

## 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 programme outside the airport from the Highroute 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.

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

#### Day 02: Drive from Kathmandu to Pokhara(6-7 hours)

Altitude: 820 m

Meals: Breakfast

Stay: Hotel

- After breakfast in the Hotel, you will head toward the Gongabu bus station with our team for the Pokhara Drive.
- Highroute Adventure will arrange a tourist bus for you.
- Riding for 6-7 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.

**Note:** If you have to buy anything, like for the Upper Mustang Trek, you can buy from here. Also, if you need to change your currency, you can find the currency exchange counter at the lakeside. Upper Mustang Trek - 16 Days

#### 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 Flight.
- After completing the check-in process, you will take a flight from Pokhara airport to Jomsom.
- After 20 minutes of a short flight, you will reach the Jomsom airport.
- After a short tea break now you will start your trek toward the 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: 3,988 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover 14-15 km and walk for 5 to 7 hours.
- 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.
- Climbs uphill to the helmet 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: 3,780 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover around 11.5 kilometers by walking for 5 to 6 hours.
- After breakfast in the tea house, you will prepare to leave for Syangmochen.
- Leaving the helmet 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 Syangmochen and spend the night in the tea house.

Upper Mustang Trek: Chele to Syangboche

### Day 06: Trek from Syangmochen to Dhakmar

Altitude: 3,894 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover approximately 14 kilometers by walking for 5 to 6 hours.
- 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 5 to 6 hours of walking, reach the village of Dhamkar and stay overnight.

Upper Mustang Dhakmar Village

### Day 07: Trek from Dhamkar to Tsarang

Altitude: 3,630 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover around 10.7 to 11 km by walking for 5-6 hours.
- 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 the 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: 3,840 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover around 11 to 11.5 kilometers by walking for 4 to 6 hours.
- 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: 3,840 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 Lakang (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: 3,800 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover around 16-17 km by walking for 6-7 hours.
- Early in the morning, after breakfast, you will prepare to leave for Yara.
- 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: 3,340 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover 16-18 km by walking for 6-8 hours.
- 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 Yara and spend the night in a tea house.

Upper Mustang Trek - 16 Days

### Day 12: Trek from Tyang to Chhusang

Altitude: 2,980 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will cover 23-24 km by walking for 8-12 hours.
- 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: 2,740 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

- Today you will walk for 6-7 hours to cover 23-24 km.
- After breakfast at Chhusang, descend along the Kali Gandaki River valley.
- Enjoy the dramatic river valley, with towering cliffs, 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: 900 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 Lake Side 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: 1,400 m

Meals: Breakfast

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.

Jomsom

### Day 16: Departure

Meals: Breakfast

Our team will transfer you to the Tribhuvan International Airport( TIA) for your flight. Conclude your Upper Mustang Trek in a memorable way.

## 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
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- Private transportation if required. you can pay extra.

### **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 call, 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?

Here is the common packing list for the Upper Mustang Trekking for both males and females who wish to join this beautiful trek with us. **Backpack(30-40l):** For keeping important items like snacks, and documents. Clothing **Accessories:** Trekking Shirt and trekking Trousers, premium waterproof jacket, fleece jacket and socks. Breathable underwear, Socks **For Footwear:** 1 pair of high-quality walking shoes, trekking shoes, Slipper **Head Wears:** Cap/hat, Buff/Neck Gaiter **Hand Wear:** Inner and Outer Gloves **Sleeping bag (optional):** You could also rent one from a rental shop located in Thamel **Accessories:** Trekking poles, toiletries products, Reusable water bottle tablets for purifying water and charger. Power Banks Personal medicine and sunblock.