



## Upper Mustang 18 Days Trek

### Details Itinerary

A trek to the upper regions of Mustang is a journey into a land that time seemed to have forgotten. Each morning the loud bell at one of the monasteries gong for a wake-up call. Villagers take it as a sign of beginning their daily chores, mostly religious ones, before engaging in other duties such as cooking or foraging. The region is graced by crystal-clear views of Nilgiri and Dhaulagiri peaks. Here, life is at close adherence to nature - with very little involvement of modernity or mechanization.

This is a less-crowded trekking route preferred for pristine environment, immersive experience, and appreciation of natural diversity. This trekking is a rare chance to get involved and see the remote but diverse landscapes of Nepal. A culture and lifestyle that has sustained for hundreds of years at this location, is a sight to behold. The incredible windswept barren landscapes in villages that you see here, is indeed a testament to the amazing diversity of nature.

Sharing borders with Tibet, the culture might seem somewhat similar. The religion they follow is Buddhism, that dictates their lifestyle and traditions. The brown cliffs and barren landscapes of the entire valley will remind you of a desert, but it is in fact a rain shadow of the majestic Himalayan Range. It is important to note that this area has lots and lots of mysterious looking caves at various locations in the cliffs.

As the sayings go, the walled city of Lo-Manthang is at least one thousand years old - that prospered and flourished in the medieval trade route with Tibet and beyond. Still today, people travel to Tibet each year for their various needs. Located at the top of the Kali-Gandaki River basin, it is also called the Forbidden Kingdom of Lo-Manthang. Visiting this restricted area requires special permit. Discovery Mountain will take care of the papers while you prepare the trek to Upper Mustang. Requiring a good level of stamina, this adventurous trek is one of a kind in Nepal. Go on this trip for an experience of remote Nepal at the rain shadow of the mountains.

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Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	4230m
Duration:	:	18 Days
Walking Days:	:	13 Days
Activity:	:	Trek
Best Period:	:	APR   MAY   JUN   JUL   AUG   SEP   OCT   NOV

#### **DAY 1 : ARRIVAL IN KATHMANDU (1365M)**

Upon landing at Kathmandu International Airport, our staff will pick you up and transfer you to your hotel. Spend the rest of the day at leisure, and in the evening join us for a typical Nepalese dinner. Stay overnight in a hotel.

#### **DAY 2 : DRIVE FROM KATHMANDU TO POKHARA (875M) 6/7H DRIVE**

We start drive to Pokhara from Kathmandu, you will be taking a scenic route along Trishuli River. The drive will take around seven hours through winding hilly roads. It takes a little under an hour. Enjoy the rest of the day around lake Phewa.

#### **DAY 3 : FLY TO JOMSOM AND TREK TO KAGBENI (2720M) 18M FLIGHT 3H TREK**

The program begins today when you will board a flight to Jomsom from Pokhara. The flight is an exciting experience as the aircraft flies across the sky with beautiful views of Annapurna and Dhaulagiri Ranges. After reaching Jomsom, the trek officially begins - with a short trek to Kagbeni. This is the gateway to Upper Mustang - at an altitude of 2,800m. Stay overnight in a guesthouse.

#### **DAY 4 : TREK FROM KAGBENI TO CHELE (3050M) 5/6H TREK**

The route ascends towards the east bank of the Kali-Gandaki River. A couple of hours later you will reach Tangbe village. It is a combination of narrow alleys with white houses, barley and

buckwheat fields, and some apple orchards. Mt. Nilgiri that dominates the southern skyline of Kagbeni, will offer a majestic view en route today. From Tangbe, a couple of hours of trek will bring you to Chhusang. Leaving behind Kali Gandaki Valley, do a steep climb up a rocky gully to arrive at Chele for the night.

#### **DAY 5 : TREK FROM CHELE TO GHELING (3570M) 6/7H TREK**

The trail now becomes more steep, but offers some of the beautiful views along the way - marked by barren landscape, bare-naked hills, and rugged terrain - combined with an enchanting ambience of Mustang and the nearby areas. The Annapurna mountain range is visible far in the southern direction. Trek up village of Samar and descend to Syangboche. Later on, arrive at the village of Gheling for the night stay.

#### **DAY 6 : TREK FROM GHELING TO DHAKMAR (3820M) 5/6H TREK**

After breakfast, we will start our trek with a climb up to Nyila. From here we need to descend below the blue, gray, and red cliffs to a place called Ghaami - the biggest village of Upper Mustang. Continuing the trek through colorful cliffs and greenery, we arrive at Dhakmar after around 5 hours trek. Stay overnight at a lodge.

#### **DAY 7 : TREK FROM DHAKMAR TO TSARANG VIA GHAR GOMPA (3560M) 6/7H TREK**

Today we will be trekking to Tsarang. Leaving behind Dhakmar, we will first cross Mui-La Pass at 4,170 meters. Then we will come to the oldest monastery of Nepal - the Ghar Gompa (or Ghar Gompa). Later, we will arrive at Tsarang Khola and follow the river up to Tsarang where we'll stay for the night.

#### **DAY 8 : TREK FROM TSARANG TO LO-MANTHANG (3815M) 4/5H TREK**

The trek to Lo-Manthang is about passing through two villages on the way. The route is a gentle ascend and descend with a bit of climbing along the way before we arrive at Lo-Manthang. This walled city is considered as the Kingdom of Upper Mustang. Here, we will be staying at a guesthouse tonight.

#### **DAY 9 : TREK TO CHHOSER CAVES AND BACK TO LO-MANTHANG 4/5H TREK**

Today it is a kind of stay at Lo-Manthang, but with an opportunity to visit the nearby Chhoser Caves. We will be riding a horse and carry self-packed lunch. Chhoser I mysterious cave by all means; it looks like a cliff but inside it there are floors with more than forty rooms. This alien-looking place is by far the most memorable point of this trek. Later, return to Lo-manthang for the overnight stay.

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#### **DAY 10 : TREK FROM LO-MANTHANG TO YARA (3550M) 5/6H TREK**

From Lo-Manthang, a short climb takes us up to a glacial valley with an unforgettable view of Lo. After an hour the trail descends to the village of Dhi. Along the way you will pass near meadows and fields near remote streams. After a break here, we will cross a river and follow along the left bank to arrive at Yara.

#### **DAY 11 : TREK FROM YARA TO LURI GOMPA AND BACK TO YARA (3850M) 4/5H TREK**

The trek today is around six hours. First we will descend to Luri Gompa, a 13th century monastery that still preserves historical text and sacred scribbles. After a break here we will arrive at the Duyung Basin, formed by a river running down from the pilgrimage site of Damodar Kunda. This area is lined by ammonite fossils indicating the presence of an ancient lake or a sea-bed. Later trek back to Yara and stay overnight in a lodge.

#### **DAY 12 : TREK FROM YARA TO TANGE (3340M) 6/7H TREK**

After breakfast, leave Yara to arrive at Dhecheng River. Cross it, and trek to the villa of Dhi through a desert-looking landscape. Take plenty of breaks along the route and enjoy the rain-shadow - a desert just in the front of the mighty Himalayan peaks! Later, arrive at the village of Tange. This beautiful and quiet village is ideal for some idle time. So sit back and relax with soothing winds and the quiet mountain landscape. Stay overnight here.

#### **DAY 13 : TREK FROM TANGE TO CHUSANG (2985M) 8/9H TREK**

It's a long day of trek today, with over eight hours of walking. First up, we will come at Yak Khola, a river that is used for resting and bathing the yaks. From there we will climb up a terraced hill and enjoy the wonderful views of Damodar and Saribung peaks. Walk further, eat the packed lunch, and then continue on the journey. The trail begins to descend for a couple of hours up to the village of Chusang. This is where we will stay tonight.

#### **DAY 14 : TREK FROM CHUSANG TO MUKTINATH (3760M) 6/7H TREK**

Today we will trek from Chasing to the sacred pilgrimage site of Muktinath. The shrine of Muktinath and other red-painted Buddhist Monasteries offer a majestic view from the premises. The trail to Muktinath is beautiful as it includes crossing streams, passing through suspension bridges, and trekking along time-worn villages.

#### **DAY 15 : TREK FROM MUKTINATH TO JOMSOM (2720M) 5/6H TREK**

Leaving behind the pilgrimage site of Muktinath, we begin immediately after breakfast. Today

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we will be reaching the windy village of Jomsom past Kagbeni. It used to be a trading town when business was flourishing between Tibet and Nepal in the middle ages. Today, it is a quiet village at the foot of the mountains. Once here, you can visit the Ecological Museum frequented by trekkers. Enjoy your stay at Jomsom tonight in the vicinity of the mountains before heading back to Pokhara tomorrow.

#### **DAY 16 : TREK FROM JOMSOM TO POKHARA 18M FLIGHT**

Catch an early-morning flight from Jomsom as later in the day flights are not operated due to high winds. It can get so windy in Jomsom that the locals have stories about flying boulders and sweeping stones! In Pokhara, you can enjoy the rest of day sipping beer by the lake or, if you feel like it, resting in the hotel room. In the evening though, do not miss the “Thakali” daal-bhaat in Pokhara.

#### **DAY 17 : DRIVE FROM POKHARA TO KATHMANDU (6/7H DRIVE)**

Depending upon the schedule, you can drive or fly to Kathmandu from Pokhara. Once you are in the capital, have a free day enjoying shopping, hot-water bathing, relaxing in a sauna, or simply seeing around town. In the evening, you are invited to join us for a farewell dinner.

#### **DAY 18 : DEPARTURE ON YOUR DESTINATION**

According to your schedule, we will take you to the airport for your flight ahead.

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### **INCLUDED IN THE COST**

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu and Pokhara with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: ACAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Pokhara
- Special permit for Upper Mustang \$500 per person
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.



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## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

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## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns



- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

### **PRACTICAL ITEMS**

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

### **MEDICAL**

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

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### Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

### Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

### RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.