Mustang Teri La Pass Trekking

Duration: 27 Days 26 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 27 Days 26 Night

Difficulty: Not specified

Trip Style: Trekking & Hiking

Best Time: Sep/Oct/April

Transportation: Plane and Bus, Welcome to Mustang-Teri La Pass and Nar & Phu Valley Trekking

Accommodation: Hotel in Kathmandu 4 Night

Max Altitude: 3840m/3900m/4600m/5600m/3800m/3950m

Summary

Mustang Teri La Pass Trekking/This trekking takes us on a fascinating journey through an area that was until recently closed toThe visit of Mustang Nepal

Overview

Trip Introduction

Teri La Pass Trekking offers a spectacular trekking experience in the remote trans-Himalayan mountain region of Nepal.. An exceptional landscape with orange colored rock walls, varicolored canyons and impressive forms of erosion characterize this desert-like alpine terrain in the kingdom of Mustang. This fantastic trekking destination is located on the border of Tibet with its ancient villages, age-old castles, antique palaces and Tibetan monasteries it offers the visitors a comprehensive insight into the centuries-old Tibetan-Buddhist culture. Ghorepani poon hill Trek

Teri La Pass Trekking follows mesmerizing track along the veiled striking scenery of Mustang region. The hike will let you reach Lo-Manthang, the capital of Mustang. This pioneer trek through forlorn alpine territory combined with the challenges of the variegated terrain provides the participants with an authentic expedition experience. The visit of Mustang is followed by a pioneer trekking over the so far seldom crossed Teri La pass (5’577 m) to the hidden valleys of Naar Phu, a new trekking area that was opened for foreigners only in 2002. Annapurna Circuit Trek

To trek in Upper Mustang is a rare privilege. Here you will experience a way of life of true mountain people. Eho for hundreds of years, had very little contact with the rest of Nepal and retained their rich cultural heritage. Upper Mustang Trek

There are few accommodation facilities available above Kagbeni, so groups must be fully self-sufficient, especially in fuel. While porters are available in Jomsom it is preferable to use mules to carry the loads up to Mustang. These pack animals are available locally and are more economical, and certainly more environmentally friendly than porters. Nar Phu Valley Trek

Day by day itinerary

Trip Itinerary

Day 01: Arrival Kathmandu.

Arrival Kathmandu and transfer to your hotel.

Day 02: Kathmandu.

Your Free day at Kathmandu hotel includes with Breakfast. We need your original passport including Nepali Visa to prepare for the Restricted Special Trekking permit, After preparing your permit Nepal Alsace trek will brief for your Trekking details.

Day 03: Kathmandu-Pokhara.

From Kathmandu by Tourist bus to Pokhara 7 hour hotel include.

Day 04: Pokhara-Kagbeni.

Morning flies to Jomsom 4 hour walking to Kagbeni (2800m) Overnight Camp Or Lodge.

Day 05: Kagbeni-Tsaile.

(Your Mustang Trekking Permit start from here). From Kagbeni 6 hour walking to Tsaile (3100m) Overnight Camp or Lodge.

Day 06: Tsaile-Ghiling.

From Tasile 6 hour walking to Ghiling (3570m) Overnight Camp or Lodge.

Day 07: Ghiling-Tsarang.

From Ghiling 6 hour walking to Tsarang (3560m) Overnight Lodge or Camp.

Day 08: Tsarang-Lo-Manthang.

Tsaram 4 hour walking to Lo Manthang (3840m) Overnight Camp or Lodge.

Day 09: Lo-Manthang.

Lo Manthang visit sightseeing Overnight Camp or Lodge.

Day 10: Lo-Manthang-Yara.

From Lo Manthang 5 hour walking to Yara (3900m) Overnight Camp.

Day 11: Yara-Tanya.

From Yara 5/6 hour walking to Tangya (3240m) Overnight Camp.

Day 12: Tangya- Yak Kharka.

From Tanya 7 hour walking to Yak Kharka (4600m) Overnight Camp.

Day 13: Yak Kharka-Khola Kharka.

(your Mustang Trekking Permit end). From Yeak Kharka 6 hour walking to Khola Kharka (4700m) (Mustang special Permit) until here, Overnight Camp.

Day 14: Khola-Teri la Base camp.

(Nar Phu Special permit from here) From Khola Kharka 5 hour walking to Teri La Base Camp (5000m) Normal Special Permit start from here) Overnight Camp.

Day 15: Teri la Base camp.

From Base Camp Via Terila pass (5600m) and Phedi 6 hour walking Overnight Camp.

Day 16: Phedi.-Yak Kharka.

From Phedi 6/7 hour walking to Yak Kharka (4600m) Overnight Camp.

Day 17: Yak Kharka Nar Gaun.

From Yak Kharka 5/6 hour walking to Nar Gaun (3900m) Overnight Camp.

Day 18: Nar Gaun-Kyang.

From Nar Gaun 4/5 hour walking to Kyang (3800m) Overnight Camp.

Day 19: Kyang-Phu Gaun.

From Kyang 4/5 hour walking to Phu Gaun (3950m) Overnight Camp.

Day 20: Phu Gaun-Meta.

From Phu Gean 6 hour walking to Meta (3560m) Overnight Camp.

Day 21: Meta-koto.

(Narphu Special Permit end) From Meta 7 hour walking to Koto (2600 m) Overnight Lodge,(end) your Special Permit).

Day 22: Koto-Tall.

From Koto 6 hour walking to tall Overnight Lodge.

Day 23: Tall-Syange.

From Tall 4 hour walking Overnight Lodge.

Day 24: Synge-Bhulbule.

From Synge 5 hour. Walking to Bhulbule Last day Overnight Lodge.

Day 25: Bhulbule-Kathmandu.

From Bhulbule bus to Kathmandu hotel include.

Day 26: Kathmandu.

Free day at Kathmandu Hotel includes breakfast.

Day 27: Departure from Kathmandu.

Package: Standard Package

Contact for pricing

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

Inclusions

- Arrival and departure Transport by Car/ Van/ Hiace.
- Hotel in Kathmandu with bed and breakfast 4 Nights.
- Hotel in Pokhara with bed and breakfast 1 Nights.
- Kathmandu and Pokhara- Bhulbule-Kathmandu by Tourist bus.

- BREAKFAST/ Eggs item, Test, Tibetan bread, Pancake, Chapati, with honey, Jam or butter, Or muesli, corn flakes with hot Milk.
- LUNCH/ Nepali Dalbhat, Momo or other (Items).
- DINNER/ (Soup Items) Vege, Mushroom, Tomato, Chicken, Noodles with papad or Pop con, (Dinner) Spaghettis, Sandwich, Chips, Pizza, Macaroni.
- Chowmen or spring roll.
- HOT DRINKS/ Black tea with milk, Black coffee with milk, Lemon tea or hot chocolate.
- Tented accommodation and equipment during the Camping trek. We will provide Two-Man Tents, Dining tent, kitchen gears.
- License holder Trekking Guide during the trek, a cook the required number of porters, their food, accommodation, salary.
- 10 Day Special Mustang Trekking Permit.
- 8 Day Nar-Phu Trekking Permit.
- Annapurna conservation permit.
- Plane Ticket Jomsom-Pokhara.

Exclusions

- Lunch and Dinner in Kathmandu.
- Your Travel Insurance Policy in case accident and high Altitude sickness Rescue.
- Nepal entry visa fee 15 Days 25 US$ and for the 30 Days 40 US$, you obtain your visa in Kathmandu airport if you have not taken from your Country.
- Will require 8 passport size photos.
- Soft and hard drinks Such as Beer, Coke, Fanta, Mineral water.
- Personal trekking Equipment.
- Tips for Trekking staff.

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

Duration: 27 Days.

Trip Duration: 27 Days.

Places Cover: Kathmandu – Pokhara – Jomsom – Lomanthang – Yara – Teri la Pass – Nar Phu – Bhulbule – Kathmandu.

Program Type: High pass Trekking.

Max. Altitude: 3840m/3900m/4600m/5600m/3800m/3950m.

Minimum Pax: 2 to 8.

Mode of Travel: Camping.

Start Trip: From Jomsom.

End Trip: Bhulbule.

Accommodation: Hotel in Kathmandu 4 Night.

Best Season: Sep/Oct/April.

Transportation: Plane and Bus, Welcome to Mustang-Teri La Pass and Nar & Phu Valley Trekking.

Mustang and via Teri La Pass trekking is real adventure trekking in Nepal, this pass is one of the quite challenging passes, Teri – La. This is located in the remote part of the Mustang region close to the border of Tibet. Teri La Pass trek is new and shortly became very popular for trekking in Nepal. The trekking route of this trek starts from Jomsom Mustang district, the trek will continue towards the Nar Phu trekking region and finally end at Bhulbule. We organize this trek only camping.

Departure

Departure

Review

Trip gallery

View photo on the trip page



Mustang Teri La Pass Trekking - photo 2



Mustang Teri La Pass Trekking - photo 3

Plan your journey with our team

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