Lower Mustang Trekking

Duration: 12 Days 11 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 12 Days 11 Night

Difficulty: 2/10

Trip Style: Trekking & Hiking

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Lower Mustang Trekking (3800 m)

Summary

Lower Mustang Trekking 12 days is the western part of the Nepal Trekking under Annapurna Conservation Area without special permits like Upper Mustang

Overview

Trip Introduction

The Lower Mustang Trekking is the western part of the Nepal Trekking under Annapurna Conservation Area without getting special permits like Upper Mustang does from Pokhara up to the Muktinath Temple can be considered as a Lower Mustang Trek.The trek offers a close view of Annapurna Massif, experience Gurung and Tibetan culture,Kali Gandaki River (passes through the deepest gorge in the world), Greenery Hills to Desert Landscape, and sacred place Muktinath. Khopra Ride Trek

The hiking beginning point for Lower Mustang Trek is from Jomsom which is an 25 minutes flight from the popular place, Pokhara. Following the Jomsom Trekking Route, you will be entering into Mustang Regions.

Muktinath Temple in Mustang District is popular among both Hindus and Buddhist. It is said that taking bath under 108 waterspouts and two holy Kunda (ponds) located within the premises of this ancient temple will be washed away all your past sins. Believing the fact, lots of Hindu pilgrimages from Nepal and India to visit the temple. Breathtaking views of white soaring mountains from the temple is another attraction of this place.Crossing Kagbeni from Muktinath Temple, Jomsom will be Continue Marpha Village popluer Apple Garden of Lower Mustang Trekking. Ghorepani Poon Hill Trekking Route will be Continue popluer Magdi hot spring place. Annapurna Circuit Trek, Ghorepani Poon Hill Trek, Mardi Himal Trek.

Day by day itinerary

Trip Itinerary

Day 1: Arrive in Kathmandu via respective airlines and transfer to hotel.

Day 01: Arrive in Kathmandu via respective airlines and transfer to hotel. As you land on Tribhuvan International Airport, Kathmandu, you will be received by the representative staff from Mega Mount Trekking you will be transferred to hotel where you will learn the detail itinerary. We can change the set itinerary as per your feasibility. Stay overnight in the hotel.

Day 2: Drive Kathmandu to Pokhara.

Meal Diving: 206 km, 6/7 hrs Trail Attractions: Trisuli River, Malekhu Village, Mugling Village, Marshyandi River, Pokhara City Max Altitude: 1300 m (Kathmandu) Overnight: Hotel

Day 03: Pokhara Fly to Jomsom trek to Kagbeni.

Meal: Breakfast, Lunch, and Dinner Walking: 3/4 hrs Max Altitude: 2,720 m (Jomsom) Overnight: Teahouse/ Lodge

Day 04: Muktinath Valley.

Today visit to Muktinath temples and 2 hours then walking to Thorangla pass Base camp how to go over the Thorang-La pass and return back to Muktinath | Stay overnight at Lodge.

Meal: Breakfast, Lunch, and Dinner.

Day 05: Muktinath-Marpha Village (2,640m) 6 Hours Walking.

In the morning, we start our trek towards Marpha Village Development Committee in the Mustang district. It is a beautiful little village located on the way of the Jomsom, Muktinath trek. The name Marpha is derived from the words “mar” meaning hard work and “Pha” meaning people. So,it literally means that the villagers in Marpha are hard working. Marpha is known for the production of local apple brandy | Stay overnight at Lodge.

Meal: Breakfast, Lunch, and Dinner Walking: 6 hrs Trail Attractions:

Day 06: Marpha Village to Ghasa.

Meal: Breakfast, Lunch, and Dinner Walking: 5/6 hrs Trail Attractions: Wonderful Rupse Chhahara Waterfall, and Kaligandaki River. Max Altitude: 2,010 m (Ghasa) Overnight: Teahouse/Lodge

Day 07: Ghasa to Tatopan) 6-7 hrsi.

Meal: Breakfast, Lunch, and Dinner Walking: 6/7 hrs Trail Attractions: Natural hot Spring Water (Tatopani) Max Altitude: 3,180 m (Poon Hill) Overnight: Hotel

Meal: Breakfast, Lunch, and Dinner Walking: 4/5 hrs Trail Attractions: Lete Village, Larjung Village, Apple Orchards, and Vegetable Farms Max Altitude: 2,670 m (Marpha) Overnight: Teahouse/Lodge

Day 08: Tatopani Ghorepani) 6-7 hrs (2860m)

Passing the suspension bridge and camp site close to Tatopani the trail will make you to climb Sikha (2,080m). At Chitre you will have your lunch and again start to mount Tatopani from where you can view amazing panoramic sight of Dhaulagiri, Annapurna South, Hiunchuli, Tukuche Nilgiri and Tarke Kang. Within 4 to6 hours you will turn up to Ghorepani. Stay overnight in lodge.

Meal: Breakfast, Lunch, and Dinner Walking: 4/5 hrs Trail Attractions: Lete Village, Larjung Village, Apple Orchards, and Vegetable Farms Max Altitude: 2,670 m (Marpha) Overnight: Teahouse/Lodge

Day 09: Hike to Poon Hill (3,193m) 2 hrs and trek down to Tikhedunga (14,80m) 6-7 hrs

On the following day you will hike to Poon Hill in an early morning which is to be found at 3,193 meter of altitude. Hiking for 2 hours you can view Fishtail, Dhaulagiri, Annapurtna and range of Manaslu mountains. Poon Hill is also known to outlook the magical sunrise. Then, you will take some rest and again trek to Tikhedunga. It is positioned at 1,190 meter altitude and will show the way through the pine and rhododendron forests to Deurali (2,960m). Taking downward movement to Banthanti will take you Down. Stay overnight in lodge.

Meal: Breakfast, Lunch, and Dinner Walking: 4/5 hrs Trail Attractions: Lete Village, Larjung Village, Apple Orchards, and Vegetable Farms Max Altitude: 2,670 m (Marpha) Overnight: Teahouse/Lodge

Day 10: Tikhedhunga to Nayapul3/4 hrs and drive to Pokhara 3 hrs

Waking up early in the morning you will drive to Nayapul in a private vehicle and then will begin to trek Tikhedhunga. Tikhedhunga is situated at an elevation of 1,480 meter which will take you to Birethanti after crossing forests and rivers.

Meal: Breakfast, Lunch, and Dinner Walking: 5/6 hrs Max Altitude: 2,720 m (Jomsom) Overnight: Teahouse/ Lodge

Day 11: Drive to Kathmandu (200 km. 6/7 hours driving) by tourist bus at 7:30 am from Pokhara. And stay overnight at selected hotel in Kathmandu.

Day 12: Final Departure, transfer to the airport from your hotel by Mega Mount Trekking Guide.

Package: Standard Package

Contact for pricing

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

Inclusions

Flight tickets from Pokhara to Jomsom.

Full Board (breakfast, lunch, and Dinner) in Trekking

Accommodation during the trek (local lodge).

The government registered English speaking local expert guides, porters.

Annapurna Conservation park fees, TIMS Card.

Equipment clothing for porter & staff.

Insurance for all staff & porters.

Transportation to and from the starting and ending points of the trek.

First Aid Kit.

Jomsom Annapurna Trekking Map

Salary, allowances, expenses & insurance for all staff including porters.

What's

Exclusions

Nepal visa fees

Lunch & dinner during hotel stay in Kathmandu

Personal gears & clothing (available on hire)

Tips for Guide Porter.

Any expenses incurred in roadblock due to any reason, table drinks, snacks while walking

Personal insurance, medical evacuation in case of emergency.

Service other than mentioned above

International airfare and airport taxes, excess baggage charges

Hot shower, battery charge (during the trek), telephone, etc....

Items of personal nature expenses such as alcoholic drinks, cold drinks, laundry, mineral water

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 Duration: 12 days.

Trekking Duration: 12 days.

Grade: Easy.

Accommodation: Semi Lodge/ or fully Camping.

Activities: Trekking – Walking.

Highest Point: Lower Mustang Trekking (3800 m).

Lower Mustang Trekking is the western part of the Nepal Trekking under Annapurna Conservation Area without getting special permits like Upper Mustang does from Pokhara up to the Muktinath Temple can be considered as a Lower Mustang Trek. The trek offers a close view of Annapurna Massif, experience Gurung and Tibetan culture, Kali Gandaki River (passes through the deepest gorge in the world), Greenery Hills to Desert Landscape, and sacred place Muktinath.

Departure

Departure

Review

Trip gallery

View photo on the trip page

View photo on the trip page

View photo on the trip page

View photo on the trip page

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking