

16 Days Upper Mustang Trek

TRIP OVERVIEW



Trip profile
16 Day Upper Mustang Trek



Cost
USD 3330



Type
Trekking



Trek Days
16 Days



Accommodation
4 star- Luxury | 3 star hotel- Budget & Teahouse during trek



Meal
All meals (breakfast, lunch, dinner) included

What's included ?

- 4-star or equivalent hotel accommodation in Kathmandu and Pokhara
- Airport pick up & drop off service by a private tourist vehicle
- All internal flights and domestic hotel/airport transfers
- All meals on trek including tea and coffee
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Company services and all required government taxes/royalties
- Domestic flights (as per the itinerary)
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- Free Trip dossiers & other information in a printable format
- General first aid kits
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Porter service (2 trekkers: 1 porter)
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Welcome and farewell dinner at finest local restaurant
- Welcome and Farewell dinners

What's excluded ?

- Extra night accommodation in case of early arrival or late departure

- International airfare to and from Kathmandu
- Meals in the city except for breakfast and other mentioned special dinner.
- Nepalese visa fee
- Tipping to staffs (as an appreciation)

Day 1: Welcome to Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

Highlights: Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

Accommodation: Kathmandu 4 star hotel.

Elevation: 1,400 metres

Day 2: Explore Kathmandu

Pashupatinath, Boudhanath Stupa, Swayambhunath and Patan Durbar Square, Bhaktapur Durbar Square, Basantapur Durbar Square

Accommodation: 4-star Hotel

Meals Provided: Breakfast, Lunch & Dinner

Day 3: Morning flight to Jomsom & Trek to Kagbeni

Flight: 25 minutes

Walking hours: 3-4 hours walk

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 2810m

Topography: open trail, river crossings

Highlights: Flight to Jomsom, Eaklibatti village, Kali Gandaki River, the oldest monastery in Kagbeni

Meals provided: Breakfast, Lunch & Dinner

Day 4: Trek from Kagbeni to Chele

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,050m

Topography: narrow alleyways, farmlands, river crossings

Highlights: apple orchards, Tangbe Village, Chele Village

Meals provided: Breakfast, Lunch & Dinner

Day 5: Trek from Chele to Zhaite

Walking hours: 7-8

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,730m

Topography: steep trail, countryside paths

Highlights: Taklam La pass, Dajori La pass

Meals provided: Breakfast, Lunch & Dinner

Day 6: Trek from Zhaite to Tsarang via Dhakmnar & Lo Gekar

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3575m

Topography: Gentle descents, crossing mountain pass

Highlights: Longest mani wall in Nepal, River Tangmar chu

Meals provided: Breakfast, Lunch & Dinner

Accommodation: Camping

Day 7: Trek from Tsarang to Lo Manthang (explore the ancient city)

Walking hours: 5-6

Difficulty: Moderate/difficult.

Accommodation: Basic Teahouse

Elevation: 3,840m

Topography: Steep, rocky paths, ridge ascends

Highlights: Thong Valley, Lo-Manthang, Himalayan panoramas, Namgyal Gompa, Tingkhar, Thugchen Gompa

Meals provided: Breakfast, Lunch & Dinner

Day 8: Exploration day (Namgyal Gompa and Thinggar Valley)

Today we will visit Chyodi Gompa & Tall Champa followed by the four-storey building of the Raja's palace.

Day 9: Stay in Lo Manthang (the Chosar Valley)

The walled town of Lo Manthang is considered as a remote region of Nepal. we explore the major gompas of the town named Jhampa & Stay overnight at Lo Manthang.

Day 10: Trek from Lo Manthang to Dhakmar via Lo Gekar

Walking hours: 6-7

Difficulty: Moderate/strenuous

Accommodation: camping

Elevation: 3810 m

Topography: rocky, riverbank paths.

Highlights: old Ghar Gompa, rock paintings, Gyakar village, promising views of Himalayas

Meals provided: Breakfast, Lunch & Dinner

Day 11: Trek from Dhakmar to Geling

Walking hours: 4-5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,570m

Topography: Gradual descends, dry plateau, farmlands

Highlights: Local Hospitality, Gheling village, Views- Dhaulagiri and Nilgiri mountains.

Meals provided: Breakfast, Lunch & Dinner

Day 12: Trek from Geling to Chuksang

Walking hours: 7-8

Difficulty: Moderate/Strenuous

Accommodation: Basic Teahouse

Elevation: 2,950m

Topography: Gradual descends, Steep paths,

Highlights: Himalayan views, Small village settlements

Meals provided: Breakfast, Lunch & Dinner

Day 13: Trek from Chuksang to Jomsom

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 2,715m

Topography: flat, well-defined trekking route

Highlights: Local Hospitality, a wide variety of food menus, the cool wind of Jomsom, an old fortress, views-annapurna range

Meals provided: Breakfast, Lunch & Dinner

Day 14: Flight from Jomsom to Pokhara

Today we take an Early morning flight to Pokhara. The comfortable stay & food is amazing in Pokhara

Flight: 30 minutes

Elevation: 827m

Highlights: Music, souvenir shopping, lakeside view. an array of restaurants, a wide variety of food menus

Accommodation: Pokhara 4 star hotel

Day 15: Fly to Kathmandu

An early morning flight will take you to Kathmandu. On reaching Hotel we will be having farewell dinner together in the evening.

Highlights: Bird's eye view of lake city Pokhara, Towering hills, a glimpse of fishtail mountain

Accommodation: 4-star Hotel in Kathmandu

Day 16: Departure from Kathmandu

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country, Nepal

