



Mustang Region

Trip Facts

Difficulty Moderate to Challenging	Max Altitude 3,840m/12,598ft	Accommodation Hotel in Kathmandu / Tea houses on trek	Meals
Activity Trekking	Best Season Mar–May & Sep–Nov	Start / End Point	Duration 12-15 Days

Trip Overview

Discover Upper Mustang: The Last Hidden Kingdom of Nepal

Mustang is a distinct world of arid desert landscapes and deeply rooted **Tibetan heritage**. Widely considered the **Last Hidden Kingdom of Nepal**, this restricted trans-Himalayan frontier shares its northern border directly with Tibet, China. Historically known as the **Kingdom of Lo**, Upper Mustang once served as a vital, fortified branch of the ancient salt trade route linking Tibet and India, remaining entirely closed to foreign travelers until 1992.

A Living Museum of Trans-Himalayan Culture:

The true heart of this stark, rain-shadow landscape lies in its indigenous people, the **Loba**, who have fiercely protected their vibrant traditions through centuries of absolute geographical isolation. As you trek or journey past wind-sculpted red canyons and thousands of mysterious, prehistoric sky caves, you step directly into a living museum of Tibetan Buddhist culture. Here, ancient mud-brick villages, white-washed chortens, and active 8th-century monasteries like **Ghar Gompa** form the timeless backdrop of daily life.

The Royal Legacy of Lo Manthang:

The ultimate symbol of this enduring legacy is the fabled, walled capital of **Lo Manthang**. Within its medieval fortifications, the descendants of the original royal lineage still reside, safeguarding a way of life that has vanished elsewhere. Each spring, the city awakens for the vibrant, multi-day **Tiji Festival**, bringing centuries-old spiritual mythologies to life through sacred monastic mask dances. Upper Mustang is not merely a travel destination; it is a profound journey into one of the last intact medieval kingdoms on Earth.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Later Trek Briefing



Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 02 - Kathmandu Preparation & Permit Processing.

Day 03 - Fly or Drive to Pokhara (822m)

Day 04 - Fly or Drive to Jomsom & drive to Kagbeni (2,800m) and trek to Chele

Difficulty	Max altitude 3,050m/10,007ft	Accommodation	Meals
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Day 05 - Chele to Syangbochen (3,800m)

Difficulty	Max altitude 3,800m/12,467ft	Accommodation	Meals
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Day 06 - Syangbochen to Ghami (3,520m)

Difficulty	Max altitude 3,520m/11,549ft	Accommodation	Meals
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Day 07 - Ghami to Tsarang (3,560m)

Difficulty	Max altitude 3,560m/11,680ft	Accommodation	Meals
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Day 08 - Tsarang to the Walled Capital of Lo Manthang

Difficulty	Max altitude 3,840m/12,598ft	Accommodation	Meals
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Day 09 - Exploration Day in Lo Manthang & Sky Caves

Day 10 - Lo Manthang to Dhakmar via Ghar Gompa (3,820m)

Difficulty	Max altitude 3,820m/12,533ft	Accommodation	Meals
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Day 11 - Dhakmar to Syangbochen (3,800m)

Difficulty	Max altitude 3,800m/12,467ft	Accommodation	Meals
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Day 12 - Syangbochen to Chhusang (2,980m)

Difficulty	Max altitude 2,980m/9,777ft	Accommodation	Meals
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Day 13 - Chhusang to Jomsom (2,720m)



Difficulty	Max altitude 2,720m/8,924ft	Accommodation	Meals
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Day 14 - Fly to Pokhara & Connection Flight to Kathmandu

Day 15 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- 1 night accommodation during Pokhara stay in twin sharing basis.
- Internal Flights & Ground Transit: • Round-trip domestic flights between Kathmandu, Pokhara and Jomsom. • Airport transfers via private vehicle in Kathmandu and Pokhara,
- Required Permits & Fees: • Upper Mustang restricted Area Permit • Annapurna Conservation Park Entry Permit. • TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: • Standard twin-sharing rooms in local tea houses or mountain lodges for 10 nights.
- Trekking Support Staff: • Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. • Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: • Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. • Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: • International airfare to and from Kathmandu. • Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Travel and Emergency Insurance: • Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: • Hotel up-gradation might cost extra depending on your request. • Hotel up-gradation might cost extra depending on your request.
- 4. Trail Luxuries & Services (Tea house Add-on): • Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). • Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. • Wi-Fi / Connectivity: Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data but in few places during trek there will be no internet. • Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: • Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: • Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: • Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening

FAQs

Why is the Upper Mustang permit so expensive?

Upper Mustang is a highly protected Restricted Area managed by the government to preserve its fragile 15th-century Tibetan culture and pristine desert ecology. The government controls visitor numbers through a specialized permit pricing system.



How much do the permits cost, and how are they calculated?

Unlike standard trekking regions, Upper Mustang uses a daily-rate permit system. • Restricted Area Permit (RAP): USD 50 per day, per person for every day spent inside the restricted zone (Kagbeni onwards). • ACAP Permit: USD 30 per person for entry into the Annapurna Conservation Area. • TIMS Card: USD 20 per person. (Note for your site: State clearly if your package price automatically includes all of these fees).

Can I trek Upper Mustang completely alone (Solo)?

Yes, under updated regulations, solo foreign travelers are permitted to enter Upper Mustang, but you cannot trek entirely without supervision. Every trekker, whether traveling solo or in a group, must hire a mandatory, government-licensed guide through a registered Nepali trekking agency to clear the checkpoints.

How physically difficult is the Upper Mustang Trek?

The trek is classified as moderate. The highest altitude reached is relatively low compared to other treks, peaking at around 3,840 meters (12,598 feet) at Lo Manthang. However, the region is highly arid, exposed to intense daily winds, and features dusty, undulating terrain that requires decent stamina and knee strength.

Can this trek be done during the summer monsoon season?

Yes! Upper Mustang is one of the very few "monsoon treks" in Nepal. Because it sits geographically behind the massive Annapurna and Dhaulagiri mountain walls, it lies entirely in a rain-shadow zone. While the rest of Nepal experiences heavy rain from June to August, Upper Mustang remains dry, sunny, and perfect for trekking.

What is the accommodation and food like in Upper Mustang?

Accommodation is provided in local teahouses and traditional homestays. Due to road connectivity, the teahouses here are often highly developed, offering comfortable twin beds, heavy blankets, and sometimes attached bathrooms. The food menu includes traditional Dal Bhat, Tibetan bread, stews (Thukpa), and popular international dishes like pasta and pancakes.

Is it better to trek on foot or take a 4x4 Jeep tour?

It depends entirely on your travel style. Because a dirt road now connects Kathmandu all the way to Lo Manthang, you can choose a rugged 4x4 Jeep overland tour (ideal for those short on time or wanting to avoid physical strain) or a traditional foot trek using alternative, quiet trails that completely avoid the main vehicle road.

Accommodation & Facilities

• Teahouse Lodging: Expect basic, cozy tea houses with twin sharing beds, communal dining spaces, and shared bathrooms carefully vetted by our team. • Internet and Wi-Fi: Available in most lower-elevation villages for a small fee, but connection becomes unreliable and slow at higher altitudes. • Charging Devices: Electricity is accessible at most teahouses, though hosts usually charge a fee per device higher up the trail. • Water Availability: Safe drinking water is available via boiled water from teahouses, water purification tablets, or UV filters; buying plastic bottles is discouraged.

Safety & Preparation

• Physical Fitness: You need a moderate to high level of cardiovascular fitness; training with stairs and cardio 2–3 months prior is highly recommended. • Altitude Sickness: Acute Mountain Sickness (AMS) is a risk above 3,000 meters; our guides are trained in altitude safety to monitor your pacing and hydration. • Travel Insurance: Your policy must cover high-altitude emergency helicopter evacuation up to 6,000 meters before starting your trip with us. • Packing Essentials: Prioritize sturdy hiking boots, thermal layers, a down jacket, a 4-season sleeping bag, and reliable rain gear.