kagbeni from Ekklibhatti. Kagbeni was once a route to maintain trade relation with Tibet. You can see Kak Khola coming from Muktinath mixing up with Mustang Khola, which we name as Kali Gandaki River. It is a beautiful valley surrounded by high hills and mountains. Overnight at Lodge.

### **Day 05: Trek to Chhuksang (2,980m) - 5 hrs Trek**

Following our itinerary, today we will head towards Chhuksang. Chhuksang is about 5 hours trek and a phase from where we start entering upper Mustang from Lower Mustang. After having our hot breakfast, we will start our journey through the bank of Kali Gandaki River. You can have a glance of Gompa Kang and many caves on the way. After about 3 and a half hours, we will reach Tangbe. This village seems to be attractive because of its typical whitewashed houses, fields of buckwheat, barley, wheat and apple orchards. You can enjoy the view of the Nilgiri peak from Tangbe and have some rest. This will help you regain your stamina. Moving on, we will finally be at Chuksang after about an hour. Chuksang village is mostly inhabited by Bhotias, Gurungs and mostly Thakali. Overnight at Lodge.

### **Day 06: Trek to Samar (3,660m) - 5 hrs Trek**

There is a distinct change here, not only in the topography, but also in the culture, lifestyle and people, and the settlements become more scattered, smaller and more basic. The people of Lo or Mustang do practice agriculture, but because of the lack of rain and fertile soil, cultivation is in sheltered plots of land, scattering the brown landscape with patches of green. We carry on the north when you reach a huge red chunk of rock that has fallen from the cliffs above, forming a tunnel through which the river flows. A steel bridge spans the river just in front of the tunnel and north of here the Kali Gandaki becomes impassable on foot. The trek now leaves the valley and climbs steeply up a rocky alley to the village of Chele. Watch out here for the ferocious Tibetan mastiffs which are chained to many of the houses. From Chele, you climb a steep spur and then continue ascending along the side of a spectacular steep canyon to a pass. Beyond the pass, you descend on a pleasant trail to Samar, situated in a grove of poplar trees. This is a major stopping place for horse and mule caravans. Overnight in a lodge.

## **Day 07: Trek to Gheling (3,570m) - 5 hrs Trek**

Starting the journey with climbing, we will ascend for about half an hour up to the point. Moving on we need to cross a small river and then we will be at the base of Shyangbochen. You can see some Chortens which is believed to be the most sacred place of Mustang. Finally descending for some more times we will reach to Gheling- a small village with mud houses and the least population. Overnight at Lodge.

## **Day 08: Trek to Dhakmar (3,786m) - 5 hrs Trek**

After our breakfast, we will start our trek with the climbing up to Nyila. And then we need to descend down below the blue, gray and red cliff to Ghaami- the biggest settlement of Upper Mustang. Continuing our trek, we move to Dhakmar through colorful cliffs and green scenery. After about 5 hours walk we will be at Dhakmar. Overnight at Lodge.

## **Day 09: Trek to Lo-manthang (3,840m) - 7 hrs Trek**

The next 7 hours walk to reach to Lo- Manthang. After our breakfast, we will leave for Lo- Manthang. The trail goes ups and downs with the beautiful views on the way. The scenic view of beautiful hills, glittering white snowy mountains, colorful Chorten will surely make your journey good and tireless. On the way, we pass Gumba Ghar- a monastery. Moving further, we will be at Lo-Manthang. Overnight at Lodge.

## **Day 10: Sightseeing around Lo-Manthang - (3,840m)**

So tired of walking? Today, we will take some rest and have some visiting in and around Lo- Manthang. Lo- Manthang is a walled city with about 150 houses. It is believed that this city existed before 1390 and Ama Pal is believed to be the pioneer of this city. Though Nepal has become a republic, this is the only Nepalese land where you can still witness the king. This city is identified for its tall white washed mud brick walls, Gompas and Royal Palace. The Royal Palace was built around 1400. You can visit the four major Gompas of this city- Jampa Gompa, Thubten Gompa; Chodey Gompa and Choprang Gompa. You can even visit Tingkhar- home to 40 houses. This route was made free only after 1992. Finally, we will get back to Lodge.

## **Day 11: Visit Chhosser cave**

After exploring Lo- Manthang, today we will move to Chhosser cave. Chhosser cave is a mysterious but stunning cave famous for its architectural beauty. This cave looks alike cliff but you will be amazed after you enter to explore this cave. You can see 44 rooms and many steps inside the cave. This cave somehow makes you feel of being in some wonderland different from rest of other places. After then we will return back to lo- Manthang on a jeep or horse. The horse ride can be a different experience to you and probably you will not want to miss it out. Overnight at lodge.

## **Day 12: Trek to Ghaami (3,490m) - 6 hrs trek**

From today, we will start our journey back to Jomsom. We will follow the same trail back to Ghaami. We can get some alternative routes on the way but very short ending up at the main trail in a short span of time. Eventually, we will be at Ghaami. Overnight stay at Ghaami.

## **Day 13: Trek to Chhuksang (2,980m) - 6 hrs trek**

Wake up, freshen up and have breakfast. Then we will leave for Chhuksang. On the way to Chhuksang, we have to cross Kali Gandaki River and pass some desert like lands. Finally walking for about 6 hours, we will be at Chhuksang. Overnight stay at Chhuksang.

## **Day 14: Trek to Muktinath (3,800m) - 6/7 hrs trek**

Today is a wonderful trek to the holy land of Hindus and Buddhist- Muktinath. The trail goes through beautiful apple orchards, agricultural fields and pretty villages. Muktinath has worshipped Hindus as Lord Vishnu and Buddhist as Avalokteshows. You can see 108 stone spots from where holy water comes and is believed to wash out our sins. You can take bath in the spots. But the water is so cold that you need to be cautious about your health before you march to the bath. Overnight stay at Muktinath.

## **Day 15: Trek to Jomsom (2,710m) - 5/6 hrs trek**

The final day of walking, we will leave for Jomsom after having our hot breakfast. The trek starts with the short descend down to Jharkot and Khingar. You can see beautiful monasteries which looks like of Tibet. On the other hand, you can have the picture of snowy cones of Dhaulagiri and Nilgiri on the way which will help you feel energetic. Finally, we will walk along the Kali Gandaki river up to Jomsom. You can have some walk around Jomsom and buy something if you want. Overnight at lodge in Jomsom.

## **Day 16: Flight from Jomsom to Pokhara - 30 minutes flight**

After having our breakfast, we will move to the airport to catch a flight to Pokhara. After reaching Pokhara, you will be transferred to the hotel. You can then fresh up and have some visit around the lakeside. Overnight at Pokhara inclusive breakfast.

## **Day 17: Drive from Pokhara to Kathmandu (1400m) - 7 hrs drive**

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling, and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese

come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed and farewell dinner in a typical Nepali restaurant with the cultural dance program.

## **Day 18: Departure Day**

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

## **Trip Includes**

- All the airport and hotel transfers by private vehicles.
- 1-day Kathmandu sightseeing tour includes city tour guide and private transport.
- 3 nights of 3-star category hotel accommodations in Kathmandu city inclusive breakfast.
- 2 nights of hotel accommodations in Pokhara city inclusive breakfast.
- 12 nights twin sharing best lodges accommodations while on the trek.
- Round trip airfare & airport tax (Pokhara-Jomsom-Pokhara)
- An experienced and government certified trekking guide for the trek.
- All the essential trekking permits and paperwork for the trek.
- Supporting porters to carry your loads during the trek. (1 porter for 2 guests)
- Foods, Salary, accommodation and accidental/medical insurance of all our trekking staffs.
- Company duffel and sleeping bags to use while on the trek.
- First aid medicine for the trek.
- Trip achievement certificate after the trip.
- Nepalese cuisine farewell dinner with cultural dance program at the end of the tour

## **Trip Exclude**

- International airfares and Nepal visa.
- Meals during the trek.

- Extra nights hotel accommodation at Pokhara or Jomsom due to bad weather and earlier back to Kathmandu hotel
- Entrance fees for Kathmandu sightseeing.
- Your travel insurance.
- Gratitude to the guide and porters.

# Checklist

## Trekking Gear Checklist

### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

### Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

### Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

### Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, “broken in”)
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, “low” ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

## **Toiletries**



- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## **Contact Us, Head Office**

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