

1. Trip Overview

Upper Mustang Trek Trip Notes :

- Upper Mustang Trekking is the trip name.
- The trip lasts for around 18 days in total.
- The trail runs through the region of Mustang.
- Minimum of 2 people can travel in this trekking route.
- Maximum altitude will be the height of 4170 m.
- The trip is of moderate difficulty.
- Best season for travelling are from April to July and August to October. Accommodations during the trip will be in Hotel/ Tea houses and home stay.
- Transportation through Local bus or private vehicle is available.

More Attractions About Upper Mustang Trek :

- Opportunity to visit the Kingdom of Mustang.
- Ancient monasteries and the walled city of Mustang are the best attractions.
- Exploration of rain shadow region of Nepal where rainfall is at low.
- Exploration of deepest George and picturesque view of the mountains.
- Astonishing Mountain scenery of renown Mountains like Annapurna, Nilgiri and Dhaulagiri.
- Welcoming hospitality of local people with unique culture and services.

Upper Mustang Trek is one of the most popular trekking destination for domestic and also the travelers from whole world in general because of its naturally beautiful landscapes, opportunity to explore ancient monasteries and caves. Mustang is known as the rain shadow area which means little or no rainfall occurs making the the trails dry with strong wind blowing across the area. It is near and attached to the Tibetan border and can be taken as the hidden semi-independent Kingdom Nepal. The area is dry and naturally covered with sandstone pillars and discontinued moraine terraces. Upper Mustang consists of northern and southern part which is the forbidden Kingdom and ancient wall city of Mustang. The capital of Mustang is Lo Manthang and has served long as the seat of the Royal family. The unique culture, traditions and languages are similar to those of Tibetan people and is a perfect destination offering generous scope for visiting Buddhist monasteries. The trail up to Lo Manthang runs with almost no trees, landscape along steep and rough way leading to Astonishing Mountain scenery of renown Mountains like Annapurna, Nilgiri and Dhaulagiri and more than 30 mountains over 6000 m. The ancient culture of Mustang with spectacular landscape, Stone walled beautiful traditional houses, green fields and beautiful villages are the main highlight of the trip.

Upper Mustang Trek is a rare privilege where trekkers experienced the true mountain peoples life. Upper mustang is isolated from rest of Nepal from hundreds of years as they had an officially recognized King. The last Raja(King) has still his home in ancient capital known as Lo-Manthang. It was officially opened for non Nepalese trekkers only before 15 years. It is comparatively expensive trek because of very few hotels and guesthouse. The trek requires minimum of 18 days to reach Lo-Manthang. It only allows trekkers to complete their trek within 10 days after Kagbeni as route

permit is restricted for longer time. The return trip follows the same route while entering or an alternative route through the eastern bank of Kali Gandaki River. Mount Glory Team provides you this lifetime memorable journey to the Forbidden Kingdom with much experienced guides and helpers.

2. Trip Includes

- Airport / Hotel / Airport pick up & drop off service by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 Star Standard Accommodation in Kathmandu) And 02 Nights Twin sharing accommodation in Standard Hotel In Pokhara ,Breakfast included.(If you need a single room, it can be arranged at an additional cost).
- All Standard meals while on trek (Breakfasts,lunchs and Dinners).
- Luxurious Guesthouse Accommodation during the trek.
- Full day guided sightseeing of Kathmandu with well English Speaking Tour Guide.
- Airport-Hotel-Airport Transfers(Arrival& Departure) by Private Vehicle.
- Tourist Bus (Kathmandu-Pokhara-Kathmandu) And Flight Pokhara-Jomsom-Pokhara.
- English speaking Trek leader/Guide.
- Porters to carry your bags(1 porter for 2 guests).
- Free Mount Glory Adventure Tshirt.
- Food,Accommodation,salary,insurance and equipment's for all staff.
- Annapurna Conservation Park permits and TIMS permit for trekking.
- All government,hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival.USD 25 per visa for 15 days,USD 40 per visa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry visas.please carry 02 passport sized photograph for the visa.
- Lunch and Dinner in Kathmandu and Pokhara.
- All items of personal expenses.
- Tipping for guide,porters and drivers(Tipping is expected).
- Any other expenses which are not mentioned on 'Price Includes' section.

Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.

4. Trip Itineraries

Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals:

Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

Trip Hours:

Accommodation: 3 star Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals: Breakfast Included

Day 3: DRIVE FROM KATHMANDU (1,400M/4,593FT) TO POKHARA (1,400M/4,593FT) BY TOURIST BUS.

Trip Hours: 6 Hours Drive

Accommodation: Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast and Lunch Included

Day 4: Fly to Jomsom (2743m/8999ft) and then trek to Kagbeni (2,800m/9186ft).

Trip Hours: 35 min flight And 2-3 hour Trek

Accommodation: Standard Trekking Lodge.

Max Altitude: 2,800m/9186ft

Meals: Breakfast,Lunch And Dinner Included

Day 5: Kagbeni (2,800m/9186ft) to Chhuksang (2,980m/9776ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2,980m/9776ft

Meals: Breakfast,Lunch And Dinner Included

Day 6: Chhuksang (2,980m/9776ft) to Samar (3,660m/12007ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,660m/12007ft

Meals: Breakfast,Lunch And Dinner Included

Day 7: Samar (3,660m/12007ft) to Gheling (3,570m/11712ft).

Trip Hours: 5 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,660m/12007ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Gheling (3,570m/11712ft) to Dhakmar (3,786m/12421ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,786m/12421ft

Meals: Breakfast,Lunch And Dinner Included

Day 9: Dhakmar (3,786m/12421ft) to Lo-manthang (3,809m/12496ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,809m/12496ft

Meals: Breakfast,Lunch And Dinner Included

Day 10: Sightseeing around Lo-Manthang (3,809m/12496ft).

Trip Hours:

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,809m/12496ft

Meals: Breakfast,Lunch And Dinner Included

Day 11: Lo-manthang (3,809m/12496ft) to Chhosser caves (4320m/14173ft) and return back to Lomanthang.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4320m/14173ft

Meals: Breakfast,Lunch And Dinner Included

Day 12: LO-MANTHANG (3,809M/12496FT) to Ghaami (3,490m/11450ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,809M/12496ft

Meals: Breakfast,Lunch And Dinner Included

Day 13: GHAAMI (3,490M/11450FT) to Chhuksang (2,900m/9514ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,490M/11450ft

Meals: Breakfast,Lunch And Dinner Included

Day 14: Chhuksang (2,900m/9514ft) to Muktinath (3,795m/12450ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,795m/12450ft

Meals: Breakfast,Lunch And Dinner Included

Day 15: Muktinath (3,795m/12450ft) to Jomsom (2743m/8999Ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,795m/12450ft

Meals: Breakfast,Lunch And Dinner Included

Day 16: Flight from Jomsom (2743m/8999Ft) to Pokhara (1,400M/4,593FT).

Trip Hours: 35 Min Flight

Accommodation: Standard Hotel

Max Altitude: 2743m/8999ft

Meals: Breakfast and Lunch Included

Day 17: DRIVE BACK TO KATHMANDU (1,400M/4,593FT) FROM POKHARA (1,400M/4,593FT) BY TOURIST BUS.

Trip Hours: 6 Hours Drive

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast,Lunch And Farewell Dinner Included

Day 18: Departure Day.

Trip Hours:

Accommodation:

Max Altitude:

Meals: Breakfast Included

5. Trip Useful Info

Is Flight From Pokhara To Jomsom Is Dangerous?

35 min flight from Pokhara to Jomsom by small plane is not risky. There may be possibilities of flight delays or some time cancellation due to bad weather during winter however there is also some alternative like driving from Pokhara by Jeep. So, flight to jomsom is not dangerous but exciting.

Possibility To Customize Upper Mustang Trek

As per the time convenient and level of fitness we can modify Upper Mustang Trek as per the requirement of the travelers. We can Organize Jeep luxury safari, and other driving option for Upper Mustang. If you are interested for Horse riding our team can manage you the facility on your request.

Accommodations

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan and Standard Accommodation in Pokhara. If the trekker is willing to have single room an additional charge of USD 50 per night is added. During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available. Trekkers have to share the bathrooms and toilets in Upper Mustang Trek. You will be provided with teahouses, and luxury lounge that depends upon your demand.

Meals

We will provide you with standard breakfast on the same Hotel in Kathmandu. During the trek our guide will choose hotel for hygienic lunch according to your request. Breakfast and evening meal are served on the hotel where you will stay overnight. Our meal includes typical Nepalese food, continental food, and Sherpa's menu on the trek. Meal will be provided on your request from respective menu from the hotel.

Physical Conditions

Trekkers should have proper health condition as he/she is trekking over 6-7 hours on easy trekking routes. Mount Glory itinerary is designed for proper acclimatization for each day. Trekkers with poor physical condition, who are having lung-related diseases are requested to take medical supervision before the trekking.

Drinking Water

Water in the high mountain region may not be familiar with trekkers. So, you can buy hot water or mineral water in affordable cost and trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic. But normal drinking water is available easily during the trek.

Routes Maps

Routes maps will be provided to you by Mount Glory Team. This includes the minor itinerary of whole trekking with darkened routes. The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

Trekking Group Size

Mount Glory is organizing its trekking with a minimum of 2 trekkers who are provided with our guide and porter. If your group consists of more than 20 members we will split the group and manage our guide and porter accordingly. 6 travellers are provided with an experienced guide and a porter per 2 travellers to carry your belongings.

Transportation

Travellers are provided with tourist private vehicle while they are on Kathmandu. There will be a tourist bus to Pokhara. If you need private vehicles and flight tickets we can manage for you. The minimum of 300 Dollar for tourist vehicle and flight ticket both ways.

Luggage And Bags

Travellers can bring a maximum of 2 bags which include your day-to-day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

Guide And Porters

Mount Glory will provide you an experienced trekking guide who will guide you throughout the trek. You are provided with a porter who carries 25 kg maximum weight of 2 trekkers. Our guides are licensed from the Nepal Tourism Department who

have knowledge about the trails and the community you will be staying with.

Travel Insurance

Trekkers should have International Travel Insurance of USD 10000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical case also injuries and food related health problem. We can only provide air ambulance service, Helicopters, and other rescue operation if travellers already have international travel insurance. We are responsible for accidental problem of Mount Glory staff.

Weather Condition And Best Time Travel For Upper Mustang Trek

The month of march to November is best time for Upper Mustang Trek as view of landscape, Gorges and mountain view are at its best state. Winter trekking is not recommended for Upper Mustang as the temperature may drop down to -25 Degree celsius as very few people stay in the valley to watch over there property and cattle. There is strong wind at mid day in this trek so, trekkers are requested to have break for this bad weather.

Communication System During Trek

Some places in the mountain have internet while some place don't. But our team can manage you internet facilities on your request for that you have to pay the internet bill. As, we trek high up in the mountain the signal receiver of communication office may not work at some places. so, you need to have some patience to get proper communication facilities.

Tips For Guide And Porter

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

Best Time To Travel

March to May and september to November are the best month for trekking around the himalayas. Trekkers can also make their trekking plan on winter month as our professional team can decide the perfect time in cold month as well.

Personal Expenses On Trek

Your personal expenses on the trek depends upon your expenses. You should have expenses for extra food and drinks besides Lunch, Breakfast and Dinner which our company can afford. Also, expenses for shopping gears, alcoholic drinks and entertainment expenses depends upon you. It may be about minimum of USD 500 or according to you. Your credit card are not accepted in the mountain so you need to have require cash in kathmandu.

Itinerary and Changes

We have 18 days trek for Upper Mustang Trek. We can minimize or maximize your trek according to your wish and request before starting the trek. In case of certain problem like attitude, tiredness, our guide can re arrange the scheduled on your request. If trekkers some group have some problem then he/she stop on the way with our experienced porter or

assistant guide while other will continue their trek.

6. Contact Us

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We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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