

Upper Mustang Trek



Trip Overview

Upper Mustang is a remote place untouched by any kind of modernization and it is regarded as the forbidden kingdom this part of the country is beyond any control and influence of the administrative center of the nation. If you love adventure and want to see the centuries-back lifestyle now in the present time then Upper Mustang Trek is a suitable journey for you and it is a less traveled part of Nepal. Permits to trek in Upper Mustang are quite expensive and permits are issued only to agency-organized groups. It offers a spectacular trekking experience in the remote trans-Himalayan mountain region of Nepal. As the region is dry and barren, it is too windy normally in the afternoon, and the trek in this region is beyond moderate. 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 region is isolated from the outside world and has contributed to a highly preserved Tibetan culture and nature. The most convenient way to get to Upper Mustang is to fly from Pokhara to Jomsom and start the trek from there.

Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 3 - Drive to Pokhara
- Day 4 - Flight to Jomsom and trek to Khagbeni(2810 Mtr/9216 Ft)
- Day 5 - Trek to Chele(3050 Mtr/10005 Ft)
- Day 7 - Day 7: Trek to Ghami (3520 Mtr/11545 Ft)
- Day 7 - Day 7: Trek to Ghami (3520 Mtr/11545 Ft)
- Day 8 - Trek to Tsarang (3620 Mtr/11873 Ft)
- Day 9 - Day 9: Trek to Lo Manthang (3730 Mtr/12234 Ft)
- Day 10 - Rest day and explore heritage sites
- Day 8 - Trek to Tsarang (3620 Mtr/11873 Ft)
- Day 8 - Trek to Tsarang (3620 Mtr/11873 Ft)
- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing in Kathmandu and preparation for trek
- Day 3 - Drive to Pokhara
- Day 4 - Flight to Jomsom and trek to Khagbeni(2810 Mtr/9216 Ft)
- Day 5 - Trek to Chele(3050 Mtr/10005 Ft)
- Day 6 - Trek to Syangboche(3475 Mtr/11398 Ft)
- Day 7 - Day 7: Trek to Ghami (3520 Mtr/11545 Ft)
- Day 8 - Trek to Tsarang (3620 Mtr/11873 Ft)
- Day 9 - Day 9: Trek to Lo Manthang (3730 Mtr/12234 Ft)
- Day 10 - Rest day and explore heritage sites
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Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- Flight from Pokhara to Kathmandu
- All trekking permits , TIMS card,Government and local taxes for the trek

- All Meals (Breakfast , Lunch and Dinner) During the trek
- 3 Star hotel accomodation in Kathmandu and Pokhara with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water

Gears and equipment

- Head
 - Warm Hat
 - Cap
 - Face Mask / Muffler

- Upper Body

Wind stopper/Waterproof Jacket
Down Jacket
Fleece Jacket/ trousers
Thermol
T-shirts
Woolen gloves/Water/wind proof gloves

- Upper Body

Wind stopper/Waterproof Jacket
Down Jacket
Fleece Jacket/ trousers
Thermol
T-shirts
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)
Underwear
Wind stopper/waterproof Pant
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for the Camera and Flash Light
Hand Towel

Headlamp with extra Batteries
Sun Glasses with UV protection
Suitcase (Stored in Kathmandu hotel for not needed items for trek)

Faqs

1. Why to go trekking in Upper Mustang ?

Upper mustang is border with Tibet, so the geographical structure is very similar to Tibet. Every year thousands of tourist come to visit this unique himalayan landscape. More than that it has various features as unique landscape, traditional culture customs, Ancient buddhist monuments, historical monasteries and human habitat caves.

2. What is the best seasons to trekking in Upper Mustang?

In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal. But as Upper mustang is land of high alpine desert, so monsoon is also the best season to travel to upper mustang.

3. What permit do I need for the Upper Mustang trek?

Upper Mustang is restricted area, So the permit is comparatively expensive than in other regions.

1) ACAP permit

2) Restricted area permit

a. Lomanthang Rural Municipality (All areas of ward no. 1 to 5)

b. Lo-Ghekar Damodarkunda Rural Municipality (All areas of ward no. 1 to 5)

c. Baragung Muktichetra Rural Municipality (All areas of ward no. 3 and Satang Village of ward no. 5)

USD 500 per person (for the first 10 days)

USD 50 per person /Day (beyond 10 days)

4. How safe is Upper mustang trek?

Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid, friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag in case of any injury and emergency.

5. How is the lodging and fooding facilities in Upper Mustang trek ?

Along the trail to Upper Mustang, there are well facilitated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilit. if you buy single supplementary package you will get single room.

6. What about the flight from Pokhara to Jomsom and vice versa?

There are regular flights between Jomsom and Pokhara, It is just 20 minutes flight, they follow the route via Kaligandaki valley. Jomsom is the very windy place so only morning time is good for flight.

7. Is there any internet wifi and phone call facility on the way?

After your arrival in Kathmandu airport, we recomment to buy One ncell sim card. In western region, ncell works until Jomsom and khagbeni. Above that there is good internet facility in every lodges.

8. What is the normal temperture in spring and Autumn season?

Spring season starts from March, but until third week of march temperture will still be cold even in day time. But actually temperture depends on weather, if weatheris mild temperture ranges from 10-15 Degree Centigrate.If the weather is clear, days will be warm.After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.

Autumn season starts from September, September will still be warm even the weather is not good. From october normally in morning and everning will be cold.

9. Can I use the forieng currency and Credit cards on the way in any shop or Lodge?

You can pay by oriegn currency as well, but the exchange rate will not be same as Kathmandu, so we recomment you to exchage the money in kathmandu and take a nepalese Rupees. Only some place in Mustang there is credit card payment facility.

10. Is single person can trek to Upper mustang?

No, to get the permit there should be atleast two people.