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Upper Mustang Trek

URL: https://nepalbasecamptreks.com/trip/upper-mustang-trek/

Trip Code
NBT 055

Destination
Nepal

Activity
Treks

Start / End Point
Pokhara / Pokhara

Duration
17

Per Person From
USD 1,900

Region
Upper Mustang Region

Max. Altitude
3800m.

Nature Of Trek
Lodge to Local Basis

Best Season
September, November, March, June

Activity Per Day
3-6hrs

Transportation
Tourist Bus and Domestic Flight

Challenging
Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Trip Highlights

Journey into one of Nepal’s most fascinating Himalayan regions on the Upper Mustang Trek, where ancient monasteries, dramatic desert-like terrain, centuries-old traditions, and the legendary walled city of Lo Manthang create an unforgettable adventure. This remarkable trek offers a rare opportunity to explore a region shaped by Tibetan culture, history, and breathtaking mountain views.

Trip Overview

Upper Mustang Trek,this exceptional trekking route is opened for trekkers in the early 1990's was a forbidden to foreign travelers. Its unique dramatic landscapes have opened up the doors for wide world trekkers and explorer to witness its rich cultural heritage of ancient past glory in and around the great walled city village of Lo-Manthang (capital of upper Mustang kingdom) Trekking in Himalaya.

Upper Mustang trekking a great scenic landscape actually an extension of vast south-west Tibetan plateau, located North West of Nepal beyond Annapurna and Dhaulagiri mountain range on route old Trans-Himalayan Salt and Caravan Route of Nepal and Tibet. **Nepal Base Camp Trek** presents Upper Mustang Trekking, an awesome mystical and scenic journey for you to enjoy and immerse in its rich traditions and ancient heritage of Tibetan Buddhist origin and as well pre Buddhism Bon culture.

A country of great fascination on this windswept terrain of eroded red cliffs and canyon making a great contrast with white snow-capped peaks of Dhaulagiri and Birkuti / Damodar range of peaks. Our Upper Mustang starts from picturesque and popular touristic city of Pokhara blessed with beautiful natural surrounding on the laps of giant and massive Annapurna Himalaya and serene Begnas and Phewa Lakes.After a dramatic and scenic super short flight from Pokhara takes you to district headquarter of Mustang Valley Jomsom Muktinath airport one of the windy headquarter town of Mustang district, where our adventure starts tour heading towards higher and upper Mustang through interesting old Kagbeni-Tsele (Chele), Tsarang-Ghami villages and crossing few high passes with grand views of mountains landscapes to reach our destination at walled town/village of Lo-Manthang.

We will spend an extra day in Lo Manthang to explore around ancient caves and oldest Buddhist monastery very close to Tibet border.

Trip Itinerary

Day 1: Arrival in Kathmandu and transfer to hotel.

On reaching Kathmandu international airport via various respective airlines, our Nepal Base Camp Treks guide or staff will receive you with warm welcome and then a short drive to your hotel in the heart of Kathmandu city.
After checking in your hotel rooms and getting refreshed join at the hotel lobby for group briefing and orientation program where our guide informs you regarding hotels, Kathmandu, Nepali culture, Upper Mustang Trekking with welcome dinner in a pleasant authentic Nepalese restaurant with culture program.

Highest Altitude:

1,327 m

Day 2: In Kathmandu with a sightseeing tour or trek preparations.

In Kathmandu morning after breakfast and at given time our city guide will pick you up for sightseeing tour around places of interest around Kathmandu old part of the city, Kathmandu is famous for world heritage sites with tour of Pashupatinath a holy temple, Bouddhanath Stupa a Buddhist pilgrimage spot or tour of Kathmandu old Durbar (palace) Square and ancient 2,500 years old Swayambhunath, afternoon free for Upper Mustang Trek preparation.

Day 3: Drive to Pokhara

Morning an exciting drive on nice comfortable coach or in a private vehicle (depending upon the group size), the road to Pokhara lead on low hills of with views of Himalayan peaks and rolling green hills, passing through many farm villages and towns to reach at scenic and famed city Pokhara.

Pokhara located in the shadow of massive Annapurna range of mountains with pristine Lake Phewa, here in accommodation in nice hotels with time in the afternoon for walks on the lake side where you can browse around excellent shops-stores-restaurants.
(Options by air from Kathmandu 30 mins of scenic flight to Pokhara)

Trek Distance:
220 k.m

Trek Duration
6 Hours

Highest Altitude:
820m

Day 4: Morning Flight to Jomsom 2,700 and trek to Kagbeni

After a wonderful stop at Pokhara, depart from the hotel for an early morning short scenic flight to Jomsom, during airborne views of Annapurna and Dhaulagiri mountains and then reaching at Jomsom small airstrip, located on the shelf of Kali-Gandaki River.

Jomsom, headquarter town of Mustang district, after Jomsom first day trek begins on Kali-Gandaki river valley around windswept country.

Afternoon will be very windy, after few hours of good walk with great views of Mt. Dhaulagiri, Nilgiri’s and ending our first day walk at Kagbeni village for overnight stop.

Kagbeni a windswept Tibetan like village which is the starting and ending point of Upper Mustang area and former Forbidden City Lo Manthang, located on an old Himalayan Caravan Salt Trade route of Nepal and Tibet.

Trek Duration
4 Hours

Day 5: Trek to Chele

Morning walk leads on uphill trail into canyon and high red eroded cliff edge, then following upper Kailgandaki River upstream, around unique landscapes of cliff wall in-between walking trails.

This nice walk with views leads to our overnight stop at Chele village, a moderate size settlement.

Trek Duration
6 Hours

Highest Altitude:
3,050m

Day 6: Trek to Geling

From Chele (spelled as Tsele also), morning walk begins with a climb to Gyakar village, and from here trek around dry and barren landscapes to reach at Samar village, one of the lovely looking villages of Mustang area.
After Samar village with short stops walk to Bhena and then leading with a steep climb to a ridge top of Yamda La pass at 3,860 meters high, offering grand vista of Mustang area with high mountains of Mt. Dhaulagiri.

From here on down-hill to overnight stop at Geling village via Syangboche village.

Trek Duration
5 Hours

Highest Altitude:
3,540 m

Day 7: To Tsarang (Charang)

Morning visit old Geling monastery and explore the Buddhist mani prayer wheels propelled with water power, after monastery tour trek towards Ghami village, and then leading to cross Ghaymi Khola (stream) walk leads following a long and interesting line of Mani walls (holy prayer stone) from here walk to Dhakmar village.

After few hours of pleasant walk reaching at Tsarang village surrounded by large fields of crops like buckwheat for overnight stop and visit of Tsarang old monastery.

Trek Duration
6 Hours

Highest Altitude:
3,560 m

Day 8: Trek to Lo-Manthang

Today a short day walk to Lo –Manthang our main destination of this classic journey to the wall city (actually a large village) guarding this city / village surrounded by high wall.

At one time stood as a forbidden kingdom after monarchy rule ended in Nepal few past decade, morning walk starts crossing a steel bridge, and then to Marang village.

From this village climb to reach a scenic ridge top, coming across several chortens and mani stones, between Tsarang and on Lo Manthang trail with grand views of arid landscapes in the shade of Nilgiri's, Tilicho and Bhrikuti peaks.

Walk leads to a climb over Lo La pass at 3,950 meters with first views of Lo Manthang walled city and its fort like village. From here descend to the bottom of the pass and on nice trail to reach at Lo Manthang for two nights stop.

Trek Duration
4 Hours

Highest Altitude:
3700m

Day 9: In Lo-Manthang for acclimatization and local hike.

Lo Manthang is the highest overnight stop of this journey, with time to explore this fascinating village with old Tibetan like houses enclosed within great high walls, visit the historical and cultural centre, the main attraction of Lo-Manthang.

The four main monasteries are Namgyal Gompa, Champa Lakhang (God House), Red Thubchen Gompa, Chyodi Gompa and the great Entrance Hall.
Advance permission is required to enter the king's palace to visit the interior of the old palace and to grant an audience with the former king or Raja of Mustang if possible.

Day 10: Trek to Dhakmar

After an interesting time in Lo-Manthang morning walk starts on the same route back to Marang village, and then walk west using an old path to Dhakmar village for overnight stop.

Trek Duration
6 Hours

Highest Altitude:
3,810 m

Day 11: Trek to Ghiling

From Dhakmar village, morning walk heading on the same route with long series of Mani Walls, and then cross a bridge over Ghami Khola to reach at Ghami village for overnight, time permitting visit Geling monastery.

Trek Duration
6 Hours

Highest Altitude:
3,806 m

Day 12: Trek to Tsusang

Slowly this fascinating walk comes to an end after a short climb to Syangboche village, and to Yamda La with grand views, then downhill to Bhena and Samar villages.

Walk leads by a stream passing Gyakar and Chele villages and finally ending this nice walk at Tsusang village

Trek Duration
6 Hours

Highest Altitude:
2,980 m

Day 13: Trek to Kagbeni

Morning walk back on same trail to Kagbeni village after an interesting and exciting time around Upper Mustang, a nice and pleasant walk brings reaches at Kagbeni village before concluding the walk at Jomsom.

Trek Duration
5 Hours

Highest Altitude:
2,830 m

Day 14: Trek to Jomsom

Today our last and final day of this beautiful Upper Mustang trekking, morning walk starts on the same route to Jomsom town, after retracing Kaligandaki river valley trail to reach in Jomsom and overnight in a nice fine lodge.

Jomsom area from Kagbeni to Larjung is famous for delicious apples and products cider, brandy and juice. Celebrate last night dinner with staff and among other teams.

Trek Duration
5 Hours

Highest Altitude:
2,715 m

Day 15: From Jomsom morning fly to Pokhara.

Llast day of this amazing journey around Mustang concludes with short scenic flight from Jomsom to Pokhara a lovely touristic city, overnight in Pokhara a scenic spot with many nice hotels by the serene Phewa Lake, where Annapurna Himal reflects on its pristine calm waters.

(Driving options which is about 6-7 hours via Beni town to Pokhara city from Jomsom)

Day 16: Drive to Kathmandu

After a great adventure on Upper Mustang trek, morning journey as the drive leads back to Kathmandu with few rest stops for refreshment and lunch, after 6 hours of good drive reaching back at busy city life in Kathmandu.
(From Pokhara option by air to Kathmandu of 30 minutes flight)

Trek Duration
6 Hours

Accomodations:
evening farewell dinner

Day 17: Final International departure homeward bound.

On your last day in Nepal with an awesome adventure around Upper Mustang trek, our staff will transfer you to Kathmandu international airport for your final flight back homeward bound or to respective countries.

Trip Includes

Full Board Package

Cost Will Be USD1790/-Per Person Only

- All private airport transfers anytime arrive/departure
- 3-nights Hotel with breakfast in Kathmandu
- 2 nights Hotel with breakfast in Pokhara
- Lodges/Tea-houses twin sharing accommodations on trek
- Full Meals On Trek(Breakfast, Lunch, and Dinner) at your choice of Tea/Coffee
- Bus tickets (Kathmandu-Pokhara-Kathmandu)
- Flight fares,Pokhara-Jomsom-Pokhara (Weight limit: 10 kg main baggage and 5 kg hand per
- passenger/flight)with airport taxes
- All necessary trekking permits (Annapurna permit and TIMS fees)
- An experienced fluently English-speaking Govt. registered mountain guide and local porters to carry luggage (2 trekkers: 1 porter)
- Mountain Guide and Mountian porter salaries, insurance, equipment, transport, food, and lodging
- All government and local taxes
- Upper Mustang Route Map

Standard Package

Cost Will Be USD1820/-Per Person Only

- All airport transfers anytime arrive/departure by taxi

- 3 Nights Standard Hotel with breakfast in Kathmandu
- 2 Nights Standard Hotel with breakfast in Pokhara
- 11 nights tea-house accommodations on trek
- Flight fares Pokhara–Jomsom–Pokhara (Weight limit: 10 kg main baggage and 5 kg hand per passenger/flight)
- All domestic airport taxes
- All necessary trekking permits (Special Permits, Annapurna permit, and TIMS fees)
- Trekking Guide-come porter salaries, insurance, equipment, transport, food, and lodging
- Standard meals (Breakfast, Lunch, and Dinner) with tea/coffee at you choice
- All government and local taxes
- Trekking equipment such: down filled sleeping bag,
- Upper Mustang Route Map available

Group Discounts Available

No. of Persons	Price per Person
1+	USD 1,900

Frequently Asked Questions

Is the Upper Mustang Trek suitable for beginners?

Yes, the Upper Mustang Trek can be suitable for beginners who maintain a good level of fitness and preparation. While the trek involves several days of walking at higher elevations, the trails are generally well-defined and do not require technical climbing skills. A gradual itinerary also helps trekkers adapt comfortably to the altitude.

What is the best time to do the Upper Mustang Trek?

Spring (March to May) and autumn (September to November) are considered the best seasons for the Upper Mustang Trek. During these months, travellers can enjoy clear mountain views, comfortable temperatures, and favourable trekking conditions. Upper Mustang is also one of Nepal’s few trekking regions that remains accessible during parts of the monsoon season due to its location in the Himalayan rain shadow.

How many days are required for the Upper Mustang Trek?

Most itineraries for the Upper Mustang Trek range from 14 to 17 days, depending on the route, acclimatisation schedule, and sightseeing activities. This timeframe allows trekkers to fully explore Lo Manthang, visit significant cultural sites, and enjoy the region’s diverse natural and historical attractions.

What cultural experiences can I expect during the Upper Mustang Trek?

The Upper Mustang Trek provides opportunities to explore ancient monasteries, traditional villages, historic cave complexes, and the walled city of Lo Manthang. Travellers can learn about Tibetan Buddhist traditions, local customs, and centuries-old practices that continue to shape daily life throughout the region.

Can I explore Lo Manthang during the Upper Mustang Trek?

Yes, Lo Manthang is one of the main highlights of the Upper Mustang Trek. This historic walled city was once the capital of the former Kingdom of Mustang and is renowned for its ancient monasteries, royal palace, traditional Tibetan-influenced architecture, and rich cultural heritage. Most itineraries include an extra day in Lo Manthang, allowing trekkers to explore its important cultural and historical attractions at a relaxed pace.

Address

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