# MUSTANG FESTIVAL TIJI TREK

Duration: 18 Days | Location: Mustang Region, Nepal



## Trip at a glance

Category: Mount Mustang

Location: Mustang Region, Nepal

Duration: 18 Days

Difficulty: 7/10

Trip Style: Upper Mustang Trekking

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3,840 m

Group: Min-2, Max 20

## Summary

MUSTANG FESTIVAL TIJI TREK/MUSTANG TIJI FESTIVAL TREK Upper Mustang trek offers trek in the Himalayans mountain region of Nepal. The 18-days trip festival/

## Overview

### Trip Introduction

MUSTANG TIJI FESTIVAL TREK Upper Mustang trek offers a spectacular trekking experience in the remote trans-Himalayan mountain region of Nepal. The 18-days trip festival consisting of Tibetan rituals that celebrate the myth of a son who had to save the Mustang kingdom from destruction. The festival is indigenous to Lo-Manthang, Upper Mustang. Over the Mustang Tenchi Festival time monks dressed in elaborate costumes and masks perform dances and rituals that are supposed to drive away evil spirits. View Trek.

The Tiji festival dances are all organized by the Choedhe Monastery, which belongs to the Sakya sect of Buddhism.

While Tenchi Festival trekking in the Upper Mustang region of Nepal, we can admire the uniqueness of tree-less landscape, rocky trails, and views of Nilgiri, Annapurna, Dhaulagiri, and the other Himalayas. Upper Mustang trekking in Nepal officially opened in 1992. The Tenchi festival as a whole celebrates the victory of God over Demon and Good over Evil. On the 1st day, the monks perform a dance called 'Tsa Chaam'. This tells the story of the birth of 'Dorji Sonam'- a reincarnated Buddha to a demon. This demon harassed the kingdom of Mustang and brought in havoc to the country.You can witness the monks enacting the harassment of the said demon on the people of Mustang.

On the 2nd day, the monks perform 'NgaCham'. During this performance, Dorjee Sonam tries to return the demon to the Buddha realm. Normally Upper Mustang Trekking Permits costs US $ 500 per person for 10 days. 2 extra days will charged extra US $ 50 per day. That means single permit won't be allowed from the immigration. If you are single traveler, we can also provide permits by joining you with other travelers group. We also need your original passport copy to obtain the restricted area permits.

## Day by day itinerary

### Trip Itinerary

### Day 01 Arrive in Kathmandu.

Upon your arrival at the Tribhuvan International Airport, a representative from our company will receive you and escort to your hotel in Kathmandu.

### Day 02 In Kathmandu.

You can choose to take a day tour of Kathmandu city and visit the UNESCO World Heritage Sites, such as Pashupatinath, Swayambhunath, and Boudhanath. These places are enlisted as world heritage sites by UNESCO. They also offer insights into the culture, religious beliefs, and practices during the medieval times. As an option, you can sit back and relax in your hotel, prepare for the trek or take a stroll around the locality. Overnight stay at a hotel in Kathmandu.

### Day 03 Fly or drive to Pokhara (820m.)

After an early morning breakfast, you will be taken to the Tribhuvan International Airport to catch your flight to Pokhara (25-30 minutes), a popular tourist destination which also acts as the transit point for our trek. You can choose to drive to Pokhara while enjoying the scenery of the hills and winding rivers. The latter may take 5-6 hours in total. Overnight stay at a hotel in Pokhara.

### Day 04 Fly to Jomsom from Pokhara and trek to Kagbeni (2810m). 3 Hours walk.

From Pokhara, you'll catch the flight to Jomsom. The first day of the trek commences at Jomsom and concludes at Kagbeni which lies to the north. The maiden hike may take a couple of hours and will take your through the Kali Gandaki river bed up to the green fields of Kagbeni. The trek takes you through Ekle Bhatti and number of Buddhist monasteries. Overnight stay at a lodge at Kagbeni.

### Day 05 Trek to Chele (3050m), 5-6 Hours walk.

The day begins with a steep climb up the cliffs on the eastern side of the Kali Gandaki gorge and follows through small ridges. There are many small villages en route which is well surrounded by green fields. Wheat, barley, and buckwheat are the major crops in the area. You will enter Tangbe and Chhusang villages before reaching Chele which will be around late noon. Overnight stay at a lodge at Chele.

## Day 06 Trek to Ghiling (3570m), 5 – 6 Hours walk.

The steep climb continues right outside Chele. You will find mostly dry terrain from here on with only sparse vegetation. The highest point thus far is at Nyi La Pass 4010m, which can prove to be a tough ascent. Some of the local peaks visible from here are Tilicho Peak (7134m) and few others in Annapurna region. After crossing Nyi La Pass, the trail drops steeply towards the village of Ghiling. Overnight stay at a lodge at Ghilling.

## Day 07 Trek to Tsarang (3560m). 4 Hours walk.

The trail to Tsarang passes through Kali Gandaki corridor and across a steel bridge at Tangmar Chu. After a while, the trail rises until you arrive at a plateau. Here, you get to see the longest and spectacular Mani (Tibetan spiritual words) wall in entire Nepal. Tsarang lies to the east of the wall. A huge Dzong (fortress) and a big red Gompa dominates the local scenery at Tsarang. Overnight at a lodge at Tsarang.

## Day 08 Trek to Lo – Manthang (3840m). 5 Hours walk.

From Charang, the trail passes through Tsarang Chu and descends until Tholung village. You will have to ascend a bit from here on to reach the windy pass of Lo, from where you get to see Lomanthang. It looks like a small walled city amidst the large desert. The trek until now concludes at Lo Manthang. Lo was the capital of Mustang kingdom before the entire region was annexed by Nepal in the 18th Century. Overnight stay at a lodge at Lo Manthang.

## Day 09 Lo Manthang (3730m) – the celebration of the first day of Tiji festival.

The celebration begins early in the afternoon with the loud blurts of the Tibetan horns, Dhungchen. It is generally accompanied by two double-reeled horns, drum and cymbals. The monks from the adjoining Choede monastery make their way into the courtyard. An enormous Thangkha (painting) depicting Padma Sambhava or Guru Rimpoche is hanged on the southern wall of the square. The dance only begins late in the evening when all the local authority takes their place. The masked dance portrays the age-old myth depicting the life of Dorje Jono, a supreme force who repelled all the demons from Earth. Overnight stay at a lodge at Lo Manthang.

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age-old myth depicting the life of Dorje Jono, a supreme force who repelled all the demons from Earth. Overnight stay at a lodge at Lo Manthang.

### Day 11 Final day of the festival Tiji/visit Namgyal Gompa and Tingkhar or Excursion to Chhoser (Western Valley)

The third day marks the end of the festival. It ends with ceremonial music and the portrayal of the end of the demon in most dramatic manner. More music, dance, shooting guns accompany the last day of the festival. With the end of Tiji festival, you can choose to visit the Namgyal Gompa and Tingkhar. These are highly recommended tourist destinations inside Lo Manthang.

### Day 12 Trek to Dhakmar (3820m). 6-7 Hours walk. Instead of trekking back to Tsarang.

you will turn southwest towards Dhakmar. The trail passes through Lo Gekar and ascends steeply up to 4,000 m. You can get a last glimpse of Lo Manthang from here. Chogo La at 4,280m is the highest point of the trek. The trail descends until Ghar Gompa and takes you towards Dhakmar. Overnight stay at a lodge at Lo Manthang.

### Day 13 Trek to Syanbochen (3800m). 5 – 6 Hours walk.

Today, you'll encounter many tremendous canyons en route. It opens to the farmlands popular for buckwheat. While trekking back, you can get the close glimpse of the surrounding peaks, namely; Nilgiri (7061m), Annapurna (80991m), and Tilicho Peak (7134m). You will arrive at Syanbochen following the path through Ghami and numerous passes. Overnight stay at a lodge at Syanbochen.

### Day 14 Trek to Kagbeni (2800m) Duration: 6 hrs You will retrace your trail back to Kagbeni.

The trekking is comparatively easier and will take around 6 hours to complete. You can spend the evening enjoying local apple brandy, 'Marpha' or talking with the locals. The night is colder so it is best that you stay inside the dining area with the heating system on. Overnight stay at a lodge at Kagbeni.

### Day 15 Trek to Jomsom The trek concludes at Jomsom.

On the last day of the trek, you can choose to take the stroll around the market and shop for local products. Apple brandy, Churpi, sweets, and other stuff are popularly demanded by the visiting tourists. The region is also heavily influenced by Buddhist faith. Overnight stay at a lodge at Jomsom.

### Day 16 Fly back to Pokhara. You'll catch your flight back to Pokhara.

On the way, you will get to see some extraordinary view of Annapurna Himalayan range, Machhapuchhre (6997m) and Dhaulagiri peak (8167m). To enjoy the success of the trek, you can choose to take a short tour of Pokhara or try boating at Phewa Lake. Overnight stay at a hotel in Pokhara.

### Day 17 Pokhara to Kathmandu You can choose to fly or drive back to Kathmandu.

While on the way, you can bid adieu to Annapurna and Machhapuchhre range in the distance. The serene ride will take you through the hills and back to Kathmandu. You can rest in your hotel or explore the local marketplaces to shop for gifts and souvenirs. Overnight stay at a hotel in Kathmandu.

### Day 18 Final departure A company representative will accompany you to the Tribhuvan International Airport for the flight to your destination.

## Package: Standard Package

### Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

### Inclusions

Airport pick up and Drop by private car/van/bus.

3 nights accommodation in Kathmandu with bed and breakfast basis.

2 nights accommodation in Pokhara with bed and breakfast basis.

Kathmandu Sightseeing by Private guide and private transportation

Your standard meals (Breakfast, Lunch and Dinner) during the trekking.

All necessary paper works and conservation entry permits.

Special Trekking Permit US$ 500 per person for 10 days (the above price includes 10 days valid trekking permit from Kagbeni to Kagbeni. If you would wish to stay more than 10 days in restricted area, you are subjected to extra charge for extra days (US$ 50 per day / per person).

Annapurna conservation fee

Pokhara – Jomsom – Pokhara flight Ticket.

Kathmandu – Pokhara – Kathmandu by flight or Tourist Bus.

All accommodations in lodges/tea houses

An experienced Government licensed guide and porters (1 porter for 2 peoples).

Salary, Food, Drinks, Accommodation, Transportation and Insurance for the Guide and Porter.

Medical supplies (first aid kit will be available).

Fare well dinner with typical Nepali restaurant

All government taxes.

### Exclusions

Lunch and Dinner whilst in Kathmandu & Pokhara.

All kind drinks (Alcoholic, hot and cold drinks).

Personal Equipment.

All entrance fees in Kathmandu cultural tour.

Personal travel and medical insurance.

Any kind of personal expense.

Any others expenses which are not mentioned on Price Includes section.

Tips for trekking staff, driver (Tipping is expected).

Any donation to the Monastery.

Upper Mustang Monastery Entrance fees.

## Gear checklist

### Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

## Trip notes

### Trip Highlights

Trip Details:

Total Duration: 18 Days.

Group Size: Min-2, Max 20.

Trekking Region: Mustang.

Trip Type Name: Upper Mustang Trekking.

Highest Altitude of the trek: 3,840 m.

Highest Point: Upper Mustang Trekking (3,840 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

### Departure

### Departure

### Review

## Trip gallery

View photo on the trip page



MUSTANG FESTIVAL TIJI TREK - photo 2



MUSTANG FESTIVAL TIJI TREK - photo 3

## Plan your journey with our team

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