

UPPER MUSTANG TREK



Trip Overview

Mustang trekking, Nepalese territory behind the Himalayas, had remained closed since very long time for foreigners. The territory with canyons, red & troglodyte cliffs, valleys and the surprising fortress of Lo-Mathang has opened for all foreigners in these days. This is only a region having own culture of king / system of rajauta still remain in Nepal.

The trans-Himalayan kingdom of Mustang, the restricted area, and the kingdom of rajauta are situated in an area of about 3000 square kilometers. This land is geographically, culturally, and climatically similar to Tibet. The capital of Mustang is Lo-man thang which is walled around. Tiji festival is celebrated only in Mustang. This festival takes place from May 31st to June 2nd, 2019.

Mustang trek, trekking behind the Himalayas, Lo-man thang trek starts from Jomsom along the bank of the Kaligandaki River from lower Mustang to Upper Mustang Lo-mang thang. This route passes through pretty villages like Gheling, Ghami, Tsarang and Lo-man thang, and Dhakmar beautiful landscapes, valleys, canyons, red and troglodyte cliffs, and several Passes.

Trip Itinerary

- Day 01 - Fly or drive to Pokhara (850m)
- Day 02 - Flight to Jomsom, then trek to first camp at Kagbeni.

- Day 03 - Chaile (3000m) (7hrs)
- Day 04 - Samar (3620m) (3 hrs)
- Day 05 - Jhaite (3820m) (5-6 hrs)
- Day 06 - Charang (3560 m) (8 hrs)
- Day 07 - Lo-Manthang (3840 m) (5 hrs)
- Day 08 - Lo-Manthang – explore the major monasteries(Chhode, Thupten and Jhamba)
- Day 09 - Lo-Manthang – day hike on horses to Chhoser to visit Niphuk monastery, Jhong cave and, if the Namgyal monastery is open, we can visit it on the way back, night at Lo-man thang (6-7hrs)
- Day 10 - Ghar Gumba (3920m) (5 hrs)
- Day 11 - Gheling (3570m) (5 hrs)
- Day 12 - Chhusang (2980m) (7 hrs, mainly downhill)
- Day 13 - Kagbeni (2800m)
- Day 14 - Jomsom (4 hrs)
- Day 15 - Early morning flight or driving overland by 4w jeep to Pokhara (850m)
- Day 16 - Fly or drive to Kathmandu (1350m)

Cost Includes & Excludes

Includes

- Airport transfers in Nepal
- All relevant surface transfer
- All hotel accommodation with breakfast – can be arrange for you as Himalayan Sunrise has negotiated extra price in some cooperating hotels or you can book it individually
- All meals on trek
- All internal flights (with Goma Air, Tara/Yeti Air or Buddha Air), inclusive Airport Taxes and 15kg free luggage
- Permit, National Park Entrance/Conservation Fees, personnel insurance
- Guide and porters on lodge trek
- 12 kg free luggage carried by porter
- Quality service and trek equipment
- Oxymeter

Excludes

- International flights
- Sightseeing with entrance fees, guide and vehicle – we can arrange for you comfortable day with experienced city guide
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Visas
- Excess baggage charge (beyond 12 Kg each)

- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)
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