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

Upper Mustang Trek - 18 Days

Upper Mustang Trek is an exploration of the ancient Buddhist Kingdom, which is located in the rain shadows of Dhaulagiri and Annapurna with a barren and deserted landscape of Nepal.

In this trek we venture deep into the realm of the last nomads of Mustang, still living their traditional migratory lifestyle on the high plateaus bordering Tibet. On this trek, we hike along the high eastern, winter route from the mythical walled city of Lo Manthang, and explore forgotten ‘sky-caves’ and visit the renowned Luri Gompa and Tashi Kabum, which house some of the most exquisite murals in the Tibetan Buddhist world.

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 Pokhara
- Domestic airfare: Kathmandu -Pokhara - Jomsom & Jomsom-Pokhara-Kathmandu.
- All the government procedures.
- Annapurna conservation permits.
- One guide, 1 porter between 2 people.
- 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 fees.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staff.
- Donation and local entrance fee.
- Extra baggage weight on domestic flight

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

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu

Day 2: Flight from Kathmandu to Pokhara

Day 3: Flight to Jomsom (2710m) and drive to Chhuksang (2980)

We go on an early morning flight to Jomsom. Leaving the Jomsom village take ahead to EkleVatti then follow to the left trail leads to Kagbeni along the left bank of Kali Gandaki river. Kali Gandaki is the deepest gorge in the world. The jeep stop at Chhuksang,

Day 4: Chhuksang to Samar (3660) 4-5 hours

The trail enters the area from the right bank crossing the riverbed you will find very interesting turquoise (a shaped piece of a precious greenish blue mineral). The Kali Gandaki River is running under the tunnel of reddish erect mountain. As the pedestrian must follow that way the trail climbs up around another 45 minute to Tsele village. The steep path in middle both side stands about 18-20 houses. From the village can see the north face of Nilgiri 6,940m. The trail continues to climb up through the cliff to Samar pass. There is a crystal line mountain with reddish rock and some long ranges visible gorges. There is a long suspension bridge to the left side across the gorge go to Gyaker village. Some beautiful Himalayan plants can be seen nearby Samar village from the Samar pass. We will be reaching there at lunch time.

Day 5: Samar to Gheling (3570m) 5 hours

Beyond this Samar village there are two ways go to Syanmochen village. If you have planned to visit Chhugsi Monastry cave you have to follow the right bank of the trail. It takes to summit approximately one hour. The magnificent view of dipping down gorge soon it reaches the famous Chhunsi Kangchung monastery cave (3,400m). The Chhunsi Kangchung cave monastery appearance the most important place of pilgrimage for Buddhist who interest on it. Now, it climbs again through the narrow path between two lines of hills. It takes time about one and a-half hour to Sanmochen where will be our lunch break. Then after climb little cliff with pass you will be seen towards valley of Geling and back sight some mountain views.

Day 6: Gheling to Ghami (3520m) 5 hours

After crosses the village there is an unreasonable hill to ride up on the top of Nyi La pass 4010m. This is the good view point of the Mustang landscape as well as Annaprna, Nilgiri ranges. The trail descends to down just move left site when your eyes approach the beautiful green valley is Ghami village.

Day 7: Ghami to Charang Gompa (3560m) 5 hours

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

We head towards Dhakmar through colorful cliffs. Immediately leaving Ghami trail follows little descend & ascend which takes approximately 45 minutes. Then we get the valley of Dhakmar. There are lots of cliffy caves above the village with colorful hills. After the Dhakmar will be a chance to see blue sheep during climbing the Mui La pass 4170m. Ghar Gompa is the oldest monastery of Nepal which is built before than Samey Monastery of Lhasa Tibet. This monastery is Ngyinmapa sect where found the hidden scriptures of Padmasambhava. Then we follow the Tsarang Khola stream via Lo Ghekar reach to Tsarang.

Day 8: Charang to Lomanthang (3820m) 5-6 hours

Finally, leaving Tsarang descends to Tsarang River then climb a step by slowly up then almost follow towards scenic valley. Before entering the Lo-Manthang you able to be seen the South face of Nilgiri Himal (6,940mtr.) then continue the steps through the desert area to historical wall city.

Day 9: Lomanthang

Day 10: Lomanthang to Yara(3650m) 6 hours

Along the mountain ridge after one hour the trail descends to down in village DHI. The time is taken in between streaming to down. Meanwhile you able to see the meadows of farming field nearby river side. That is DHI village better time for lunch break over here. After the lunch break crossing the river follow to path along the left bank of river side to Yara (3,838mtr.). From there in the dry season the trail follows the riverbed but in the monsoon it winds up the hills to a final steep climb to the top. It looks a natural sandy castle in front of you when just you are top on the Yara hills. Some places you will find a kind of salty dust like mineral on the hill.

Day 11: Yara to Tangge (3340m) 7 hours

Early in the morning you are leaving from Yara along the high winding path. That soon leads down to the Dhechaeng Khola(river) which is running from the Damodar Kund (basin). It is famous pilgrimage for Hindu religious. It's including the headwater an area of land which water runs down into a KaliGandaki river. This place is famous for black ammonite fossils where is found it. The trail just crosses the small river but it melting ice water then climb up around one and a-half hour to 'DHi' village along the winding desert mountain path to the Lo-Pa village of Tangya.

Day 12: Tangge to Tetang/Chhuksang (3067m) 8-9 hours

Today we leave very early morning with your pack lunch because of long distance than normal past days. Some step walk then crossing the suspension bridge following the trail to right site. Soon comes the Yak khola(river) before climbing a terraced hill to PA 4210m, it is the highest point of the Upper Mustang trip. The trail climbs for about two and a half hours then you summit on the top (4,200mtr.) The main trail continuing along the flat land to left after one and a-half hour walking. Its better time and spot to lunch at PA. Still this leg takes another four to five hours total walking in your target of the day. Now the trail descends to down it is rough way. Meanwhile, you are able to see a deep mud roof covered valley. The village is called Chhuksang or Tetang.

Day 13: Tetang/Chhuksang to Muktinath (3550m) 7 hours

Today gradually we trek up till to Gyu La pass 4077m. It is one of the beautiful day and take it easy to walk. We wil pass through Kharkas where can be seen grazing domestic animals as well as wild like mountain goats. It's peaceful up valley reach to the top of Gyu La. From the pass you can see panoramic view of Thorong peak, Nilgiri, Tukche

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

peak & Muktinath valley. Then we reach to Muktinath via Chhenkar village.

Day 14: Muktinath to Jomsom (2700m) via Luprak 7 hours

Leaving the Muktinath we trek through Lupra to Jomsom. Lupra is an interesting and scenic trekking trail to catch Jomsom. We will get the chance to see spectacular mountains view including Dhaulagiri and Nilgiri before descend to Lupra rivers {Pangda Khola}. Lupra is an isolated village with legendry. There are two Bonpo monasteries with the big settlement. After following Pangda River about half an hour more trail will be joined to high way trekking route or Kaligandaki from Lupra village, to reach Jomsom.

Day 15: Flight from Jomsom to Pokhara and Kathmandu

Day 16: Free day in Kathmandu

Day 17: Fly back to home