

Upper Mustang Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Transport: Aeroplane / Tourist Bus

Food: Breakfast + Lunch + Dinner

Accommodation: Lodge to lodge

Max Elevation: 4230m

Group Size: Min 2 pax



Upper Mustang is often called an isolated region of Nepal - located in the Himalayan region in the north-western part of the country. This region is widely praised for its unique culture, striking mountain views, and diverse wildlife, which has been the key to successful tourism prospects throughout the decade. Upper Mustang trek is a rewarding experience, and for travelers looking for a true Himalayan adventure and who are daring, Upper Mustang is the ultimate destination.



Upper Mustang is part of the **trans-Himalayan region**, which shares its border with Tibet. As it shares a border with Tibet, the culture and religion are somehow immersed in the autonomous region, giving it its unique character. It is home to the famous Buddhist pilgrimage site of Muktinath, so it has great significance from a religious point of view.

The Upper Mustang trek is a great way to explore Nepal's remote and magical part of the Himalayas. You can also experience the traditional lifestyle, [culture](https://www.marveladventure.com/people-and-culture-of-annapurna-region) (<https://www.marveladventure.com/people-and-culture-of-annapurna-region>), and traditions of people and the community. Along with them, one of the main attractions of Upper Mustang is its outstanding scenery. The trekking route trails up to the ancient capital, **Lo Manthang**, where you can view white-washed buildings and surroundings in the picturesque scenery. This place is well known for its beautiful insights, from the snow-capped peaks in the north and barren hills to vast plains to clean blue rivers.

What Can You Expect In Upper Mustang Trek?

Upper Mustang is very rich in its history and culture. You can find many ancient monasteries and traditional villages in this region. The people around here are mostly of Tibetan traditions; for example, you can visit the **Thakali community**, which has its distinct culture, language, and practices. Their cuisine, Thakali Khana Set is one of the most renowned cuisines in the world.

Since most of the community is based on **Tibetan culture**, Buddhism is the main religion here. Monasteries, chortens, prayer flags, prayer wheels, and mani walls are some of the religious perks you can find. With all this richness in Upper Mustang, the region has become one of the popular destinations for trekkers worldwide.

You may also like:

- [Makalu Base Camp Trek \(https://www.marveladventure.com/makalu-base-camp-trek\)](https://www.marveladventure.com/makalu-base-camp-trek)
- [Upper Dolpo to Upper Mustang Trek \(https://www.marveladventure.com/blog/upper-dolpo-to-upper-mustang-trek\)](https://www.marveladventure.com/blog/upper-dolpo-to-upper-mustang-trek)
- [Upper Mustang Trek \(https://www.marveladventure.com/upper-mustang-trek\)](https://www.marveladventure.com/upper-mustang-trek)

Highlights

- Explore Pokhara city and its tourist destinations like Phewa Lake, Mountain Museum, Sarangkot Hill, Mahendra Gufa, and many more.
- Visit one of the windiest places in Nepal, Jomsom.
- Explore Rain-Shadow area in the Mustang region.
- Visit Buddhist monasteries around the Upper Mustang region.
- Explore Lo Manthang and visit the community rich in Thakali people, culture, and traditions.
- Flight To Jomsom - Aerial view of the surrounding

Day to Day Itinerary

Day 01: Drive to Pokhara (820m)

Day 02: Fly to Jomsom and Trek to Kagbeni (2,800m)

Day 03: Trek to Chele (3050m)

Day 04: Trek to Syangbochen (3475m)

Day 05: Trek to Ghaymi (3,520m)

Day 06: Trek to Charang (3,560m)

Day 07: Trek to Lo-Manthang (3,840m)



Day 08: Rest and Exploration at Lo-Manthang

Day 09: Trek to Dhamkar (3,820m)

Day 10: Trek down to Syangbochen

Day 11: Trek to Chussang (2,980m)

Day 12: Trek to Jomsom (2,720m)

Day 13: Fly to Pokhara from Jomsom and take a sightseeing tour

Day 14: Drive back to Kathmandu

Cost Includes

- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipments (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- All land transportation as per itinerary
- Flight ticket (Pokhara-Jomsom-Pokhara) along with airport taxes
- TIMS (Trekking Information Management System) card
- Annapurna Conservation Area Project (ACAP) entry permit
- Special permit for Upper Mustang
- Two nights standard Hotel in Pokhara with breakfast
- Comprehensive first aid kit
- Government taxes and official expenses

Cost Excludes

- International Airfare and taxes
- Nepal entry visa fee



- Your Travel Insurance (compulsory)
- Lunch and dinner whilst in Kathmandu and Pokhara
- Entrance fee in the heritage sites during city tour.
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips for guide and porter (Tipping is expected)