

Upper Mustang Trek

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Upper Mustang Trek

URL: <https://ascendhikes.com/package/upper-mustang-trek/>

Destination

Nepal

Start / End Point

Kathmandu to Kathmandu

Duration

20

Region

Mustang Trek

Max. Altitude

4400m

Best Season

March to October

Per Person From

USD 2,595

Group Size

2 - 13

Trip Difficulty

Moderate

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Upper Mustang Trek

Welcome to Restricted region of Nepal:

Upper Mustang trek is striking semi-arid landscape and unique Tibetan traditions set it different even

though it borders one of the most popular hiking destinations in the nation. This is also a unique Mustang trek in Nepal, emphasizing cultural discovery among breathtaking landscapes. This is the origin of adventure travel! We have been using authentic, engaging, and immersive experiences to connect travelers with the world since our inaugural Upper Mustang Trek in 1994.

Nothing is more satisfying to us than being outside, exploring the outdoors, discovering hidden locations, and interacting with the locals. Let us share our passion with you; it's what we do best. Mustang Trekking offers a variety of distinctive and well-paced Mustang itineraries guided by amazing native experts to satisfy your passion of adventure. We travel in small groups—typically no more than 15—and look for excellent dining options and unique lodging wherever we go. Our goal is to create a venue for genuinely special moments in locations that will stay with you forever, beyond the flawless logistics and meticulous attention to [detail](#).

Itinerary

Day 01: Arrived in Kathmandu

Ascend hikes team representative will meet you outside the arrival terminal with a sign bearing the company's logo, and they will drive you to [your hotel](#)

Drive Distance

6-7 km

Drive Duration

An hour

Highest Altitude:

1338 m

Place:

Thamel, Kathmandu

Day 02: Preparing for a trek and sightseeing

Preparing for a trek and sightseeing.

a full day of guided tours to various historical and spiritual locations that have been inducted into the World Heritage List. The trek leader will meet with the party and provide them with a detailed itinerary of the trip. All the information required to make the hike would be provided.

Meals:

BB

Place:

Kathmandu

Accommodation:

Comfortable hotel

Day 03: Travel by car to Pokhara

Travel by car to Pokhara. (nine hundred meters).

We drive to Pokhara via the Prithivi Highway in a private vehicle. The country's lake city, Pokhara, is less crowded and filthy than Kathmandu. views of the Annapurna range, with Machapuchhre (also known as Fishtail) reaching 6997 meters to dominate the sky and reflect exquisitely in Phewa Lake. You can spend the afternoon at the lake because the hotel is near it. (5-6 hours by Privet car)

Drive Distance

200km

Drive Duration

6-7 hours

Highest Altitude:

900 m

Meals:

BB

Place:

Pokhara

Accommodation:

Comfortable hotel

Day 04: Take a flight to Jomsom, then trek to Kagbeni. (2800 meters)

Take a plane to Jomsom, then hike to Kagbeni. (2800 meters).

Take a leisurely brunch in Jomsom after an early morning, 25-minute scenic flight. We hurriedly packed our large luggage and daypack before leaving for our trip. The hike enters the Kali Gandaki Valley after crossing the Kali Gandaki River. Minor roads that were newly built make up much of the trek. The track stays on the road and follows the river closely through Ekle Bhatti for the whole day. The day finishes at one of the bigger towns in the area, Kagbeni. The boundaries of the restricted area begin at the village of Kagbeni. For thirty minutes)

Trek Distance:

9 km

Trek Duration

4-5 hours

Highest Altitude:

2800

Flight Hours:

25 minutes

Meals:

BLD

Place:

Kagbeni

Accommodation:

Basic tea house

Day 05: Trek to Cheile 3050 meters.

Hike up to 3050 meters, Chele.

The trail continues along the road and ascends farther into the valley, with a notable climb and brief drop near Tangbe Village. The town marks the entry of the trek into the Upper Mustang region and has a medieval feel about it. After leaving the hamlet, the trail travels beside the river, passing past the village of Chhusang. The journey ends at Chele with a brief but strenuous ascent off the road. Half an hour.

Trek Distance:

12 km

Trek Duration

5-6 hours

Highest Altitude:

3050

Meals:

BLD

Place:

Cheile

Accommodation:

Basic guest house

Day 06: Travel to Syangmochen 3,800-meter.

Travel to the 3,800-meter-high Syangmochen.

The day starts with a small ascent, and then the trail gradually rises across a narrow, steep valley. At Dajong La (3660 meters), the route re-joins the road, and a leisurely walk goes past the little village of Samar. The route splits off from the road again and falls into a small creek. The road re-emerges at Bhena La (3830 meters), after a steep slope along the stream. The walk stays on the road and passes little tea shops in Bhena before gradually regaining elevation. The ascent ends at 3850 meters at Syangmochen La, from whence one may see views of the surrounding valleys. Seven or eight hours.

Trek Distance:

14 km

Trek Duration

6-8 hours

Highest Altitude:

3,800

Meals:

BLD

Place:

Syangmochen

Accommodation:

Basic guest house

Day 07: Trek to Dhakmar (3,820 m)

Hike up to Dhakmar (3,820 m).

The road re-joins at the foot of Nyi La after a brief and straightforward rise to start the day. It's a zigzag climb to the top of Nyi La, which is located at 4020 meters. Once more, the pass's summit provides amazing views. There is one more descent leading to the Ghami village when the road finishes at the base of the community. There's a sharp climb and a little descent to cap off the day at Dhakmar. Seventy minutes

Trek Distance:

15

Trek Duration

6-7 hours

Highest Altitude:

3,820 m

Meals:

BLD

Place:

Dhakmar

Accommodation:

Basic guest house

Day 08: Trekking to Tscharang 3600 meters

Trekking up to 3600 meters in Charang.

The trip continues with an ascent to the 4170-meter-high summit of Muila Bhanjyang, followed by a descent to the oldest monastery in the region, Ghar Gomba. Now that it has veered off the main path, the trail descends to Marang and then heads into the village of Charang, also called Tsarang (7 hours)

Trek Distance:

14 km

Trek Duration

6-7 hours

Highest Altitude:

3600 m

Meals:

BLD

Place:

Tscharang

Accommodation:

Basic guest house

Day 09: Travel to the 3720-meter-high Lo-Manthang

Travel to the 3720-meter-high Lo-Manthang.

There's a short descent to the river followed by a brief climb. At the crest of the ascent, the route re-joins the road, which it follows for the most of the day. After a short stretch of undulation, the trail leaves the road near Lo-Manthang and shortly approaches the walled city, the capital of the Mustangs. (5 hours)

Trek Distance:

10km

Trek Duration

4-5 hours

Highest Altitude:

3720 m

Meals:

BLD

Place:

Lomanthang

Accommodation:

Basic lodge

Day 10: Investigate the Lo-Manthang area

Investigate the Lo-Manthang area.

You can spend the day touring Lo-Manthang's intriguing adjacent communities. The settlements of Thinggar, Kimalang, and Chossar are the three most prominent and significant ones. Chossar is home to centuries-old caves, while the towns of Kimalang and Chossar are home to equally old monasteries. Alternatively, you might use the day for a jeep excursion to the Tibet border, which provides stunning views of the valleys of Mustang.

Meals:

BLD

Place:

Lo-Manthang

Accommodation:

Basic Lodge

Day 11: Mount Yara Trek (3510 meters)

Mount Yara Trek (3510 meters).

The morning walk follows the same route as it did a few days before. The course leaves the road and follows the less-traveled valleys near Yara. A moderate fall leads to the Kali Gandaki River, and an undulating trail beside the river leads to the town of Dhi. After crossing the river, the trail now heads into another small valley and follows Puyung Khola all the way to Yara. (5-6 hours)

Trek Distance:

14km

Trek Duration

7-8 hours

Highest Altitude:

3510 m

Meals:

BLD

Place:

Yara

Accommodation:

Basic tea house

Day 12: Explore day in Yara

Look around Yara.

The trail passes past another old Ghara hamlet as it follows the river through the valley, and then it climbs slowly to Luri Gomba. This monastery is regarded as one of the most holiest by the locals. After visiting the monastery for a while, we return to Yara by the same route. (Forty-four hours)

Meals:

BLD

Place:

Yara

Accommodation:

Basic Tea house

Day 13: Trek to Tangge. (3240 meters)

Journey to Tangge. (3240 meters).

The trail descends beside the Kali Gandaki River, which it crosses multiple times a day along with other smaller tributaries. After eventually passing one of the tributaries, the trail starts to progressively climb. The rise levels off gently once more and then starts to fall toward Tangge. Half an hour

Trek Distance:

15 km

Trek Duration

7-8 hours

Highest Altitude:

3240 m

Meals:

BLD

Place:

Tangbe

Accommodation:

Basic Tea house

Day 14: Trek to Tetang

Journey to Tetang. (3040 meters).

For the rest of the morning, the trek continues on its rising trend. The ascent gradually falls in the morning after traversing a few mountains and getting easier. After a steeper decline towards the end of the day, it ends at Chhusang. (around seven or eight hours)

Trek Distance:

17-19 km

Trek Duration

8-9 hours

Highest Altitude:

3040 m

Meals:

BLD

Place:

Tetang

Accommodation:

Basic Tea house

Day 15: Travel to the 3,700-meter-high Muktinath

Travel to the 3,700-meter-high Muktinath.

Once again, the route climbs to Gyu La, an elevation of 4077 meters. Reaching the top of Gyu La offers breathtaking views of the Dhaulagiri and Annapurna Ranges. After descending to the village of Chyanggur, the trail gradually descends to Muktinath. One of the most sacred sites for Hindus,

Muktinath, attracts thousands of pilgrims every year. Seventy minutes

Trek Distance:

16 km

Trek Duration

6-7 hours

Highest Altitude:

3,800 m

Meals:

BLD

Place:

Muktinath

Accommodation:

Comfortable guest house

Day 16: Journey to Jomsom

After rejoining the road, the trail descends once more. The road keeps lowering in altitude till it intersects with the previously used route close to Ekle Bhatti. An additional little stroll concludes the climb to Jomsom. (5 hours)

Trek Distance:

20km

Trek Duration

6-7 hours

Highest Altitude:

2720 m

Meals:

BLD

Place:

Jomsom

Accommodation:

Basic tea house

Day 17: Return to Pokhara by flight from Jomsom

Return to Pokhara by plane from Kathmandu.

There are early flights to Pokhara and Kathmandu, with one day free in between.

Flight Hours:

30m

Meals:

BB

Place:

Kathmandu

Accommodation:

comfortable hotel

Day 18: Final Departure

[Final Departure](#)

Includes:

- Airport Pick up and drop.
- All the accommodation and meal (3 times a day with one main course) during the trek.
- All the official expenses and paperwork (like Permit for peak climbing).
- All the Transportations.
- Flight to Pokhara - Jomsom- Pokhara- Kathmandu
- Government license holder Ascend Hikes Experience English Speaking Guide.
- A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.
- All the Government Taxes.
- All the Insurance of Guide and Porters.
- Farwell dinner in Kathmandu.

Excludes

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and other expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking.
- Excess Baggage charge.
- Personal expenses: wi-fi, Battery charge etc....
- Staff tips
- All other things are Exclude which is not in the list of Include.

Group Discounts Available

No. of Persons	Price per Person
2	USD 2,895
3	USD 2,695
4	USD 2,595
5	USD 2,495
6	USD 2,395
7+	USD 2,295

Trip Information

Best time to trek Upper Mustang

Mustang is an area in northwest Nepal that is situated between the high Himalayas. Its geography differs from most of Nepal in that it is extremely desert. Upper Mustang is accessible all year round for trekking and is a fantastic monsoon destination because it is located in the Himalayan rain shadow.

Winter is a major factor, as most people leave the capital to avoid the cold and snow. In general, March through the beginning of November are the ideal months to visit Upper Mustang. It is recommended that you make early reservations for your travel and lodging during these busy times.

Spring season:

Throughout Nepal, the spring season lasts from March to May. The weather in Lower and Upper Mustang is steady during this period. This is when the temperature ranges from 16 to 22 degrees Celsius. Additionally, the wonderful Tiji Festival is celebrated in the middle of May in the Upper Mustang village of Lo Manthang, with the goal of reliving the festival's legendary past and promoting world peace. Additionally, during the festival, you can get the opportunity to speak with the old Upper Mustang royal family.

Autumn:

In September, October, and November, we have the Autumn season. It is also thought to be one of the greatest seasons to take a tour or walk in Upper Mustang because of the cool, dry weather throughout this period. You are going to see the mountains. There is a 12-to-20-degree Celsius temperature range.

Monsoon:

In Nepal, which is the months of June, July, and August are monsoon season. Rainfall does not necessarily correspond with the monsoon season in Mustang, despite what many people believe. Upper Mustang is perfect for trekking because it is located in a rain shadow region, where it doesn't rain during the monsoon season. There is a thirteen-to-twenty-degree Celsius temperature range. With the blue sky, a clear view of the expansive Dhaulagiri, Nilgiri, Tilicho, and Annapurna I is seen.

Tiji festival:

Usually, May or June is used to celebrate the Tiji festival. In the seventeenth century, the Tiji Festival was founded by King Samduk Rabden. to honor the victory of Dorje Sonnu, the hideous creature that devoured human flesh. The monks offer prayers for future success in conquering challenges as well as for world peace. This three-day annual festival takes place in Lo-man thang, Upper Mustang.

During Tiji festivities, monks recite prayers and engage in nearly fifty different religious dances to drive

demons from Lo-manthang. Swinging their wooden swords widely toward the scared onlookers, they pursue the masked devil.

Challenging for Upper Mustang:

There are logistical as well as natural difficulties on the Upper Mustang Trek. Here are a few of the important ones:

Altitude & Acclimatization:

You will be trekking at high altitudes—some of the parts above 4,000 meters. Appropriate acclimatization is essential because altitude sickness can be a problem.

Remote and Isolated Terrain:

The trail travels through isolated communities with scant infrastructure, and Upper Mustang is a restricted area. Basic accommodations and supplies are possible.

Weather:

The monsoon season (June to August) is a time when the weather can be erratic. There is frequently snowfall, wind, and heavy rain.

Regulations and Permits:

Getting the required documentation and permits, such the Annapurna Conservation Area Permit and the Restricted Area Permit, might take a while.

Extended Walking Days:

Walking days can be extended when trekking, particularly in high-altitude areas. It's crucial to have endurance and strength.

River Crossings:

There are multiple river crossings along the trail, some of which might not have bridges. You'll have to cross improvised bridges or wade over rivers.

Cultural Sensitivity: The Buddhist region of Upper Mustang is home to historic monasteries and a rich cultural legacy. It's crucial to respect regional traditions and customs.

Usefull Information

Visa Requirements:

Most travelers to Nepal require a visa to enter the country. You can obtain a tourist visa upon arrival at the Tribhuvan International Airport in Kathmandu or apply for it in advance at the Nepalese embassy or consulate in your home country. Make sure to check the latest visa requirements and regulations before your trip.

Travel Insurance:

It is highly recommended to have travel insurance that covers high-altitude trekking and climbing activities, including helicopter evacuation if necessary. Ensure that your insurance policy covers the specific activities you plan to undertake and includes emergency medical coverage, trip cancellation, and lost baggage.

Accommodation in Kathmandu:

In Kathmandu, you'll find a wide range of accommodation options, ranging from budget guesthouses to luxury hotels. Thamel is a popular area for tourists and offers a variety of hotels, restaurants, and shops. It's recommended to book your accommodation in advance, especially during the peak trekking seasons.

Local Currency and Expenses:

The local currency in Nepal is the Nepalese Rupee (NPR). It's recommended to carry some cash for small expenses, as credit cards may not be widely accepted in remote areas. ATMs are available in Kathmandu, but they may be limited in other locations. It's also advisable to carry small denomination USD bills as they can be easily exchanged. Keep in mind that higher altitude trekking regions may have limited access to ATMs, so it's best to carry enough cash for your trek.

Communication and Internet:

Most major towns and trekking routes in Nepal have access to mobile networks and internet services. Local SIM cards can be purchased in Kathmandu for better connectivity during your stay. However, keep in mind that the availability of network coverage and internet speeds may vary in remote mountainous areas.

Health and Vaccinations:

Prior to your trip, consult with a healthcare professional or travel clinic for up-to-date information on recommended vaccinations and health precautions for Nepal. Common vaccinations include those for hepatitis A and B, typhoid, tetanus, and influenza. It's also important to bring any necessary medications and a basic first aid kit.

Responsible Trekking:

Practice responsible and sustainable trekking by respecting local customs and traditions, preserving the environment, and supporting local communities. Carry out any trash you generate, use designated teahouses or lodges for accommodation, and hire local guides and porters to contribute to the local economy.

Address

Ascend Hikes PVt Ltd.

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