

Upper Mustang Trek - 14 Days

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: March - June & Sept - December

Upper Mustang Trek highlights

- The ancient Kingdom of Low
- Historical ancient monasteries, Gumpas
- Colorful barren hills and myths.
- Breathtaking Himalayan Mountain views of the Dhaulagiri and Annapurna ranges
- World's deepest gorge

Upper Mustang is located in the northern part of Nepal, it's a formal Himalayan forbidden kingdom of Mustang. A naturally and culturally blessed paradise on earth. No doubt, this is a magical piece of the Himalayas and a perfect place for those of us who wish to discover the culture of Tibetan people and rituals at century-old ancient monasteries.

This area is remote and isolated from the Himalayas region. The trek leads us on a fabulous journey,

Upper Mustang was once an independent kingdom and trekking in this area is the best way to experience

The Upper Mustang trek starts from Jomsom after a scenic flight from Pokhara. The trail follows the K

Furthermore, Trekking continually goes for the next few days up to the valley passing some wonderful

We at Alpine Ramble have a good offer for the 14 days Upper Mustang Valley trek, this trip can be sin

Join now and be part of Alpine Ramble Trek's awesome Upper Mustang Trek, a 14-day journey to the

Additional Benefits

- Airport pick-up and drop-off services - (Airport- Hotel- Airport)
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART company Hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out your accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) - for communicating in distance one to another place and that's for a potentially critical situation on the trek

Day to Day Itinerary

Day 1: Arrival at Kathmandu 1350m/4428ft.

Day 2: Kathmandu valley sightseeing.

Day 3: Fly to Jomsom and 4hrs trek to Kagbeni 2900m/9512ft.

Day 4: Trek to Chele 3100m/10168ft- 5hrs.

Day 5: Trek to Shyangboche 3800m/12465ft- 5hrs.

Day 6: Trek to Ghami 3510m/11510ft- 4hrs.

Day 7: Trek to Charang 3560m/11675ft- 5hrs.

Day 8: Trek to Lo Mangthang(3950m/12628ft) 4rs.

Day 9: Explore the nearby the Lo manthang 3950m/12135ft- 5hrs Trek.

Day 10: Trek to Drakmar 3830m/12465ft- 6hrs.

Day 11: Trek to Chele 3100m/10165ft- 5hrs.

Day 12: Trek to Jomsom 2800m/9185ft- 6hrs.

Day 13: Jomsom – Pokhara 25 minute by flight.

Day 14: Pokhara – Kathmandu 7hrs by drive by tourists bus.

Cost Includes

- International and domestic Airport pick-up and drop by car.
- Meals on a full-board basis (Breakfast, Lunch, and Dinner/ the main course) during the trek in the mountain.
- An experienced and Knowledgeable English-speaking Govt. 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.
- Assistant guide group size of more than 5 people in a group.
- 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 arranging in case of complex health

condition (funded by travel insurance)

- All government, Local taxes/ vat and official Expenses

Cost Excludes

- Nepal entry visa fee (you may easily issue the visa on arrival at Tribhuwan International Airport – Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule
- Extra drinks as alcoholic & non-alcoholic
- Surplus luggage charges for domestic airport
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition etc.
- Personal expenses such as snacks, laundry, telephone, wife, hot shower etc.
- Travel insurance
- Tips for guide and porter

Above the information is for a guide and standard pattern of what basically, we provide. the trip can be customized at your request and interests to accommodate your specific requirements.

Thank you for joining us (your local adventure travel partner) “Alpine Ramble Treks”! We will do everything within our means to take care of you and ensure an enjoyable and unforgettable trip of a lifetime in Nepal Himalayas, Wishing you all the best and keep your adventure spirit alive