Upper Mustang Trek - 17 days - $1700/Person

Trip Info

Trip Code: WHT/RAT-01
Grade: Moderate
Maximum Elevation: 3,840M.
Type: Treking/Hiking
Activity: Hiking and Camping
Starts at: Kathmandu
Ends at: Kathmandu
Trip Route: POkhara,Jomsom,Kagbeni,Chele,Ghami,LomanthangCharang,
Best Season: Autum & Spring
Accommodation: Hotel in Kakthmandu,Pokhara and Trekking
Meal: Break Fast,Lunch & Dinner,Tea,coffee
Offer: 10% dISCOUNT

The word ‘Mustang’ conjures up ideas of remoteness and seclusion, a region lost amongst the mountains. This was an independent country until it was closely consolidated into Nepal just a few decades ago.

The kingdom of Mustang lies in the rain shadow formed by the Annapurna & Nilgiri Himalayas and thus gets very little rain which fortunately, makes the area ideal for trekking even in the mid monsoon while the other areas of Nepal remain unsuitable for trekking due to heavy monsoon rains.

The Trek to this mystique kingdom which requires a special permit that costs US$ 700 per person [valid for 10 Days] begins at the airstrip of Jomsom after flying up early from Pokhara. Mustang Trek is rather easy as most of the route goes along the bank of Kali Gandaki River and eventually leads you to Lo Manthang, the capital of Mustang at 3730 meter, which is the highest point on this trip.

Fascinating areas: culturally and historically, picturesque villages, monasteries, unique landscapes with easy access and very few trekkers going to this area are the major highlights of Mustang Trek. This is among the very few adventure trips in Nepal which can be done throughout the year.

The region of Mustang lies north of the main Himalayan range in the area known as the trans-Himalaya. A vast high valley, arid and dry, it has a barren desert-like appearance similar to the Tibetan Plateau and is characterized by eroded canyons and colorful stratified rock formations. It was once an important route for crossing the Himalaya between Tibet and Nepal, and many of the old salt caravans passed through Mustang.

Known to its inhabitants as Lo, Mustang was only opened to trekkers in March 1992 and you will be part of a small privileged minority to visit this remote outpost of Nepal. The capital of the Mustang district is actually Jomsom but the Tibetan influenced area north of Kagbeni is known as Upper Mustang. It is this area which we will explore fully, discovering the wonders of the architecture, language, culture and

traditions which are almost purely Tibetan in this once-upon-a-time mystical kingdom.

Itinerary

Day 1 - Arrive Kathmandu and transfer to hotel

You will be greeted by a panoramic view of snow-capped mountain peaks sprawling down below once you fly in the sky of Kathmandu. A representative and driver from our office will meet you at the airport and escort you to your hotel. The representative will help you check into your designated hotel. At the hotel you will be briefed about your daily activities.

Day 2 - Sightseeing tour in Kathmandu (Pashupatinath, Boudhanath and Patan Durbar Square) and transfer to hotel

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to UNESCO World Heritage Sites namely Boudhanath- the largest Buddhist Stupa in Nepal, Pashupatinath- most popular Hindu shrine dedicated to Lord Shiva and Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. At Patan Durbar Square, we will delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 3 - Fly to Pokhara, Rest day - explore around on own

We take a thirty-minute flight to Pokhara from Kathmandu airport. During the flight, we get to savor the most mesmerizing views of glorious Manaslu and the snow-capped Annapurna mountain range. After reaching Pokhara you will be transferred to your hotel in Pokhara. Rest of the day you explore around Pokhara Bazaar or do boating in Phewa Lake..

Day 4 - Fly to Jomsom (2720m) and start trek to Kagbeni (2810m) – 3/4 hrs

We take a spectacular early morning flight to Jomsom (famous for its apples) where we meet our trek crew at a tiny airstrip. After some initial preparation of loads, we begin our trek to the pretty village of Kagbeni. Just out of Jomsom we cross a small suspension bridge and then walk along the riverbank of the Kali Gandaki. The trail is flat and quite barren, with craggy rocks and sand littering the trail. This makes it very easy going. We will get magnificent views of huge peaks such as Dhaulagiri, Tukuche and Nilgiri, whilst to the south can be seen the entire Annapurna massif. Kagbeni with its narrow alleyways and tunnels, irrigation canals, fields of wheat and barley and a large red Gompa, give us a preview of scenes that we would come across in Upper Mustang. At the north end of the village is the police check-post. Here we will complete our paperwork before entering this long forbidden region of Nepal..

Day 5 - Trek to Chhuksang (2962m) – 5/6 hrs

It is possible to trek right up the river valley, but we use a combination of the high trail and the riverbank pathways. The trail then widens significantly revealing an endless stretch of sand but the path is kept interesting by the passing of mule trains bearing goods from Mustang and Tibet. On the west bank of the river are some caves and Gompa Kang. Unlike most monasteries in Upper Mustang which are of the Sakyapa sect, Gompa Kang is of the Nyingmapa sect. We stop for lunch at the village of Tangbe, where we come across the first black, white and red Chortens that typify Upper Mustang. The little town is a labyrinth of narrow alleys among white washed houses, fields of buck wheat and barley and apple orchards. Nilgiri Peak continues to dominate the southern skyline. Chhuksang village is only about 2 hrs' walk beyond Tangbe at the confluence of the Narshing Khola and the Kali Gandaki. There are three separate parts to this village and some ruined castle walls on the surrounding cliffs. Across the river from Chhuksang are some spectacular red eroded cliffs above the mouths of some inaccessible caves..

Day 6 - Trek to Samar (3550m) - 5hrs

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 practice agriculture. But due to lack of rain and fertile soil, cultivation is limited to sheltered plots of land. This spots the brown landscape with patches of green. Continuing north, we reach the river. A steel bridge spans the river just in front of a tunnel and north from here the Kali Gandaki becomes impassable on foot. The trek now leaves the valley and climbs steeply up a rocky gully to the village of Chele. Watch out for the ferocious Tibetan mastiffs here, 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 we descend on a pleasant trail to Samar, situated in a grove of poplar trees. This is a major place to stop for horse and mule caravans

Day 7 - Trek to Geling (3440m) – 5/6 hrs

We climb above Samar to a ridge and then descend into a large gorge past a Chorten before entering another valley filled with juniper trees. We then cross a stream and after climbing to a pass, we descend along a ridge to Shyangmochen, a tiny settlement with a few tea shops. Nearby is Rangbyung, a cave containing stalagmites which have formed in the shape of Chorten and one of the holiest places in Mustang. The trail climbs gently from Shyangmochen and we enter another huge valley before descending to Geling, with its extensive fields of barley. Like in all settlements of Mustang, the white and ochre-painted houses in Geling are constructed using mud and stones. The roofs are made of twigs, straw and a mixture of mud and pebbles.

Day 8 - Trek to Ghami (3520m) – 3/4 hrs

From Geling, the trail climbs gently through fields, up the center of the valley, passing above the settlement of Tama Gun and an imposing Chorten. We then begin a taxing climb across the head of the valley to the Nyi La (3840m). The descent from the pass is quite gentle and about half an hour further on we come to a trail junction; the right trail is the direct route to Charang, the left trail leads to Ghami.

Ghami is a large white-washed village sheltered by overhanging cliffs. .

Day 9 - Trek to Charang (3560m) – 3/4 hrs

Today's walk is through perhaps the driest part of Mustang, and much of our energy will be spent negotiating the loose, dry soil. However, the magnificent views of the countryside, from the gentle contours of the north to the rugged mountains in the east and west, more than compensates for the hard climb. Finally, we come to Charang, a large spread-out village at the top of the Charang Chu canyon. At the eastern end of the village are a huge dzong [fortress] and a red gompa which houses an excellent collection of statues and thangkas..

Day 10 - Trek to Lo Manthang (3730m) – 4/5 hrs

We spend part of the morning exploring the interesting village of Charang and its large monastery, before setting out for Lo Manthang. We climb gently above the valley to a large isolated Chorten that marks the boundary between Charang and Lo Manthang. The trail then broadens and eventually we get our first view of the walled city of Lo Manthang. The city has only one entrance so we circumambulate the wall to the gate on the north-east corner..

Day 11 - In & around Lo Manthang

Today, you are free to explore the fascinating city of Lo Manthang. The city contains about 150 houses, as well as residences for its many lamas. There are four major temples within the city and one of these, Champa Lhakang, contains a huge clay statue of Buddha as well as elaborates mandalas painted on the walls. The king's palace is an imposing building in the center of the city and is occupied by the current King and Queen. Although his duties are largely ceremonial, the King is respected by the people. Throughout the kingdom, the villagers continue to seek his advice regarding many issues. It is possible to hire horses to visit these valleys, but this short tour will incur extra costs.

Day 12 - Trek to Ghami (3520m) – 7/8 hrs

We begin our return journey from Lo Manthang, taking the upper highland route. This highland route offers dramatic views of Lo Manthang and the Charang Valley, with snow clad peaks in the background. Just past the settlement of Lo Gekar, we reach the oldest monastery in Mustang, the Ghar Gompa.

Day 13 - Trek to Chhuksang (2920m) - 5/6 hrs

We continue our journey on the highland route, crossing alpine meadows before dropping down a steep eroded gully to Dhakmar for lunch. After lunch, we walk through the pretty valley, climb to a ridge and descend from there back to Ghami. .

Day 14 - Trek to Jomsom (2720m) – 5/6 hrs

Now we must retrace our route back to Jomsom, where we end our trek. In the evening, we celebrate with the Sherpas and porters, whom we have come to know so well over the last 2 weeks. .

Day 15 - Fly to Pokhara - 25 minutes and fly to Kathmandu - 25 minutes

We take a spectacular early morning flight along the Kali Gandaki gorge to Pokhara. From Pokhara we take a connecting flight to Kathmandu. .

Day 16 - Free day as contingency

You have a free day today for independent activities- you can just stroll down the streets of Thamel, do shopping or just relax in your hotel..

Day 17 - Depart Kathmandu

Our Nepali support team will take you to the airport for your flight home. On the other hand, if you prefer to stay longer, you can go for short tours such as game drive at National parks, rafting, Tibet tours, mountain biking etc). .

Cost Includes

- Airport Pickup and Drop off service
- 3 star Hotel in Kathmandu with included breakfast
- Transport from Kathmandu to Pokhara both ways and other grounded transports for the trip
- Flight from Pohara to Jomsom both ways
- Food all along the trip(Breakfast, Lunch, Dinner and a cup of coffee or tea) and accommodations during the trip in hotels with family environment
- Down jacket, all-season sleeping bag, duffel bag and trekking map(in case if you dont have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip)
- One licensed English speaking Trekking Guide
- Transportation, food, accommodation and insurance of Guide/ Porter during the trip
- Required permit works
- Mobile SIM Card that works all over Nepal and a map of the trekking region
- Complimentary welcome or farewell dinner in Kathmandu at a cultural restaurant
- Certificate for Trek Completion

Cost Excludes

- International Airfare
- Your Visa Charges
- Your travel and medical insurance
- Personal Expenses such as shopping, bar bills, hot shower, telephone, laundry, titbits etc
- Emergency expenses such as expenses on charted helicoptor
- Your Personal Insurence
- Tips for guides and porters