

Upper Mustang Trek



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Upper Mustang Trek

URL: <https://hillarysteptreks.com/trip/upper-mustang-trek/>

Duration

15 Days

Per Person Cost

USD 1795

Difficulty

Moderate

Group Size

2+

Best Seasons

March - May, October -
December

Maximum Elevation

3840m

Accommodation

Hotel/Tea House

Transportation

Private Vehicle/Flight

Meals

Full Board

Trip Route

Jomsom - Lomanthang- Ghami-
Muktinath

Trip Highlights

- Adventure-filled itinerary in one of the most preserved and iconic protected regions of Nepalese Himalayas.
- Fantastic views of surrounding landscape and sceneries including snow-covered peaks, rock formations, arid pastures, riverbeds, and more.
- Welcoming hospitality of locals and an educational experience of the ancient lifestyle in mountains.
- Traditional villages and settlements like Lo Manthang, Kagbeni, Jomsom, and Charang for a complete cultural experience of Mustang.
- Spiritual journey passing by numerous beautiful monasteries and shrines with Muktinath Temple, one of the most sacred Hindu and Buddhist temples in the country.
- Chooser caves, a majestic complex of cliffside caves holding historic and archeological significance.
- Opportunity to taste the local food, drinks, and snacks and witness life in the rural Himalayas.

Trip Overview

Upper Mustang Trek: A Journey to the Forbidden Kingdom of Nepal

Upper Mustang Trek in Nepal perfectly encapsulates this country's cultural, natural, and geographical diversity with an opportunity to reach and explore the ancient Kingdom of Lho hidden in the Himalayas. Bordering Tibet in the north, this rural trail passes by beautiful villages, unique landscapes, and sublime adventure sections for trekking lovers will cherish.

Within two weeks of your Upper Mustang journey, you can admire and understand the hidden forms of nature, the love and hospitality of the locals, and the joy of exploring one of the most isolated areas in the world. The area of the Upper Mustang is a treasure that only a few have to behold, and this Upper Mustang trek is filled with some magical delights waiting just for you.

The journey to Upper Mustang Trek starts from the capital, Kathmandu. You'll take a scenic drive from here to reach Pokhara. A scenic and thrilling domestic flight from Pokhara will see you reach **Jomsom**. Jomsom will be the starting point for the trek. From here you'll trek to Kagbeni getting the first taste of the Mustang region.

Enter 15-Day Upper Mustang Trek from **Kageni**. Trekkers are delighted with a new atmosphere, environment, and scenery to accompany you for the next week. Passing by the villages of Chusang, Syangbuche, Ghami, and Charang you'll reach [Lo Manthang](#) on the seventh day of the trek. From the capital of the Ancient Kingdom of Lo, you can truly witness and appreciate the trek and the people living here. Returning to Jomsom, enjoy other fantastic settlements and views surrounding them to complete this trek of a lifetime in Upper Mustang.

The Upper Mustang region is the primary factor that Lonely Planet has picked Nepal in their list of must-visit places in 2022. Don't miss this opportunity to complete one of the best treks in the world. Before you are a section beyond the Himalayas which evolved in isolation and trekking here is a dream for adventure-lovers around the world. 15 Days Upper Mustang trek package price ranges from **USD1545 to USD1795**.

More Travel Blogs/Guides for Upper Mustang Trek

[Top 6 Most Restricted and Challenging Treks In Nepal](#)

Trip Itinerary

Day 01: Kathmandu to Pokhara by tourist bus 7-8 hours

We'll pick you up from your hotel early today. Your guide will help you with the last-minute preparation and checks for the trek. We'll take a short cab ride to reach the bus stop. Taking a tourist bus with other trekkers and ravelers we'll head towards the beautiful Pokhara valley. Explore around the city region

after reaching there. Overnight at a hotel in Pokhara.

Time:	Accommodation
7-8 Drive by Tourist Bus	Hotel Splendid View with Breakfast

Day 02: Fly to Jomsom from Pokhara 18 min and Trek to Kagbeni(2800m) 3 hours

We will take a morning flight to Jomsom. The views of the Annapurna Mountain ranges alongside the lovely landscape of the Mustang valley are sublime during the flight. After landing in Jomsom rest for the while and start the hike for the day to Kagbeni. It is a short trek. For the first day of walking in Nepal, Jomsom to Kagbeni is perfect. Overnight at a teahouse/lodge in Kagbeni.

Time:	Accommodation	Meals:
18 min flight & 3 hrs Trek	Lodge/ Tea house	B.L.D

Altitude:
2800m

Day 03: Kagbeni - Tangbe- Chusang- chele (3055m) 5-6 hours

We will enter the Upper Mustang region today soon after leaving Kagbeni. our trail will be beside the Kali Gandaki River for most of today. For lunch, we will stop at a small settlement of Tangbe. White-washed houses, a vast gorge, and buckwheat and barley fields are the highlights of today's trek. Also, be prepared to face some heavy winds during midday periods while trekking in Mustang. We will take a break in Chusang and reach Chele in the afternoon. Overnight at a teahouse/lodge in Chele.

Time:	Accommodation	Meals:
5-6 hrs	lodge/ Tea house	B.L.D

Altitude:
3055m

Day 04: Trek to Syangbuchen (3930m) from Chele via Samar and Chungsi Cave 6-7 hours

We have a moderate hike today consisting of two mountain passes namely Dajori La pass (3,775m) and Taklam La pass (3,624 m). The scenic mountain ranges and the magical Chungsi Caves will be the highlights of the day. We'll descend to Sakmar village and continue on a ridge side trail towards Syangbuchen. Overnight at a lodge/teahouse in Syangbuchen village.

Time:	Accommodation	Meals:
5-6 hrs	Lodge/ Tea house	B.L.D

Altitude:
3930m

Day 05: Trek from Syangbuchen to Ghami(3520m)5 hours vai Nyila Pass (4015m)

we will gain further elevation on today's trek. The mountain passes of Yamda La (3850m) and Nyi La (4010) should be exciting for trekking lovers. The trail is gifted with a truly unique landscape and scenery as we head near to Ghami. Ghami is a picturesque and comparatively large village in Upper Mustang surrounded by fields. Witness a beautiful sunset from the village and rest for the day. Overnight at a teahouse in Ghami.

Time:	Accommodation	Meals:
4-5 hrs	Lodge/ Tea house	B.L.D

Altitude:
3520m, 4015m

Day 06: Trek to Charang(3505m) from Ghami 4-5 hours

We have a short trek day but it is not short of fantastic experiences. Crossing the Ghami Khola suspension bridge we will follow the trail on the other side of it. You can stop and admire the Upper Mustang while walking past the Charang La pass (3870m). You can see the beautiful Charang Village from the pass. Rest for the day after reaching there. Visit the fortress and monastery in the evening. Overnight at a teahouse in Charang.

Time:	Accommodation	Meals:
4 hrs	Lodge/ Tea house	B.L.D

Altitude:
3505m

Day 07: Trek to Lo-Manthang(3810m) from Charang 4-5 hours

We'll reach the primary destination of the Upper Mustang trek today. The capital of the ancient kingdom of Lo, Lo Manthang, will be before us at the end of today's walk. We will first drop down to the river canyon from Charang and continue on a trail crossing the river to Lo Manthang. The picturesque location of the fortified town is fantastic to gaze at from the distance. The town looks even more beautiful as we

get near it. Rest for the day after arriving in Lo Manthang. Overnight at a teahouse in Lo Manthang.

Time:	Accommodation	Meals:
5 hrs	Lodge / Tea house	B.L.D

Altitude:
3810m

Day 08: Exploration day to Chhoser Cave by horse

We have a full day of exploration around Lo Manthang and nearby Chhoser caves today. Visit the courtyards and intricate streets of Lo-Mantang to admire the lifestyle and culture of the locals here. We'll also visit the monasteries and local museums while here to understand the Kingdom of Lo better. After a while, we will rent horses to the Chhoser caves just outside the town. These caves, known locally as Jhong caves, are fantastic formations in the cliffs made naturally over hundreds and thousands of years. The whole cave complex is over five stories high with different compartments used by the locals in different centuries here. Due to the archeological and historical significance of the Chhoser cave, it has been on the tentative list of UNESCO world heritage sites since 1996 AD. Return to Lo Manthang and rest for the day. Overnight in a lodge/teahouse.

Time:	Accommodation	Meals:
4-5 hrs	Lodge/ Tea house	B.L.D

Day 09: Trek to Ghami via Ghar Gompa and Drakmar 7 hours

We'll trek to Ghami today from Lo Mantang to kick off the return section of the Uupperpper Mustang trek. We will take a short stop in the iconic Ghar Gompa. Here lies the Lo Gekar Monastery where you can see centuries-old rock paintings amongst other Buddhist artifacts. Crossing the Chogo La Pass we will enter the Drakmar Valley. The sheer red cliffs here are must-see natural pieces of Mustang. Continue on the trail after taking some pictures here. We'll reach Ghami in the afternoon. Overnight in a lodge/teahouse

Time:	Accommodation	Meals:
7-8 hrs	Lodge/ Tea house	B.L.D

Day 10: Trek to Samar 6-7 hours

We'll continue on our return trek to Samar from Ghami today. We will take brief stops in Ghilling and Syangboche before reaching Samar. The views are fantastic today as well and you can spend more time in your favorite places on the trail. Rest for the day after arriving at Samar in the afternoon. Overnight at a lodge/teahouse in Samar village.

Time:	Accommodation	Meals:
6 hrs	Lodge/ Tea house	B.L.D

Day 11: Trek to Chusang(2980m) from Samar 4-5 hours

We have a short walk today to reach Chusang from Samar. Passing by Gyakar and Chele we will reach Chusang beside the confluence of Narshing and Kali Gandaki Rivers in the afternoon. As a very active farming community, you can also explore the farmlands and talk with the locals in your free time today. Spend the last night of the Upper Mustang trek in a teahouse at Chusang.

Time:	Accommodation	Meals:
3/4 hrs	Lodge/ Tea house	B.L.D

Altitude:
2980m

Day 12: Trek to Muktinath (3760m) 5-6 hours

We will exit Upper Mustang after reaching Kagbeni from Samar in the morning. We'll stop for a while here and change the main trail towards Muktinath. The scenic mountain views from here include the Nilgiri, Dhaulagiri, and Annapurna peaks. You'll reach Muktinath in the late afternoon. Visit the sacred Muktinath Temple here. Thousands of Buddhist and Hindu Pilgrims visit the temple each year and it is one of the most significant temples in Western Nepal. Rest for the day after exploring the temple and surrounding places. Overnight at a lodge in Muktinath.

Time:	Accommodation	Meals:
5-6 hrs	Lodge/ Tea house	B.L.D

Altitude:
3760m

Day 13: Trek to Jomsom (2720m) from Muktinath 5 hours

For the last walking day of the trek, we will have a leisure walk to Jomsom and Muktinath. After reaching Kagbeni, join the main Annapurna circuit trail to Jomsom. Travelers also like to extend a day or more in their itinerary to explore Lower Mustang. Rest for the day after arriving in Jomsom. be ready to leave the magical Mustang through a morning flight tomorrow. Overnight at a lodge in Jomsom.

Time:	Accommodation	Meals:
5 hrs	Lodge/ Tea house	B.L.D

Altitude:

2720m

Day 14: Early in the morning fly back to Pokhara

Our flight to Pokhara will be in early today. Most domestic flights are during this period due to the favorable weather. After arriving at Pokhara rest for a while in your hotel and head out to explore the city. Phewa Lake, Pumdikot, World peace Caves, and Davi's falls are some attractions you can visit in Pokhara Valley. You can also choose from several options of adventure sports like Bunjee, Ziplining, Paragliding, Ultralight Flights, and more here today. Overnight at a hotel in Pokhara.

Time:

18 min flight

Accommodation

Hotel Splendid View

Meals:

Breakfast

Day 15: Drive back to Kathmandu from Pokhara 7-8 hours by Tourist bus

We'll drive back to Kathmandu to end the 15 days Upper Mustang trek today. With some amazing experiences, memories, and adventure you've completed an epic journey to the most amazing region in Tibet bordering the Himalayas of Nepal. We will have a celebratory dinner in Kathmandu with your trekking team.

Time:

7-8 hrs Drive

Meals:

B.L.D

Includes**Accommodation**

- Two nights Accommodation in Pokhara (Hotel Splendid View with Breakfast)
- 10 nights accommodation in Upper mustang Trek

Meals

- All the meals (breakfast, lunch, dinner /the main course) while on the trek

Transportation

- Both way Kathmandu to Pokhara and Pokhara to Kathmandu by Tourist bus (if you ask we can arrange flight an extra cost)
- Both way Pokhara/Jomsom /Pokhara by Flight with airport tax

Extras

- Upper Mustang Special Permit
- Annapurna Conservation Area (ACAP) fees
- Professional & government licensed holder English Speaking Trekking Guide
- Porter (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food and accommodation etc
- Sleeping bag
- Trekking Map
- First aid kit
- Water purification tablets for drinking water
- Cookies and seasonal fruits Everyday
- All government and Local Taxes

Excludes

- International Airfare
- Nepal Visa fee at Tribhuvan International Airport (15 Days USD\$30, 30 Days USD\$50 & 90 Days USD\$125)
- Accommodation and Meals in Kathmandu
- Travel & Health Insurance
- All hard and soft table drinks such as Coke, Fanta, Beer, Water and deserts in trek
- International call/WIFI & Internet on trek
- Your trekking gear
- Tips for guides and porters

Trekking Information

Equipment Checklist for Upper mustang trek

Here is a general gear checklist for the trek for trekking in Upper Mustang.

Upper Body: -

A long-sleeve thermal base layer

Trekking shirt
Insulation layer
fleece jacket
Warm Down Jacket
Gloves
waterproof jacket
T-Shirt lightweight

Head: -

Beanie and ear warmers
Sunhat & Scarf
Headlights with extra batteries

Face: -

Sunglasses with UV protection
Sunscreen
Dust Masks
Lip Balm
Face /Body wipe

legs & Boots: -

Trekking Pants two pairs
waterproof jacket
Trekking boots
Sport Shoes
Gaiters
Crampons (If snow or Ice)
Slippers
Thermal Leggins
Underwear & thick Socks

Essentials Gear: -

Trekking pole
Sleeping bag
Towels
Raincoat
Water bottle
Backpack or Day pack

Toiletries: -

Quick drying towel
Toilet paper
Toothbrush
Toothpaste
soap
Shampoo

Small mirror

Nail cutter

Personal accessories: -

Money

Camera

Phone

Watch

Power bank

Extra batteries for the Camera

Extra: -

Diary & Pen

Books

Extra Passport copy and Photos

Binocular

Firsts Aid Kits

Note: The above list can be customized as per the seasons and necessity of the trekkers.

Upper Mustang Trek starting point

Your journey to Upper Mustang trek starts at Kathmandu. However, the trailhead to start the trek is in Jomsom. It is a small but popular town in the mustang region with a well-managed airport. You can fly or drive to reach Jomsom. However, we suggest you choose to fly as the road conditions are not ideal and you will save at least 2 days by doing so. There are some shops available to get your trekking equipment here.

Accommodations

Treks in the Annapurna region are popular for teahouses, a dominant accommodation option for travelers. A teahouse in the Mustang Valley is usually operated by the locals to serve trekkers with basic services. The rooms are generally simple and you will have the option to choose attached bathrooms in the lower elevations. Similarly, communal dining rooms are another feature of classic teahouses. You can expect a lot of local influence as you head more into the Upper Mustang region. Teahouses here are well managed even if they are less frequent in comparison to Everest or Annapurna Circuit.

Meals

Meals are provided by the teahouses you'll be staying at during the trek. The food is simple and utilizes the organic local ingredients available in the region. Try some Thakali and Tibetan foods while you are here. You can find small shops, cafes, and occasional bakery's during the trek as well. Similarly, most teahouses also sell energy bars, mineral waters, snacks, and drinks like shops from their front counters. You can find great dishes made with simple ingredients and Nepali-Tibetan mix cuisine during this trek.

Permits for Upper Mustang trek

You must have two permits to complete the Upper Mustang Trek. These are: -

1. Upper Mustang Restricted area permit: US \$ 500 per person for 10 days US \$ 50 for each additional day.
2. Annapurna Conservation area Permit (ACAP): US \$ 30 per person for the duration of the trek.

You can apply for the permits at the NTB office in Kathmandu. Take your original passport and some pp-sized photos with you.

Best season to Trek Upper Mustang trek

The Upper Mustang trek can be done all year long with proper preparation and guidance. Each season promises a different set of experiences for travelers here. here are the four seasons in Nepal and what you can expect while trekking during these periods.

- March to May(Spring)

You can have a pleasant trek with plenty of Annapurna circuit trekkers along the way too during this time. The weather is pleasant and the views are sublime during these months.

- June to August(Summer)

You can expect some rain in the lower regions of the trail but you can enjoy a good trek once you enter Upper Mustang. As most other treks in Nepal is not as popular during these months, you can still find a healthy amount of visitors doing the Upper Mustang trek now.

- September to November(Autumn)

Another fantastic period to trek in Nepal. If you plan your itinerary well enough you will be just in time to witness the biggest national festivals of Nepal in Dashain and Tihar.

- December to February (Winter)

Be aware of the trail conditions and snow situations while trekking to Mustang during these months. We suggest you avoid harsh winter periods. The views are majestic, however, during the wintertime.

Altitude Sickness and Acclimatization

Altitude Sickness is a possibility but not a real concern for the Upper Mustang Trek. We have planned the itinerary in such a way that your body will have plenty of time to acclimatize to the elevation. Here are some tips to prevent altitude sickness.

- Drink plenty of water. Keep rehydrating at regular intervals.
- Get plenty of rest & sleep. Don't push yourself too much while walking.
- Do warm-up exercises and stretching before starting the trek for the day.
- Try eating a balanced diet. Avoid too-much salty food and alcohol throughout the trek.
- If necessary, take the pills for Altitude sickness by consulting with your guide.

Trek Difficulties

The Upper Mustang Trek is only moderately difficult. It is a great trail to choose from for family adventures and holidays. Trekking guides are compulsory so you mustn't worry about most things during the trek. Make sure you follow the instructions of the guide and ask for help when necessary. The routes are safe and well maintained as well. be aware of the high-intensity winds that you might face in the mid-day periods while trekking in the Mustang Valley.

Benefits of Choosing (HST)

- We are experienced. Our team has managed treks in the Upper Mustang region for well over two decades.
- Our guides are fluent in English, Nepali, and Local Tibetan dialects. They know the terrain, culture, people, and the Mustang District through & through.
- HST will provide you best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.
- Your safety is the top priority while trekking with the HST team.
- We go the extra mile to assure you of a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

FAQs on Upper Mustang Trek

What are the electricity condition and can I charge batteries where I stay?

Electricity is available in most teahouses and stops you'll be at during the trek. Most of these will be solar-powered and some might charge you extra for charging batteries.

Is Phone network Internet connectivity available throughout the trek?

Apart from a few sections, your phone network (NTC) will be usable throughout the trek. As per the internet connection you can ask for the Wi-Fi availability before staying at any place. It might cost you extra.

What is the tipping culture like in Nepal?

Tipping in Nepal for tourists is not mandatory but is expected. You can always send a good message and help the local community by giving something extra to your trekking team.

How safe is Nepal and Mustang for Trekkers?

Nepal is one of the safest places for different kinds of travelers. As your guides will be with you Mustang Region is very safe as well. The locals are friendly, hospitable, and helpful too.

Is last-minute booking available for this trek?

Yes, we suggest you book at least 2 weeks prior to the date you've planned to arrive here. It will give us enough time to plan and prepare everything. Last-minute booking doesn't cost extra but the cancellation policy might differ.

What is the availability of ATMs, banks, and Money Exchange during the trek?

All these facilities are available in Kathmandu, Pokhara, and Jomsom for the trek. We suggest you carry cash and Nepali currency at that too beyond that. Also, keep some emergency funds with you to be safe.

Is travel insurance required for the Upper Mustang Trek?

We suggest travelers get to travel and medical insurance before any treks in Nepal. You'll better be safe than sorry and insurance can let you travel with more freedom as well.

What is the Luggage limit for Jomsom Plane & Porter to carry?

Luggage limit for Jomsom plane is 10kg Luggage & 5kg hand carry and Hillary Step Treks will provide one porter for two trekkers to carry a combined 20 Kg of Luggage (10Kg for each trekker)

What permit is required for the Upper Mustang trek?

Upper Mustang is a restricted area so we need to buy a special permit from Immigration There are 2 permits required. Upper Mustang restricted Area Permit (\$500 per person), & Annapurna Conservation Area Permit (ACAP). For the Restricted Area permit, immigrants require an original passport.

Can I trek Upper Mustang solo?

No, you can't trek alone as the Upper mustang is a restricted area minimum of 2 people require to Apply a permit.

If I will be tired during the trek, can I use a Jeep?

Yes, there are Jeeps available so if you will tire you can use a Jeep.

Do guides and Porters have Insurance?

All, Hillary Step Treks Guides & Porters are covered by Insurance as well as Salary, Meals, Accommodation, equipment, etc. during the trek.

Can I fly to Pokhara/Kathmandu instead of riding a tourist bus?

Yes, you can take a flight to Pokhara & back to Kathmandu instead of the Tourist bus at an extra cost and it will be only 25 min.

What documents do I need for the Upper Mustang trek?

You need to submit the following documents by WhatsApp or Email after the advance deposit.

- A Copy of Passport copy
- P.P size Photos
- Flight details (Arriving and Departure date)
- Travel insurance which should include emergency evacuation

Address

Nayabazar 16, Kathmandu, Nepal