

Upper Mustang Trek



Introduction

Upper Mustang Trek is a rare privilege. Here you will experience the way of life of true mountain people, who were not much in touch with the rest of Nepal for hundreds of years, and even until recent times had an officially recognized king. **Upper Mustang**, being in the Himalayan rain shadow, is one of the regions in the country. Upper Mustang trek is not particularly difficult, the highest point reached being only 4200 meters, but the conditions at times can be difficult. To enter Upper Mustang, that is to travel further north from **Kagbeni**, trekkers need special trekking permit and must be accompanied by a government certificate holder trekking guide. In many ways, a trek into Upper Mustang is similar to trekking in Tibet, as geographically it is a part of the Tibetan plateau. The district of Mustang was, until 1950, a separate kingdom within the boundaries of Nepal. The last king, the Raja of Mustang, still has his home in the ancient capital known as **Lo Manthang**. Mustang's status as a kingdom ended in 2008 when its suzerain Kingdom of Nepal became a republic. The influence of the outside world, especially China, is growing and contributing to the rapid change in the lives of Mustang's people. Mustang, formerly the Kingdom of Lo, is a remote and isolated region of the Nepalese Himalayas. The Upper Mustang was a restricted demilitarized area until 1992 which makes it one of the most preserved regions in the world, with a majority of the population still speaking traditional Tibetan languages. Tibetan culture has been preserved by the relative isolation of the region from the outside world. **Tiji** is the greatest festival in the Mustang region. Thousand men, women and children participate in the annual elaborate re-enactment of the Tiji myth, telling of a deity named Dorje Jon who battles his demon father to save the kingdom from destruction. It will be our unique privilege to witness the same color, costume, dancing, and ritual that were displayed by these people in this place more than six hundred years ago. **Upper Mustang Trek** becomes the best attraction these days for the trekkers around the world. Upper Mustang is fully tea house

supported. Nowadays, you can stay at Lodge to Lodge. Teahouse trek is comparatively least cost so that it is affordable most of you.

Trip Facts

Trip Duration	19 Days
Trip Grade:	Moderate
Best Season	Apr-Oct
Per Day Hiking:	4-9
Elevation	4200m
Accommodation	Lodge and Home Stay
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus depending on group size.
2. 3 Nights Hotel in Kathmandu on BB Plan.
3. Mustang Special Permit (USD\$500 for 10 Days, if you require more day, you have to pay USD\$50 Per Day).
4. Annapurna Conservation area Fee.
5. One English speaking experience guide and trekkers 2:1 porters.
6. Kathmandu-Pokhara-Kathmandu by tourist bus.
7. 2 Nights hotel in Pokhara on BB Plan .
8. Both way flight tickets Pokhara-Jomsom -Pokhara with airport departure tax.
9. All meals (Breakfast, lunch and dinner) with Lodge accommodation during the trek.
10. Staffs, equipment, , salary, insurance etc.
11. First Aids Kit.
12. Local fresh fruit like orange, banana, apple, grape etc .
13. Duffel Bag.
14. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk).
15. Nepal Hidden Treks and Expedition T-short.
16. Farewell Dinner at Nepali Authentic Restaurant in Kathmandu.
17. 13% Government VAT and All official charge.

What are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu and Pokhara.
- Your trekking gears.
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Tips for your guide and porters etc.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02: Drive or Fly to Pokhara

Day 03: Fly to Jomsom, Trekking

Day 04-17: Trekking

Day 18: Fly to Pokhara

Day 19: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Upper Mustang Restricted area trekking permit preparation

Upper Mustang Restricted area trekking permit preparation and briefing of Trek.

3. Kathmandu (1350) – Pokhara (830m).

Drive from Kathmandu (1350) to Pokhara (830m, 200km, 6-7 hours driving) by tourist bus or private car, overnight at Hotel in Pokhara.

4. Pokhara(830m)- Jomsom(2700m) – Kagbeni(2900m).

Flight from from Pokhara to Jomsom early in the morning, and trek to Kagbeni (2900m, 3-4 hours walking) , overnight at Lodge.

5. Kagbeni (2800m) –Chele (3100m).

Trek from Kagbeni to Chele (3100m, 4-5 hours walking), overnight at Lodge.

6. Chele (3100m) – Syanbochen - Ghiling (3570)

Trek from Chele to Ghiling (3570m,6-7 hours walking) via Chungsi Cave , overnight at Lodge.

7. Ghiling (3570) - Ghami -Dhakmar (3520m)

Trek from Ghiling to Dhakmar (3520m, 5-6 hours walking), overnight at Lodge.

8. Dhakmar(3520m) – Tsarang (3560m).

Trek from Dhakmar to Tsarang (3560m, 5-6 walking) via Ghar Gumba , overnight at Lodge.

9. Tsarang(3560m)- Lo-mantang (3840m).

Trek from Tsarang(3560m) to Lo-mantang (3840m,4-5 hours walking), explore around Lo-mantang village, overnight at Lodge.

10. Explore around Choser Cave

Explore around Choser Cave by horse or Jeep, overnight at same place.

11. Lo-manthang(3840m) – Yara Ghara (3820m).

Trek from Lo-manthang to Yara Ghara (3820m,5-6 hours walking), overnight at Lodge.

12. Explore around Dho.

Explore around Dho, overnight at place.

13. Yara ghara (3820m) – Tangge (3240m).

Trek from Ghara to Tangge (3240m, 4-5 hours walking), overnight at Lodge.

14. Tangge (3240m) - Chusang (2980m)

Trek from Tangge to Chusang (2980m, 7-8 hours walking), overnight at Lodge.

15. Chusang (2980m) - Muktinath (3760m).

Trek from Chusang to Muktinath (3760m,6-7 hours walking), overnight at Lodge.

16. Muktinath(3760m)- Jomsom(2700m).

Trek from Muktinath to Jomsom (2700, 4-5 hours walking), overnight at Lodge.

17. Jomsom (2700m) - Pokhara (830m).

Flight from from Jomsom to Pokhara early in the morning, rest of the day explore around fewa lake , overnight at Hotel in Pokhara.

18. Pokhara (830m) to Kathmandu (1350m)

Drive from Pokhara (830m) to Kathmandu (1350m, 200km, 6-7 hours driving) by tourist bus or private car, overnight at Hotel in Pokhara.

19. Departure to international airport

Final departure to international airport to fly your home country.