

# Lower Mustang Trek

## Trip Overview

Lower Mustang Trek, Make your journey to the wild and barren land of Lower Mustang. This secluded and autonomous beauty of Mustang gives you the perfect view of two massif mountains, Annapurna and Dhaulagiri, in the backdrop. The Lower Mustang Trek is a wonderful journey, as you will encounter different geographical features than other trekking trails. Walking along the deepest gorge in the world, Kali Gandaki, is an utterly thrilling experience that composes the river at its base. Lower Mustang is geographically similar to Tibet; thus, you will feel like you are in Tibet. The wild landscapes, glorious views of mountains, and lively villages will make the journey even more interesting and fun.

Mustang is heavily influenced by Tibetan culture. Therefore, people and their cultures are quite similar. Lower Mustang is famous for Muktinath, one of the famous pilgrim sites for Buddhists and Hindus. Every year, national and international pilgrims visit Muktinath as a part of their spiritual journey. Majestic views of the sunrise and sunset amidst the mountains make it even more beautiful. In the same way, admire the splendid views of Dhaulagiri, Annapurna, Nilgiri, Machhapuchare, Huinchuli, Tukucho, and more. Even though it is more famous for its wild landscapes, it still offers the best view of the Himalayas. Along the way, you will pass many charming villages like Ghasa, Marpha, Kagbeni, Jomsom, and so on.

The journey to the Lower Mustang is very easy and accessible, too. Unlike other trekking trails in Nepal, you will find plenty of teahouses to accommodate. Since the Mustang is a rainy area, it rarely experiences rain. Thus, you can travel to the place at any time of the year. The unique landscape, charming villages, cultural aspects, lifestyle, and tradition are the beautiful parts of this place. Besides that, a locally grown apple in this area is quite famous.

Explore the dry and barren landscapes and the authentic culture of Lower Mustang with the Highland Eco Trek.

## Trip Highlights

- Sightseeing tour of UNESCO-listed world heritage sites in the Kathmandu Valley
- The unique landscape of Mustang
- Lifestyle, tradition, and the culture of charming villages of Lower Mustang
- Apple orchard in Marpha as well as its delicacies
- The spiritual hub of Buddhists and Hindus, Muktinath

## 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;
- ground transportation 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)
- The 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 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