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# Upper Mustang Trek

URL: https://himalaya-discovery.com/trip/upper-mustang-trek/

**Destination**
Nepal

**Activity**
Trekking in Nepal

**Start / End Point**
Kathmandu / Kathmandu

**Duration**
14

**Per Person From**
USD 1,985

**Accommodation**
Lodge
Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.

**Region**
Remote area

**Max. Altitude**
4,135m

**Activity Per Day**
5 – 6 hours

**Group Size**
8

**BLD**
Breakfast, Lunch, Dinner

**Medium**
Medium trekking involves more challenging trails with moderate climbs and longer durations, requiring a good fitness level.

## Trip Highlights

## Main Highlights

- Trek to Lo Manthang (3,840m) via Chele, Ghiling, and Charang.
- Visit Lo Manthang, Namgyal Gompa and Tingkhar village.
- Return through Dhi, Tange and Tetang rather than following the same path.
- Cross high mountain passes, deep valleys and the arid terrain of Upper Mustang.
- Visit ancient monasteries, Tibetan Buddhist culture and traditional Mustang villages.

# Trip Overview

Upper Mustang is located north of Annapurna and at an average altitude of 4,000m is geologically and culturally part of the Tibetan plateau. The valleys are arid and dry with colourful rock formations containing many cave dwellings high up in the cliffs.

The first trekking parties were allowed into Upper Mustang in 1992 and there are still very few people (about 800 trekkers each year) visiting Upper Mustang as a result it is one of the few places left where one can see undisturbed Tibetan culture. The Upper Mustang Trek allows you to experience the true life of the real mountain people in Nepal.

In many ways, trekking into the Upper Mustang Area is similar to trekking into Tibet, which geographically it is a part of. Mustang, a land where the soul of man is still considered to be as real as the feet he walks on, while the land itself is almost treeless, barren landscape with a countryside similar to Tibetan plateau, but where beauty and happiness flourishes, in spite of hardship.

This was part of the Tibetan Kingdom of Gungthang until 1830's. The fabled medieval wall city of Lo-Manthang, an official capital of Mustang still remains a kingdom within a kingdom its full of culture and religious heritage.

The early history to Lo-Manthang is embellished in myth and legend rather than the recorded fact. The Upper Mustang trek is a unique journey and has special requirements for Mustang trekking participants.

The trekker to the region is supposed to agree to follow certain guidelines to ensure that the unique sights, culture and beauty of the land be preserved and respected. Also it requires a special trekking permit from the government of Nepal to visit this special preserved land as well as Upper Dolpo trek, Nar Phu Valley trek and Kanchenjunga trek.

Counting starts from Kagbeni once you enter restricted Area. For any extra days in restricted area you are subjected to extra charge for extra days.

Upper Mustang trek is a great option for the one looking explore the unique Tibetan Buddhist culture following the less traveled trails (Unlike Everest base camp trek and Annapurna Circuit Trek).

# Upper Mustang Trek 14 Days Cost for 2026 and 2027

The price of Upper Mustang Trek in Himalaya Discovery begins at USD 1,850 per head if there are 4 to 5 participants on the trip. If you are traveling with 2 to 3 persons, then the cost will be USD 1,985 per head.

| Group size | price per person |
|---|---|
| 2–3 trekkers | USD 1,985 |
| 4–5 trekkers | USD 1,850 |
| 6 or more trekkers | Request quotation |
| Private customized trek | Request quotation |

At Himalaya Discovery, the 14-day Upper Mustang Trek can be booked from the starting price of USD 1,850 per person for groups of 4-5 members and USD 1,985 per person for groups of 2-3 members. The

prices for 2027 departures are provided in quotation depending on your travel dates and group size.

The following services are included in our package – Upper Mustang Restricted Area Permit, ACAP, professional guide service, porter service, teahouse accommodation, all meals during the trek and transportation between Kathmandu, Pokhara and Jomsom.

Permits are calculated depending on the actual number of days that you will spend in the restricted area, where the price is USD 50 per person per day. We give detailed information about your trek price before making any confirmations.

## Expenses to check before paying

Personal travel insurance, rescue fees, Nepal visas, international air tickets, and guide/trekking porter tips are not included in the package offered by the tour company. Travelers should be aware of whether changes in itinerary, upgraded transportation costs and extra accommodation due to flight disturbance are chargeable.

# Upper Mustang Trek 14 Days Detailed Itinerary

The 14-day Upper Mustang Trek starts from Kathmandu and treks along the Kali Gandaki valley route from Jomsom to Kagbeni until entering the Upper Mustang restricted area. Treks are done via Chele, Ghiling, and Charang until reaching the destination, Lo Manthang, where one day is spent exploring the old walled city of Lo Manthang, Namgyal Gompa, and Tingkhar village.

| Day | Travel route | duration / purpose |
|---|---|---|
| 1 | Arrive in Kathmandu (1,400 m) | Airport pickup and hotel transfer |
| 2 | Kathmandu preparation | Briefing, sightseeing and gear check |
| 3 | Kathmandu to Pokhara | Tourist bus, approximately 6–7 hours |
| 4 | Pokhara to Jomsom, trek to Kagbeni | 3.5 hours walking |
| 5 | Kagbeni to Chele (3,050 m) | 5 hours walking |
| 6 | Chele to Ghiling (3,500 m) | 6 hours walking |
| 7 | Ghiling to Charang (3,620 m) | 5 hours walking |
| 8 | Charang to Lo Manthang (3,840 m) | 5.5 hours walking |
| 9 | Explore Lo Manthang | Namgyal Gompa and Tingkhar |
| 10 | Lo Manthang to Dhi (3,410 m) | 6 hours walking |
| 11 | Dhi to Tange (3,370 m) | 6 hours walking |
| 12 | Tange to Tetang/Chusang (3,022 m) | 5 hours walking |
| 13 | Tetang to Jomsom (2,713 m) | 6 hours walking |
| 14 | Jomsom to Pokhara and Kathmandu | Flights or available transport arrangements |

Instead of retracing our journey back to the point of origin along the same path, the trip continues through Dhi, Tange, and Tetang before reaching Jomsom. The last few days of our trekking will require particular attention regarding slopes, river crossings, clear trails, and sources of water. Our trekking guide will assess the prevailing conditions during the trek and make necessary adjustments to the day's

trekking schedule.

Our trekking is normally scheduled for five to six hours a day, although this depends on trail conditions, weather, and speed of the trekking team. On Day 14, we will return to Kathmandu via Pokhara from Jomsom.

## Upper Mustang Trek Route Map, Distance and Daily Walking Hours

Instead of following the same trail back and forth to and from Lo Manthang (3,840m), we undertake two different trails for this tour, where we start from Kagbeni, Chele, Ghiling, and Charang, then return through Dhi, Tange, and Tetang. This tour gives trekkers more opportunities to explore the Upper Mustang, but we recommend not backtracking eastward for easier trekking routes.

This part of the journey from Dhi to Tange is considered our primary area of concern in terms of itinerary planning due to difficult crossings, steep ascents, and lack of safe water sources. We would rather change this route instead of making our clients go through the itinerary under hazardous conditions.

It usually takes 3-4 hours for the first trekking day from Jomsom to Kagbeni, while 5-6 hours for other trekking days. These time durations are estimated on the basis of trekking pace, and we consider the safe completion of trekking in open areas more important than sticking to the itinerary.

## What Makes Our 14-Day Upper Mustang Trek Different?

At Himalaya Discovery, we do not believe that taking the route from Lo Manthang to go back in the same way enables trekkers to get the best of Upper Mustang. Our 14-day trekking program starts by going through Chele, Ghiling and Charang and goes back through Dhi, Tange and Tetang instead of retracing the outward route.

While this return route presents us with difficulties from a logistical point of view, we have consciously chosen this route because the trekker will experience some very challenging terrain. There will be very steep climbs, deep valleys, river crossings, and longer stretches between towns.

There is definitely a compromise that we explain before booking. Our 14-day trekking itinerary is focused on getting our guests to walk the widest possible area of Upper Mustang and not add additional days to visit caves and monasteries in the Lo Manthang area.

For those who wish to explore Upper Mustang on foot, even the remote areas of the east side, we believe it is a more interesting route than just retracing the road corridor.

## Why Trek Upper Mustang With Himalaya Discovery?

Himalaya Discovery organizes the 14-day Upper Mustang Trek, focusing more on route planning, coordination and the challenges of trekking after Kagbeni.

The founder and guide planning expert of Himalaya Discovery is Chhiring Sherpa, who has more than 10 years of experience in mountaineering and trek planning. The Operations In-Charge at Himalaya

Discovery is Naran Lama, and he supervises the coordination of permits, transport and treks.

The guides at Himalaya Discovery are Karsang Sherpa, Nima Sherpa, Pasang Sherpa and Ang Dorji Sherpa. Prior to our journey, we will make sure that we secure all necessary permits for the ACAP and Upper Mustang Restricted Area and arrange our stay and travel from Kathmandu to Pokhara and Pokhara to Jomsom.

We also inform our clients about the restrictions of our trek prior to booking the tour because of unpredictable flights to Jomsom, long road travel, and variable conditions on the Dhi-Tange trail. Instead of making our clients realize these things when they are in Mustang, we think it is better that we inform them in Kathmandu.

# Itinerary

## Day 01: Arrive in Kathmandu.

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa,etc. pick up your luggage and look for our airport representative from Himalaya Discovery who will display your name on the board at the arrival gate.

You will be greeted by our representative and transferred to your hotel by private tourist vehicle. Overnight in Kathmandu.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| 0 km | 0 hours | 1400m |

| Meals: | Accomodations: |
|---|---|
| Breakfast | Hotel |

## Day 02: Free in Kathmandu for sightseeing and pre trip briefing and gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. The whole area is a maze of temples and images. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls.

Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous ‘Monkey Temple’ Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world.

There will also be a full trip briefing today with gear check. In case you need to hire or buy equipment locally there will be time to do this today. Overnight in Kathmandu.

**Trek Distance:**
0 km

**Trek Duration**
0 hours

**Highest Altitude:**
Approximately 1400 m / 4593 ft

**Meals:**
Breakfast

**Accomodations:**
Hotel

## Day 03: Drive to Pokhara by deluxe tourist bus.

Your guide will pick you up at 6:30 am from the hotel and take you to the tourist bus station. The bus leaves to Pokhara at about 7:30 am. Also known for its panoramic views of Annapurna and Machapuchare (Fishtail) in the north, Dhaulagiri in the west and Lamjung Himal and Manaslu in the south, Pokhara is a lovely valley on the banks of the Fewa Lake.

It's lower than Kathmandu and much less hectic, making it the ideal starting point for your journey. Overnight at hotel in Pokhara.

**Trek Distance:**
0 km

**Trek Duration**
6 – 7 hrs drive

**Highest Altitude:**
1400 m / 4593 ft

**Meals:**
Breakfast, Lunch, Dinner

**Accomodations:**
Hotel

## Day 04: Fly / Drive to Jomsom and trek to Kagbeni.

Early morning, we are flying Northwest from Pokhara toward the great portal between the snow covered peaks of Annapurna and Daulagiri. You will enjoy the well-raised massifs of more than 8000 meters, and the deepest gorge on this planet.

On arrival to Jomsom you will meet the rest of the trekking staff. From Kathmandu you will have a guide with you. We start to trek towards Kagbeni, the main gate to Upper Mustang. Overnight at guesthouse.

**Trek Duration**
3.30 hrs

**Highest Altitude:**
2800m

**Meals:**
Breakfast, Lunch, Dinner

**Accomodations:**
Guesthouse / Teahouse

## Day 05: Trek to Chele.

The trail leads up towards the east bank of the Kaligandaki climbing over many ridges as it heads north and reaches Tangbe village. The town is a labyrinth of narrow alleys amongst white washed houses, fields of buckwheat, barley, wheat and apple orchards.

The Nilgiri peak, dominates the southern skyline of Kagbeni, all the way by different shapes. Beyond Tangbe we reach Chhusang village in about 1/2 hr, then we trek and cross the river which continues north climbing up to a huge red chunk of conglomerate that has fallen from the cliff above, forming a tunnel that the Kaligandaki follows.

The trek now leaves the Kali Gandaki valley and climbs steeply up a rocky gully to Chaile. From here the culture changes from the Manangi culture to the Tibetan culture of Lo. Overnight at guesthouse.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| Approximately 11–15 km | 5–6 hours | 3050m |

| Meals: | Accomodations: |
|---|---|
| Breakfast, Lunch, Dinner | Guesthouse / Teahouse |

## Day 06: Trek to Ghiling.

The climb continues along steep, treeless, waterless terrain, along the side of the spectacular steep canyon to a pass and cairn of rock.

Then the trail makes a long gradual descent to some chortens on a ridge, and with a further descent before coming along a pleasant trail to Samar village.

We climb above Samar to a ridge, then descend into a large gorge, which the trail goes into another valley field, crosses a stream and climbs up to a ridge at 3800 meters.

The route climbs over yet another pass, follows a ridge and then descends to Shyangmochen. From there we gently climb to a pass at 3770 meters and descend to Geling Village. Overnight at guesthouse.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| Approximately 18–22 km | 6 hrs | 3850 m |

| Meals: | Accomodations: |
|---|---|
| Breakfast, Lunch, Dinner | Guesthouse / Teahouse |

## Day 07: Trek to Charang.

From Ghiling, village the trail climbs gently up to an interesting pass NYI LA and descends below the blue, gray and red cliffs. After crossing a steel bridge of the Tangmar Chu (river) you will arrive to a mani wall perhaps the longest and most spectacular mani wall in Nepal. Climbing over another pass at 3600 meters, the route makes a long gentle descent to Charang village.

The huge five-story white Dzong and red Gompa are the main attractions to visit and observe collections of statues and Thankas as well as many large paintings, of seated Buddha’s. Overnight at guesthouse.

**Trek Distance:**
Approximately 18–22 km

**Trek Duration**
6–8 hours

**Highest Altitude:**
3620m

**Meals:**
Breakfast, Lunch, Dinner

**Accomodations:**
Guesthouse / Teahouse

## Day 08: Trek to Lo-Manthang.

This is an opportunity to visit two other villages on your trek. The trail climbs steadily until Lo-Gekar. Lo-Gekar Gompa is older than Samye Gompa in Tibet and one of the oldest Gompa of Nepal.

After visiting Lo-Gekar continue trek to Lo-Manthang. The trail until Lo-Manthang is fine with some minor climbing. Finally from the ridge there is a view of the walled city of Lo.

After a short descent, cross a stream then climb up into the plateau of Lo-Manthang. Overnight at guesthouse.

**Trek Distance:**
Approximately 12–15 km

**Trek Duration**
5.30 hrs

**Highest Altitude:**
3840m

**Meals:**
Breakfast, Lunch, Dinner

**Accomodations:**
Guesthouse / Teahouse

## Day 09: Discover Lo-Manthang.

It takes around 2 hours to Namgyal Gompa. Namgyal Gompa situates on a hilltop, which serves as an important monastery for the local community, also serving as a local court.

After visiting Namgyal Gompa continue the tour to Tingkhar, which is a village of around 40 houses, the last main village to the northwest of Lo-Manthang. After visiting Namgyal Gompa and Tingkhar return to Lo-Manthang. Overnight at guesthouse.

**Trek Distance:**
Approximately 8–14 km (if visiting Chhoser and nearby caves)

**Trek Duration**
4–6 hours

**Highest Altitude:**
Approximately 3900 m / 12,795 ft (depending on the excursion)

**Meals:**
Breakfast, Lunch, Dinner

**Accomodations:**
Guesthouse / Teahouse

## Day 10: Trek to Dhi.

From Lo-Manthang, the trail walks straight till Dhi pass 4100 meters and descends down to Dhi village. The trek from Lo Manthang to Muktinath is harder, but more rewarding and interesting than the west side of the valley.

Dhi village is one of the best villages of whole Lo-Manthang and it seems more prosperous and it is settled in a very suitable place. Overnight at guesthouse.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| Approximately 18–22 km | 6 hrs | 3410m |

| Meals: | Accomodations: |
|---|---|
| Breakfast, Lunch, Dinner | Guesthouse / Teahouse |

## Day 11: Trek to Tange.

From Dhi, the trail goes through the river for around 2 hours and crosses a river from Damodar Kunda, one of the sacred lakes, there is no bridge on the river so we need to walk across in bare feet to cross this river.

After crossing the river the trail climbs up till high above a pass of 3850 meters. The trail goes through a grassless, treeless bare hill. After the pass the trail again drops directly to Tangbe village at an elevation of 3370m.

Tangbe is a small village of around 30 houses but most of the houses are attached to each other. On the rooftops one can see piles of dry woods, which also reflects the prosperity in their society. Overnight at guesthouse.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| Approximately 17–20 km | 6 hrs | 4200 m |

| Meals: | Accomodations: |
|---|---|
| Breakfast, Lunch, Dinner | Guesthouse / Teahouse |

## Day 12: Trek to Tetang / Chusang.

The trail walks through a steep ridge of hills providing some fine views of the wind carved hills. Tetang village is formed between 2 hills; they should have found it a safe place to avoid the strong wind that hits the entire Kaligandaki valley.

Tetang is the upper village of the Chuksang, which we visit on the first day entering to Mustang from Kagbeni. Overnight at guesthouse.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| Approximately 20–25 km | 8–10 hours | 3022m |

| Meals: | Accomodations: |
| --- | --- |
| Breakfast, Lunch, Dinner | Guesthouse / Teahouse |

## Day 13: Trek to Jomsom.

This is the last day of the trek. The trail goes through the village of Jharkot where one can visit the many attractions such as the Jharkot monastery, Tibetan herbal medical center and the old fortress of Jharkot which once served as palace.

Continuing the trek towards Jomsom one will enjoy the views of the Kali Gandaki valley and Kagbeni village. This is the entry point to Mustang.

We get a round trip of our trek in Ekle Bhatti visiting all the surprises of the human effort in this corner of the World of such an isolation and solitude. Arrive to Jomsom to celebrate the last day of the trek, with all the trekking staff. Overnight at guesthouse.

| Trek Distance: | Trek Duration | Highest Altitude: |
| --- | --- | --- |
| Approximately 18–23 km, depending on the starting village | 6 hrs | 2713m |

| Meals: | Accomodations: |
| --- | --- |
| Breakfast, Lunch, Dinner | Guesthouse / Teahouse |

## Day 14: Fly / Drive to Pokhara / Kathmandu.

After breakfast, embark on an unforgettable journey from Jomsom back to Pokhara. It is a short 20 minutes flight, soar above the majestic peaks of Annapurna region and marvel at the lush valleys and terraced hillsides below.

Once in Pokhara, you'll catch another flight to Kathmandu. It is only a 25-minute flight, but the views are truly stunning.

From mountain ranges at Pokhara to the beautiful landscapes of Nepal's capital, Kathmandu, it will be a pleasant scenic flight.

| Trek Distance: | Trek Duration | Highest Altitude: |
| --- | --- | --- |
| Flight Distance: Approximately 68 km (Jomsom to Pokhara) | Driving Duration: Approximately 7–9 hours | 2720 m |

| Flight Hours: | Meals: | Accomodations: |
| --- | --- | --- |
| Approximately 20–25 minutes | Breakfast | Hotel |

## Day 15: Free day in Pokhara.

It’s also spare day in case of bad weather in Jomsom. Overnight at hotel in Pokhara.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| 0 km | 0 hours | 830 m |

| Flight Hours: | Meals: | Accomodations: |
|---|---|---|
| None | Breakfast | Hotel |

## Day 16: Drive back to Kathmandu.

We depart at approximately 7.30am for Kathmandu by tourist bus. We arrive back in Kathmandu at around 2-3.00 pm.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. Overnight in Kathmandu.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| Driving Distance: Approximately 200 km | Driving Duration: Approximately 6–8 hours | 1400 m |

| Meals: | Accomodations: |
|---|---|
| Breakfast | Hotel |

## Day 17: Free day / Fly to home.

Today you can either stay back and enjoy a free day in Kathmandu or leave for your respective countries.

| Trek Distance: | Trek Duration | Highest Altitude: |
|---|---|---|
| Driving Distance: Approximately 5–7 km from central Kathmandu to the airport, depending on hotel location | Driving Duration: Approximately 20–40 minutes, depending on traffic | 1400 m |

| Meals: |
|---|
| Breakfast |

# Price Includes

- Airport transfers pick-up and drop-off.
- 1-night hotel accommodation in Pokhara with breakfast
- All meals (breakfast, lunch and dinner) during the trek.
- Hot drinks (tea, coffee, hot milk, hot chocolate) three times a day.
- Best available lodge accommodations during the trek.
- All necessary paperwork for the special Upper Mustang trek permits.
- Annapurna conservation Area permit (ACAP).
- Trekking information management system (TIMS) permit.
- From (Kathmandu – Pokhara – Kathmandu) by deluxe tourist bus.
- Airfares from (Pokhara – Jomsom – Pokhara).
- English speaking Sherpa trek guide.
- Porters to carry your luggage during the trek. (1 porter for 2 trekkers)
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Trekking poles (if it is required)
- Trek map
- All government taxes.
- Farewell dinner with culture show.

# Price Excludes

- International airfare and Nepal visa.
- Any personal medical / travel insurance which included rescue.
- Tips for guide / porters (tipping is expected).
- Any others expenses which are not mentioned in the ‘Price Includes’ section.

# Group Discounts Available

| No. of Persons | Price per Person |
|---|---|
| 2 – 3 | USD 1,985 |
| 4 – 5 | USD 1,850 |

# Trip Information

### Upper Mustang Restricted Area Permit and ACAP Requirements for

## 2026–2027

There are two principal permits to budget for.Upper Mustang is a controlled/ restricted area for trekking. Foreigners cannot consider the trekking path beyond Kagbeni an uncontrolled/unrestricted  Annapurna trekking path. The permit needs to be organized by an authorized trekking agency, and the trekking group must follow the approved path.

There are mainly two permits to consider in the budgeting process.

| Permit | Current official fee | Purpose |
|---|---|---|
| Upper Mustang Restricted Area Permit (RAP) | USD 50 per person per day | Entry and travel within the designated restricted area |
| Annapurna Conservation Area Permit (ACAP) | NPR 2,000 for most foreign nationals; NPR 200 for SAARC nationals | Entry into the conservation area |

When it comes to the pricing for Upper Mustang permits, Himalaya Discovery bases its calculations on the number of days guests are in the area and not on a complete period of 14 days. Travel dates need to be finalized before permits are obtained, especially since we will take our way back through Dhi, Tange, and Tetang. We require details like guests' passport numbers, visa numbers, thus allowing for a smooth process in case of any changes in the itinerary.

Latest 2026 October Update: As per the latest information from 2026, the price charged is USD 50 per day; however, there are some immigration websites that mention a price of USD 500 for ten days, the old rate. The correctness of this information regarding the permit fee will be verified by us with the Nepal Department of Immigration before giving you the Upper Mustang permits.

## Best Time for the Upper Mustang Trek: Spring, Monsoon and Autumn

The best season for the Upper Mustang Trek would be March to May and September to November, although June to August would also be fine due to the fact that Upper Mustang is in the rain shadow of the Himalayas. At Himalaya Discovery, we advise you to undertake the trip during spring and autumn in order to enjoy better walking conditions. At the same time, departure during the monsoon season is ideal for those who want to trek during the rainy season in Nepal.

| Season | Conditions and planning implications |
|---|---|
| March–May | Generally suitable trekking conditions, with cold mornings and possible spring winds |
| June–August | Upper Mustang remains comparatively dry, but rain can disrupt access through Pokhara and Lower Mustang |
| September–November | Frequently clearer post-monsoon views; colder conditions develop toward late autumn |
| December–February | Severe cold, possible snow and reduced winter services make the trip substantially harder |

It all depends on what one is looking forward to experiencing.

We would recommend May departure dates for the Tiji Festival if you want to experience it because we have run during this season many times. Also, July and August are good times to go trekking; however,

monsoon rains in Pokhara and Lower Mustang could cause problems with road conditions and Jomsom flights.

When planning our journey using the return route via Dhi, Tange and Tetang, the condition of the rivers at various points is one of our major concerns. We do not automatically assume that favorable weather conditions in Lo Manthang mean that the rivers will be easy to cross.

## How Difficult Is the 14-Day Upper Mustang Trek?

Himalaya Discovery rates the 14-day Upper Mustang Trek at a moderate level, but does not recommend it for first-timers who have not yet done consecutive days of trekking. The 5–7 hours of trekking per day, together with climbing and descending, and trekking at elevations higher than 3,800 metres are included in our plan.

The difficult part of the trail is right after Lo Manthang. Our trek through Dhi, Tange and Tetang includes steep descents, ridge trekking, river crossings and sections that provide little to no shade or drinking water. We find these sections tougher compared to the main one via Chele, Ghiling and Charang.

It is important to have experience walking uphill for several days in a row and carrying a daypack before taking part in this expedition. No mountaineering experience is required, but stamina, good shoes and acclimatization to altitude are mandatory. We would prefer to recommend an easier Upper Mustang route rather than forcing a beginner onto the Dhi–Tange trail just to sell our 14-day package.

## Upper Mustang Trek Altitude, High Passes and Acclimatization

The 14-day Upper Mustang Trek will get us to Lo Manthang at 3,840 meters, whereas the return trail passes over Dhi Pass at an altitude of about 4,100 meters. The tour includes a maximum altitude of 4,135 meters. We have planned the ascent via Kagbeni, Chele, Ghiling and Charang to make our altitude gain gradual.

| Overnight location | Published elevation |
|---|---|
| Kagbeni | 2,800 m |
| Chele | 3,050 m |
| Ghiling | 3,500 m |
| Charang | 3,620 m |
| Lo Manthang | 3,840 m |
| Dhi | 3,410 m |
| Tange | 3,370 m |
| Tetang | 3,022 m |

Our travel plans do not include a specific acclimatization day prior to reaching Lo Manthang. We will explore the area on Day 9 while staying at the same altitude. This is made clear because an additional day spent at 3,840 meters would not necessarily help in avoiding altitude sickness.

We request that our guests alert us to any signs of altitude sickness such as headache, nausea, difficulty sleeping, or fatigue. In case these symptoms become severe, or indicate altitude sickness, we give priority to medical treatment and descent over moving on to the next pass.

## Lo Manthang: The Walled Capital of the Former Kingdom of Mustang

Lo Manthang (3,840m), which is the primary cultural stop of our 14-day Upper Mustang Trek, is reached on Day 8 from Kagbeni, Chele, Ghiling and Charang. In contrast to the typical trekking routes that depart from Lo Manthang the next day, Day 9 is dedicated to exploring the old town, Namgyal Gompa and Tingkhar village.

We find this additional day necessary. Arriving at Lo Manthang after a few days of trekking and then departing immediately will not allow us to spend much time there, as the visit will be restricted to a simple walk around the town. Our itinerary allows guests to have enough time to explore Lo Manthang, see how the locals live and visit the religious monuments in the vicinity without spending another day trekking.

Nevertheless, we cannot guarantee unlimited access to all monasteries because some interiors may be closed for religious reasons, and the rules concerning taking photos can be different.

## Exploring Upper Mustang's Monasteries, Cave Settlements and Tibetan Buddhist Heritage

Our Upper Mustang Trek features monasteries, chortens, prayer walls and traditional settlements, showcasing the Tibetan Buddhist heritage of the region for centuries now. Our trek includes the town of Charang while heading out, allowing guests to visit the old settlement and the monastery located there, depending on accessibility.

Lo Manthang gives guests another chance to visit the religious buildings, such as Namgyal Gompa. We give our guests enough time to visit these places rather than including visits to many monasteries in an already exhausting trekking day.

The difference we make before confirming the booking concerns Chhoser Caves. While the ancient cliff caves are one of the most famous places in Upper Mustang, our 14-day itinerary does not include a Chhoser visit. Those guests wishing to visit these places should ask us to change the schedule before making the permits.

Finally, we ask our guests to comply with the monastery rules regarding photography, removing shoes where necessary and avoiding the restricted prayer places. We prefer spending some time at fewer sites rather than rushing through many monasteries just for more sights to see.

## Accommodation, Meals and Drinking Water on the Upper Mustang Trek

Teahouse and Lodge facilities for teahouse and lodge accommodation along the trekking route in Upper Mustang are arranged in Kagbeni, Chele, Ghiling, Charang, Lo Manthang and smaller villages on the return route.

The standard of accommodation differs from village to village. Facilities tend to be better in Jomsom and Lo Manthang but may be poor for lodges on the Dhi-Tange-Tetang route. We do not claim attached bathroom facilities, uninterrupted electricity and hot showers in every village on the route, as these facilities cannot be provided in all villages on the route.

The package also covers breakfast, lunch and dinner on trekking days. Meals include dal bhat, noodles, potatoes, soups, eggs and rice items. However, the availability of the kitchen varies in different villages.

Water for drinking needs some preparation on the return route. We request the guests to bring enough drinking water and purification methods, especially between Dhi, Tange and Tetang villages.

We also request guests with special food requirements to inform us beforehand. Ingredients are not easily available in remote villages as compared to Kathmandu or Pokhara.

## Getting to Upper Mustang: Kathmandu, Pokhara, Jomsom and Kagbeni

The two-week Upper Mustang Trek begins in Kathmandu, where we coordinate all transfer processes after our arrival to ensure that everything is arranged for our guests to prepare themselves for the upcoming trekking journey. Our day-to-day itinerary leads us to Pokhara on the third day, and then to Jomsom on the fourth day.

To Kagbeni, it would take about 3 to 4 hours of walking after leaving Jomsom because Kagbeni acts as an entry gate to the Restricted Upper Mustang. Our first trek would be the shortest trek among all of our treks. We begin our journey from Jomsom because the trail of Upper Mustang on the opposite side of Kali Gandaki Gorge has well-maintained roads.

Our two-week trekking trip “Upper Mustang” starts from Kathmandu, where we provide transportation as well as arrange other requirements for our clients to prepare them before going further with our program. The itinerary for the two-week trek brings us to Pokhara by Day 3, and on Day 4 we proceed to Jomsom.

It takes us around 3-4 hours walking from Jomsom to reach Kagbeni, which is our gateway to the restricted Upper Mustang area. This first section of our trek is the shortest of our journey. We depart from Jomsom because the main Upper Mustang route starts on the other side of the Kali Gandaki corridor, which has better road conditions.

## Jomsom Flight Delays, Road Alternatives and Itinerary Adjustments

Flights to Jomsom are one of the several uncertainties we take into consideration before finalizing an Upper Mustang trip. Flight delays can result from a number of factors, such as wind and weather conditions.

In determining whether waiting for a different flight or switching to ground transport is feasible, we first assess the situation. A cancelled flight does not mean that we have to always switch to a drive, since road conditions, availability of vehicles, and remaining time are also important factors.

The consequences of issues are not the same depending on when the problem occurs. A delay before a trekking trip will affect the dates when one can enter the restricted area. A delay after Jomsom means that the trip to Kathmandu will be affected as well, and in particular the flight to any international

destination out of Nepal.

Our advice is to take some extra time in Nepal if possible. If we have to cancel a flight, we tell a traveler about the extra costs of accommodation or alternative transport.

## Upper Mustang Trek Packing List for Wind, Dust and Cold Weather

For our 14-day Upper Mustang Trek, we recommend packing for exposed ridges, dusty trails, cold mornings and long walking days rather than preparing only for low temperatures.

| Equipment | Why we recommend it |
|---|---|
| Broken-in trekking boots | For rocky tracks, loose descents and uneven terrain |
| Windproof jacket | For strong afternoon winds on exposed ridges |
| Insulating jacket | For cold mornings and evenings above 3,000 m |
| Sunglasses and sun hat | For strong sunlight and limited shade |
| Buff or neck gaiter | For dust carried by mountain winds |
| Trekking poles | For steep climbs and long descents |
| Water-treatment system | For sections with limited safe drinking water |
| Headlamp | For early departures and unreliable electricity |
| Dry bags | For protecting clothing and electronics from dust |
| Personal medication and first-aid supplies | For villages with limited medical facilities |

However, as for our 14-day Upper Mustang Trek, it is better to prepare for exposed ridges, dusty paths, chilly mornings, and many kilometers walked, not just cold weather.

## What Is Included and Excluded in Our 14-Day Upper Mustang Trek Price?

Our service for the Upper Mustang Trek covers all of the logistics needed, such as the permits, guides, porters, and all meals during the trek. Restricted area permits are confirmed based on the exact dates and duration of the trek in Upper Mustang.

| Cost Includes | Cost Excludes |
|---|---|
| Airport arrival and departure transfers | International flights |
| Teahouse accommodation during trekking | Nepal entry visa |
| Breakfast, lunch and dinner on trekking days | Personal travel and medical insurance |
| Upper Mustang Restricted Area Permit and ACAP | Emergency evacuation and medical expenses |

| | |
|---|---|
| English-speaking trekking guide | Guide and porter tips |
| One porter for every two trekkers | Personal shopping and additional expenses |
| Scheduled Pokhara–Jomsom–Pokhara flights | Additional services outside the confirmed package |
| Ground transportation specified in the itinerary | Extra costs from itinerary changes unless otherwise agreed |

The restricted permit is calculated based on the confirmed dates of travel and the number of days spent within Upper Mustang.

Prior to making the deposit, we make sure that the hotel nights in Kathmandu and Pokhara and transportation costs, included in their particular quote, are clear to them. We don't want our clients to find out about extra hotel or road transfer costs once they reach Nepal.

## Who Should Choose the 14-Day Upper Mustang Trek?

If you are interested in trekking into Mustang, then the 14-day Upper Mustang Trek that we offer would be very suitable for you, including the difficult trek back into Dhi, Tange, and Tetang.

The 14-day Upper Mustang Trek tour package is best suited for those who have prior experience trekking and who have been on multi-day treks before, and can walk for 5-7 hours per day.

But we do not think that it is the best option for everybody. Those who want comfortable hotels every day, easy walking distance between the viewing points, or road driving will face problems on the way back through the east.

Besides, our program does not allow too much time for extra cave visits or monastery excursions in places other than Lo Manthang. And if you are more interested in cultural sightseeing than trekking, it would be better to change the program. And we do not want you to choose the 14-day trek only because of its length.

## Upper Mustang Trek vs Upper Mustang Jeep Tour

While the Upper Mustang Trek and the Jeep Tour to Upper Mustang both get you to Lo Manthang, the difference is that our 14-day trek goes further on foot, passing through Chele, Ghiling, and Charang, to return via Dhi, Tange and Tetang. Our jeep tour mainly stays on the jeepable road via Kali Gandaki route to Lo Manthang.

| Comparison | Upper Mustang Trek 14 Days | Upper Mustang Jeep Tour |
|---|---|---|
| Travel style | Walking between villages | Mainly 4WD jeep travel |
| Physical difficulty | Moderate to challenging | Less walking, but rough drives |
| Daily activity | Around 5–7 hours trekking | Driving and cultural sightseeing |
| Route | Includes Dhi, Tange and Tetang | Mainly motorable roads |

| | | |
|---|---|---|
| Accommodation | Teahouses and local lodges | Hotels and local lodges |
| Best suited for | Fit trekkers and experienced walkers | Cultural travelers and guests with limited trekking time |
| Main experience | Passes, valleys and remote walking trails | Lo Manthang, monasteries and roadside viewpoints |

The major difference we see is in the return journey after Lo Manthang. Our trekking clients continue to trek in the eastern villages with river crossings and open routes. Most jeep tours skip these trekking parts.

We would not advise our trekking tour for people who would like to go only to Lo Manthang without a few days of physical exertion.

For those who like road tours, we have our Upper Mustang Jeep Tour. For those who would like to walk through Dhi, Tange and Tetang, we have the 14-day trekking tour.

# Meet the Himalaya Discovery Team Behind Your Upper Mustang Trek

The Himalaya Discovery Upper Mustang Trek is planned and managed by the operations team in Kathmandu and our trekking guides. We plan and coordinate all permit paperwork, transport, hotels and guides prior to the start of the trekking trip, while our designated guide plans your trekking route every day during the trek.

## Chhiring Sherpa – Founder and Trip Designer

Our founding team member, Chhiring Sherpa, was a mountain guide for more than a decade prior to the establishment of Himalaya Discovery. Our experiences as mountain guides have affected our itinerary planning, trekking periods and travel arrangements in the Himalayas. For the Upper Mustang Trek, we give you an itinerary which includes Lo Manthang, followed by the return trek through Dhi, Tange and Tetang instead of the same route.

## Naran Lama – Operations In-Charge

Naran Lama is our Operations In-Charge. For the Upper Mustang departures, coordination is needed among Kathmandu, Pokhara, Jomsom and villages in the restricted area. The permit arrangement, logistics and transportation are arranged prior to the guests' departure from Kathmandu. In case there are any changes in the flight schedule or route conditions, our operations team provides advice regarding the alternative possibilities.

## Karsang Sherpa, Nima Sherpa, Pasang Sherpa and Ang Dorji Sherpa – Trekking Guides

The trekking team consists of our senior guide Karsang Sherpa and trekking guides Nima Sherpa, Pasang Sherpa and Ang Dorji Sherpa. We confirm the guide assigned to the respective group instead of

guaranteeing the attendance of a specific guide with the group. While returning from Dhi-Tange-Tetang, the guide should take note of the walking pace, availability of water sources, trail conditions, and river crossing points.

More information regarding our team members can be found on the Himalaya Discovery team profiles.

## Upper Mustang Trek 14 Days Departure Dates and Booking

Himalaya Discovery can make Upper Mustang Trek bookings for groups as well as individuals. Prior to making any reservation, we verify the requested date, number of people, guide's availability and transport facilities from Kathmandu and Pokhara to Jomsom.

Upper Mustang trek demands more preparation than a trek route with no restrictions. To prepare the permits, we need to know your passport and Nepal visa details, and we also need to confirm the dates when you plan to enter and exit the restricted area.

Apart from that, we will discuss your 14-day itinerary with you, which includes hotels, local transport and return to Kathmandu. In case you have an international departure just after your trek, we discuss the risks associated with a weather-sensitive Jomsom airport link.

Our published prices begin at USD 1,850 per person for groups of four or five, and USD 1,985 per person for groups of two or three. We will inform you about the departure price, deposit amount, and cancellation policies prior to any payment. The guests may choose their own date or simply make an inquiry using our Upper Mustang Trek booking page.

## Private and Customized Upper Mustang Trek Options

We do create customized Upper Mustang Trek arrangements for those requiring a different pace of walking or additional cultural activities while being around Lo Manthang.

Our standard 14-day itinerary takes the walkers to the regions of Dhi, Tange and Tetang. However, it does not leave time for visiting monasteries or taking side trips to the Chhoser Caves.

If one is interested mainly in Tibetan Buddhism, photography or visiting villages around Lo Manthang, we can always negotiate route changes or add more days instead of trying to cram more sightseeing into a busy trek.

Yet, an individually arranged hike cannot make any difference in terms of the physical challenges of the eastern leg. We certainly would not suggest our clients take the Dhi-Tange route just because it is being done on a private basis.

We should reflect any variations, such as extra days in restricted areas or extra nights/accommodations/transportation, into the itinerary and price before making final arrangements.

# Frequently Asked Questions

## Upper Mustang Trek FAQS

### Is 14 days enough for the Upper Mustang Trek?

Yes. The Upper Mustang Trek takes us from Kathmandu, via Pokhara, Jomsom, Kagbeni, Lo Manthang and returns through Dhi, Tange and Tetang. However, due to less flexibility in the schedule, it is advisable to keep extra days in Nepal in case there is a delay in transport arrangements from Jomsom.

### How much does the Upper Mustang Trek cost?

Our cost for the Upper Mustang Trek is $1,850 per person for group of 4 or 5 and $1,985 per person for a 2- or 3-person group. We provide you with the accurate cost based on your group size, start date and modifications to our regular package.

### Can I trek to Upper Mustang without a guide?

Upper Mustang is one of the restricted trekking areas and requires a permit. We will organize the trek with the necessary permit through our authorized trekking operations.

### Is Upper Mustang suitable for trekking during the monsoon?

Yes, we do the arrangement during the monsoon because much of the area falls within the rain shadow zone of the Himalayas. But sometimes there is heavy rainfall in Pokhara and Lower Mustang that may affect transportation. Besides, we do our survey of the rivers before proceeding on Dhi-Tange return trip.

### What is the highest point of the 14-day trek?

In our packages, the highest altitude is at 4,135 metres. The altitude of Lo Manthang is approximately 3,840 metres. There may be some high-altitude crossings at about 4,100 metres on the way back. The exact altitude of the highest crossing point can be identified on our trekking itinerary.

### Do I need a restricted-area permit for Lo Manthang?

Yes, we organize Upper Mustang Restricted Area Permit and Annapurna Conservation Area Permit (ACAP). We can provide you with the accurate price of the restricted area permit from Nepal’s Department of Immigration.

### Can I visit Chhoser Caves during the trek?

The Chhoser Caves are not part of our 14-day trekking schedule. Should you wish to explore the caves, we kindly ask you to inform us prior to your booking, and we will be able to provide you with an approximate estimate of the additional time required in Lo Manthang.

### What happens if the flight from Jomsom is cancelled?

We analyze all the possibilities, such as waiting for the next available flight or organizing road transportation where possible. We inform you about any extra cost of transport and accommodation before making changes to the itinerary. We cannot guarantee that the cancelled flight will be substituted with road transportation on the same day.

### Is Upper Mustang harder than Everest Base Camp?

The altitude reached at Everest Base Camp is higher, but our trip to Upper Mustang offers its own challenges. Our loop of Dhi-Tange-Tetang offers rocky mountain passes and steep downhills with possible river crossings. Trekking experience is advised, even though it does not require any climbing expertise.

## Address

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