

Upper Mustang Trek

Destination: Nepal

Best Season: March-Nov

Max Elevation: 4120 m

Upper Mustang Trek offers an exceptional beauty of nature and culture, a land of high-altitude deserts, mountains, and monasteries where the Tibetan heart of the Himalayas still beats.”

What makes trekking in Mustang different than other treks in Nepal?

Trekking in Nepal always makes for an unforgettable adventure, whether you’re undertaking the world-famous Everest Base Camp Trek or the mighty Annapurna Circuit. But what if you’re looking for something a little out of the ordinary—a place that few travelers have had the privilege of visiting?

Consider trekking to the remote northern district of Mustang: a former Himalayan kingdom where Tibetan culture still thrives, Trans-Himalayan deserts reach as far as the eye can see, and red-walled monasteries shelter beneath the overhanging peaks of snow-covered mountains.

Alpine Ramble Treks has developed a 15-day Upper Mustang Trek, which will introduce you to the highlights of this once-forbidden valley, from the rolling brown hills so reminiscent of the Tibetan plateau to the ancient walled capital city of Lo Manthang.

Trek in Mustang: The Last Forbidden Kingdom

Historically, the region of Mustang was an independent Himalayan kingdom of its own, with close political and commercial ties to Tibet. The district's isolation and remoteness from the rest of Nepal have allowed its people to retain the age-old customs associated with their Tibetan culture, undiluted by the unrelenting march of modernity.

In fact, trekkers in Nepal were not allowed to visit the region until as recently as 1992. The relative inaccessibility of Mustang has, therefore, lent it something of a mysterious aura: this is a timeless piece of the Himalayas where history comes alive before your very eyes.

Don't miss your chance to visit the valley's renowned sky caves or attend the annual three-day Tiji festival; these are remarkable, authentic experiences you won't soon forget.

What can you expect on the Upper Mustang Trek?

To begin our Upper Mustang Trek, we'll take a scenic flight from the lakeside city of Pokhara to the smaller hub of Jomsom. Our trailhead picks up at Kagbeni, and from there, we'll find ourselves tracing the magnificent Kali Gandaki Gorge into a striking landscape of winding trails, small villages, barley fields, and stark, dry hillsides washed only by the light of the mountain sun.

While you're sure to catch some great views of frozen Himalayan summits like Dhaulagiri and the Annapurnas, the real star of the show here in Mustang is the unique combination of the valley's austere scenery and its colorful villages and monasteries.

Trekking in Mustang represents a golden opportunity to explore the wonders of this region over the course of two full weeks. If you're ready to plan your own Upper Mustang Trek, get in touch with Alpine Ramble Treks via WhatsApp at +977 9851175531. We're always standing by and ready to help!

Best Time of Year for the Upper Mustang Trek

Trekking in Nepal is generally driven by the weather patterns of the country's summer monsoon. However, Mustang trekking is a little different. The Upper Mustang region lies in the rain shadow of the Himalayas, and its climate is generally arid year-round.

This means that you can enjoy trekking in Mustang at any time of year, although some travelers may prefer to avoid the uncomfortable temperatures and risk of snowfall associated with winter hiking.

For these reasons, most visitors choose to trek in Mustang during the spring, summer, or autumn. Visitors who are keen to experience authentic Tibetan culture might especially consider timing their Upper Mustang Trek to coincide with the annual Tiji festival, which typically occurs in May and is hosted at a monastery near Lo Manthang. Whatever your interests and needs, Alpine Ramble Treks will be happy to arrange an unforgettable Upper Mustang Trek for you.

Upper Mustang Trek Difficulty

While prior trekking experience is not a prerequisite for our Upper Mustang trekking package, this is a moderately difficult hiking trail with a maximum elevation of more than 4,000 meters. You'll be walking for up to six or seven hours each day, and the trail ascends and descends as it winds through countless side valleys and high-altitude mountain passes.

For these reasons, you should be in good health and physical fitness before embarking upon a trek in Mustang. Walking, running, and other forms of cardiovascular exercise are great ways to prepare for the opportunity to visit this Trans-Himalayan region.

An expert guide from Alpine Ramble Treks will also be assigned to watch over you, monitor your progress and condition, and shepherd you safely all the way to Lo Manthang—and back again.

More Nepal Trekking Options

The Upper Mustang Trek is one of the most authentic and exciting treks in all of Nepal. But if you're looking to venture even further into the uncharted territory of the Himalayas, you may want to take a look at our [Upper Dolpo Trek](https://www.alpineramble.com/upper-dolpo-trek) (<https://www.alpineramble.com/upper-dolpo-trek>) or [Kanchenjunga Circuit Trek](https://www.alpineramble.com/kanchenjunga-circuit-trek) (<https://www.alpineramble.com/kanchenjunga-circuit-trek>). As always, the experts at Alpine Ramble Treks will be happy to customize any of our itineraries to match your specific travel needs and interests.

Highlights of the Upper Mustang Trek

- Embark on a truly adventurous trek far from the beaten path
- Explore the famous walled capital city of Lo Manthang
- Traverse is a wholly unique Trans-Himalayan alpine desert
- Peer into the mysterious caverns of Mustang's famous "sky caves."

Additional Benefits of this Trek with Alpine Ramble

- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags,

down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.

- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!

Cost for the Upper Mustang Trek in March-May and September to December 2024, 2025, and 2026

The cost of Upper Mustang trekking with Alpine Ramble Treks is quite reasonable as it includes food, accommodation, and transportation, as well as permit fees and other expenses. The total cost depends on your specific requirements. Any additional services not included in the standard program may incur extra charges, but we are very flexible and can accommodate any additional needs to make your Upper Mustang trek a more enjoyable and memorable experience for you!

No. of Person in the group	Price in USD Per person	Booking Status
2	2299	Inquiry / Book Now (https://www.alpineramble.com/trip-booking?trip_id=193)
3-5	1999	Inquiry / Book Now (https://www.alpineramble.com/trip-booking?trip_id=193)
6-15	1777	Inquiry / Book Now (https://www.alpineramble.com/trip-booking?trip_id=193)

The Upper Mustang trek itinerary provided below is suitable for both novice and experienced hikers. The time mentioned for this Upper Mustang trip itinerary is approximate; stating this only as a guideline. The actual duration could be more or less,

depending on our hiking pace. Nonetheless, our guides will ensure a leisurely pace, allowing us to savor every moment of our hiking journey!

Day to Day Itinerary

Day 1: Kathmandu- arrival day

Day 2: Kathmandu Valley Sightseeing

Day 3: Fly from Kathmandu to Pokhara (30 minutes)

Day 4: Fly to Jomsom (30 minutes) and Trek to Kagbeni (4 hours)

Day 5: Trek from Kagbeni to Chele (5-6 hours)

Day 6: Trek from Chele to Shyangmochen (5-6 hours)

Day 7: Trek from Shyangmochen to Ghemi (4 hours)

Day 8: Trek from Ghemi to Tsarang (5 hours)

Day 9: Trek from Tsarang to Lo Manthang (4-5 hours)

Day 10: Trek around Lo Manthang (5 hours)

Day 11: Trek from Lo Manthang to Drakmar (6 hours)

Day 12: Trek from Drakmar to Chele (5 hours)

Day 13: Trek from Chele to Jomsom (6 hours)

Day 14: Fly from Jomsom to Pokhara (30 minutes)

Day 15: Drive (7 hours) or fly (30 minutes) from Pokhara to Kathmandu

Cost Includes

- International and domestic Airport pick-up and drop by car.
- Meals are on a full-board basis (Breakfast, lunch, and dinner/ the main course) during the trek in the mountain.
- An experienced and Knowledgeable English-speaking Government-registered trekking guide.
- All Food, Accommodation, Insurance, and transportation for porter and guide.
- Annapurna Conservation Area permit

- TIMS card (Trekking Information Management System)
- Upper Mustang special permit
- 2-night hotel in Pokhara
- Trekking equipment such as the Sleeping bag, down jacket, etc. on return basic
- Trekking lodge (Tea House) throughout the trek.
- The assistant guide group is made up of more than five people.
- Kathmandu-Pokhara-Nayapul-Pokhara-Kathmandu by bus.
- Supplementary snacks: energy bar and cookies
- Seasonal fresh fruits desert every day
- Appreciation of certificate after the successful trek
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Souvenir:** Trekking route map/browser and printed ART company T-shirt
- Compressive first aid box.
- Emergency rescue operation assistance in arranged in case of complex health conditions (funded by travel insurance)
- All government, Local taxes/ VAT, and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kinds of beverages (tea/coffee, coke, beers, water, etc).
- Additional costs are out of management control due to the landscape, weather conditions, illness, changes in government policies, strikes, physical conditions, etc.
- Surplus luggage charges for domestic airport
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from high altitudes up

to 5000 m.

- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tipping (expected by guide and staff)
- Any other expenses that are not mentioned in the Price Include section of this trek.