



Upper Mustang Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

16 Days

MAX ALTITUDE

3,800m

TRIP GRADE

Medium

BEST TIME

Mar-May & Sept-Dec

ACCOMMODATION

Tea Houses / Lodges

THE OVERVIEW

Upper Mustang Trekking is an exploration of the fascinating medieval Himalayan kingdom. It takes you into the hidden valleys of Upper Mustang in Nepal, located between Tibet and the Himalayas. This region is very different from the rest of the world and is rich in both culture and natural beauty. The region is also known as part of Tibetan land, with many ancient monasteries and traditional settlements. The local people are mainly involved in agriculture and mountain animal husbandry. Today, even Lo Manthang village has access to solar electricity. Upper Mustang Trekking in Nepal was officially opened in 1992. Only...

01

Arrival in Kathmandu

Arrival in Kathmandu. The trip begins with your arrival in Kathmandu. You will be welcomed at Tribhuvan International Airport and then transferred to your hotel by private car. Overnight stay at the hotel.

ALT: 1,400m

02

Drive from Kathmandu to Pokhara

Drive from Kathmandu to Pokhara (820m). You depart for a scenic drive of about 6 hours, covering around 200 kilometers west of Kathmandu. As you leave the Kathmandu Valley, you descend to the Trishuli River and follow it upstream to its junction with the Marsyangdi River. The route continues through terraced fields and small hill towns along the Seti River, leading to Pokhara. Pokhara is a beautiful tourist destination with lakes, caves, temples, and stunning views of the Annapurna and Dhaulagiri ranges across Phewa Lake. The drive takes most of the morning, leaving time to explore Pokhara in the afternoon. Alternatively, you can take a short 25-minute flight. Overnight at hotel.

ALT: 820m MEAL: Breakfast

03

Fly from Pokhara to Jomsom and Trek to Kagbeni

Fly from Pokhara to Jomsom (20 minutes) and trek to Kagbeni (2800m). Jomsom is known for its strong winds and beautiful landscape. After some rest, begin trekking along the Kali Gandaki River. The trail is mostly flat with rocky and sandy paths. Enjoy views of Dhaulagiri (8,167m) and Nilgiri (7,061m) ranges along the way. Kagbeni is a traditional village with narrow alleys and ancient fortress ruins. Overnight in Kagbeni.

ALT: 2,800m HIKE: 3–4 hrs MEAL: B, L, D

04

Trek from Kagbeni to Chuksang

Trek along the river valley using both high trails and riverbank paths. The trail widens into sandy stretches with mule caravans carrying goods between Mustang and Tibet. On the west bank, you can see caves and Gompa Kang, a monastery of the Nyingmapa sect. Stop for lunch at Tangbe village, known for its traditional houses, barley fields, and apple orchards. Continue to Chuksang, located at the confluence of the Narshing Khola and Kali Gandaki River. The area is surrounded by red eroded cliffs and caves. Overnight in Chuksang.

ALT: 2,900m HIKE: 4–5 hrs MEAL: B, L, D

05

Trek from Chuksang to Samar

Trek through changing landscapes where culture and settlements become more remote. Due to limited rainfall, agriculture is done in small sheltered fields. Continue north to a large rock formation where the river flows through a tunnel. Cross a steel bridge and climb steeply to Chele village. From here, ascend along a canyon and cross a pass before descending to Samar, a beautiful village surrounded by poplar trees and used as a resting place for caravans. Overnight in Samar.

ALT: 3,150m HIKE: 3–4 hrs MEAL: B, L, D

06

Trek from Samar to Geling

Climb above Samar and descend into a gorge before entering a valley filled with juniper trees. Cross a stream and climb to a pass, then descend toward Shyangmochen, a small settlement with tea houses. Visit Rangbyung Cave, an important religious site. Continue through a wide valley to Geling, known for its barley fields and traditional houses made of mud and stone. Overnight in Geling.

ALT: 3,510m HIKE: 5–6 hrs MEAL: B, L, D

07

Trek from Geling to Ghami

Trek through open fields and gradually climb toward Nyi La Pass (3,840m). From the pass, descend gently and reach a trail junction. Take the route toward Ghami, a large whitewashed village sheltered beneath cliffs. Overnight in Ghami.

ALT: 3,490m HIKE: 5–6 hrs MEAL: B, L, D

08

Trek from Ghami to Tsarang

Trek through one of the driest regions of Mustang with loose soil and desert-like terrain. Enjoy panoramic views of the surrounding landscape. Reach Tsarang, a large village located above the Charang Chu canyon. Visit the ancient fortress and monastery with a rich collection of statues and thangkas. Overnight in Tsarang.

ALT: 3,620m HIKE: 5–6 hrs MEAL: B, L, D

09

Trek from Tsarang to Lo Manthang

Explore Tsarang village in the morning before trekking toward Lo Manthang. Cross a large chorten marking the boundary of the kingdom. The trail gradually opens to reveal the walled city of Lo Manthang. Enter through the main gate and explore the unique Tibetan-style settlement. Overnight in Lo Manthang.

ALT: 3,730m HIKE: 3–4 hrs MEAL: B, L, D

10

Exploration Day in Lo Manthang

Spend the day exploring Lo Manthang, which has around 150 houses and several monasteries. Visit Champa Lhakhang, known for its large Buddha statue and detailed mandalas. Explore the royal palace, where the king still resides. Experience the rich culture and traditions of this ancient Himalayan kingdom. Overnight in Lo Manthang.

ALT: 3,730m MEAL: B, L, D

11

Trek from Lo Manthang to Ghami

Begin the return journey through highland trails. Cross alpine meadows and descend steep paths toward Dhakmar. After lunch, continue through a scenic valley and descend to Ghami. Overnight in Ghami.

ALT: 3,490m HIKE: 5–6 hrs MEAL: B, L, D

12

Trek from Ghami to Chuksang

Trek along wide and gentle trails with some ascents and descents. Pass through desert landscapes with small shrubs and streams. Cross the Kali Gandaki River before reaching Chuksang. Overnight in Chuksang.

ALT: 2,900m HIKE: 5–6 hrs MEAL: B, L, D

13

Trek from Chuksang to Muktinath

Trek through desert terrain with scattered settlements, apple orchards, and agricultural fields. Enjoy views of caves and traditional villages. Reach Muktinath, a sacred pilgrimage site. Visit the temple, 108 water taps, monastery, and natural flame. Overnight in Muktinath.

ALT: 3,800m HIKE: 6–7 hrs MEAL: B, L, D

14

Trek from Muktinath to Jomsom

Descend toward Jomsom through the Kali Gandaki Valley. The trail passes through windy and sandy terrain with scenic views between hills. Overnight in Jomsom.

ALT: 2,720m HIKE: 5–6 hrs MEAL: B, L, D

15

Fly to Pokhara and Drive to Kathmandu

Fly from Jomsom to Pokhara and then drive back to Kathmandu. Enjoy scenic landscapes during the journey. Overnight in Kathmandu.

ALT: 1,400m MEAL: Breakfast

16

Final Departure

Transfer to the airport for your final departure. End of your Upper Mustang Trek in Nepal.

END OF SERVICES

- What's Included

- Airport pick-up and drop-off to/from hotel
- Airport transfers
- Three meals a day (Breakfast, Lunch, and Dinner) during the trek
- Tea and coffee during the trek
- Two nights hotel accommodation in Kathmandu with breakfast
- Trekking lodge (tea house) accommodation during the trek
- All necessary trekking permits for Upper Mustang
- Transportation by private vehicle or tourist bus to Pokhara
- Domestic flight from Pokhara to Jomsom and return to Kathmandu
- Experienced English-speaking guide (salary, food, drinks, accommodation, transport, and insurance included)
- Strong and helpful porter (1 porter for 2 trekkers) with proper equipment
- First aid medical kit
- Government taxes and official expenses
- Assistant guide for groups above 6 people

- What's Not Included

- International flights to and from Nepal
- Lunch and dinner in Kathmandu and Pokhara
- Nepal entry visa fee
- Personal expenses (laundry, phone calls, internet, etc.)
- Drinking water and alcoholic beverages
- Battery charging and hot showers during the trek
- Tips for guide, porter, and driver (tipping is expected)

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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