



Detailed itinerary for Upper Mustang Trek 18 Days

Day 1 Arrival

- Altitude – 1350 meters
- Special – Happening Thamel street
- Time – 30 minutes hotel transfer time
- Activity – Relax at the hotel

On arrival our company representative will greet you at the airport and transfer to you hotel, and tell you about Upper Mustang Trek meeting venue and time. Enjoy your free time tonight in Thamel. Thamel offers good selection of restaurants, cafés, shops and bars.

Day 2 Special Permit Preparation day

- Altitude – 1350 meters
- Activity – Special permit preparation

We need a special permit to enter the restricted Upper Mustang Region. To obtain the special permit we need to have your original passport. While our office staff will work on your permit, you will have a rest day or you can join our day tour activity.

Day 3 Drive Kathmandu to Pokhara

- Altitude – 1400 meters
- Special – Scenic view of surrounding
- Time – 8 hours
- Activity – Travelling in Bus

During the monsoon season, rain in Pokhara is common. This is a challenge to get out of the rain and into the rain shadow zone to Upper Mustang.

Day 4 Drive to Jomsom

- Altitude – 2743 meters
- Special – Scenic view from bus
- Time – 8/9 hours
- Activity – Travelling in bus

Stay overnight at Jomsom and chill at the entrance of rain shadow region of Nepal, “Upper Mustang”.



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Day 5

Trek to Kagbeni; 5 hours

- Altitude – 2804 meters
- Special – Dry landscapes and local villages
- Time – 5 hours
- Activity – Trekking

Trekking from Jomsom to Kagbeni is dry mountain walking. We might need to face the wind and dust today, be prepared with mask or buff and sun glasses. Dry landscape of Upper Mustang region starts from here.

From today until the last day of the trekking you will explore villages, and stay at the local owned tea houses. There will be a menu at every eating place from which you will choose your lunch, dinner and breakfast (all included if you buy our normal package). You will be following your trekking guide, who helps you in everything from choosing food to sleeping warm. You are free to decide on your own but listening to your guide's recommendation is always wise. Your porter will be carrying your luggage and you only need to carry a small day-pack with drinking water, camera, sun screen and other things you'll need during the day's trek. When traveling with Nepalgram Adventure you don't need to worry about anything. Just take care of eating properly and staying hydrated.

Day 6

Kagbeni to Chele (3100m); 5 hours

- Altitude – 3100 meters
- Special – Get nearer to muktinath Temple
- Time – 5 hours
- Activity – Trekking

Kagbeni is the gateway to Upper Mustang and the Muktinath temple is near this village. Kagbeni village also has its own monastery.

Day 7

Chele to Syangbochen (3780m); 6 hours

- Altitude – 3780 meters
- Special – landscapes and local villages
- Time – 6 hours
- Activity – gentle walk along with 30 minutes uphill

Chele to Syangboche is a gentle walk, but at the beginning we will walk uphill for about 30 minutes. We will pass by beautiful landscapes and one village during today's hike. Glacial evidence from thousands of years ago is found in here.



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Day 8

Syangbochen to Ghami (3520m); 7 hours

- Altitude – 3520 meters
- Special – landscape and Chhortens
- Time – 7 hours
- Activity – Gentle and easy walk

Syangboche to Ghami is a gentle and easy walk. We will pass by a beautiful landscape and many Chhortens today. These Chhorten are believed to exist since the 11th century B.C.

Day 9

Ghami to Charang (3560m); 6 hours

- Altitude – 3560 meters
- Special – small valley of Charang
- Time – 6 hours
- Activity – Easy hike

Ghami to Chharang is also an easy hike. Once we get to Charang it feels like being in a city from the 14th century. This small valley of Charang on the side of river has a nice location and view. Walking around the village of Charang is a day well spent.

Day 10

Charang to Lo Manthang (3840m), Lo was a state of Tibet centuries ago.

- Altitude – 3840 meters
- Special – visiting Palace of King
- Time – 4/5 hours
- Activity – Gentle walk along with few uphill

Charang to Lamantahng has a few uphill, but mostly a gentle walk. Lo Manthang is the place where the king of the region lives. These villages still have a practice of King, but nowadays king is just an emblem, after democracy in 1950AD. We will visit the palace of king which still exists. Lo Manthang is a nice historic village.

Day 11

Rest, sightseeing day at Lo Manthang, visit different Monasteries.

- Altitude – 3840 meters
- Special – Exploration of local monastries and local place
- Activity – Short hike or drive

Lo Manthang, kingdom of Upper Mustang King is a historic place. We still can see numerous forts on the top of the hills in Lo Manthang. We will go to Chusang Cave, local monastery, or drive to



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Korolla Border. Korolla is the Nepal-China Border to Tibet. Lo Manthnag is such a beautiful place that will be lots to marvel about.

Day 12

Lo Manthang to Dhakmar (3820m); 7 hours

- Altitude – 3820 meters
- Special – Ghar Gompa
- Time – 7 hours
- Activity – small uphill hike and mostly downhill

Now descend begins, after a small uphill we will get to Ghar La. Today we will hike downhill, mostly. We pass by a monastery at Ghar called Ghar Gompa. This Ghar Gompa is built by Guru Padhmasambhav in the 8th century B.C., and this monastery has Chhorten (the memorials) all around. You will see Charang village in the far distance, surrounded by a beautiful landscape. Story behind the Ghar Gompa is that Guru Padhmasambhav tried to build one monastery in Tibet but he failed. Every night demons used to come and dismantle the construction. Then a Buddhist Shaman found a way, they found that if one monastery in Nepal (Ghar Gompa) will be built at first, demons will not demolish the structure in Tibet. And so they built this Ghar Gompa also called Lo Ghekar Gompa

Day 13

Dhakmar to Syangbochen(3780m); 6 hours

- Altitude – 3780 meters
- Special – view of sunrise and caves
- Time – 6 hours
- Activity – Trekking

We will walk down to Syangbochen and spend a peaceful night at the local tea house. In the morning, we will go to see sunrise from one of the near viewpoints. There are mysterious caves at 1 hours distance from Syangboche, would be an interesting place to go, if we have enough time left.

Day 14

Syangbochen to Chhusang (2980m); 7 hours

- Altitude – 2980 meters
- Special – Chhusang village
- Time – 7 hours
- Activity – Trekking downhill followed by flat walk

Trekking to Chhusang is downhill followed by flat walk. Chhusang village is on the side of river, people search for Shalimar stones in this river.



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Day 15

Chhusang to Jomsom(2743m); 6 hours

- Altitude – 2743 meters
- Special – Enjoying in Jomson
- Time – 6 hours
- Activity – Waling on the fat trail

Trekking from Chusang to Jomsom is on the road, easy and flat. We will take the same trail we have walked on our first day. Trekking ends at Jomsom enjoy the night and celebrate your achievement with the team.

Day 16

Drive Jomsom to Pokhara.

- Altitude – 1400 meters
- Special – Scenery view of Annapurna ranges, villages, landscapes and greenery
- Time – 8/9 hours
- Activity – Travelling in bus

Riding tourist coach from Jomsom to Pokhara gives a great view of the Annapurna range and nice view of the river valley. Scenery of villages and landscape during the bus journey from Jomsom till Pokhara changes dramatically. You can also choose a flight from Pokhara to Jomsom.

Day 17

Drive to Kathmandu by Tourist bus.

- Altitude – 1380 meters
- Special – Scenic view from bus
- Time – 8 hours
- Activity – Travelling in bus

After 8 hours' drive from Pokhara we will get to Kathmandu.

Day 18

Departure

- Altitude – 1380 meters
- Time – 30 minutes airport transfer time
- Activity – Flying back to origin

Time has come to farewell you and wishes you a safe journey. Our vehicle will drop you off to the Kathmandu airport for your final departure. Looking forward to see you again on your next adventure in Nepal!

Have a safe travel back home.



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Note: This itinerary and cost for Upper Mustang trekking is an example, we can always customize this trip according to your interest and length of the holiday.



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