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Upper Mustang Trek - 15 Days

15 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 1950
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/upper-mustang-trek





Upper Mustang is an arid river valley lying near the Annapurna Circuit in the rain shadow region of the Himalayas. In the past, this valley was a forbidden kingdom within Nepal. Due to decades of isolation from the world, it developed its own tradition and culture, which closely resembles Tibetan culture. Currently, Upper Mustang forms a prime trek destination due to its unique desert-like terrain, its unique history, and culture.

TRIP FACTS

Destination	Nepal
Grade	Moderate
Accomodation	Hotel in Pokhara and Hotel/Lodge/Tea House during the trek
Best season	April, May, June, July, August, Sep, Oct, Nov
Activity	Mustang Treks
Max. altitude	3,840m at Lo Manthang
Activity per day	Approximately 4-6 hrs walking

PRICE

US$ 1950

per person, for 2 to 3 people

The full price is US$ 2450. You save US$ 500 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1950
4 to 7	US$ 1890
8 to 13	US$ 1830
14 to 25	US$ 1750

Group discounts are exclusive to your group size only. We do not merge groups.

Meals included	Breakfast in Kathmandu, pokhara and all meals during the trek
Start / end point	Kathmandu/ Kathmandu

Highlights

- Jomsom (2,720m / 8,915ft) - the headquarter town of Mustang District
- Spectacular views of Mt. Annapurna (8,091), Thorung Peak, Nilgiri (7,061m), Chulu West, Chulu East, Tukuche Peak, Dhaulagiri (8,167m), Lamjung Himal, Annapurna II, and Annapurna IV
- Yak pastures, magnificent lakes, glaciers, gorges, and waterfalls
- Muktinath - a holy site for both Hindus and Buddhists
- Mustang district and a chance to interact with its people
- Lo Manthang - the capital of the ancient kingdom of Mustang
- Ancient Buddhist monasteries
- Insight into the Tibetan lifestyle
- A day at the tourist hub - Pokhara

Upper Mustang Trek Overview

The Upper Mustang Trek is a journey into Nepal's hidden kingdom, Lo Manthang, a place where Tibetan culture remains untouched by modern influences. This restricted Mustang region, forbidden to outsiders until 1992, offers a rare glimpse into centuries-old traditions, monasteries, and royal palaces. The landscape is striking—often described as a "desert in the mountains," with dramatic eroded cliffs, deep canyons, and barren ridges that contrast sharply with most regions in Nepal. The trek is not just an adventure but a cultural immersion, where you witness ancient cave dwellings, vibrant prayer flags fluttering in the wind, and the enduring spirit of Mustang's people.

The route takes you beyond the Annapurna Circuit, into the rain shadow of the Himalayas, where the terrain shifts dramatically. The journey follows the Kali Gandaki Gorge, the deepest in the world, passing through windswept plateaus and stark, rocky landscapes. The contrast between the green, south-facing slopes and the arid, trans-Himalayan terrain is breathtaking. Mustang's proximity to Tibet has deeply influenced its architecture, trade, and way of life, making it a unique blend of Nepalese and Tibetan heritage. Along the way, you encounter ancient cave complexes, towering cliffs, and villages that have remained unchanged for centuries.

The adventure begins with a scenic flight from Pokhara to Jomsom, the gateway to Upper Mustang. From there, the trek winds northward through Kagbeni, Chele, and Syangboche, each village offering a glimpse into Mustang's rich history. The highlight is the walled city of Lo Manthang, where you can visit Namgyal Gompa, and the Chhoser cave complex, also known as Shija Jhong Cave - a fascinating site with multiple levels and rooms, believed to date back to 800 BC. Throughout the trek, panoramic views of Nilgiri, Annapurna, and Dhaulagiri dominate the horizon, adding to the surreal beauty of the journey. The return route via Tsarang offers a fresh perspective, passing through western valleys that reveal even more of Mustang's rugged charm. You will descend to Chhuksang, then Muktinath, before flying out from Jomsom to Pokhara.

This 15-day trek is a perfect blend of cultural discovery and breathtaking landscapes, making it one of Nepal's most unique adventures. The restricted area status ensures that Mustang's traditions remain intact, offering you an authentic experience far from the crowds. Whether exploring ancient monasteries, marveling at the dramatic terrain, or engaging with the warm-hearted locals, the Upper Mustang Trek is a journey into a world that feels frozen in time—an experience unlike any other in the Himalayas.

Day to Day Itinerary

Day 1 Drive to Pokhara (820m) west of the Kathmandu Valley.Drive Time: Approx. 6-7 hrs.

Day 2 Fly from Pokhara to Jomsom (2,720m). Flight Time: Approx. 25 min. Trek to Kagbeni (2,800m). Trek Time: Approx. 4 hrs.

Day 3 Trek from Kagbeni to Chele (3,055m). Trek Time: Approx. 5-6 hrs.

Day 4 Trek from Chele to Syangboche (3,930m). Trek Time: Approx. 5-6 hrs.

Day 5 Trek from Syangboche to Ghami (3,520m). Trek Time: Approx. 5-6 hrs.

Day 6 Trek from Ghami to Tsarang (3505m). Trek Time: Approx. 5-6 hrs.

Day 7 Trek from Tsarang to Lo Manthang (3810m). Trek Time: Approx. 5 hrs.

Day 8 Rest and exploration day in Lo Manthang

Day 9 Trek from Lo Manthang to Ghami (3,520m). Trek Time: Approx. 6-7 hrs.

Day 10 Trek from Ghami to Samar (3,700m). Trek Time: Approx. 6-7 hrs.

Day 11 Trek from Samar to Chhusang (2,980m). Trek Time: Approx. 5-6 hrs.

Day 12 Trek from Chhusang to Muktinath (3,760m). Trek Time: Approx. 6-7 hrs.

Day 13 Trek from Muktinath to Jomsom (2,720m). Trek Time: Approx. 5 hrs.

Day 14 Early morning flight from Jomsom to Pokhara (820m). Flight Time: Approx. 25 min.

Day 15 Drive from Pokhara to Kathmandu (1,350m). Drive Time: Approx. 6-7 hrs.

Upper Mustang Trek Itinerary

DAY 1

Drive to Pokhara (820m / 2,690ft) west of the Kathmandu Valley

Drive duration (205km / 127miles) 6-7 hrs

After an early breakfast, we travel to **Pokhara on a tourist bus.** The journey will take around 6 to 7 hours. On our way, we can see the picturesque Trishuli and Marsyangdi rivers. Pokhara is a beautiful river valley known for its panoramic views of Annapurna and Machapuchare in the north, Dhaulagiri in the west, Manaslu and Lamjung Himal in the east. Pokhara is a tourist paradise complete with the most modern comforts.

Overnight stay at Silver Oaks Inn (room with attached bathroom)

DAY 2

Fly from Pokhara to Jomsom (2,720m / 8,915ft) and trek to Kagbeni (2,800m / 9,500ft)

Trek Distance 11.4km / 7miles Flight hours 25 minutes Highest Altitude 2,800m / 9,500ft
Trek Duration 4 hrs

We take an early morning flight to Jomsom. During the early morning, the weather is the clearest, and you will see spectacular mountain views - including two eight-thousanders mountains - Dhaulagiri and Annapurna. The landscape below is absolutely breathtaking.

We land in Jomsom - the district headquarter of Mustang. The trekking starts from Jomsom. The route follows a pleasant trail up the arid valley of the Kali Gandaki River to the fort of **Kagbeni, an ancient trade post** with a Buddhist monastery. Kagbeni is just south of the restricted area of the Upper Mustang.

Overnight stay at Hotel New Annapurna (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 3

Trek from Kagbeni (2,800m / 9,500ft) to Chele (3,055m / 10,025ft)

Trek Distance 11.2km / 6.9miles Highest Altitude 3055m / 10,025ft Trek Duration 5-6 hrs

The area above Kagbeni is called Upper Mustang, and you cannot enter the upper Mustang without a permit. There is a check post at the gateway, where we **register our documents** and trek forward.

We will start our trek early in the morning, along the eastern bank of the Kali Gandaki River to Chuksang, to avoid the heavy Mustang wind in the afternoon. On the way, you will get fantastic views of **Mt. Nilgiri** glowing orange from the early sun rays. The area beside the river can be windy with dust all over the air, so you will need sunglasses and perhaps a face mask to cover your nose and mouth.

You will then pass by the **Mustang's unique red sandstone pillars** and rock formations, formed by thousands of years of erosion, and reach Tangbe Village. Tangbe is a pretty village with red and whitewashed houses, picturesque apple orchards, and barley fields. Then we follow a relatively narrow canyon to Chele, a small town along a ridge. The views from **Chele** are other-worldly. We are sure you will not get similar views from any other parts of the world.

Overnight at Mustang Guest House.
Included meals (Breakfast, Lunch, Dinner)

DAY 4

Trek from Chele (3,055m / 10,025ft) to Syangboche (3,930m / 11,400ft)

Trek Distance 11.5km / 7.1miles Highest Altitude 3,930m / 11,400ft Trek Duration 5-6 hrs

This day's trek will be considerably challenging as we will be gaining around 800m in height. From Chele, we climb a steep spur and then continue up a steep canyon to Eklo Bhatti and ascend to the **Taklam La** (3,625 m/11,940 ft), a high pass. We cross the Taklam La pass to reach **Samar.**

We can catch beautiful views of **Mount Nilgiri** from Samar. This is also a usual place to stop horses and mule caravans for rest. From Samar, we descend to a large gorge past **Rangchyung Chorten** - painted red, black, yellow, and white, and trek ahead to reach **Syangboche.**

Overnight stay at Hotel Nilgiri (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 5

Trek from Syangboche (3,930m / 11,400ft) to Ghami (3,520m / 11,535ft)

Trek Distance 9.3km / 5.7miles Highest Altitude 3,930m / 11,400ft Trek Duration 5-6 hrs

The day begins with an ascent to another pass - the **Yamda La** (3,845m/12,655 ft) Pass, through an astonishing **desert landscape** and a few remote settlements. Again, The trail climbs up to a large valley and then descends to a wide barley field at Gelling. The mud and stone houses at Gelling are painted white and ochre, just like in Mustang.

From Geling, we reach a settlement - **Tama Gaun** and climb a pass known as the **Nyi La** (4015 m/13,205ft). We will be descending from this pass and trek ahead to Ghami.

Overnight stay at Hotel Lho Ghami (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 6

Trek from Ghami (3,520m / 11,535ft) to Tsarang (3505m / 11,500ft)

Trek Distance 11.2km / 6.9miles Highest Altitude 3,520m / 11,535ft Trek Duration 5-6 hrs

This day's trek takes you through the **driest part of Mustang.** However, the heavenly countryside perspective you gain compensates for a difficult climb. Finally, we arrive at Tsarang, an extensive spread-out town with around 1000 inhabitants.

Overnight stay at Hotel Lumbini (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 7

Trek from Tsarang (3505m / 11,500ft) to Lo Manthang (3810m / 12,135ft)

Trek Distance 11.5km / 7.1miles Highest Altitude 3,810m / 12,135ft Trek Duration 5 hrs

Starting on flat land, we ascend over yet another pass - Lo La Pass, from where you can enjoy the delightful views of the valley below - including Lo Mathang. We descend from **Lo La Pass** and enter **Lo Mathang from the north.**

Overnight at Hotel Shangri La (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 8

Rest and exploration day in Lo Manthang

Today will be the day for you to **explore the historical Lo Manthang** - a walled city with around 150 houses. This ancient city dates back to the 1390s approximately.

Lo Manthang was the walled capital of the **Kingdom of Lo** since its founding in 1380 by **Ame Pal.** The village is best known for its tall whitewashed mud-brick walls, gompas, and the royal palace.

This palace is a nine-cornered, five-story structure built around 1400. It is the oldest existing structure with such architecture. This town is also home to four major temples - **Jampa Gompa** (Jampa Lhakhang), **Thubchen Gompa, Chodey Gompa**, and **Choprang Gompa.** Jampa Gompa is the oldest and is also known as God's house. Similarly, Choprang Gompa is also known as New Gompa. The Nepal government opened Upper Mustang for foreigners in 1992, but, even today, tourism to Upper Mustang remains limited.

Overnight stay at Hotel Shangri La (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 9

Trek from Lo Manthang (3,810m / 12,135ft) to Ghami (3,520m / 5,577ft)

Trek Distance 16.1km / 10miles Highest Altitude 3,810m / 12,135ft Trek Duration 6/7 hrs

From Lo Manthang, we head **south towards Kagbeni.** However, we will not take the same route we took to arrive at Lo Manthang. As our journey passes through Drakmar, we will also make sure we head to the famous Ghar Monastery decorated with beautiful wall paint. Our trek continues until we reach **Ghami.**

Overnight stay at Hotel Lho Ghami (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 10

Trek from Ghami (3,520m / 5,577ft) to Samar (3,700m / 12,139ft)

Trek Distance 13.2km / 8.2miles Highest Altitude 3,700m / 12,139ft Trek Duration 6/7 hrs

We trek through the remote and arid landscape carefully, enjoying the magical views all around the path. You will be ascending to reach **Chemi La** and **Yiy La** passes and then descend steeply to reach Geling. After **Geling**, the descent eases as you reach Syangboche, but our destination lies further at Samar. **Samar** is a Tibetan-style village, complete with mani walls, monastery, and terraced fields.

Overnight stay at a lodge
Included meals (Breakfast, Lunch, Dinner)

DAY 11

Trek from Samar (3,700m / 12,139ft) to Chhusang (2,980m / 9,776ft)

Trek Distance 9.9km / 6.1miles Highest Altitude 2,980m / 9,776ft Trek Duration 5/6 hrs

From Samar, we join the regular trekking trail to Chhusang. The trails lead to the Kali Gandaki riverbed. We cross this river through a rock tunnel and trek forward to reach Chhusang.

Overnight stay at Hotel Braka (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 12

Trek from Chhusang (2,980m / 9,776ft) to Muktinath (3,760m / 12,335ft)

Trek Distance 14.5km / 9miles Highest Altitude 3,760m / 12,335ft Trek Duration 6 /7 hrs.

Today you will be crossing Gyu La Pass (4077m) as the trek follows the world-famous **Annapurna circuit,** but you will cross the pass from a different direction. From this pass, you can see several majestic Himalayan peaks extending northwards into Tibet before you, and as you look behind, you can see the **Annapurna range.**

The trail passes through several ancient villages before reaching Muktinath - a common Hindu and Buddhist holy site. Buddhists call Muktinath **'Chumig Gyatsa'**, which in Tibetan means **"A Hundred Waters"**. The walled **Muktinath temple** complex houses a Buddhist monastery, several Hindu shrines, 108 bathing spouts, and an eternal flame.

Overnight stay at Hotel Town House Muktinath (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 13

Trek from Muktinath (3,760m /12,335ft) to Jomsom (2,720m/8,915ft)

Trek Distance 22km / 13.6miles Highest Altitude 3,760m / 12,335ft Trek Duration 5 hrs

You have reached your **final day** on the trekking trails. We descend to Jharkot and Khingar- where there are beautiful monasteries that you can explore. We gradually lose elevation as we join Jomsom, which sits on the bottom of **Kali Gandaki River Valley. Jomsom** market area is a huge change from the serene trails and remote villages we visited.

Overnight stay at Hotel Himalayan Inn (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 14

Early morning flight from Jomsom to Pokhara (820m / 2,690ft) (and optional flight back to Kathmandu).

Flight hours 25 minutes

We bid goodbye to Mustang and catch an early morning flight over the southern Kali Gandaki Valley to Pokhara. Then you can either fly back to Kathmandu or spend a day **exploring Pokhara** - a famous tourist hub in Nepal.

Overnight stay at Silver Oaks Inn (room with attached bathroom)
Included meals (Breakfast, Lunch, Dinner)

DAY 15

Drive from Pokhara (820m / 2,690ft) to Kathmandu (1,350m / 4,450ft) 6-7hrs

Drive duration (205km / 127miles) 6-7 hours

We depart on a tourist bus for a **return to Kathmandu.** It's a 200 km route that first follows the Marsyangdi River and then the Trishuli River. If you want, you may choose to return by a 25-minute flight (not included in the package). Your trek package completes at Kathmandu.

Overnight at your own selected hotel at Kathmandu.
Included meal (Breakfast)

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Transportation Kathmandu - Pokhara - Kathmandu on a tourist bus
- Private transport from Pokhara bus station to your hotel in Lakeside

Domestic Flight

- Pokhara - Jomsom - Pokhara flight cost - including airport taxes

Accommodation

- Two nights accommodation with attached bathroom Silver Oaks Inn in Pokhara
- Accommodations (12 nights in trek regions): Ten nights room with attached bathroom at Kagbeni, Jomsom, Syangboche, Ghami (2N), Tsarang, Lo Manthang (2N), Chhusang, Muktinath. Two nights standard room at Samar, Chele (Twin Sharing Room)

Food

- All standard meals (13 Lunches, 13 Dinners, and 14 Breakfasts) with one main course per meal during the trek.
- Water purification tablets
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed, experienced Discovery World Trekking trek leader (guide), assistant trekking guide for groups with 12 or more trekkers. One porter for every 2 trekkers (Per trekker weight limit 9 kg).
- Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.

Trek Permit and Expenses

- Upper Mustang Restricted Area Special Trekking permit US$ 500 per person for 10 days (from Kagbeni to Kagbeni). For each extra day USD 50
- Annapurna Conservation Area Permit (ACAP) fee
- All government, local taxes, and official expenses

Medical Assitance

- Arrangement of the rescue operation in case of complicated health (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - a company's T-shirt & cap

Farewell

- Discovery World Trekking trek appreciation certificate
- Farewell dinner in Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodation

- All accommodations in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu and Pokhara due to early arrival, late departure, early return from trekking

Food

- All meals in Kathmandu, before and after the journey
- Lunch and dinner in Pokhara.
- Extra night meals in Kathmandu and Pokhara due to early arrival, late departure, early return from trekking

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees at Tribhuvan International Airport

Travel Insurance

- Travel insurance that covers emergency high-altitude heli - rescue and evacuation and health care costs (compulsory)

Personal Expenses

- Personal expenses such as shopping, snacks, bar bills, hot (tea/coffee) and cold drinks, bottled or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee, extra porters, etc

Other Expenses

- Excess luggage charges (luggage weight limit is 9 kg per person)
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes
- All the costs and expenses not listed in "What is included?" will be counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Upper Mustang Packing List

We recommend you bring only the basic clothing and accessories for the trek. Though you might have your preferences, here is a list of items we recommend you for this trek. Please remember that the luggage weight limit per trekker is 9 kg, and we assign one porter for every two trekkers. Hence, we request you find a fellow traveler and pack your things together in a duffle bag over sixty liters capacity.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible),
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Medications

- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain
- relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own.

Route Map



Responsible travel

We strongly believe in environmental sustainability, and we should protect trek regions from the adverse effects of tourism. So, Discovery World Trekking works together with Kathmandu Environmental Education Project (KEEP) and organizes **eco-friendly trips** that meet the expectation of both travelers and communities.

Discovery World Trekking Crew

During your Upper Mustang Trek, our trained and well-experienced **guides/Sherpas will accompany** you. For every two trekkers, we assign a **porter to carry luggage.** However, a porter will not carry more than 18 kg of combined luggage. If your trek group has more than 11 members, we also add an assistant guide.

Our crew members are locals from remote high Himalayas. So their physical endurance at high altitudes is phenomenal. All our staff members are valuable to us. We pay them well and take care of their insurance, clothing, food, and lodging throughout the trek. All our guides and porters receive medical care when ill or injured.

We make sure that our trek members are happy because **only happy people can make others happy.** Further, our guides have:

- completed intensive wilderness first aid training
- government-authorized trekking guide training certificate
- fluency speaking English and other major languages
- conservation and biodiversity training
- rock climbing experience

Tipping

Nepali culture accepts tipping and views tipping as proof of providing good service. However, tipping is at the traveler's discretion. We advise you to tip at the end of the trek as a group. The tip amount should reflect the quality of service rendered.

Booking and payment process

Discovery world trekking is a **government-authorized,** licensed, and bonded trek and tour operator. We have been providing our service for more than a decade. Our company is a member of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). Therefore, you can **book Discovery World Trekking trips with confidence.**

For trip booking confirmation, we require **10 percent of the trip cost as an advance.** You can pay booking fees by bank transfer, western union, or online through our website.

Within a week of booking a trip, please email the necessary documents - passport copy, passport size photos, travel insurance policy, and arrival and departure flight details.

You can **pay the remaining trek cost after arriving in Nepal,** which you can pay in cash, bank transfer, and credit card. We will also email you the trek payment details along with available modes of payment.

Last-minute booking

It is always better to book trips in advance. However, if you are short on time, we also arrange last-minute trips. In the case of last-minute trips, you have to pay **100% of the trek cost 24 hours before the trek departure day.** Though we will try our best to arrange trips any time, in case of last-minute trips, you cannot hold us responsible for delays due to circumstances beyond our control like - bad weather, landslides, or unavailability of lodges. For more information **call/Viber/Whatsapp at 977- 9840055491 (Paul) or email info@discoveryworldtrekking.com**

Trip extension

After completing the Upper Mustang trek, **if you have free time, we can arrange other activities for you,** such as exploring places in and around Kathmandu Valley, Chitwan jungle safari, paragliding, rafting, canoeing, etc.

Feedback

After completing the Upper Mustang trek, our company will organize a **farewell dinner in Kathmandu.** After dinner, we will present you with a trek achievement certificate. It is also the perfect time to provide us with your feedback.

USEFUL INFO

The Upper Mustang Trek includes **fixed departure dates from Kathmandu and Pokhara,** but we can accommodate your requests and schedule. If the departure date does not suit you, let us know, we can rearrange the trek at a time convenient to you.

The itinerary listed above is a general guideline and may require changes due to external factors beyond our control - including but not limited to unstable weather, inaccessibility, unavailability of lodging and campsites, and unforeseen governmental decrees.

Although it is very unlikely that changes will occur, you cannot hold us accountable for the delays or consequences due to these delays.

If an itinerary needs adjustment or you need to redirect to other trails, the lead guide will decide after consulting with the group members and keeping in mind the interests of the party as a whole.

We look forward to guiding you on the Upper Mustang Trek and through some of the most dazzling landscapes on earth!

Trip Notes

Upper Mustang trip start

You will be arriving at **Tribhuvan International Airport** in Kathmandu, where our representative will be receiving you. On the trip departure day, at around 7 am, we will head to Pokhara on a tourist bus from Kathmandu.

We'll pick you up from the airport.

We offer a free **Kathmandu TIA (Tribhuvan International Airport)** airport pick-up and drop-off service. Upon your arrival, you will find our company representative at your arrival gate holding a pamphlet with your name on it. They will then transfer you to your hotel in a private vehicle. Similarly, during your departure, our representative will receive you at your hotel and take you to Tribhuvan International Airport in a private vehicle.

Accommodation Details

This fifteen-day trek includes **twelve nights of lodge-to-lodge** stay in the trekking regions and **two nights in a hotel in Pokhara**. You will be staying in the best available lodges. We provide **ten nights in rooms with attached bathrooms** at Kagbeni, Jomsom, Syangboche, Ghami (**2N**), Tsarang, Lo Manthang (**2N**), Chhusang, and Muktinath. **Two nights** will be spent in standard rooms at Samar and Chele on a twin-sharing basis.

You will spend two nights at a hotel in Pokhara in rooms with attached bathrooms, TV, 24-hour hot water, electricity, and laundry facilities.

You will also need to arrange two nights of hotel accommodation in Kathmandu (before and after the trek), which is not included in the package. Kathmandu offers a wide range of hotels suitable for all budgets and preferences.

Note: Lunch and dinner in Pokhara are not included in the package.

Meals

Since you will be hiking in high elevations, you will need plenty of nutritious food. We will provide you with enough nutritious, tasty, and hygienic food in the best hotels/restaurants, but your choices will get shorter and shorter as we trek in higher elevations.

This trek package includes 14 breakfasts, 13 lunches, and 13 dinners.

Some of the popular menu items are:

Fourteen breakfasts

- Oatmeal
- Corn Flakes
- French toast with Jam
- Butter
- Cheese
- Honey
- Tibetan bread or Chapati
- Local Tsampa porridge
- Eggs
- Pancakes
- Muesli
- Breads

- Fruits
- Vegetables
- Hot drinks (varieties of teas and coffees, hot chocolates, etc.)

Thirteen lunches

- Dhal
- Bhat
- Tarkari
- Tibetan Bread
- Various Soups
- Sherpa Stew
- Steaks
- Sandwiches
- Momo (dumplings)
- Macaroni dishes
- Tenduk
- Spaghetti Noodles
- Thukpa
- Pasta
- Vegetable curry
- Potatoes
- Vegetables
- Salad
- Pizza (Tomato, Mushroom, Mixed)
- Snacks (Papad, Prawn)
- Desserts (Rice Pudding, Apple pie)

Thirteen dinners

- Dhal
- Bhat & Tarkari
- Tibetan Bread
- Various Soups
- Sherpa Stew
- Steaks
- Sandwiches
- Momo (dumplings)
- Macaroni
- Tenduk
- Spaghetti

- Noodles
- Thukpa
- Pasta
- Vegetable curry
- Potato items
- Vegetable and salad
- Pizza (Tomato, Mushroom, Mixed)
- Snacks (Papad, Prawn)
- Korean Ramen
- Dessert items (Rice Pudding, Apple pie)
- Hard Drinks
- Steaks

We recommend you take fresh vegetables and liquids - hot lemon, green tea, lemon tea, ginger tea, and garlic soup (must) at high elevations.

Though plenty of **non-veg items** are available at trek regions, we **do not recommend** them, because of meat quality concerns. We also encourage you to avoid dairy and stay away from alcoholic drinks, caffeinated items, and hot chocolates at high elevations.

Note: This package does not include lunch and dinner at Pokhara (before flying to Jomsom).

Best seasons to trek to Upper Mustang

The **weather is the decisive factor** while deciding to trek to Upper Mustang. People trekto Upper Mustang throughout the year, but the trek is easier and more enjoyable in certain seasons. If you are looking for comfort and views, summer and autumn treks are the best. During winter, most residents leave Upper Mustang to avoid cold and snow. Our Mustang travel guide provides month by month detailed information of temperature, climate, and trail conditions.

March to May (Spring)

Spring (March-May) is a season when mountain lovers and travel enthusiasts come to trek to Upper Mustang in large numbers. In this season, the climate is mild, with daytime temperatures between 16 to **22 °C** Celsius. However, nights are colder as the temperatures can dip to below **0°C** Celsius.

June to August (Summer)

June to August is the summer season in Nepal, but it also coincides with the monsoon. However, there is no monsoon in Upper Mustang, which makes summer a perfect season to trek to Upper Mustang. On an August full moon day, the locals at Upper Mustang celebrate a horse festival. The temperature during summer ranges **from 16 to 25°C.** The night temperature range from **-3 to 0°C.**

September to November (Autumn)

Like in other parts of Nepal, the autumn skies in the Upper Mustang are clear, providing great views of the mountains, but afternoons can be windy. The daytime temperature range from **12 to 20°C,** while the nights are cold at **-8 to -4 °C.**

December to February (Winter)

The trekking season is over by November. The villagers will migrate to other regions to avoid the cold, so the lodges are closed. In addition, the snow covers the trails making **treks almost impossible.**

Acclimatization

This trek package includes one day of rest in **Lo Manthangfor proper acclimatization** to avoid altitude sickness. Altitude sickness is preventable but can be fatal if you ignore the symptoms.

We have designed our itinerary for slow and steady ascending so the body can adapt to the new altitude. All our trekking leaders/guides have extensive first-aid training and are well-experienced. Our crew will frequently use oximeters to monitor your blood oxygen level at high altitudes. We urge all trekkers to inform their group leaders as soon as the first sign of altitude sickness shows up.

We guarantee that your health will be in reliable hands. Your trek leader or guide will also suggest precautions. The best way is to take your time while trekking and drink plenty of water every day. If altitude sickness is severe, the only cure is to descend immediately. Please note that your group leader has the authority to decide whether to stop the ascent if altitude sickness shows up. It is essential to keep in mind that some people are more vulnerable than others.

Trip Grade: Fitness level, Medical, and Health

This is a **moderate-grade trek.** The hiking is generally 4 to 7 hrs a day, with regular breaks to appreciate the stunning mountain views. Past hiking experience would be an advantage, but no technical experience or skills are necessary. Trekkers who can hike 5 to 6 hours a day, at a reasonable pace, with a light day pack can complete this trek.

So you should be reasonably fit and prepared for long treks. Trekking at high altitudes is more physically demanding than trekking at lower altitudes.

To enhance stamina, exercising and jogging regularly for a couple of weeks before the trip is a good idea. Please note that the fitter you are, the more you can enjoy the trek. To join our Upper Mustang Trek, you should be in good health and have a positive attitude, self-confidence, and strong determination. Participants with sensitive pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Private Treks

We organize group private treks only and can handle all group sizes. For groups of twelve or more, we add an assistant guide. Each trek team will have a guide and porters according to requirements.

A typical trek day

Each day comes with a **fresh trekking experience**. You will be enjoying the scenery, taking photos, and exploring the local villages. Our experienced, friendly guides/Sherpas will be by your side during the trek. They will also share with you information about the places you will be trekking.

All of our trek team will consist of porters to carry your luggage. However, we expect you to bring with you a small regular-day bag with essential and valuable items. Each day starts with an early morning hot cup of tea/coffee. After a wholesome breakfast, we start the day's trek around 7 to 8 AM, depending on the duration and nature of the hike

After trekking for three to four hours, **we will serve lunch around midday** on the route to the next destination. After lunch, we will be resting for an hour and then continue on the walk. The afternoon walk is shorter - two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food and explore nearby places until it gets dark.

We serve **dinner around 6 to 7 PM**. After dinner and before going to bed, you can indulge in friendly conversations and discuss the experience of that day. Your trek leader/guide will brief you about the next day’s plan. After this briefing, you can read books, watch mountaineering videos, or enjoy games like Monopoly and Cards. Most foreigners indulge in learning light Nepalese words from our crew.

Communication

During theTrek, you can use internet service at the lodges you will be staying in, but it will come with some extra service charge. You can contact your family and friends via the lodges, but once you reach high altitude, we will be communicating through the phone.

Our Kathmandu office **will remain in contact with all the trek teams** via the team guide at least **once a day** to ensure that everything is going on as planned. You can buy a local sim in Kathmandu, but the signals might not be strong enough.

Extra personal expenses

Discovery World Trekking is transparent about the cost involved in all its trekking packages. This package does not include food and lodging costs in Kathmandu. Similarly, lunch and dinner in Pokhara (before taking the flight to Jomsom) are not included.

Trekkers need personal spending money for visa processing, travel insurance policy purchase, beverages, snacks, tips to crew members, souvenirs, hot showers, mobile and battery recharge, and mineral water. We recommend you bring cash (major currencies) and exchange for Rupees in Kathmandu. You can also bring your credit card, which you can use to withdraw Nepali Rupees from an ATM (bear in mind your bank may charge for this service).

Electricity for battery recharge and water

Throughout the trek, **electricity for the camera and mobile battery recharge is available** in all lodges but comes with a service charge.

You can either **buy packed mineral water from local lodges and en-route shops or fill your water bottle with boiled water** that you can purchase in lodges/teahouses. We also advise you to use water purification pills.

Travel Insurance Policy

This trip grade is moderately difficult. It comes with high-altitude trekking risks such as potential altitude sickness and other unforeseen events. Hence **travel insurance is compulsory.**

All trekkers must provide a copy of their comprehensive travel insurance policy to Discovery World Trekking. The policy must cover medical and emergency repatriation - including helicopter rescue and evacuation expenses at the highest trek altitude.

We can recommend insurance companies according to the experiences of our previous clients. However, we do not sell travel insurance.Please send us your detailed insurance information within a week of booking the trek. In case of emergencies, we will use your insurance policy and informational documents to arrange a quick rescue.

Passport and visa

All foreigners except Indians require a visa to enter Nepal. Citizens from most countries receive an arrival visa at the Tribhuvan international airport. The visa application requires a passport with at least 6 months of validity and a passport-size photo. The current visa cost is USD50 for 30 days, which you can pay in cash.

Citizens of China and the SAARC countries will receive free visas.

Citizens from Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan may not receive an arrival visa. If you are a citizen of these countries, contact your local Nepalese embassy.

Visa information may change without notice. Please visit https://immigration.gov.np/for the latest info.

Money exchange

Nepali Rupees (NPR/Rs) is the local currency.
(1 USD = ~ Rs.130 NPR).

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal money exchanges display ongoing rates visibly. Please note that only INR notes of 100 and 2,000 are legal in Nepal.

Despite traveler cheques' security advantage, **we recommend you bring cash** and exchange them in Kathmandu. This will help you avoid lengthy bank processes and commission rates.

You can also withdraw cash (in Rupees only) from ATMs in Kathmandu and Thamel. Several of these ATMs are open 24 hours. The maximum withdrawal amount from these ATMs is 35,000 Rupees for a 500 Rupees processing fee using a foreign card.

If you use the money exchange facility at banks and financial institutions, you have to pay a service fee of about four percent or more depending upon the bank.

How much luggage can I bring to the trek?

We assign one porter for every two trekkers to carry luggage. The luggage **weight limit per trekker is 9kg.** Our porters will not carry more than 18kg of combined weight. We also expect you to bring a small backpack for your valuables and essentials. We advise you to bring only the basics, you can leave the excess luggage either at your hotel or at the Discovery World Trekking store for free.

Safety

We guarantee your safety and security. We take several precautions to ensure your safety. During the trek, we will be carrying all the necessary gear, equipment, and first aid kits. Our trek leaders/guides have completed extensive wilderness first aid training. If a trekker falls sick, the trek leader has the authority to decide whether to continue to trek forward or descend immediately. Furthermore, we will hike as a group.

FAQs For Upper Mustang Trek

GENERAL INFORMATION

Where is Upper Mustang?

Upper Mustang is an arid river valley in the Annapurna region of Nepal, lying in the rain shadow of the Himalayas. It is near the Annapurna Circuit and part of the Tibetan plateau, with a culture resembling that of Tibet.

Do you offer the Upper Mustang Trek as a private trek?

Yes, we offer the Upper Mustang Trek as a private trek.

Can I book a private Upper Mustang Trek with a customized itinerary?

Yes, you can book a private Upper Mustang Trek with a customized itinerary.

PREPARATION & FITNESS

How fit do I need to be for the Upper Mustang trek?

Moderate fitness is required as the trek involves ascents, descents, and high passes. Trekking at altitudes up to 4,000 m demands stamina and endurance.

PERMITS

What permits are required for the Upper Mustang trek?

Two permits are needed:

- **Upper Mustang Restricted Area Permit**(USD 500 for the first 10 days, USD 50 for each additional day).
- **Annapurna Conservation Area Permit (ACAP).**

Discovery World Trekking

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