

Upper Mustang(Lo-manthang) Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accommodation
Moderate	14 Days	Mustang	3650m	Trekking	2 - 20 PAX	Tea House and Hotel

Overview

It is a privilege to be able to trek in the Upper Mustang region. You will get to experience a way of life of the local people living in the region for hundreds of years and are completely different than other people of Nepal. The main highlight of the trek to Upper Mustang has to be the unique cultural heritage of the people living in the region. In many ways, trek to Upper Mustang is similar to trekking in Tibet as the landscapes are similar and geographically Upper Mustang is a part of the Tibetan plateau.

Being in the Himalayan rain shadow, Upper Mustang is one of the regions in Nepal suitable for trekking even during the monsoons. During the monsoon season, the region only experiences occasional rainfall. The highest point in this trek is only 3800 m so it is not particularly difficult but the conditions at times can be challenging. The Mustang region is always windy and dusty throughout the year. Trek to Upper Mustang in the winter season must be avoided due to the harsh weather conditions.

Despite the weather conditions, it is definitely worth the time due to the unique desert-like landscapes, hidden ancient caves and shamanic tales from the region which entices you to explore more of the region. Explore the rock paintings, monasteries and gumbas to learn about the culture of the people living in Upper Mustang. Panoramic views of Nilgiri, Annapurna, Dhaulagiri and other mountain peaks are appealing to the eye.

As you walk through the trails, you will walk back to the history of the place catching a glimpse of Tibetan influence on everyday activities and culture of the locals there. Breathe the spirituality of the place by chanting the ritual prayers of the people and monks there. The people there celebrate a unique festival called Tiji. Tiji is an annual three-day festival celebrated in Lo Manthang, the capital of Upper Mustang every year in the myth of a son who had to save the Mustang kingdom from destruction. As the Tiji is a lunar festival every year the dates are different but usually it is celebrated in the end of May and starting of June. Lo Manthang can be reached in four days from Kagbeni and it is best if you spend an extra day here to soak in the sights and sounds of the unique settlement there.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Days 2: Sightseeing around Kathmandu

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 the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and 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 03: Trek to Kagbeni

We first take an early morning flight to Pokhara before taking another picturesque flight to Jomsom of Muktinath. It is sightseeing by plane. This amazing short flight takes through the mountains to the interesting market town for the Mustang area. After getting off at Jomsom, we stop for lunch at one of the Thakali restaurants. Then, we set off through the town, over a small bridge then hit the trail proper to take an easy yet interesting hike to Kagbeni. Overnight in Kagbeni.

Day 04: Trek to Chele

After breakfast in Kagbeni, we get our permits checked and our trek begins on a trail alongside the Kali Gandaki River. After walking on a sandy trail and ascending up a hill, we reach Tangbe Village and admire its narrow alleyways, white-washed houses, barley and buckwheat fields, and apple orchards. We continue our walk and pass another village and cross a river on our way. Next, we walk on a ridge before reaching Chele Village. Overnight in Chele.

Day 05 : Trek to Ghiling

After breakfast, the trail leads you to the village of Samar and then after we descend into a large gorge past a Chorten before entering another valley filled with juniper trees. Then, we 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 in the form of a Chorten and one of the

holiest places in Mustang. The trail continues descends to Ghiling, with its extensive fields of barley. Overnight in Ghiling.

Day 6: Trek to Dhakmar

Today we cross a bridge and pass the longest mane wall in the area. We will continue to walk up to the top of the hill. After that, we will trek slowly down to Tsarang. The village of Tsarang has an old royal palace and monastery. After passing Tsarang, we continue to walk the trail until we reach Dhakmar. Overnight in Dhakmar.

Day 7: Trek to Lo Manthang

After having breakfast at Dhakmar, we begin our trek by descending to a canyon and cross a river before beginning our uphill trek to Lo La pass standing at 3950m. From the top of the pass, we can admire the beautiful Lo Manthang village. We descend down from the pass to Lo Manthang which is a beautiful village. From here, we can enjoy the views of the Himalayas including Nilgiri, Tilicho and Annapurna I, Bhrikuti Peak as well as Damodar Kunda (pond) is quite good. Overnight in Lo Manthang.

Day 8: Explore Lo Manthang

Lo Manthang is an ancient town of the remote Upper Mustang region of Nepal. Today, we spend our day touring three major gompas of the town namely Jhampa, Thupchen and Chhoeda. All of these gompas have undergone expert restoration over the last two decades. We can also trek to Tingkhar which is a beautiful village located north-west of Lo Manthang. Overnight in Lo Manthang.

Day 9: Trek to Yara

After breakfast at Lo Manthang, we head south towards the cliff-top monasteries of Luri. We start out by following a dusty jeep track to the small Lo La mountain pass (3950m), offering one last view over the fortress city. After a short descent, we leave the track, and hike along a panoramic ridge surrounded by a starkly beautiful, desert-like landscape. The trail continues past Surkhang, and into a distinctive side valley dominated by spectacular sandstone cliffs pitted with numerous caves. Then, the trail starts to level out, and the small village of Yara comes into view. Embedded into a small, fertile oasis, Yara is a delightful destination at the end of a stunning trekking day. Overnight in Yara.

Day 10: Visit Luri Gumba; Trek to Chrang Phedi

After breakfast, we head out with a packed lunch to Luri Gumba standing at 4005m. The newer gumpa lies further down by the riverbank. Having explored the gumbas and the view around, we continue to trek towards Chrand Phedi, from where we take a jeep and drive to Jomsom. Overnight in Jomsom.

Day 11: Back to Pokhara

After having breakfast in Jomsom, we take a picturesque flight with all the mountain views and the lush green valley to back to the lake city of Pokhara. Freshen up and take a stroll around the lakeside in Pokhara. Overnight in Pokhara.

Day 12: Back to Kathmandu

After breakfast, we say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu, we have the rest of the day off to rest or do some souvenir shopping. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

Day 13: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 14: Final Departure

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Pokhara Jomsom Pokhara Air fare
Upper Mustang Special Permit
Annapurna Conservation Permit
TIMS Card
1 Porter and 1 Guide
Tea House accommodation and 3 times meal Breakfast,
Lunch and Dinner
Chrang phedi to Jomsom Bus Ticket only for 9 days
Itinerary
Guide and Porter Insurance

Cost Excludes

Bar Bill and Water
Personal Expenses
Travel Insurance and
Emergency Recue
Tipping to guide and Porter

Lama Adventures Pvt. Ltd. - www.lamaadventure.com.np