

Upper Mustang Circuit trek

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Upper Mustang Circuit trek - 17 Days
Grade: Moderate - Challenging
Starts: Kathmandu

Group Size: max of 12
Ends: Kathmandu

| Trip Overview | Highlights |
|---|--|
| <p><i>Day 1 Kathmandu – sightseeing</i></p> <p><i>Day 2 Fly Kathmandu – Pokhara</i></p> <p><i>Day 3 Fly Pokhara – Jomsom & trek to Kagbeni</i></p> <p><i>Day 4 Trek Kagbeni – Chele</i></p> <p><i>Day 5 Trek Chele – Samar</i></p> <p><i>Day 6 Trek Samar - Geling</i></p> <p><i>Day 7 - 8 Trek Geling – Lo Manthang</i></p> <p><i>Day 9 Lo Manthang – Rest day (side trip)</i></p> <p><i>Day 10 Trek Lo Manthang – Lo Gekar - Ghemi</i></p> <p><i>Day 11 Trek Ghemi – Rangchhyung Cave Gompa - Samar</i></p> <p><i>Day 12 Trek Samar - Kagbeni</i></p> <p><i>Day 13 Trek Kagbeni – Mukinath</i></p> <p><i>Day 14 Trek Mukinath - Jomsom</i></p> <p><i>Day 15 Fly Jomsom – Pokhara</i></p> <p><i>Day 16 Fly Pokhara– Kathmandu</i></p> <p><i>Day 17 Kathmandu</i></p> | <ul style="list-style-type: none"> • <i>Bustling Kathmandu</i> • <i>Kathmandu sightseeing tour</i> • <i>Cultural dinner and local entertainment</i> • <i>flight to Pokhara</i> • <i>Pokhara township</i> • <i>Lake Phewa</i> • <i>International Mountaineering Museum</i> • <i>600 year old city of Lo Manthang</i> • <i>Tibetan cultural</i> • <i>The old kingdom of the Mustang Valley.</i> • <i>Muktinath Temple complex</i> • <i>Being in Kali Gandaki, the deepest Valley in the world</i> • <i>Horse hire for a size trip from Lo Manthang to the Jong caves on our rest day</i> • <i>Rhododendrons (in season)</i> • <i>Views of Machapuchure, Dhauagiri, Manaslu, Bhrikuti, Annapurna range</i> • <i>A visit to the 1200 year old Ghar</i> |

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| | <p>Gompa Monastery</p> <ul style="list-style-type: none"> • Ascend to Taklam La, Yamda la, Nyi La, Lo la, Pang la |
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‘Vote with your feet and come walk with me’

Detailed trip itinerary (quoted trekking hours are estimated trekking times)

Day 1: Kathmandu - 1,400 metres

There will be a meeting at 9am on day one trek briefing followed by sightseeing and visiting monuments of Kathmandu city, with some leisure time to relax as well,

We will meet for a group cultural dinner in the early evening (included in the price). The rest of your evening will be at your leisure to pack for your departure to the Annapurna region the next day.

Accommodation: Hotel / Guest House

Meals: Cultural dinner

Day 2: Kathmandu - Pokhara

Today we fly to Pokhara and spend the rest of the day at your leisure to explore Pokhara town or maybe take a canoe trip on the Phewa Tal Lake or visit the International Mountaineering Museum.(well worth a visit) or Tibetan refuge village and monastery.

Accommodation: Hotel/ Guest house

Meals: Breakfast

Day 3 Fly Pokhara – Jomsom – and trek to Kagbeni - 900 - 2,710 – 2,800 metres 3 hours

We take an early morning flight from Pokhara to Jomsom meet our porters and start our trek which is a easy walk up the Kali Gandaki valley to Kagbeni. Jomsom is the capital of the district and houses an airport, postal services, schools, hospital and army base. Kagbeni is a fascinating village dating back to the 11th century and the last village in the Kali Gandaki valley before entering the Mustang district. We will visit a monastery dating back to 1429 with the existing mantra’s still visible. There is a great internet and real coffee in this great little village to satisfy your appetite.

Accommodation: Teahouse

Day 4 Trek Kagbeni - Chele - 2,810 – 3,050 metres – 5 ½ hours

From Kagbeni we enter the region of Mustang, which until 1992 was restricted to travelers. The trail climbs for a short stretch from Kagbeni and then on a dusty path we trek on a short downhill section. Chusang and Tetang villages, around 3,000m in altitude, have rich fields of barley, wheat, potatoes and apple orchids. After a short steep climb, we reach the beautiful village of

Chele, our destination for the day. Caves believed to be created thousands of years ago can be seen shortly before we reach Chele. There are fantastic views of snowcapped mountains of Nilgiri and Tilicho back down the valley.

Accommodation: Teahouse

Day 5 Trek Chele – Samar - 3,050 – 3,660 metres – 3 ½ hours

We start our trek climbs up to Chele La Pass at 3,630m is our first checkpoint, as we pass the Samar valley, and along the way other passes like Taklam La (3,820m) and Darjori La (3,650). The village is surrounded by Poplar trees and terraces of Millet.

Accommodation: Teahouse

Day 6 Trek Samar – Geling - 3,660 – 3,570 metres 6 – 7 hours

The trek takes us through the center of Samar to an old Kani then descends to a water course and climbs again on a steep track. We then pass an old stupa and pass the turn off to where the Ramchung cave and chorten-like stalagmites are just nearby (we will visit these on our return journey). Indeed, this section makes for one of the most sacred places in Mustang. We continue on to Bhena La (3,838) and Yanda La (3860) where we are rewarded with great views of Upper Mustang. There are many varying colours of rock faces from brown to Ochre.

From Syangboche we descend to the picturesque valley of Geling, where you can see mostly mud houses. There are two Ngor-pa sects Gompas in the village which date back to the 15th century. These are well worth a visit.

Accommodation: Teahouse

Day 7 – 8 Trek Geling – Tsarang – Lo Manthang 3,570 - 3,560 - 3,809 metres – 6 - 7 hours

The next few days will be quite demanding but well rewarded with great views once we reach Ghemi. We cross the Ghemi River and pass the longest Mani Wall in the Mustang region. After 1 ½ hours we reach the village of Tsarang which was the old capital of Mustang. There are panoramic views of Nilgiri, Tilicho, Annapurna I and Bhrikuti peaks. Tsarang will see us visit to the Red Monastery. We pass the large Stupa Sungda and cave dwellings on our walk today before reaching Lo Manthang. The walled city of Lo Manthang, the district capital of Mustang, will be visible as we cross Lo La Pass at 3,930m, popularly called Windy Pass. The sight of the old kingdom will make you feel lost in another era. The mystical and isolated city certainly is a major destination of our trip. More than 600 years old, the walls of Lo Manthan are believed to ward off the evil spirits. We'll spend the evening strolling in the narrow twisting alleyways of this surreal town.

Accommodation: Teahouse

Day 9 Lo Manthang - Rest day – side trip – 3,809 metres

There couldn't be a better place than Lo Manthang for a rest day, which was established as the

capital of Lo Raja Amapal in 1380's. We will visit three major monasteries (with ancient paintings and art) and a four-story palace of an old Mustangi king. We'll mix in with the locals and observe their lifestyle and how they go about their daily chores. To get around Lo Manthang, we'll hire a horse to visit nearby villages like Choser and other great attractions like the Jong cave tunneling intricately on the mountainside. The experience you get in this old kingdom – of the culture, nature, architecture, people views and the feeling of being in an ancient rustic town – will make special memories.

Accommodation: Teahouse

Day 10 Trek Lo Manthang – Lo Gekar – Ghemi - 3,891 – 3,520 metres 6 hours

The day starts with a hearty breakfast, trekking back to Ghemi through a challenging but exciting alternative routes that take us over the Pang La Pass situated 4,132m in altitude. From here a thrilling downhill takes us to Ghar Gompa, a beautiful 1200-year-old monastery, and amazing red and pink cliff landscapes of Dhakmar village. The vegetation at Dhakmar is greener than in other places of Upper Mustang. We reach Ghemi in the late afternoon.

Accommodation: Teahouse

Day 11 Ghemi – Rangchyang Cave Gompa – Samar – 3,520 – 3,660 metres – 7 ¼ hours

We retrace our steps up to Nyi La (4,010) and descend to the junction where we take the right hand track to a large painted Chorten at Chhunggar and onto Syangboche La (3,850metres). We will have the opportunity of visiting the Rangchyang Cave Gompa. There is a large natural pillar that supports the roof of the cave and carvings can be viewed in the rock face of Rangchyang Cave. The images are said to be of the 8th & 11th centuries. There are different views on whether these caves were from Tibetan Buddhist Sects or was a religious ritual site from well before Buddhism. After visiting the caves we will continue on down the Kali Gandaki Valley for 2 ½ hours to Samar.

Accommodation: Teahouse

Day 12 Trek Samar – Kagbeni - 3,660 – 2,800 metres - 5 ¼ hours

We will further retrace our steps where we register at the check post that we have exited out of the Mustang valley. Kagbeni is a great place to hang out and have a yummy cup of coffee or catch up on emails.

Accommodation: Teahouse

Day 13: Trek Kagbeni – Muktinath – 2,800 – 3,800 metres – 4 hours

We will depart Kagbeni, walking up hill to Muktinath through some interesting villages and pinnacle like landscapes on the other side of the valley. Muktinath has many street stalls selling jewellery, scarfs, and Tibetan curios.

We will visit Muktinath temple which is in an interesting walled complex that has attracted Hindu and Buddhist for centuries. This is considered a holy place for the Hindu and the largest outside India. It may be possible to get a blessing in the temple for a small charge.

Accommodation: Teahouse

Day 14: Trek Muktinath – Jomsom – 3,800 – 2,720 metres - 4 hours

Today we will trek down the Kali Gandaki Valley floor along a very enjoyable track to Jomsom.

We'll spend some time exploring the town of Jomsom where we will overnight.

Jomsom is the capital of the Mustang district and houses an airport, postal services, schools, hospital and army base.

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Guesthouse/hotel

Accommodation: Teahouse

Day 15 Fly Jomsom - Pokhara 2,720 - 900 metres

We fly to Pokhara, for showers, relax unwind with time at leisure to explore Pokhara town, take a canoe trip on the Phewa Tal Lake or visit the International Mountaineering Museum (well worth a visit), or Tibetan refuge village and monastery. We will meet our guide and porters for a farewell dinner in the evening.

Accommodation: Hotel/ Guesthouse

Day 16: Fly Pokhara - Kathmandu

Today we fly from Pokhara to Kathmandu and the rest of the day will be at leisure to explore the sights or soak up the atmosphere of the hustle and bustle of Thamel. We will meet for a group farewell cultural dinner (at your own expense) in the evening.

Accommodation: Hotel / Guest House

Meals: Breakfast

Day 17: Kathmandu

After breakfast the trip will end. You may wish to stay on an extra few days at our hotel which has an amazing roof top garden to sit and relax, or enjoy the panoramic vista of the mountains or maybe visit the many historical sites that Kathmandu has to offer.

Meals: breakfast

Price includes:

- **Experienced English speaking local Guide**
- **Acclimatisation day in Lo Manthang,**

- **Return flight Kathmandu to Pokhara**
- **Return flights Pokhara to Jomsom**
- **Cultural dinner with local entertainment –excludes drinks**
- **Half day sightseeing in Kathmandu including entrance fees (value of USD40.00)**
- **Trekking Adventures T-Shirt (value of USD85.00)**
- **Four x Guesthouse/hotel (in Kathmandu & Pokhara), on twin share basis including breakfast**
- **Twelve nights teahouses/lodges Accommodation on twin share**
- **All International & Domestic arrival and departure transfers**
- **Porter to carry your large pack –Trekking Adventures policy of one porter = one pack (which means less weight for the porters)**
- **Return flights for the guide Pokhara – Jomsom**
- **Porters return transport Pokhara – Jomsom**
- **Guide & Porters accommodation while trekking**
- **Guide and porter wages**
- **Upper Mustang & Annapurna trekking permits and service fee plus Tims certificate (USD650.00)**

Local guides:

Our local guides are all experienced, handpicked and by Ann Young (director of Trekking Adventures) to ensure that you our client have the best opportunity of success with comfort. Each client will be expected to carry your own day pack which should be large enough to carry all you will need throughout the day e.g. raincoat, water bottle, camera, spare clothing, snack food, etc.

Tipping:

It is customary to tip the tour leader, local guides at the end of your trek Please allow USD\$70 for Mustang support crew, which is payable in Nepali rupees.

Gifts: Guides and porters also appreciate any discarded warm clothing, shoes, and packs.

Accommodation:

All accommodation as detailed in this itinerary is in hotels/ guesthouses / teahouses twin and standard hotel in Pokhara. Extra accommodation can be reserved for you in Kathmandu before and after your tour at a discounted price.

Nepal Visa:

Prior to departure you may need to obtain certain visas depending on your nationality. Specific information is given to you in your pre departure information. A visa may be obtained at point of entry into Kathmandu at a cost of approx USD\$40 for 30 day multiple entry.

Clothing Note:

You will be required to take warm and appropriate, sleeping gear and clothing as the Mustang Valley can get very cold in the evenings. (A clothing and equipment list will be supplied upon booking).

Donations:

Please note you will be expected to make a donation when entering Monasteries and schools.

Pre departure information:

Further to the information provided in this itinerary, a pre departure information booklet will be sent to you.

This Pre departure booklet provides you with information regarding visas, joining instructions, clothing/ equipment list, health requirements, vaccinations, extra hotel accommodation, training tips for fitness etc. Please read it carefully to make sure you are fully prepared.

Important note:

The enclosed notes are intended as a guide only, indicating a typical itinerary and series of activities and highlights. While every effort will be made to follow the route published on any departure and the distances travelled, driving time and available activities can vary for a number of reasons, in the event of political problems or natural difficulties which are beyond our control and prevent travelling to a particular area, Trekking Adventures reserve the right to substitute an alternative activity for that section of the trip. Overnight stops may vary on occasions from those suggested. Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns the guide/leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Remember if you do not undertake some training before hand and you are found not be fit enough for the trip, this may jeopardise you being able to remain on the trek.(please read the terms & conditions carefully regarding this).

Price does not include:

- Entry Visa to Nepal,
- Drinks, tips, laundry and other items of personal nature
- Meals except where indicated in the itinerary
- personal gear,
- International airfares and Travel Insurance
- Single supplement

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