

Upper Mustang Trek

Trip Overview

The Upper Mustang Trek is one of the finest treks to see the beautiful blend of nature and culture. The dry, barren, and steep landscape gives the perfect view of the charming villages and the magnificent view of the Himalayas of Nepal. The place is also called the Forbidden Kingdom of Nepal. Since the place was not available for any tourist purposes, it has been available for just more than two decades, and the visitors adore this place. The ancient last kingdom of Mustang, which is home to several chortens, monasteries, and stupas, is Gumbas, a Tibetan Buddhist shrine. Thus, it is also known as Mini Tibet of Nepal.

Upper Mustang is a rain shadow area; thus, they rarely experience rain. Due to this geographical feature, a trek to the upper Mustang can be done at any time of the year. When you are there, you will feel like you are in the mountain desert. One of the highlights of the trek is Lo Manthang, which is the capital of Mustang. The path to Lo Manthang is rocky, and you will be hiking up and down most of the time. But the most beautiful part of this place is the people and their hospitality. There are a lot of things to see in Lo Manthang as well. Though the place would look like a mountain desert, the view it offers of the Trans Himalaya is utterly mind-blowing.

Any tourist activities for foreigners were not allowed until 1992. Because of that, the place has been able to preserve its natural beauty as well as its cultural aspects in its purest form. You may not be able to see the kids playing with the technology, but they are enjoying nature to the fullest. The Mustang is fascinatingly beautiful and will give you a heavenly feeling. The journey to Mustang starts in Kathmandu after a day of touring UNESCO-listed world heritage sites. The official trek starts from Jomsom after a half-hour flight from Pokhara. The trek to the mystique land of Mustang is full of surprises, as you will see a completely different side of Nepal besides Kathmandu.

Join the Highland Eco Trek and make your journey more fun and memorable.

Trip Highlights

- Day tour of UNESCO-listed world heritage sites of Kathmandu Valley
- Scenic flight to Pokhara from Kathmandu
- Make your way to Mustang via Kali Gandaki, which is the deepest gorge in the world
- Get closer to the locals of Mustang
- Visit Classic Tibetan Village Kagbeni
- Centuries-old Tibetan Buddhist Monasteries and the walled city of Lo Manthang
- Panoramic view of trans-Himalaya
- Visit the King's Palace and the wall cave

Trip Itinerary

Day 1: Pick up from airport transfer to Hotel

Cost Includes

- pickups and drops in a private vehicle at the Airport upon your arrival and departure.
- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast (hotel standard will be change as

you wish).

- Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Teahouse accommodation during the trek.
- Domestic flights as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- Accommodation is provided in guesthouses throughout the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service (2 trekkers: 1 porter).
- Trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits (National Park Permit, ACAP, and TIMS).
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

Cost Excludes

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek,
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff