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Mugu Mustang Trek - 29 Days

Mugu (Rara lake) to Mustang (Jomsom) trek is an enthralling adventure trek that takes from the western Nepal's jewel 'Rara Lake' to the gate of Mustang Jomsom. The journey stretches through the Upper Mugu valleys, and immerse in to the wild for about a week to Upper Dolpo crossing hidden villages and age old Buddhist and Bon monasteries then the gates of Mustang.

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PRICE INCLUDES

+Airport pickup and drop.

+3 Nights Hotel Accommodations in Kathmandu.

+ One-night hotel accommodation and dinner in Nepalgunj.

+ Domestic airfare; Kathmandu to Kathmandu.

+ All the government procedure.

+ Trekking permits and National Park fee.

+ One Guide com cook, 3 helpers, 4-5 mules.

+ Trekking equipment -Mattresses, Member tents, and Kitchen utensils.

+ Three-time meals during a trek along with Tea/coffee and snacks.

+ Staff's salary, food, insurance, and clothing.

+ Farewell dinner in Kathmandu.

PRICE EXCLUDES

-International flights and visa fee.

-Personal expenses and meals in Kathmandu.

-Travel insurance, Rescue, and evacuation.

-Tips and gratitude for staffs.

-Donation and local entrance fee.

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ITINERARY IN DETAIL

Day 1: Arrival Kathmandu

Our representative will welcome you at Tribhuvan International airport and transfer to hotel

Day 2: Kathmandu to Nepalgunj 1 hour flght

Flight of about an hour with superb views of the Manaslu, Annapurna and Dhaulagiri massifs. Nepalgunj is located in the Terai plain, not far from the Indian border.

Day 3: Nepalgunj to Talcha and trek to Rara Lake (2710m) 2-3 hours

We take off for the small airport of Talcha near Lake Rara. We walk for three hours to the camp where the kitchen teams and porters are waiting for us. The trail runs along the lake with clear blue green waters. Walk in a beautiful forest of walnut, holm oak and coniferous trees along a sometimes marshy path.

Day 4: Rara Lake to Lumsa(1900m) 6 hours

We descend into the valley of Gamghadi, the capital of the district of the Mugu, then we take a steep path that runs along the Mugu Karnali to Lumsa. Camp in the schoolyard.

Day 5: Lumsa to Bhale(2230m) 5-6 hours

We walk to the beautiful village of Chala, its carved wooden houses and its community flour mill. It is not rare to come across caravans of mules that come to supply the villages or herds of goats that feed along the path. We observe fields of millet, corn, amaranth and even cannabis plants. Stop at the village of Mangri then continue on to Bhale following the gorges of Mugu Karnali.

Day 6: Bhale to Tiyar Monastery (2600m) 5-6 hours

We leave Bhale to follow the Mugu Karnali, after the confluence with the Namlang Nadi which comes straight from the Kanjirowa Himal and we enter the gorges. We may come across caravans of dzos and mules loaded with salt coming from Mugu. We will see the very beautiful abandoned monastery of Tiyar before setting up camp along the river.

Day 7: Tiyar Monastery to Silenchaura Kharka(2930m) 5-6 hours

We continue to go up the Mugu Nadi to reach Shilenchaura, the starting point for the caravans. Some tea shops are in operation according to the opening dates of the Tibetan border.

Day 8: lenchaur to Thajuchaur(4050m) 6-7 hours

From Silenchaur our journey immerse in to wild about a week. We enter to a gorge going up a torrent. We pass through the lush vegetation and river crossing to discover the only possible camp for the end of the day.

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Day 9: Thajuchaur to Takla Khola(3785m) crossing Chargo La (5150m) 7-8 hours

e climb is easy on large grassy slopes. The pass (Chyargo La 5 150 m) is reached fairly quickly, weather permitting, many peaks are available to us. Put down prayer flags before descending into a valley which gradually closes. We find a wild nature where humidity regains its rights.

Day 10: Takla Khola to Chyandi Khola(4020m) 7-8 hours

There are two paths to reach Bhijer from Silenchaura: the gorge path and the pass path. The state of the roads can change quickly (bridge built or disappeared, landslide, etc.). We will indicate to those interested the route that we prefer based on current information. But as a rule, we take the one for the passes. After passing a camp on the banks of the torrent, very wet, we cross on a landscaped trunk before starting our first climb. Numerous views follow at each passage of the ridges, before descending to the next torrent. All that remains is to go up the stream to set up our camp as close as possible to the Yala La pass.

Day 11: Chyandi Khola to Pung Kharka(4650m) crossing Yala La (5420m) 7-8 hours

This second neck is much more mineral. You have to go up a large circus before reaching the Yala La (5,420 m). The prayer flags are in number, we have just moved to Dolpo, finally ...

All you have to do is join the torrent below, then follow it and pass Pung kharka, reaching the last possible camp.

Day 12: Pung Kharka to Pho(4090m) crossing Nyingma Gyalzen La (5563m)9-10 hours

Even if we are already in Dolpo, we still have the first “crux” of this route to cross: the Nyingma Gyanzen La pass. We must first continue to descend the stream a little before going up a small steep valley. . Then, reach a pass and a nearby summit. All that remains is to follow a beautiful ridge with exceptional views. In the distance, the village of Kuwagaon, the northernmost point of the Dolpo ... The descent is on the program to reach the village of Pho, a well-deserved stopover.

Day 13: Free day at Pho

A day to relax, freely breathe, and wash. For the more courageous, head to the gompa of this village well hidden in a lost valley. Close, but which will again require some effort.

Day 14: Pho to Bhijer(3850m) crossing Yambar La(4813m) 7-8 hours

On the map, everything seems close. It is to forget the turbulent terrain of Dolpo. We have to reach a magnificent bridge in the valley before climbing steeply to the Yambur La pass. Depending on the season, a few currants can reward us. The descent is easy before being able to contemplate the village of Bhijer, a wonder in this season.

Day 15: Bhijer to Neng La Base Camp(4350m) 3-4 hours

This morning we stroll in the village, we visit the school then the monastery and we then climb on the side above the village to the base camp of Nang La, in a beautiful very lively kharka. We will not forget to taste cheese in the brand new cheese dairy in the valley.

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Day 16: Nengla Base Camp to Saldang(4350m) 7 hours

We pass the Nang La at 5,375 meters where we have a magnificent view of almost all of the upper Dolpo, we descend to Saldang, leaving aside the path that leads to Marang which, by itself, is another route.We descend from terrace to terrace to reach the surroundings of the Saldang gompa that we will visit to appreciate the work of the painter Norbu who has completely rehabilitated the murals.

Day 17: Saldang to Komas village(3620m) crossing Komas La(4500m) 5-6 hours

We have to cut the Naga Khola to start our ascent to the village of Khomas, one of the few in Dolpo that is built on a flat… The ascent is gradual in a fairly mineral environment. We cross a small pass and the village comes to us. All the red gompas are on our right, all you have to do is find the keys. Normally, they are in one of the last houses, below the village.

Day 18: Komas to Mendo (4030m) 5-6 hours

We leave Khomas to reach a small pass which allows us to have a view of the terraces of that of Shimen. Nice descent to reach Shimen, and we go up the Panjyang torrent to the locality of Mendo, a place of passage for caravans arriving from Tibet. It is the Chinese government which decides the opening dates of the border, it is thus necessary to hope to have a good karma to cross some… It remains only to follow the path towards our camp which overhangs the torrent.

Day 19: Mendo to Tarak Sumdo (4240m) 5-6 hours

From Mendo we follow the Panzang River, and pass through Tinje village and crossing Polte river we reach large plan ground this was the airstrip used by the Khampa rebels during the insurgency following China's annexation of Tibet. We continue our progression further towards east following Panzang Khola after an hour we see an old ruin debris across the river, and after half an hour Taraka Sumdo.

Day 20: Tarak Sumdo to Lajar Sumna(4690m) 6 hours

We continue by going up the wide river valley of Keheing Khola followed by that of Larkyang Khola. We reach Lajar Sumna camp at the foot of Mola La, a beautiful green space where yaks graze and graze herds of sheep and goats. The path is easy, small hillocks allow you to have a surrounding view. Meeting with the nomads who share these places. Lajar Sumna is located on a promontory, allowing the observation of the surrounding camp.

Day 21: Lajar Sumna to Chharka Bhot(4400m) crossing Mola (5027m) 6-7 hours

We go up quietly wide pastures to cross a pass from which the view extends into the distance on the glacial mountains which mark the border with the Mustang. We can guess the rest of the route which will infiltrate towards the east between the mountain ranges, to reach the base of Araniko Chuli. But for today, the day's walk is limited to the morning alone, just to leave time for the visit of the fortified city of Chharka Bhot and allow meetings with the villagers. A few small shops have appeared in recent years. It is also a major place for buying and reselling yaks.

Day 22: Chharka Bhot to Mulung Sumna(4870m) 7-8 hours

A little after Chharka Bhot we cross the Barbung Khola then the Thasang Khola on two new bridges which make this

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route possible. Then we go along the Thasang Khola. After having crossed large meadows with yaks then having cleared a passage in the austere gorges of the Thasang khola, we go up towards the mountain pastures and camp at the foot of the pass the next day. Provide many uses for the sandals, the river "loosening" from time to time until it submerges the path traced on its right bank.

Day 23: Mulung Sumna to Ghalden Ghulden(4320m) crossing Jungbenla (5555m) 7-8 hours

The ascent of Niwas La is easy (just a false flat to gain a foothold on a grassy plateau ...), the second is of another accabit: steep and interminable but at 5555 meters the reward is up to it. A spectacular view of the mountains of Mukot Himal, Dhaulagiri and as a bonus almost the entire Mustang is offered to us. We descend through large bends in a scree slope to reach the river valley of the Lhanhimar khola. At the beginning of the afternoon, crossing the Jungbenley Laou Kok La at 5,125 meters will be a formality before descending the jet-black schist slopes and reaching a haven of happiness with trees, yes, yes! It had been 14 days since we had seen one ... Beautiful views down over the Kyalungpa khola valley, the villages of Ghok and Sangta with, at the back, a few selected and colorful portions of the eastern Mustang plateaus. And mouflons all around which colonize the raised slopes. What happiness!

Day 24: Ghalden Ghulden to Sangta(3760m) 4-5 hours

From the camp in the juniper tree, we descend towards the "door" of Dolpo, a path traced in the cliff which at times does not exceed one meter wide! We then cross the Kyalungpa Khola on a suspension bridge, then a Nepalese flat leads us to the village of Sangta, having found on the way two deep thalwegs to cross ... In the village, little room to set up camp.

Day 25: Sangta to Phalek(2800m) 6-7 hours

Penultimate day of this great adventure. Unfortunately in (too) large part on the newly mapped track between Jomosom and Sangta. From the camp, we cross a very small pass (4400 m) where we find the old path. Then, the track found (beyond, the old path is no longer used by the locals and has become dangerous ...), we embark on a descent to the 4300 meters hill where we rock on your left towards the alpine pastures below. Superb views of Mustang and Tilicho Peak. We cross an area of ??limestone tuff in which many caves are hollowed out, before returning to sheep pastures. Direct descent to the furrow of the Phalek village.

Day 26: Phalek to Jomsom(2740m) 3-4 hours

Last step, last small pass, climb up to pass through Tagarchong village, on the head we can see towering Mt. Nigiri and from the small pass we continue steep down to the Jomsom. We check out our ACAP permit and we end our trek.

Day 27: Flight from Jomsom to Pokhara and Kathmandu

In the morning we take the flight to Pokhara and in the afternoon we take flight for Kathmandu.

Day 28: Free day in Kathmandu

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This is a contingency day in case of problems with the weather-dependent flight out. If we have flown on schedule this will be a day to relax and enjoy the delights of Kathmandu.

Day 29: Depart from Kathmandu

Our representative will transfer you to Tribhuvan International Airport.