



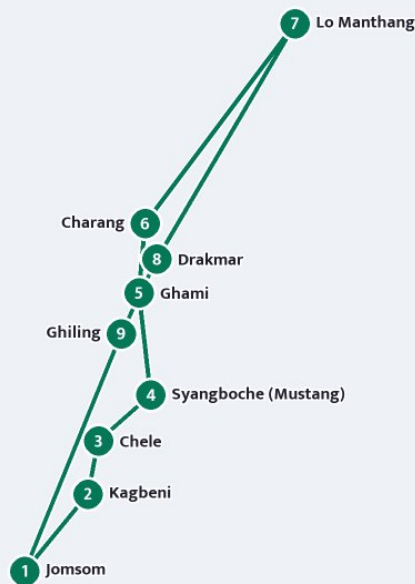
Upper Mustang Trek

Journey into the hidden Kingdom of Lo, a high desert of red cliffs, cave dwellings and ancient Tibetan monasteries in the rain shadow of the Himalaya. Opened to foreigners only in 1992, Upper Mustang keeps a way of life unchanged for centuries. Walk the old salt-trading route to the walled capital of Lo Manthang, and trek even during the monsoon, when the rest of Nepal is wet.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
14 days	Challenging	4,200 m	2-12

HIGHLIGHTS

- The walled medieval city of Lo Manthang
- Ancient cave dwellings and painted monasteries
- Red, ochre and grey canyons of the Kali Gandaki
- Tibetan-Buddhist culture of the Loba people
- A restricted area visited by few travellers
- Possible during the monsoon (rain-shadow region)



AT A GLANCE

1. Hotel in Kathmandu	1 night	7. Teahouse in Charang	1 night
2. Hotel in Pokhara	1 night	8. Teahouse in Lo Manthang	2 nights
3. Teahouse in Kagbeni	1 night	9. Teahouse in Drakmar	1 night
4. Teahouse in Chele	1 night	10. Teahouse in Ghiling	1 night
5. Teahouse in Syangboche	1 night	11. Hotel in Jomsom	1 night
6. Teahouse in Ghami	1 night	12. Hotel in Pokhara	1 night

Highest night: 3,840 m

DAY BY DAY

1

Arrive in Kathmandu (1,400 m)

Airport pick-up and hotel. We finalise your restricted area permit, so please bring your passport.

1,400 m · Meals: Dinner · Overnight: Hotel in Kathmandu

2

Drive to Pokhara (822 m)

Scenic drive or a short flight to lakeside Pokhara.

822 m · Meals: Breakfast · Overnight: Hotel in Pokhara

3

Fly to Jomsom, trek to Kagbeni (2,810 m)

A dramatic early flight between Dhaulagiri and Annapurna, then an easy walk to the medieval village of Kagbeni, gateway to Upper Mustang.

2,810 m · 3.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Kagbeni

4

Trek to Chele (3,050 m)

Enter the restricted area and follow the Kali Gandaki past cave dwellings to Chele.

3,050 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Chele

5

Trek to Syangboche (3,800 m)

Climb over several passes with views of Nilgiri and Annapurna to Syangboche.

3,800 m · 6.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Syangboche

6

Trek to Ghami (3,520 m)

Cross the Nyi La and walk past the longest mani wall in Mustang to Ghami.

3,520 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Ghami

7

Trek to Charang (3,560 m)

Through eroded red cliffs to Charang, with its white fortress and ancient monastery.

3,560 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Charang

8

Trek to Lo Manthang (3,840 m)

Cross the Lo La and see the walled capital of the Kingdom of Lo spread out below.

3,840 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lo Manthang

9

Explore Lo Manthang

Visit the royal palace and the painted Thubchen and Jampa monasteries, and ride or walk to the Chhoser caves.

3,840 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lo Manthang

10

Trek to Drakmar (3,820 m) via Ghar Gompa

Visit Ghar Gompa, one of the oldest monasteries in Nepal, and the striking red cliffs of Drakmar.

4,200 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Drakmar

11

Trek to Ghiling (3,570 m)

A gentle walk through barley fields and villages.

3,570 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Ghiling

12

Drive to Jomsom (2,720 m)

Jeep ride back down the Kali Gandaki valley to Jomsom.

2,720 m · Meals: Breakfast, Lunch, Dinner · Overnight: Hotel in Jomsom

13

Fly to Pokhara

Morning flight to Pokhara and an afternoon free by the lake.

822 m · Meals: Breakfast · Overnight: Hotel in Pokhara

14

Return to Kathmandu, departure

Drive or fly back to Kathmandu and transfer to the airport.

1,400 m · Meals: Breakfast

WHAT'S INCLUDED**Included**

- Airport pick-up and drop-off in a private vehicle
- Hotel nights in Kathmandu/Pokhara on a twin-share basis with breakfast
- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Farewell dinner with the Tripnep team
- Pokhara–Jomsom–Pokhara flights
- Upper Mustang Restricted Area Permit

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Upper Mustang Restricted Area Permit (USD 500 per person for 10 days) and the Annapurna Conservation Area permit. At least two trekkers and a licensed guide are required. All permits are included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

QUESTIONS TRAVELLERS ASK

Why is Upper Mustang more expensive?

Upper Mustang is a restricted area. The government charges a special permit fee of USD 500 per person for the first 10 days, which is included in our price.

Can I trek Upper Mustang in the monsoon?

Yes. Upper Mustang lies in the rain shadow of the Himalaya and stays mostly dry from June to August, which makes it one of the best summer treks in Nepal.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/upper-mustang-trek

Questions? hello@tripnep.io