

## Mugu to Upper Mustang Trek - 0 Days

Mugu to Upper Mustang (Lomanthang) Trek or Mugu Dolpo Upper Mustang Trek via Upper Dolpo, is an exceptional challenging trek in Nepal. In this trek we immerse in the some wild and hidden valleys of West Nepal. Mugu(Rara Lake) to Upper Mustang (Lomanthang) Trek stretches long three regions of West Nepal such as (1)Rara and Mugu region (2) Upper Dolpo Region (3) Lomanthang and Upper Mustang region. This is one month long trek, where we enter through Rara Lake and Mugu village the rolling into high valleys of Upper Dolpo and exit through Lomanthang and Upper Mustang.