# Upper Mustang Trekking

Duration: 16 Days | Location: Mustang Region, Nepal



## Trip at a glance

Category: Trekking in Nepal

Location: Mustang Region, Nepal

Duration: 16 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: 3,620 m

Group: Min-2, Max 20

## Summary

Upper Mustang Trekking/Upper Mustang trek offers a spectacular trekking experience in the remote trans-Himalayan mountain region of Nepal. in World Heritage

## Overview

### Trip Introduction

Upper Mustang trek offers a spectacular trekking experience in the remote trans-Himalayan mountain region of Nepal. The 17-day trip begins in Kathmandu with tours of UNESCO World Heritage Sites. Then we drive to Pokhara and fly to Jomsom the next day and begin trekking. Tourists were allowed to enter the Upper Mustang region Upper Mustang which is also known as the Last Forbidden Kingdom because it wasn't until 1990. Ghorepani Poonhill Trek.

While 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 Trek is a moderate trek suitable for passionate walkers who have the ability to walk at least five hours a day with a light rucksack. In some days we might even need to walk for long hours. We can enjoy authentic Nepalese food as well as the more common international cuisine (Tibetan, Continental, Italian, Indian, etc.) during our trek. Upper Mustang trekking in Nepal officially opened in 1992. Limited numbers of trekkers are allowed each year. Thus to protect and conserve the local Tibetan tradition and the fragile environment. Everest View Trek

Mustang trek unfolds the fabled forbidden kingdom's vast and arid valleys, eroded canyons, yak caravans. Further more the colorful – painted mud brick houses next to majestic mountain of Nilgiri, Annapurna, Dhaulagiri ranges. Breakfast and dinner will be served from the tea house or from a lodge menu where we spend the night. Whereas lunch will be served on the way to the next destination. Three times meals will be provided during trekking while only breakfast will be available in Kathmandu and Pokhara. There will also be welcome and farewell dinners for guests. Annapurna Base Camp Trek,

## Day by day itinerary

## Trip Itinerary

**Day 01: Arrival in Kathmandu (1,300m/4,428ft) After landing at the Tribhuwan International Airport.**

**Day 02: Drive from Kathmandu to Pokhara (827m/2689ft): 5-6 hours.**

**Day 03: Fly to Jomsom (2,700m/8898ft) and trek to Kagbeni (2,810m/9,216ft): 3-4 hours trek.**

**Day 04: Kagbeni to Chele (3,050m/10,004ft): 5-6 hours.**

**Day 05: Chele to Syanbochen (3,475m/11,398ft): 6-7 hours.**

**Day 06: Syanbochen to: Drakmar (3,520m/11,546ft): 5-6 hours.**

**Day 07: Drakmar to Lo-Manthang (3,620m/11,873ft): 5-6 hours.**

**Day 08: Explore Lo Manthang/ Acclimatization.**

**Day 09: Lo-Mangthang to Gami (3810 m/12,500ft): 6-7 hours.**

**Day 10: Gami to Syanbochen (3,806m/12,484ft): 5-6 hours.**

**Day 11: Ghiling to Chhuksang (3050m/10,004ft): 5-6 hours.**

**Day 12: Chhuksang to Jomsom (2,700/8,856ft): 6-7 hours.**

**Day 13: Fly back to Pokhara.**

**Day 14: Drive from Pokhara to Kathmandu.**

**Day 15: Final departure.**

## Package: Standard Package

### Contact for pricing

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

## Inclusions

Arrive to Kathmandu airport Pick up (1380m).

2 Night Kathmandu Hotel

•An English speaking government license holder trekking guide.

•Three meals a day (Breakfast, Lunch and Dinner) during the trek

•Trekking lodge accommodations during the trek.

• Annapurna conservation area project (ACAP) entry permit & special upper Mustang permit.

• Tourist bus to Pokhara and again tourist bus from Pokhara to Kathmandu.

• Airfare from Pokhara-Jomsom-pokhara including airport transfer.

• Medical supplies (first aid kit will be available).

• Government taxes, service change and official expenses.

• Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.

• Two night's standard hotel in Pokhara with breakfast.

• Ox meter to check your pulse and oxygen saturation & heart rate twice daily (Very useful to check Altitude Mountain Sickness(AMS) symptoms) Which will ensure you trek is in the safest hands possible

• Assistant guide group size above 6+ person.

OPTIONAL ADDONS (Available during check-out)

• Porter

## Exclusions

Lunch and dinner in Kathmandu.

Alcoholic beverages, personal nature expenses, Mineral water, laundry, phone calls, internets.

Emergency rescue evacuation if required such as personal accident insurance or Helicopter rescue.

Extra luggage and personal trekking gears.

Extra porter cost US$15 per person per days per 20Kg.

International flight tickets, date change or re-issue If required.

Nepal visa fee, Visa issuance is easy upon arrival.

Tips, gifts, souvenirs.

## 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: 16 Days.

Group Size: Min-2, Max 20.

Trekking Region: Mustang.

Trip Type Name: Upper Mustang Trekking.

Highest Altitude of the trek: 3,620 m.

Highest Point: Upper Mustang Trekking (3,620 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



Upper Mustang Trekking - photo 1

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

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