PO Box No.: 2721
Samakhusi-29, Kathmandu, Nepal
Contact No.: +977-9851133894
Email: jag@himalayancompanion.com
www.himalayancompanion.com

Upper Dolpo Upper Mustang Trek - 34 Days

Upper Dolpo Upper Mustang trek is an adventure and a complete immersion into the land of Bon and Buddhism. Both Upper Dolpo and Upper Mustang are blessed by the great magician 'Guru Rinpoche'. Tibetan Buddhism and Bon is thriving for many years in both Buddhist Himalayan highland. Once it was the under the rule of the Ngari kingdom and now it is bordering with the Tibetan Autonomous Region of the Republic of China. This trek is delightfully combined treks of Upper Dolpo Trek and Upper Mustang Trek.

Upper Dolpo Upper Mustang Trek via Kekyap la Pass begins after the scenic flight to Juphal and follows river gorges and forested jungle Shey Phoksundo national park to reach at magical Phoksundo Lake. From here the route stretches the western shore of Phoksundo Lake to forest camp and then following Tuk Kyaksa Khola and crossing Kang La pass leads to Shey Gompa. From Shey Gompa, we climb up and cross Se La pass via Namgang Gompa to Saldang. From there the trail leads further north loop through Nisal Village/Yangjer Gompa, the last remote Musi village then passing Musi La to Shimen. Another route goes directly via Komas village to Shimen village.

Beyond Shimen the trail rolling in the Panzang river valley's villages Phalwa and Tinje further connects Chharka village through Upper Panzang valley and Mo La pass. After Chharka village, the trek passes through a wilder route for a few days gaining significant altitude, we trek near Araniko Chuli and crossing Kekyap La and Changar La we descend to Upper Mustang's former kingdom Lomanthang. Exploring Lomanthang and Upper Mustang for a few days, then finally trek conclude to Jomsom.

PO Box No.: 2721
Samakhusi-29, Kathmandu, Nepal
Contact No.: +977-9851133894
Email: jag@himalayancompanion.com
www.himalayancompanion.com

PRICE INCLUDES

- Airport pickup and drop.
- 3 Nights Hotel Accommodations in Kathmandu.
- One-night hotel accommodation and dinner in Nepalgunj
- Domestic airfare: Kathmandu -Nepalgunj -Dolpa & Jomsom-Pokhara-Kathmandu.
- All the government procedure.
- Trekking permits and National Park fee.
- One English speaking experienced guide, one cook, helpers, porters/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.
- Extra baggage weight in domestic flight