

Overview

The undisturbed land of the former Lo Kingdom is surrounded by caves, extraordinary rock formations and a desert landscape. **Upper Mustang Trek** is truly like no other treks on Earth. It is a dry, desolate land, yet full of character. Some trekkers say they feel as if they have been transported to Mars. From desert caves to snowy peaks to pockets of a green oasis, this journey is quite surreal. Those who live in the area carry out traditional **practices of Tibetan Buddhism** and live in a way as if isolated from the forces of modernization. The **Upper Mustang Trek** gives us a feeling of peace and joy that fills our hearts and minds.

The Upper Mustang Trek is connected to the Tibetan terrain, just north of the **Annapurna massif**. The area, which used to be the caravan route to trade with Tibet, was opened to foreigners in 1992. This '**off-the-beaten-path**' trek begins from Jomsom, which is considered the headquarters of the **Upper Mustang region**. Heading north through the upper Kali Gandaki River Valley, we find ourselves in Kagbeni. Depending on the time of the year, we may find bright green agricultural fields juxtaposed with the brown sands of the desert. After crossing different villages, we reach to Lo-Manthang, the capital of the upper Mustang and the main attraction of the trek. Within the long stone walls, ancient monasteries and elegant palaces are preserved. Trekkers will find stupas, mani walls, **Chortens**, and other monuments to Tibetan Buddhism. After the **exploration in Lo-Manthang**, we trek back to **Jomsom** and fly to **Pokhara**. Few trekkers experience this otherworldly place, full of extraordinary rock formations, white Himalayan peaks, and a virtually undisturbed cultural heritage.

Locals in Upper Mustang also celebrate various festivals. **Tiji festival** is a three-day colorful festival celebrated in Lo-Manthang. The purpose of the festival is to pray that peace on Earth prevails. The festival is celebrated to mark the victory of Buddha's incarnation over the demon that had been wreaking havoc in the region during ancient times. During the festival, **Buddhist monks** in the **monastery** perform an entertaining dance ceremony. The 2020 Tiji festival takes place on the **19th, 20th, and 21st of May**. This is a once-in-a-lifetime opportunity, so hopefully, you can make it!

The Upper Mustang Trek is situated in a rain shadow. For this reason, the **monsoon season is also a suitable** time to trek in the Upper Mustang. Trekkers can enjoy the beauty of Upper Mustang throughout the year, though the best times are during the Spring and Fall, as they provide the clearest skies. The Upper Mustang Trek requires moderate fitness and acclimatization to avoid acute mountain sickness. Also, it is possible to combine this trek with others in the **Annapurna region**. **Breeze Adventure** arranges the trek with complete management. Please, feel free to contact us for more detailed information.

Highlights

Trekking through the Kali Gandaki Valley – the deepest gorge in the world

Cultural beauty of local Tibetan Buddhist villages

Religious experience at Muktinath Temple

Tiji Festival in Lo-Manthang

Sacred caves, fascinating rock formations and desert landscape

Massive Himalayan peaks visible throughout the trek

All-year trekking

Outline Itinerary

Day 01 : Arrive in Kathmandu (1350m).

Day 02 : Kathmandu sightseeing, including UNESCO sites.

Day 03 : Drive from Kathmandu to Pokhara (823m).

Day 04 : Fly to Jomsom and trek to Kagbeni (2858m). – 3-4 Hours trek

Day 05 : Trek from Kagbeni to Chele (3050m). – 5-6 hrs.

Day 06 : Trek from Chele to Syanbochen (3475m). – 6-7 Hours

Day 07 : Trek from Syangbochen to Tsarang (3500m). – 7-8 Hours

Day 08 : Trek from Tsarang to Lo-Manthang (3730m). – 5-6 Hours

Day 09 : Explore Lo-Manthang; acclimatization day.

Day 10 : Trek from Lo-Manthang to Ghiling (3806m). – 7 Hours

Day 11 : Trek from Ghiling to Samar (3700m). – 5-6 Hours

Day 12 : Trek from Samar to Chuksang (2980m). – 4-5 Hours

Day 13 : Trek from Chuksang to Muktinath (3710m). – 6-8 Hours

Day 14 : Trek from Muktinath to Jomsom (2740m). – 5-6 Hours

Day 15 : Fly from Jomsom to Pokhara.

Day 16 : Drive back to Kathmandu.

Day 17 : Final Departure.

Cost Includes

- Upper Mustang Permit
- ACAP Permit
- Transportation to and from Tribhuvan Airport.
- Three nights in a 2-3 star hotel in Kathmandu, breakfast included.
- All transportation for the trek.
- Local guest house accommodation in the mountain.
- Government-authorized experienced guide and porters
- Insurance, food, accommodation, and wage for guides and porters
- Hygienic meals (breakfast, lunch, and dinner) during the trek.
- All equipment (sleeping bag, warm layers, etc.)
- First Aid Kit
- Maps
- Service charge and government taxes
- Post-trek celebration dinner in Kathmandu

Cost Excludes

- International airfare
- Meals in Kathmandu (besides breakfast)
- Your personal expenses, shopping, etc.
- Shower and electronic charging fees at guest houses during the trek
- Alcoholic drinks, chocolates, tea and coffee
- Tips for guide and porter
- Extra accommodation and meals outside of itinerary
- Costs from unexpected occurrences (i.e. cancellations, weather problems, damages of property, illness, etc.)