Detail Itinerary

Upper Mustang Trek (10 Days) Overview

The **Upper Mustang Trek (10 Days)** is a remarkable journey into the former Forbidden Kingdom of Lo, nestled in the rain-shadow region of the Nepal Himalayas. Offering an authentic Tibetan cultural experience, this arid trans-Himalayan landscape features dramatic cliffs, ancient cave dwellings, traditional settlements, and historic Buddhist monasteries like Ghar Gompa and Luri Gompa.

Updated Permit Rules & Flexibility ($50 / Day)

Upper Mustang is a protected restricted area bordering Tibet. Under the **updated immigration fee rules**, travelers get maximum flexibility:

- **Per-Day Permit Fee:** The Restricted Area Permit (RAP) is calculated at **USD $50 per person per day** spent inside the restricted zone beyond Kagbeni. For a standard 10-day itinerary inside the restricted area, the permit fee equals $500 per head, with additional days calculated at $50 per day.
- **Group Requirement:** A minimum of two trekkers accompanied by a licensed Nepali guide is required by immigration rules.

History & Modern Travel Options (Trek or 4WD Jeep)

Dating back to the 8th century, Lo Manthang was founded as an independent kingdom in 1380 by King Ame Pal. Today, visitors can experience this rich history with modern convenience:

- **Classic Walking Trek:** Follow ancient trade routes and peaceful footpaths that bypass the main motor roads whenever possible.
- **Overland 4WD Jeep Tour:** Option to hire a 4WD Jeep for faster travel or to easily explore up to the historic **Korala Pass (4,660 m)** on the Nepal-Tibet border.

Book your 10-day Upper Mustang adventure with **Nepal Kailash Trekking** for a seamless, well-guided experience. Contact us today for customized itineraries!

Trip Facts

- Trip Duration: 18 days
- Trek Duration: 12 Days
- Trip Cost: US1890
- Primary Activity: Trekking
- Secondary Activity: Cultural
- Max. Group Size: 14
- Min. Group Size: 2
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 4300m

- Trip Mode: drive/flight
- Accommodation: Hotel/lodge
- Season: Mar - Nov

Detail Itinerary

Day 01: Arrival at Tribhuwan International Airport (TIA), Kathmandu 1350m, overnight Hotel
Arrival in Kathmandu. Pick you up from Airport & transfer to Hotel by our company representative and brief about the program, Bed, and Breakfast

Day 02: Preparation day Overnight Hotel
This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan

Day 03: Drive or fly to Pokhara 820m, an overnight hotel
Normally, people take a tourist bus or private vehicle as a size of the group go to Pokhara along the highway cultivated land, scenic view of some mountains like Ganesh Himal, Manaslu and adventurous experience by driving. There is another possible by airlines go to Pokhara where you can see mountains view of the Annapurna, Manaslu, Ganesh Himal, Langtang, Rolwaling. Transfer to Hotel Pokhara.

Day 04: Early morning fly to Jomsom 2720m, and trek to Kagbeni 2800m, 2 ½ hrs
You will fly to Jomsom early in the morning about 6 to 7 am. after your breakfast. Great and beautiful flight from Pokhara to Jomsom with scenic views of Mountains Annapurna and Dhaulagiri ranges. Take a tea coffee or breakfast then trail leads to Kagbeni along the left bank of Kali Gandaki river. Kali Gandaki is the deepest gorge in the world. It takes about two and half hours from Jomsom to Kagbeni. Kagbeni is the most famous for the ruins of its medieval castle houses. At Kagbeni, there is plenty of lodges as well as a campsite.

Day 05: Trek to Tsaile 3050m, 5 – 6 hrs
After breakfast and fully prepared for trekking, the trekking trail leads you along the right bank of the KaliGandaki River as you see another side crosses riverbed farm field irrigating oasis. About three and a half hours trekking you will be reached to Chhuksang village via Tanabe 3060m, houses made of mud and stone washed by white colors as well as red which remains you Tibetan tradition and culture. Mostly, Chhuksang is lunch place. Next, an hour walks to Tsaile along the bank of the River and crosses a bridge where is a tunnel of the Galigandaki River and climbs up about 15 minutes to Tsaile. From the Tsaile, you can see the north face of Nilgiri 6,940m. Overnight lodge.

Day 06: Trek to Geling (3570m) 6 – 7 hrs
The trekking trail continues to climb up through the cliff to Samar pass. The left side of your trail is a long range visible gorges with a crystalline mountain and reddish rocks. There is a long suspension bridge to the left side across the gorge go to Gyaker village. Some Himalayan plants like juniper and village are surrounding by Poplar trees. It looks greenery colorful scenery.

After Samar by heading down to the river and after a little climb up, there are two trails for Syangboche. One is as usual normal trail via Yamdola 4010m with Upper Mustang's landscape and another via Chhungsi cave. If you have planned to visit Chhugsi Monastry cave, you have to follow the right bank with amazing canyons. This trail will be over Chhungsila 3810m; along the magnificent view of dipping down gorge soon, it reaches the famous Chhunsi Kangchung monastery cave 3,400 m. The Chhunsi Kangchung cave monastery appearance the most important place of pilgrimage for Buddhist who interest on it. It says many years ago Yogi Padmasamvab (Guru Rempochen) choose the peaceful place for meditation job. Therefore this place is made defiant (openly and fearlessly) popular. The trail slowly climbs up again through the narrow path between two lines of hills. It takes about one and half hour to Syangbochen. You can walk continue an hour further to Gelling if time is early by reaching Syangbochen. Start to climb a little hill to a pass you will be seen towards the valley of Gelling and back sight some mountain views. Overnight lodge.

Day 07: Trek to Tsarang (3575m) 5 hrs

After crosses the village there is an unreasonable hill to ride up on the top of Nyi La pass 4010m. This is the good view point of the Mustang landscape as well as Annapurna, Nilgiri ranges. From this path, the trail descends to down just follow left a straight trail by seeing cultivated land and the beautiful green valley. That will Ghami village where you stop for the night, but you are already at lunch time. After lunch, next sight of the Ghami (way to Tsarang) where you can find Japanese Hospital, primary school, longest Mani wall of the Mustang with prayer wheel & apple garden. Afterwards, climb up to Choya La (3870m) then after a walk about an hour to Tsarang (3575m). Overnight lodge.

Day 08: Trek to Lomanthang (3809m) 4 hrs

Either this morning o the previous day you might have visited around Tsarang's palace and monastery. Immediately leaving Tsrang village trail leads you down to the river and gradually ascending. Before entering the Lo-Manthang (Lo La 3950m) you able to be seen the South face of Nilgiri Mountain then continues towards through the desert area to historical wall city. This day your trekking will be three to four hours normally.

Day 09: Excursion day

In the walled city, the houses stand against one another in a line to from small alley sometime feels tunnel, if you have no idea you will loose end in that passes-ways. Traditionally, built their mud houses with flat roofs white washed painted outside and monasteries with red. Local from here, people grow wheat, barley buck- wheat and some potatoes. Lo-pa people like the business they want to do some business from Tibet like Chinese goods. During the winter the Lo-Pa people come down to lower part like to Pokhara. The temperature falls in minus in winter. This day visit to Chode Gmpa, Jampa Lhakhang, Thubchen Gompa & King's palace and around. Do not forget to take with you head light because monasteries and caves will be dark or sometimes the light does not work properly. Overnight lodge.

Day 10: Excursion day

You will be visiting the Choose village as well as caves riding by horse or jeep and self-carry packed lunch, or at least you may have tea or coffee as well as Chinese noodle there by a local restaurant. Choose is a mysterious, by its beauty of architecture. This cave looks like a

cliff but inside it, there is step by step floor with 44 rooms. This cave is so amazing that it gives the feeling of being in Alien place if you are heading by jeep and by asking about the road is fine to visit Kerala border (Tibet/China and Nepal), it's gives you outstanding landscape views with the Himalayas. Returned back to Lo-Manthang for overnight.

Day 11: Trek to Dhakmar (3786m)- via Chogo La (4320m) and Ghar Gomba
There are lots of cliffs caves above the Dhakmar village with naturally colorful cliffs. Around and after the Dhakmar, there will be a chance to see blue sheep during climbing the Mui La pass 4170m. Ghar Gompa is the oldest monastery of Nepal which is built before than Samey Monastery of Lhasa (Tibet). The monastery is Ngyinmapa sect were found the hidden scriptures of Padmasambhava. Dhakmar through mostly red colorful cliffs and green scenery. Immediately leaving Ghami trail follows little descend & ascend which takes approximately an hour. There is a viewpoint as well from where you can see Upper Mustang landscape. Then you get the valley of Dhakmar. Overnight lodge.

Day 12 Trek to Ghami 3520m

Day 13 Trek to Samar 3660m

Day 14 Trek to Kagbeni

Day 15 Trek to Jomsom

Day 16 Fly to Pokhara

Day 17 Drive/fly to Kathmandu

Day 18: Departure

Cost Includes

- All ground transports by private vehicle as per itinerary required

- Kathmandu and Pokhara accommodation inclusive breakfast as per itinerary

- All entry fees as per itinerary – Upper Mustang special permit per head US $ 500 for the first 10 days, then after 10 days US $ 50 per head per day, ACAP fee 2000 per head and required monasteries entrance fee {bring 2 copies passport size picture}

- Pokhara Jomsom Pokhara round trip airfare and airport tax + Guide

- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee

- An English speaking highly experienced friendly and helpful trekking guide

- One porter for two member

- Guide salary/food/accommodation/insurance and required transports

- Porter salary/food/accommodation/insurance and required transports

- Rain protection duffel bag for luggage

- Company guarantee the rescue services if needed; please hand over your insurance policy copy to us

- Government taxes and office service charge

Cost Excludes

- International airfare

- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}

- Pokhara and Jomsom staying on flight cancelation due to bad weather

- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking

- Hot shower except Jomsom

- Battery charge during trekking

- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance

- Extra porter for the personal day bag pack

- Horse riding along the trek

- Horse or jeep to Chhoser cave or border { talk to guide because the rate gets better on locally discussion}

- Extra cost on natural disaster

- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece

- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}

- Any other expenses which is not mentioned in the cost include

- Tips to staffs