



Trip: Upper Mustang Trek

Url: <https://www.megaadventuresintl.com/trip/upper-mustang-trek/>

Overview

Short Intro

Upper Mustang Trekking – Mustang is arid and starkly land beyond the mountains. It is also known as the desert of Nepal, which is bordered with Tibet. The Upper Mustang lifestyle and culture are highly influenced by Tibetan culture. Lo-Manthang is the center of this ancient Himalayan Kingdom. Lo refers to upper Mustang and the capital of Lo is called Lo-Manthang. Still, the locals are practicing one of the oldest monarchy systems in the world. Still, local people have the same respect and love to their kings, even after the downfall of the monarchy in Nepal.

Being under the rain shadow the barren land has very rare rainfalls. It has much less rain than in other parts of Nepal. The trekking trails go virtually treeless place in barren landscapes and with endless expanses of yellow and gray hills eroded by winds.

Being under the rain shadow the barren land has very rare rainfalls. It has much less rain than in other parts of Nepal. The trekking trails go virtually treeless place in barren landscapes and with endless expanses of yellow and gray hills eroded by winds.

The People of Lo-Manthang are known as Lobos. Agricultural is their main occupation. They usually herd yak, goat, and sheep, and buckwheat, barley, wheat, and mustard are the main crops they grow. To avoid the snow and cold most of the people depart down in winter. Some of them drop down up to the middle hilly reason and dwell in a different village for trade with some Tibetan medicine and other goods from Tibet.

May to October is the best time to visit Mustang. Depending on your time and interest their different mode of access. You can directly fly from Pokhara to Jomsom and start to trek or drive from Pokhara to Beni to Jomsom and start to trek. Also one can add few more days after doing throng- la pass of Annapurna Circuit trek and visit upper mustang.

Highlights of the trek

- One of the world's oldest monastery system (local king), Kingdom beyond the giant mountains.
- Centuries old caves and their significance.
- The resemblance of traditional Tibetan culture.
- Desert in the mountains.
- Un-shamed, naughty, naked hills □ barren ridges, deep canyons, bare cliffs, and moraines.
- Golden apple garden.
- Some of the oldest monasteries in the world.

Arrival City Kathmandu

Departure City Kathmandu

Price Per Person

\$1,650.00

Duration 13

days

Trekking Days 5

days

Difficulty Medium-Hard

Max Elevation 3840m/12598ft

Primary Activities

Trekking & Sightseeing

Best Season February, March, April, May, June, September, October, November & December.

Trip Route

Pokhara- Jomsom- Kagbeni- Charang- Lomanthang- Ghimi – Muktinath- Jomsom

Includes

- All necessary land transport as per the plan.
- Hotel in Kathmandu 2 nights in normal nice hotel in BB Plan – twin share basis.
- Hotel in Pokhara 2 nights in normal nice hotel in BB Plan- twin share basis.
- Flights from Pokhara-Jomsom-Pokhara for members and guide.
- Kathmandu-Jomsom-Kathmandu bus fare for porters.
- Breakfast – lunch and dinner during the trekking period.
- Teahouse accommodation during the trekking.
- Professional English speaking guide and his salary.
- Porter Salary.
- Special permit for restricted area.
- Annapurna Conservation area project fee.
- Farewell dinner.
- Insurance for Nepali staffs.

Excludes

- Lunch and dinner in Kathmandu and Pokhara.
- Beverages and alcoholic drinks.
- Emergency medical evacuation.
- Tips for staffs (mandatory).
- Personal expenses and extra services beyond itinerary.

Itinerary

- Day 01: Arrived in Kathmandu. Representative will pick up you in the airport and transfer to hotel Note: arrival should not be Friday)
- Day 02: Preparation day for trek.
- Day 03: Drive from Kathmandu to Pokhara- around 6 hours' drive (Tourist Vehicle)
- Day 04: Fly to Jomsom and Drive to kagbeni (2800m) & Trek to Chele (3570m)
- Day 05: Trek Chele to Geling (3800m) – Walking hours around 6 hours
- Day 06: Trek Geling to Charang (3560m) – Walking hours around 5:30 hours
- Day 07: Lo Manthang (3840m) – Walking hours around 5 hours
- Day 08: Explore around Lo Manthang (II)
- Day 09: Drive to Jomsom from Lo Manthang – around 6 hours' drive
- Day 10: Morning flight from Jomsom to Pokhara & rest of the day tour around Pokhara.
- Day 11: Drive back to Kathmandu (Tourist Vehicle)
- Day 13: Departure

Testimonials

They were reliable, timely, organized and above all fun!

My experience with **Mega Adventures** could not have been any better! When I arrived in Kathmandu, I was warmly received by a member of the staff who, after dropping my bags off at the hotel, kindly led me around the city. After spending a few days exploring that wonderful city and meeting my climbing guide, we flew out to Lukla to begin our trek. Our goal was to summit Island Peak with a stop at Everest base camp along the way for acclimatization. Throughout the trek, my guide and porter were incredibly supportive and engaging and taught me so much about the region and culture. Although we ultimately were unable to summit Island peak due to weather conditions (one of the greatest challenges of climbing) we did reach approximately 6,000m, the highest I had ever been. I was immensely satisfied with the climb. Though I have taken a mountaineering course previously and had the opportunity to climb many

of the highest peaks in Washington State, I was new to the Himalayan Mountains. My guide taught me several new techniques to enhance safety while climbing and provided a safe, encouraging environment. I would highly recommend this guiding company, as they were reliable, timely, organized and above all fun!

– Natalie Vandeven, USA