

Upper Mustang Trek - Overview

Duration : 14D

Destination : Upper Mustang

Group Size : Any Private Group

Transportation : Air

Activity : Trekking

Best Season : March-November

Accommodation : Hotel

Meals : Breakfast/Lunch/Dinner

Upper Mustang Trek - Itinerary

Day 1: Arrival in Kathmandu

Upon arrival in Kathmandu, you will be picked up by our representative and transferred to your hotel. You will have time to explore the city and get familiar with the local culture and cuisine.

Day 2: Kathmandu to Pokhara (820m)

In the morning, you will take a scenic flight from Kathmandu to Pokhara, which takes around 25 minutes. You will have the rest of the day to explore the city and prepare for the trek.

Day 3: Pokhara to Jomsom (2,743m)

In the morning, you will take a flight from Pokhara to Jomsom. From here, you will start the trek and follow the Kali Gandaki River upstream to Kagbeni.

Day 4: Kagbeni to Chele (3,050m)

You will begin your trek through the restricted area of Upper Mustang, passing through beautiful landscapes and traditional villages. You will reach Chele in the afternoon.

Day 5: Chele to Syanbochen (3,475m)

You will cross several passes and climb up and down hills to reach the village of Syanbochen. You will have stunning views of the Himalayan peaks along the way.

Day 6: Syanbochen to Ghami (3,520m)

You will trek through a desert-like landscape, passing through the village of Geling and reaching the ancient village of Ghami.

Day 7: Ghami to Charang (3,560m)

You will pass through several chortens and mani walls and cross a suspension bridge to reach the village of Charang. You will also visit the Charang Monastery.

Day 8: Charang to Lo Manthang (3,840m)

You will trek through a barren landscape and reach the walled city of Lo Manthang, the capital of the former Mustang Kingdom.

Day 9: Exploration day in Lo Manthang

You will spend the day exploring the city and visiting the ancient monasteries and palaces.

Day 10: Lo Manthang to Dhakmar (3,820m)

You will trek back to Dhakmar, passing through the Lo Gekar Monastery, which is said to be one of the oldest monasteries in Nepal.

Day 11: Dhakmar to Ghiling (3,806m)

You will trek through the same route that you came from and reach the village of Ghiling.

Day 12: Ghiling to Chhuksang (2,980m)

You will trek through the village of Samar and reach Chhuksang.

Day 13: Chhuksang to Jomsom (2,743m)

You will trek back to Jomsom, passing through the village of Kagbeni.

Day 14: Jomsom to Pokhara

You will take a morning flight from Jomsom to Pokhara and spend the rest of the day exploring the city. In the evening, you will take a flight back to Kathmandu.

Upper Mustang Trek - FAQs

1. What is the best time to do the Upper Mustang Trek?

The best time to do the Upper Mustang Trek is from March to November when the weather is dry and clear.

2. What is the difficulty level of the Upper Mustang Trek?

The Upper Mustang Trek is considered to be a moderate-level trek, with the highest point reaching an altitude of 3,840 meters. However, it is important to acclimatize properly and be physically fit.

3. What permits are required for the Upper Mustang Trek?

Trekkers require a special permit from the Nepalese government to enter the Upper Mustang region. Additionally, a trekking permit and TIMS (Trekkers' Information Management System) card are also required.

4. What is the maximum group size for the Upper Mustang Trek?

The maximum group size for the Upper Mustang Trek is 15 trekkers per group.

5. What is the accommodation like during the trek?

Accommodation during the trek is in teahouses, which offer basic amenities such as shared rooms and bathrooms. The food options are limited but include local dishes such as Thakali dal bhat, momos, and Tibetan bread.

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