

Mustang Trek | Duration: 17 Days Days | Cost: \$2299

You take a morning flight for Jomsom, the district headquarters of Mustang. Then after trek to Kagbeni, a sacred place for Hindu pilgrims, along the serpentine Kali Gandaki valley. The trail is wide along the sandy riverbed filled with saligrams. This trek provides spectacular views of Dhaulagiri, Tukucho, Nilgiri and Annapurna massifs. Kagbeni is a beautiful village lies a top a cliff overlooking the confluence of the Kali Gandaki and the Jhong Khola rivers. It is the last village in Lower Mustang. This ancient settlement is like an oasis amidst rocky arid mountains. Get a chance to explore and enjoy its narrow alleys, irrigation canals, green patches of wheat, barley and recently-restored gumpa. Kagbeni is the entry point for Upper Mustang, the forbidden kingdom historic region of the Himalayan nation. After the security check, move forward for Lo Monthang in Upper Mustang. Lo Monthang is the walled city with a single entrance through which only the king is allowed to ride but all others have to walk. There are about 150 households along with some important Tibetan Buddhist gompas within the walls of Lo Manthang. The king, Lo Gyelbu, Jigme Palbar Bista resides in his four-storied mud palace. Bista is an avid horseman keeping his own stable. Some of his horses are the best in Mustang. One should be careful from the attack of his Tibetan mastiffs. The king is just titular now but he is well respected and loved in the region. In the 1380s, Ame Pal established his reign in Lo with its capital in the walled city of Lo Monthang.

At a Glance:

- **Tour code:** NMT013
- **Style:** Trekking & hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 3800m
- **Duration:** 17 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 2299

Highlights of the tour:

- Walk out to Muktinath via the east side of the Kali Gandaki River
- Explore cultural and world heritage sites
- Spectacular views of the Annapurnas and Dhaulagiri
- A full day to explore the unique walled city of Lo Manthang

What's Included:

- Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- Internal flights and land transport involved in the itinerary
- Airport tax
- Good standard Hotel (3*) accommodation in Kathmandu & Pokhara with breakfast
- 3 meals during the trek
- Teahouse accommodation on trek twin sharing basic
- Tims permit
- Annapurna Conservation Fee
- Special Permit
- Insured and equipped porter as on IPPG rules

What's Not Included:

- Lunch and dinner in the city.
- Drinks and bar bill.
- Tipping.
- Personal Insurance.
- Other things not mentioned.
- Nepalese visa 40\$ for 30 days multiple

Arrive in Kathmandu

Arrival at Tribhuvan International Airport, Kathmandu. Traditional welcome by our airport representative. Your guide briefs about your further programme. Typical Nepali dinner served in the evening.

Kathmandu Sightseeing Tour, afternoon at leisure

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of

traditional Nepalese architecture, full of centuries old temples and palaces.

Fly to Pokhara

After breakfast in hotel you will drive to airport for a breathtaking mountain flight to Pokhara. Pokhara, known as Lake City, is a beautiful place and one of the most attractive destinations in Nepal. Flight to Pokhara offers stunning views of the Himalaya. One can see Langtang, Ganesh Himal, Manaslu, Annapurna, Dhaulagiri among other peaks. Free afternoon to explore the extraordinary city.

Fly to Jomsom (2713m), trek to Kagbeni (2810m), walk approx 3hrs

You will take spectacular 15-minute morning flight to Jomsom between Annapurna and Dhaulagiri massives. Jomsom lies on the bank of the Kali Gandaki river. It is on the base of Nilgiri Himal. We will meet our crew there and have tea break before starting three hours trek to Kagbeni, an ancient village which is the gateway of Upper Mustang.

Trek to Chele (3030m), walk approx 6hours

You will enter Mustang along the eastern bank of the Kali Gandaki river over a series of small ridges. One can see Kang Gumpa, a center of the Nyingmapa, across the river. At Tangbe you will see distinct black, red and white chortens that characterize upper Mustang. The town of white washed houses has an fascinating pattern of alleys. The settlement is surrounded by green fields of wheat, barley and buckwheat interspersed with apple orchards. You will cross the river and ascend to Chele village.

Trek to Geiling (3440m), walk approx 6-7 hours

Today's trail is characterized by the crossing of a series of spurs. At the top there are chortens. It offers excellent views of harsh but beautiful countryside. The valleys along the trail have cool streams and juniper trees so that trekkers can relax for a while. These passes are up to 3800m high. There is no issue of acclimatization in such altitude. One can take his/her time and enjoy the walk.

Trek to Charang (3490m), walk approx 7hours

Today's trek to Nyi La (pass) marks avenues of poplar trees and fields of barley. The pass at an altitude of 3850m is the highest point of the trek. You will descend to the Qumona Khola and pass a amazing series of mani walls to the village of Charang with its huge white dzong and red gumpa.

Trek to Lo Manthang (3730m), walk approx 4 hours

You will leave the Charang Khola and ascend the ridge up to 3800m from where you first view the walled city of Lo Manthang. The trail drops to the stream and climbs onto the plateau where the city is situated. The only gate is in the north-east corner. The white washed walls enclose around 150 houses, gompas and a palace.

At Lo Manthang

The whole day is to explore this outstanding historical and cultural center. You will visit four major gompas during the stay. The palace is the house of the king and his queen. Although the king is titular now but he helps people to resolve local issues. The town itself is fascinating and offers innumerable opportunities to observe rich Tibetan culture.

At Lo Manthang

Another free day to explore the fascinating city of Lo manthang. You explore this beautiful village where Lamas are living. You will visit different cultural and heritage centres. One can hire horses to visit these valleys. Another major attraction in Lo Mangthang is the four-storey palace. You can enjoy the beautiful surroundings and spectacular view of the Himalayas.

Trek to Ghami, walk approx 7-8 hours

You start today's trek soon after breakfast. You will leave Lo Manthang and move toward south. You have a choice of trails today. No need to back-track through the same trail. Climbing the ridge, you will have your last view of the walled city before you descend the valley towards Ghami. It will take 7-8 hours to reach Ghami.

Trek to Samar, walk approx 6hours(3300m)

You will continue down the valley and rejoin the trail that you used to enter Mustang. Further more walking through the rural village you will reach Samar. Overnight in Samar.

Trek to Kagbeni, walk approx 5-6hrs

Your last day in Mustang. You retrace your trail along the Kali Gandaki River to Kagbeni which lies at the bank of two rivers. Kagbeni is an interesting windswept villages situated on the main age old Trans-himalayan salt trade route to Tibet via Upper Mustang area. In Kagbeni a major tributary, Kak Khola, coming from Muktinath, meets Mustang Khola, and from there the river is called the Kali Gandaki.

Trek to Jomsom, walk approx 1/2 hrs(2730m)

Today is your last day with the trekking crew. After a morning walk you will reach Jomsom. Tonight you will celebrate the achievements of the trek with the crew and review your journey.

Fly to Pokhara and Kathmandu

This is a fantastic way to conclude our journey. The spectacular flight down the Kali Gandaki that defies description. The huge mountains of the Annapurna and Dhaulagiri ranges tower above you as you retrace the valley which you trekked 2 weeks ago. At Pokhara you will board another aircraft for another spectacular mountain flight, this time along the face of the Himalaya past the Annapurna, Manaslu, Ganesh and Langtang

ranges. On arrival in Kathmandu you will transfer to the hotel.

Day at leisure/ reserve day in case of flight cancel/Hotel

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before setting for the airport.

Drive to Airport for Return flight

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

Trekking Team Group Pvt. Ltd.

Thamel, Chaksibarimarg, Kathmandu, Nepal

(+)977 9851075681 (24Hrs)

(+)977 1 4227506

info@trekkingteamgroup.com

trekkingteam