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1. Upper Mustang Trek

2. Overview

This 16-day Upper Mustang Trek is a journey of exploration of a forbidden land that remained virtually untouched by the outside world until 1992. Beyond the magnificent Annapurna Range lies the Upper Mustang journey, which…

3. Itinerary

Day 01: Arrival in Kathmandu / Meet and transfer to the Hotel.

Altitude: 1350 m Stay: Hotel

- Meet and greet program by the High Route Adventure team outside the airport.
- Transfer to the hotel in the private vehicle that we have booked for you.
- Check in at the hotel and rest.

Upper Mustang Trek - 16 Days **Note:** We suggest our travellers purchase a local SIM card from Ncell or NTC at the Airport terminal so that you can use it for communication and mobile internet. It will cost you approximately 1 Dollar.

Day 02: Drive from Kathmandu to Pokhara Lakeside

Altitude: 820 m Meals: Breakfast Stay: Hotel

- After breakfast at the Hotel, you will head toward the Gongabu bus station with our team for the Pokhara Drive.
- High Route Adventure will arrange a tourist bus for you.
- After riding for 7-8 hours, you will reach the Pokhara Bus Station.
- Then, from the bus station, you will be transferred to the Hotel near the lakeside.
- You will enjoy a beautiful night on the Pokhara Lake side.
- Upper Mustang Trek - 16 Days

Note: For last-minute shopping or preparations before the Upper Mustang Trek, you can easily buy essential trekking gear, snacks, or personal items from local shops. If needed, you can also exchange foreign currency at the exchange counters in Lakeside, making it convenient to get everything ready before starting your journey.

Day 03: Fly from Pokhara to Jomsom (2743m), Trek to Kagbeni

Altitude: 2810 m Meals: Breakfast | Lunch | Dinner Stay: Teahouse

- Early in the morning, after breakfast, you will head toward the Pokhara International Airport.
- After completing the check-in process, you will take a flight from Pokhara Airport to Jomsom.
- After 20 minutes of a 20-minute flight, you will reach Jomsom Airport.
- After a short tea break, you will start your trek toward Kagbeni.
- Kagbeni is the entry point for the Upper Mustang, so here your permit will be checked.

- Finally, after 3-4 hours of trekking, you will reach Kagbeni.
- Check into the tea house and spend the night.

Upper Mustang trek: Jomsom to Kagbeni

Day 04: Trek from Kagbeni to Chele

Altitude: 3988 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast in Kagbeni, you will start your trek.
- Exiting the hamlet of Kagbeni, you will follow the Kali Gandaki River through a dry, arid Himalayan landscape with sandy trails and strong winds.
- Climbing uphill to the hamlet of Tangbe- popular for white-washed houses and traditional Upper Mustang architecture.
- Leaving Tange, you will pass through another small hamlet and cross the river to reach the Chele village.
- Check into the tea house and spend the night here.

Upper Mustang trek: Kagbeni to Chele

Day 05: Trek from Chele to Syangmochen

Altitude: 3780 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast in the tea house, you will prepare to leave for Syangmochen.
- Leaving the hamlet of Chele with mountain views, you will climb to the summit of Taklam La Pass (3,624 m).
- Then descend to Samar, passing through traditional villages and dry valleys.
- En route again, you will cross another mountain pass-Cross Dajori La Pass.
- Pass through the trail a series of ancient caves carved into the cliffs.
- Visit Ramchung Cave- home to statues of Guru Rinpoche and Padmasambhava.
- Further walk to reach the Synagmochen and spend the night in the tea house.

Upper Mustang Trek: Chele to Syangboche

Day 06: Trek from Syangmochen to Dhakmar

Altitude: 3894 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast at Syangmochen, you will start trekking through the peaceful Upper Mustang landscape.
- Hike through dry valleys, colorful rock formations, and open plateaus typical of the Trans-Himalayan region.
- Walk past small settlements and cultivated fields.
- After 6 to 7 hours of walking, reach the village of Dhamkar and stay overnight.

Upper Mustang Dhakmar Village

Day 07: Trek from Dhamkar to Tsarang

Altitude: 3630 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast at Dhamkar, start an uphill climb and then downhill across dry valleys and rolling hills.
- Pass through small settlements and farmland.
- Walk past eroded cliffs, colorful rock formations, and wide open valleys shaped by wind and time.
- As you reach Tsarang, you will witness the impressive monastery and ancient fortress-like structures.
- Reach Tsarang village, check into the tea house, and spend the night.

Tsarang

Day 08: Trek from Tsarang to Lo Manthang

Altitude: 3840 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast at Tsarang, start your hike toward the walled city of Lo Manthang.
- En route, cross high passes to enjoy stunning views of the surrounding desert-like terrain and distant snow-capped peaks.
- Reach Lo Manthang, the ancient capital of Upper Mustang.
- Spend the night in the tea house at Lo Manthang.

Tsarang to Lo Manthang

Day 09: Exploration Day

Altitude: 3840 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Today will be your acclimatisation and full-day exploration at Lo Manthang.
- After breakfast, you will walk to explore the Walled City.
- Then, after lunch, you will visit Ancient Monasteries (Gompas): Jampa Lakhang (Jampa Monastery), Thubchen Monastery and Chode Monastery.
- You will also visit the Royal Palace.
- Take a short hike to Namgyal Gompa on a nearby hilltop.
- Visit Chhoser village for exploration of multi-story cave complexes.
- Return to Lo Manthang for an overnight stay.

Upper Mustang Lo Manthang

Day 10: Trek from Lo Manthang to Yara

Altitude: 3800 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Early in the morning, after breakfast, you will depart from Lo Manthan
- Walk through classic Upper Mustang landscapes with barren hills, wind-eroded cliffs, and colorful rock formations.
- Pass by small settlements and grazing areas.
- Reach Yara to spend the night.

Upper Mustang Trek - 16 Days

Day 11: Trek from Yara to Tangye

Altitude: 3340 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast at Yara, begin the trek toward the remote village of Tangye.
- On the route, you will pass River Valley, a desert landscape, and a remote settlement.
- Arrive at Tangye and spend the night in a tea house.

Upper Mustang Trek - 16 Days

Day 12: Trek from Tyange to Chhusang

Altitude: 2980 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- Difficulty Level: Very challenging (the longest and toughest day of the trek)
- After the break early in the morning, you will take a packed lunch and carry water.
- There are no villages along the route, so the trek follows a completely remote and isolated trail.
- Cross Paha Pass, walk through sandy trails and river valleys until reaching Chhusang.
- Arrive in Chhusang and spend the night in the tea house.

Upper Mustang Chhusang Village

Day 13: Trek from Chhusang to Jomsom

Altitude: 2740 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

- After breakfast at Chhusang, descend along the Kali Gandaki River valley.
- Enjoy the dramatic river valley, with towering cliffs and sandy riverbeds.
- Arrive at Kagbeni to register your exit permit from the restricted Upper Mustang region.
- Witness spectacular views of the Annapurna and Dhaulagiri mountain ranges along the trail.
- Reach Jomsom and spend the night in a hotel.
- Upper Mustang Trek: Jomsom

Day 14: Fly to Pokhara and Exploration

Altitude: 820 m | Meals: Breakfast | Stay: Hotel

- Early morning flight from Jomsom to Pokhara.
- The flight duration will be around 20 to 30 minutes.
- Transfer from Pokhara Airport to Lakeside Hotel
- Use the remaining day to explore Pokhara.

The 7th highest mountain in the world on the flight from Pokhara to Jomsom Flight

Day 15: Drive to Kathmandu By Tourist Bus

Altitude: 1350 m | Meals: Breakfast | Farewell Dinner | Stay: Hotel

- After breakfast in the hotel, you will reach the Bus station to catch the bus to Kathmandu.
- Reach Kathmandu after a 6-7 hour ride.
- Transfer to the hotel.

Day 16: Departure

Altitude: 1350 m | Meals: Breakfast

- Our team will take you to Tribhuvan International Airport (TIA) for your flight.

5. Cost Includes

Domestic and International Airport Pickup and Drop-off Services:

- International airport pick-up service in a private vehicle
- Domestic Airport Drop Before Trek
- Domestic Airport Pickup After the Trek
- International airport Drop service in a private vehicle on the final departure

Accommodation Service

- Two nights 3-star Hotel in Kathmandu (Twin Sharing, BB plan)
- Two nights 3-star Hotel in Pokhara (Twin Sharing, BB plan)
- Eleven nights best available clean and comfortable teahouse accommodation during the trek

Trekking Permits

- Local Government Entry Permit (Trek Card)
- Annapurna Conservation Area Permit (ACAP)
- Restricted Area Permits
- Trekkers' Information Management Systems Card (TIMS)

Transportation Services

- Transportation Kathmandu - Pokhara on a Standard Tourist bus
- Transportation Pokhara - Kathmandu on a Standard Tourist Bus
- Private transportation is available upon request for an additional fee.

Domestic Flights

- Pokhara to Jomsom
- Jomsom to Pokhara

Food Services

- 15 times of Breakfast (Local and Continental Choice)
- 11 times of Lunch (Simple and Light Lunch in Teahouse)
- 11 times Dinner (Veg and Non-Veg Meals from the Local Tea House)
- Welcome & Farewell dinner in Kathmandu

Guide/Porter Services

- English- speaking government- licensed Tour Guide & Trekking Guide
- Local Sherpa for carrying Luggage (up to 25 kg Max, 2 trekkers: 1 porter)
- Oximeter - To determine your normal oxygen range
- All Meals for the guide & porter
- Insurances for guide & porter
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Others Services

- Down jacket and sleeping bag (to be returned after trek completion)
- Local SIM card(if needed)
- The HRA Brand Duffle Bag for the Trip, Company T-shirt, and Baseball cap
- Upper Mustang Trekking Maps
- Fresh seasonal fruit after dinner during the trek
- All Local and Government taxes, administrative charges

6. Cost Excludes

- Lunch and dinner in Kathmandu
- Nepal Visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, extra porter, etc.)
- Personal trekking gear and equipment
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

What To Pack For Upper Mustang Trekking?

Upper Mustang is a high-altitude, restricted-area trek through an arid Himalayan desert. Unlike other trekking routes of Nepal, conditions here are dry, windy, and dusty with intense sun by day and freezing temperatures at night. Here are the list of things you need to bring with you: **?Bags & Luggage**

- Trekking backpack (40–55 litre) — for daily use on the trail
- Duffel bag — for porter to carry (max 20 kg)
- Dry bags / waterproof stuff sacks — to protect gear from dust and rain
- Luggage locks

? Clothing — Upper Body

- Moisture-wicking base layer (2–3)
- Fleece jacket
- Down jacket
- Windproof jacket
- Fast drying trekking shirts
- Buff / neck gaiter

? Clothing — Lower Body

- Trekking trousers (2 pairs)
- Thermal / base layer leggings
- Waterproof shell trousers

- Trekking shorts (1 pair)
- Underwear — moisture-wicking (5–6)
- Trekking socks (5–6 pairs)
- Warm socks for sleeping (2 pairs)

? Footwear

- Waterproof trekking boots
- Camp sandals / flip-flops

? Head & Hands

- Warm beanie / wool hat
- Sun hat with wide brim — UV protection is critical
- Balaclava — for high passes and cold mornings
- Lightweight liner gloves
- Warm insulated gloves or mittens
- Sunglasses — UV400 or polarised (high-altitude UV is severe)

?? Sleeping & Shelter

- Sleeping bag
- Inflatable pillow(optional)
- Ear plugs

? Toiletries & Hygiene

- Biodegradable soap and shampoo
- Quick-dry towel (microfibre)
- Toothbrush and toothpaste
- Hand sanitiser (carry at all times on trail)
- Wet wipes / body wipes — showers are rare and cold in upper villages
- Toilet paper + small trowel — for emergencies on trail
- Menstrual products — unavailable beyond Jomsom
- Nail clippers, mirror, razors

? Sun & Skin Protection

- Sunscreen SPF 50+ (at least 2 tubes) — Mustang's UV index is extreme
- Lip balm with SPF — lips crack badly at altitude
- After-sun lotion / moisturiser — the air is extremely dry
- Eye drops — dust and dry wind irritate eyes daily

? First Aid & Health

- Personal prescription medications
- Diamox (Acetazolamide) — for altitude sickness prevention (consult doctor)
- Water purification tablets

? Electronics & Power

- Power bank (20,000 mAh minimum — charging points are scarce)
- Universal travel adapter

? Documents & Money

- Original passport (required for Restricted Area Permit checkpoints)
- Upper Mustang Restricted Area Permit (RAP)
- ACAP permit
- Travel insurance documents (must cover high altitude above 4,000 m)
- Emergency contact card (laminated)
- Cash in Nepali Rupees — no ATMs beyond Jomsom; carry enough for the full trek
- Passport-sized photos (4–6) — for permits

? Snacks & Nutrition

- Energy bars / protein bars
- Trail mix — nuts, dried fruit, chocolate
- Electrolyte powder / tablets
- Instant coffee or tea sachets
- Dark chocolate
- Instant oatmeal sachets — for cold mornings

? Trekking Accessories

- Trekking poles (pair) — highly recommended for rocky descents
- Duct tape — for emergency gear repairs
- Reusable water bottles (1-2 litre) or hydration bladder

Note: If you haven’t brought any gear or clothing from your home country, you can easily buy trekking equipment in Kathmandu and Pokhara at affordable prices. Rental options are also available for essential trekking gear such as jackets, sleeping bags, and boots.