

# 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 in City & 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

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**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

