Detail Itinerary

Upper Mustang Trekking (13 Days) Overview

The **Upper Mustang Trekking (13 Days)** is an extended cultural itinerary through the historic Kingdom of Lo. Unlike shorter routes, this 13-day expedition provides extra time to explore off-th--beaten-path treasures, including the ancient rock-cave monastery of **Luri Gompa**, remote settlements like Yara and Ghara, medieval walled cities, and century-old Tibetan Buddhist heritage nestled within a striking trans-Himalayan desert landscape.

Rich History & Ancient Buddhist Culture of Lo

Historically established in 1380 by King Ame Pal, the Kingdom of Lo maintains a rich cultural identity deeply rooted in Tibetan Mahayana Buddhism (Nyingmapa and Sakyapa sects). Highlights of this 13-day journey include:

- **Ancient Monasteries:** Visit **Ghar Gompa** (over 1,200 years old, famous for its ancient statues and sacred texts) and the cliffside cave-monastery of **Luri Gompa** containing magnificent medieval murals.
- **Walled Capital of Lo Manthang:** Spend dedicated days exploring the royal palace, four major gompas (Jampa, Thubchen, Chode, and Choprang), and nearby sky cave complexes.
- **Rain-Shadow Geography:** Trek through dramatic wind-sculpted canyons, eroded cliffs, and barren moonscapes framed by the snowcapped peaks of Annapurna and Dhaulagiri.

Updated Permit Regulations & Trail Experience ($50 / Day)

Upper Mustang remains a protected restricted zone bordering Tibet. Modern travel regulations provide flexibility for all visitors:

- **Per-Day Permit Fee:** The Restricted Area Permit (RAP) is calculated at **$50 USD per person per day**. For this 13-day package, the permit fee covers the specific days spent inside the restricted area beyond Kagbeni.
- **Moderate Trekking & Jeep Options:** Crossing passes between 3,810 m and 4,200 m, the trail is rated moderate. Comfortable tea house accommodations are available along the route, with optional 4WD Jeep excursions available for side trips like the **Korala Border Pass (4,660 m)**.

Book your 13-day Upper Mustang expedition with **Nepal Kailash Trekking** for a deeply authentic, expert-guided Himalayan adventure. Contact us today for details!

Trip Facts

- Trip Duration: 21 days
- Trek Duration: 15
- Trip Code: 06
- Primary Activity: Trekking
- Secondary Activity: City sightseeing
- Max. Group Size: 16
- Min. Group Size: 2

- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 4210m
- Accommodation: Lodge
- Season: Mar - Oct

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, the overnight hotel

Normally, people take a tourist bus or private vehicle as a size of the group goes to Pokhara along the highway cultivated land, scenic view of some mountains like Ganesh Himal, Manaslu and adventurous an 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 at 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 the campsite.

Day 05: Trek to Chhuksang 2980m, 4 – 5 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 Tangbe 3060m, houses made by mud and stone washed by white colors as well as red which remains you Tibetan tradition and culture. Mostly, Chhuksang is lunch place but Nepal Kailash Trekking suggest to

stay overnight here. Overnight lodge.

Day 06: Trek to Samar 3660m, 3 hrs

Next an hour walks to Tsaile along the bank of the River and crosses a bridge where is tunnel of the Galigandaki River and climbs up about 15 minutes to Tsaile. From the saile you can see the north face of Nilgiri 6,940m. The trekking trail continues to climb up through the cliff to Samar pass. The left side from your trail is a long range visible gorges with a crystal line 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. You will be at Samar within 3 to 4 hours. Overnight lodge.

Day 07: Trek to Syangbochen 3818m, 4 – 5 hrs

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 Monastery 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 Rinpoches) choose the peaceful place for meditation job. Therefore, this place is made defiant (openly and fearlessly) popular. Then 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 continue an hour further to Geling if time is early by reaching Syangbochen. Overnight lodge.

Day 08: Trek to Ghami 3510m, 4 - 5 hrs

After breakfast, start to climb the little hill with a pass you will be seen towards the valley of Gelling and back sight some mountain views. 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 pass the trail descends to down just follow left the 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 where you can find Japanese Hospital, primary school, longest Mani wall of the Mustang with prayer wheel & apple garden. Afternoon you can hike to the up valley of Ghami which trail leads to Dolpa and see their old broken houses before established Ghami village where you stay. Overnight lodge.

Day 09: Trek to Tsarang 3575m, 5 hrs

The trail is head towards 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 view point as well from where you can see Upper Mustang landscape. Then you get the valley of Dhakmar. There are lots of cliffy caves above the village with naturally colorful cliffs. Around and after 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 where found the hidden scriptures of Padmasambhava. Then we follow the Tsarang Khola/stream via Lo Ghekar for Tsarang. Overnight lodge.

Day 10: Trek to Lomanthang 3809m, 4 hrs

Either this morning or 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 11: 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 lose 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. There temperature falls in minus in winter. This day visits 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 sometime light does not work properly. Overnight lodge.

Day 12: Excursion day

You will be visiting the Chhoser village as well as caves ridding 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 local restaurant. Chhoser is a mysterious, by its beauty of architecture. This cave looks like the 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 Korala border (Tibet/China and Nepal), it gives you outstanding landscape views with the Himalayas. Returned back to Lo-manthang for overnight.

Day 13: Trek to Yara 3530m, 5 hrs

Today, you are going to leave Lo Manthang and also usual trekking route which most of the trekkers do not do this trip. from Lo-Manthang a short climb takes up to a glacial valley with a view of reddish brown historical wall city(rain shadow zone). Along the mountain ridge after one

hour the trail descends to down to Dhi village. At this time you able to see the meadows of the farming field nearby river side. By crossing the Kaligandaki river follow a path along the left bank of river side to Yara (3,838mtr.). From there in the dry season, the trail follows the riverbed but in the monsoon up the hills to a final steep climb to the top. It looks a natural sandy castle in front of you when just you are top on the Yara hills. Some places you will find a kind of salty dust like mineral on the hill. Overnight lodge.

Day 14: Day hiking to Luri Gompa 3800m, 2 hrs

Visit Luri Gompa, it is founded on 13th centuries, it is Kagyukpa cave monastery. The Lamas books are written by gold. That leads continue up to Duyung Khola /stream which is running from the Damodar Kund (basin). It is the famous pilgrimage for Hindu religious. It's including the headwater an area of land which water runs down into a KaliGandaki river. Damodar Kunda is famous for black ammonite fossils where is found it. It's Hindu and Buddhist religious like to collect that for praying service. It beliefs as the embodiment of God Vishnu. Back to Yara for the night.

Day 15: Trek to Tange 3240m, 6 hrs

Early in the morning you are going to leave Yara along the high winding path. That soon leads down to the Dhechaeng Khola. The inhabitant of a gentle religious group of Buddhism is busy in their local business as a small foot hill rolling away to distance horizons sheltering gentle wind valley. From the village turn to the north and walk along the standing some sandy cliff over several hundred years. There is small village in Tange. Overnight lodge.

Day 16: Trek to Tetang 3067m / Chhuksang 8 – 10 hrs

start trekking an early morning with your pack lunch because of long distance than normal past days. The days take to walk about 8 to 10 hours. By leaving Tange then crossing the suspension bridge following the trail to the right site. Soon comes the Yak Khola before climbing a terraced hill to PA 4210m, it is the highest pass during your trip of the Upper Mustang. The trail climbs for about two and a half hours then you summit on the top of Pa 4,200 m. You are able to view far distance the Damodar mountain and Saribung peak.

The main trail continuing along the flat land to left after one and a-half hour walking. At Pa, there is no house only the ruins remaining but drinking water sources available. Still this leg takes another four to five hours total walking in your target of the day. It is rough down the way, Nepal Kailash Trekking Company suggests you Be careful about twist or break. The feel brings to be rested when you're tired the steps goes down to down. Meanwhile, you able to be seen deep down mud roof into the valley which is your night stay destination. The village calls Tetang, and nearby Chhuksang. Overnight Lodge.

Day 17: Trek to Muktinath 3800m, 5 -6 hrs

The trail leads you gradually ascend till to Gyu La pass 4077m. It is one of the beautiful days and feel it easy to walk. You will be passing through Kharkas where can be seen grazing animals as well as wild like mountain goats. The valley is a really peaceful valley. From the pass, you can see dramatically panoramic view of Thorong peak, Nilgiri, Tukche peak and Muktinath valley with cultivated land. Walk to Muktinath via Chhenkar village. Overnight lodge.

Day 18: Trek to Jomsom

From the Muktinath, there are two trails to reach to Jomsom. The first trail leads to kagbeni and the second trail goes via Lupra. Lupra is an interesting and scenic trekking trail for Jomsom. This trail offers a chance to see spectacular mountains view including Dhaulagiri and Nilgiri before descending to Lupra rivers, also known as Panda Khola. Lupra is an isolated village. There are two Bonpo monasteries with the big settlement. It is the windy day so far. By following Panda River about half an hour more, you will be joined to high way trekking route of Jomsom - Kagbeni.Overnight lodge.

Day 19: Fly to Pokhara 820m

An early morning takes a flight from Jomsom to Pokhara, it takes about 25 minutes. It gives you lifetime adventurous and scenic flight with the views of Annapurna and Dhaulagiri Himalaya ranges. This day you may have sightseeing in Pokhara or continue to Kathmandu either by flight or drive. Overnight Hotel

Day 20: Drive 6 /7 hrs /fly 30 minutes to Kathmandu

Normally, people take a tourist bus or private vehicle as a size of the group to come back to Kathmandu along the scenic view and adventurous experience by driving. There is another possible by airlines come back to Kathmandu which is available with mountains view of the Annapurna, Manaslu, Ganesh Himal, Langtang, Rolwaling. Transfer to Hotel Kathmandu.

Day 21: Departure

Nepal Kailash Trekking Company representative will come to your hotel to pick you up and transferred to your on next board. The program is finished.

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 of we should arrange according your staying in Nepal}

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

- Tips to staffs