Upper Mustang Trek – 14 Days

Know About The Upper Mustang Trek 14 Days

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The Upper Mustang Trek 14 Days is an extraordinary Himalayan adventure. It takes you into the former Kingdom of Lo. This high-altitude desert lies behind Annapurna and Dhaulagiri. Additionally, you will explore red sandstone cliffs and ancient sky caves.

Scenic Route & Required Permits

First, your Upper Mustang Trek 14 Days journey starts in Kathmandu. You can take a drive or choose optional domestic flights to Pokhara and Jomsom. From there, you cross Kagbeni to enter the restricted zone. Your required Restricted Area Permit (RAP) and ACAP Permit are arranged by us in advance. Along the way, you will hike along ancient salt trading routes. You will pass whitewashed villages and sacred prayer walls. Consequently, you will experience authentic Tibetan heritage firsthand.

Exploring Lo Manthang & Sacred Sites

However, the main highlight of the Upper Mustang Trek 14 Days is Lo Manthang at 3,840 meters. Inside the walled city, you can explore the historic Royal Palace and active monasteries. In addition, you can visit the ancient Chhoser Sky Caves carved into cliffs. Environmental care in this region is managed by the Annapurna Conservation Area Project (ACAP). Afterward, your return trail descends through Drakmar to Muktinath Temple.

Trek Extensions & Best Seasons

Furthermore, do you wish to extend your mountain trip? In fact, this itinerary connects with the Annapurna Circuit Trek. It also pairs well with the Muktinath Spiritual Trek. Similarly, you can add an optional Kathmandu UNESCO World Heritage Tour before starting. Ultimately, Upper Mustang lies in a rain-shadow zone. Therefore, it is ideal for spring, autumn, and summer monsoon trekking.

Upper Mustang Trek 14 Days Highlights

- Explore the Walled Kingdom of Lo Manthang: First, walk through the ancient gates of Lo Manthang to visit the 15th-century Royal Palace.
- Uncover Mysterious Sky Caves at Chhoser: Furthermore, marvel at multi-story caves carved directly into vertical red rock cliffs.
- Cross High Himalayan Mountain Passes: In addition, hike across panoramic passes like Taklam La (3,624m) and Lo La (3,950m).
- Walk Ancient Himalayan Salt Routes: Moreover, follow historic trading paths along the Kali Gandaki River bed.
- Discover Ancient Tibetan Gompas: Additionally, visit Ghar Gompa (Lo Gekar), one of the oldest active Tibetan monasteries.
- Sacred Visit to Muktinath Temple: Finally, descend from the high desert to bathe under the 108 holy spouts at Muktinath.

Trek Overview

- Trip Duration: 14 Days
- Max Elevation: 3,840m / 12,598ft (Lo Manthang) *(Optional Pass: 4,280m)*
- Trek Difficulty: Moderate to Challenging
- Best Seasons: Spring (March–May), Summer Monsoon (June–Aug), Autumn (Sept–Nov)
- Required Permits: Restricted Area Permit (RAP) & ACAP Permit (Arranged by Agency)
- Travel Options: Overland Drive or Optional Domestic Flights (Kathmandu–Pokhara–Jomsom)

- Accommodation: Teahouses / Local Mountain Lodges
- Guide Requirement: Mandatory Licensed Nepali Trekking Guide

Itinerary

Day 1: Drive from Kathmandu to Pokhara

Your journey begins with a scenic drive from Kathmandu along the Prithvi Highway. Follow winding river valleys beside the Trishuli and Marshyangdi rivers. Pass terraced farmlands and small rural towns before arriving in Pokhara. Check into your hotel by Phewa Lake and spend the evening enjoying lakeside dining.

- Elevation: 1,400m / 4,593ft _ 820m / 2,690ft
- Location: Kathmandu to Pokhara
- Accommodation: Hotel in Pokhara
- Meals: Breakfast

Day 2: Fly from Pokhara to Jomsom & Trek to Kagbeni

Take an early morning 20-minute flight from Pokhara to Jomsom, soaring between Annapurna and Dhaulagiri. Meet your trek crew and begin walking along the wide stone bed of the Kali Gandaki River. Arrive at Kagbeni, an ancient Tibetan village that serves as the official entry checkpoint into Upper Mustang.

- Elevation: 2,720m / 8,923ft (Jomsom) 2,810m / 9,219ft (Kagbeni)
- Location: Pokhara / Jomsom/ Kagbeni
- Accommodation: Teahouse / Lodge in Kagbeni

- Meals: Breakfast, Lunch, Dinner

Day 3: Trek from Kagbeni to Chele (Enter Restricted Area)

Present your Restricted Area Permit at the Kagbeni checkpoint and step into Upper Mustang. Walk along the riverbed through Tangbe village, admiring red and whitewashed mud-brick houses and apple orchards. Cross the river and climb a steep cliff trail to reach Chele village.

- Elevation: 3,050m / 10,006ft
- Location: Kagbeni to Chele
- Accommodation: Teahouse / Lodge in Chele
- Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Chele to Syangboche (via Taklam La)

Ascend steep rocky trails across the Taklam La Pass (3,624m) and Darjori La Pass (3,735m). Enjoy panoramic mountain views of Mount Nilgiri, Tilicho Peak, and Damodar Hill. Descend into Samar village for lunch before continuing through juniper groves to Syangboche.

- Elevation: 3,475m / 11,400ft
- Location: Chele to Syangboche
- Accommodation: Teahouse / Lodge in Syangboche
- Meals: Breakfast, Lunch, Dinner

Day 5: Trek from Syangboche to Ghami

Begin your morning climbing up to the Yamada La Pass (3,850m), passing ancient stupas and remote tea stalls. Walk through barley fields and descend through the village of Ghiling. Continue over the Nyi La Pass (3,932m) into the broad Ghami valley surrounded by dry desert cliffs.

- Elevation: 3,520m / 11,548ft
- Location: Syangboche to Ghami
- Accommodation: Teahouse / Lodge in Ghami
- Meals: Breakfast, Lunch, Dinner

Day 6: Trek from Ghami to Charang (Tsarang)

Cross the Ghami River suspension bridge and pass Mustang's longest stone mani wall inscribed with sacred prayers. Climb gently over the Tsarang La Pass before descending into Charang (Tsarang). Explore Charang's massive 5-story historic fortress and red monastery perched above the canyon.

- Elevation: 3,560m / 11,679ft
- Location: Ghami to Charang
- Accommodation: Teahouse / Lodge in Charang
- Meals: Breakfast, Lunch, Dinner

Day 7: Trek from Charang to Lo Manthang (Walled City)

Trek across barren, windswept plateaus framed by snow peaks. Climb steadily up to the Lo La Pass (3,950m), where you get your very first dramatic view of the walled city of Lo Manthang. Descend the trail and enter the ancient gates of the capital city.

- Elevation: 3,840m / 12,598ft
- Location: Charang to Lo Manthang
- Accommodation: Teahouse / Lodge in Lo Manthang
- Meals: Breakfast, Lunch, Dinner

Day 8: Full Day Exploration of Lo Manthang & Chhoser Caves

Spend a full day exploring the hidden culture of Lo Manthang. Take a short jeep or horse ride to Chhoser to explore the multi-story Jhong Sky Caves carved into red canyon walls. Return to the city to visit the four-story Royal Palace, Jigme Palace, and historic monasteries like Jampa Lhakhang and Thubchen Gompa.

- Elevation: 3,840m / 12,598ft
- Location: Lo Manthang & Chhoser
- Accommodation: Teahouse / Lodge in Lo Manthang
- Meals: Breakfast, Lunch, Dinner

Day 9: Trek from Lo Manthang to Drakmar (via Ghar Gompa)

Bid farewell to Lo Manthang and take an alternative return trail through Lo Gekar. Visit Ghar Gompa, one of the oldest Tibetan Buddhist monasteries in Nepal, predating Samye Monastery in Tibet. Continue walking past dramatic red clay rock formations until reaching Drakmar.

- Elevation: 3,820m / 12,532ft
- Location: Lo Manthang / Ghar Gompa / Drakmar
- Accommodation: Teahouse / Lodge in Drakmar
- Meals: Breakfast, Lunch, Dinner

Day 10: Trek from Drakmar to Ghiling

Descend through yellow cliffs and canyon beds toward Ghami. Rejoin the main valley trail and hike through dry meadows and high-altitude pastures where yaks graze. Continue descending until reaching the peaceful village of Ghiling.

- Elevation: 3,570m / 11,712ft
- Location: Drakmar to Ghiling
- Accommodation: Teahouse / Lodge in Ghiling
- Meals: Breakfast, Lunch, Dinner

Day 11: Trek from Ghiling to Chhusang

Follow the high desert trail descending back through Syangboche and Samar. Hike down steep rocky ravines past rock tunnels and ancient caves. Cross the river gorge to reach Chhusang village, situated at the confluence of the Kali Gandaki and Narsing rivers.

- Elevation: 2,900m / 9,514ft
- Location: Ghiling to Chhusang
- Accommodation: Teahouse / Lodge in Chhusang
- Meals: Breakfast, Lunch, Dinner

Day 12: Trek from Chhusang to Muktinath

Leave the Restricted Area of Upper Mustang as you climb toward the Gyu La Pass (4,077m). Enjoy views of Dhaulagiri and Thorong Peak as you cross into the Muktinath valley. Arrive at the holy shrine of Muktinath and rest at your teahouse.

- Elevation: 3,800m / 12,467ft
- Location: Chhusang to Muktinath
- Accommodation: Teahouse / Lodge in Muktinath
- Meals: Breakfast, Lunch, Dinner

Day 13: Drive or Trek from Muktinath to Jomsom & Fly to Pokhara

Wake up early to visit Muktinath Temple and perform holy rituals. Travel down through the apple orchards of Marpha or drive directly to Jomsom Airport. Take a short mountain flight back to Pokhara and check into your lakeside hotel to relax.

- Elevation: 820m / 2,690ft
- Location: Muktinath / Jomsom /Pokhara

- Accommodation: Hotel in Pokhara
- Meals: Breakfast, Lunch

Day 14: Drive or Fly from Pokhara Back to Kathmandu

ter breakfast, board your tourist bus or private vehicle for the return drive to Kathmandu. Arrive in the capital city in the late afternoon, check into your hotel, and join us for a farewell dinner to celebrate your 14-day expedition.

- Elevation: 1,400m / 4,593ft
- Location: Pokhara to Kathmandu
- Accommodation: Hotel in Kathmandu (or departure)
- Meals: Breakfast, Farewell Dinner

Inclusions

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three-star hotel in Kathmandu and Pokhara breakfast included.
- Guided city tour in Kathmandu by private car/van/ bus.
- Stander meal Lunch, Dinner, and Breakfast and tea house accommodation during the trek.
- A government licensed English speaking Guide during the trek, required number of porters, their food, accommodation, salary, insurance, equipment and a general first aid kit.
- Flight fare from Pokhara – Jomsom – Kathmandu including airport departure taxes in Pokhara.
- Annapurna conservation area permit, and all necessary permits.

- Surface Transfer from Kathmandu.
- Farewell Dinner.
- T-Shirt from company
- Trip Completion Certificate.
- All our government taxes.
- Tourist service charge, VAT.

Exclusions

- Lunch and dinner whilst in Kathmandu.
- Your travel insurance (compulsory).
- International airfare and airport departure tax.
- Nepal entry visa fee (US$ 30 per person) you obtain a visa easily upon your arrival at Tribhuwan International Airport Kathmandu for 60 days from the date of issue. You will require 2 passport size photos.
- Teams of a personal nature such as alcoholic drinks, cold drinks, laundry.
- Personal trekking Equipment.
- Tips for trekking staff and driver.
- Sightseeing/Monument entrance fees.
- Any others expenses which are not mentioned on Price Includes section.
- Tips for guide and porter.