Mustang Trek and Tour

DURATION: 12 DAYS

Trip Facts

Group Size 2-6 Persons

Trip Grade Basic

Accommodation Hotel + Lodge

Max Height 3800 Metres

Start From Kathmandu

End At Kathmandu

Transportation Flight +Car + Jeep +Horse Ride

Duration 12 Days

Meals included Break Fast + Lunch + Dinner Days

Best season:
All Season

Trip Overview

Mustang Trek and Tour is a unique and mystical trek in Nepal, showcasing the region's rich Tibetan-influenced culture and traditions. The region was once a trade route between Nepal and Tibet, and its cultural heritage is well preserved. The trek requires a special permit, adding to its exclusivity and adventure. The landscape is breathtaking, with arid desert-like terrain, deep gorges, and rugged canyons. The walled city of **Lo Manthang, the capital, is home** to the royal palace, ancient monasteries, and narrow alleys. The Tiji Festival, an annual three-day event, celebrates the victory of good over evil and features colorful masked dances, rituals, and performances. The region is also dotted with natural and geological wonders, such as the "moonscape" of the Kali Gandaki Valley and the caves of Chhoser.

The trek offers a chance to immerse oneself in the local Tibetan-influenced culture, interact with friendly locals, witness their traditional dress and customs, and partake in cultural ceremonies and festivals. The trek is an adventure, taking place through remote and less-frequented trails. The best time to visit **Upper Mustang is during** the spring (March to May) and autumn (September to November) seasons, as they offer favorable weather conditions, clear skies, and moderate temperatures, making them ideal for trekking and exploring the region.

Trip Itinerary

Day 1: Arrival in Kathmandu (1,400 meters (4,600 feet) above sea level).

2 Breakfast Hotel Car 1345 m

Arrive at Tribhuvan International Airport in Kathmandu.
Transfer to your hotel and check in.

Spend the day exploring the vibrant streets of Kathmandu, visiting historic sites, and experiencing the local culture.

Day 2: Flight from Kathmandu to Pokhara(820 meters (2,690 feet) above sea level).

35 Break Fast Hotel Car + Flight 820 m

Take a domestic flight from Kathmandu to Pokhara, a scenic lakeside city.
Arrive in Pokhara and check in to your hotel.
Spend the rest of the day relaxing and enjoying the beautiful views of the Annapurna mountain range.

Day 3: Flight from Pokhara to Jomsom and Drive to Kagbeni(2,700 meters (8,858 feet) above sea level).

3-4 Breakfast + Lunch +Dinner Hotel Flight + Car 2700 m

Take an early morning flight from Pokhara to Jomsom, the gateway to Mustang.
Upon arrival in Jomsom, begin your drive to Kagbeni, a charming village in the Lower Mustang region.
Check in to a local guesthouse and explore Kagbeni's unique Tibetan-influenced culture.

Day 4: Drive from Kagbeni to Chele(2,800 meters (9,186 feet) above sea level).cal guesthouse and ex

4-5 | Breakfast + Lunch +Dinner | Lodge | Jeep + Car | 2800 m

Start your Mustang trek by driving from Kagbeni to Chele.
Enjoy the scenic landscapes, passing through picturesque villages, barren landscapes, and ancient monasteries.
Reach Chele and settle in at a guesthouse for the night.

Day 5-8: Trek through Lo Manthang and Surroundings (3,800 meters (12,467 feet) above sea level).

7-8 | Breakfast + Lunch +Dinner | Lodge + Tea House | Jeep- Car | 3800 m

Begin your trek from Chele and continue through the Mustang region.
Trek through villages like Geling, Charang, and Lo Manthang, the capital of Mustang.
Explore the ancient monasteries, palaces, and unique Tibetan Buddhist culture in Lo Manthang and its surroundings.
Take side trips to visit the picturesque Chhoser Cave and Ghar Gompa.
Stay in local teahouses or guesthouses along the way.

Day 9: Trek back to Chele(2,800 meters (9,186 feet) above sea level).

4-6 | Breakfast + Lunch +Dinner | Hotel + Lodge | Car + Walking + Jeep | 2800 m

Start your return trek from Lo Manthang back to Chele.
Enjoy the views and experiences along the way.
Overnight stay in Chele.

Day 10: Drive from Chele to Jomsom(2,700 meters (8,858 feet) above sea level).

5-6 | Breakfast + Lunch +Dinner | Hotel | Car + Jeep | 2700 m

Drive from Chele to Jomsom, retracing your route through the scenic landscapes of Lower Mustang.
Arrive in Jomsom and check in at a hotel.
Spend the evening exploring the town or relaxing.

Day 11: Flight from Jomsom to Pokhara and Kathmandu (1,400 meters (4,600 feet) above sea level).

25 | Break Fast | Hotel | Flight + Car | 820 m

Take an early morning flight from Jomsom to Pokhara.
Once in Pokhara, catch a domestic flight back to Kathmandu.
Arrive in Kathmandu and transfer to your hotel.
Enjoy your last evening in Kathmandu, perhaps exploring the bustling streets of Thamel or trying traditional Nepali cuisine.

Day 12: Departure from Kathmandu (1,400 meters (4,600 feet) above sea level).

2o | Breakfast | Hotel | Car | 1345 m

Depending on your flight time, you may have some free time in Kathmandu for last-minute shopping or sightseeing. Transfer to Tribhuvan International Airport for your departure. During the trek, you may also pass high mountain passes and ridges, which can reach altitudes of around 4,000 meters (13,123 feet) or higher. It's important to note that altitude sickness can be a concern at higher elevations. It's recommended to acclimatize properly, stay hydrated, and listen to your body throughout the journey. Additionally, consulting with a local travel agency or a medical professional experienced in high-altitude travel is advisable to ensure a safe and enjoyable trip.

Cost Includes

- Coverage of guide's and porters' meals, insurance, salary, lodging, transportation, and other necessary equipment.
- Upper Mustang Restricted Area Special Trekking permit US$ 500 per person for 10 days (from Kagbeni to Kagbeni). For each extra day USD 50
- Sleeping bags and down jackets for the trek (should be refunded after the trek).
- 3 times meals during the trek.
- Hotel pick up and drop.
- Kathmandu to Pokhara and Pokhara to Kathmandu via tourist bus.
- speaking licensed guide.
- 2nights accommodation in Kathmandu to Pokhara.
- Accommodation during the trek.
- Tims and permits for the trek.
- All governmental taxes.
- first aid kits.
- Trekking maps.

Cost Excludes

- Bar bills, beverage bills, laundry, and, other personal expenses
- Travel and rescue insurance
- Tips for guide, porter, and driver
- Hotel in Kathmandu
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended

Trip Map



MOUNT
ADVENTURE HOLIDAYS