Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Upper Mustang Trek Brief Itinerary

Day 1 : Arrival in Kathmandu. (1,350 M)

Firstly arrive at airport our GLOBAL TREKS NEPAL REPRESENTATIVE will Meet & greet you. Then you will transfer to hotel. After getting refreshed you will have lunch and have a short walk to Kathmandu Durbar square at day until dusk and at evening back to your hotel. O/N at Kathmandu.

Day 2 : Kathmandu sightseeing and Preparation for trip.

After breakfast we will conduct a guided tour and introduction to our rich culture and fascinating history. You will visit with our guide of these places Swoyambhunath, Pashupatinath , Boudhanath.

Swoyambhunath: Swoyambhunath is Monkey temple which is approximately 2600 years old Buddhist Stupa, overlooking the entire Kathmandu valley. Swoyambhunath- literally 'self-existent god', is often referred to as the Monkey Temple due to the thousands of monkeys- the local dwellers. The main Stupa, memorials of monks and local people, ancient sculptures, temple of child protector goddess, monasteries, etc are the main attractions here. Moreover, you can throw bird-eye-view to all the monument sites of the Kathmandu tour since this is the highest point inside the valley.

Pashupatinath : Pashupatinath temple which is In We literally- the god of animal lives. As one of the must visit legendary Hindu temple in the subcontinent, this site welcomes millions of visitors every year. The temple is located on the bank of sacred Bagmati River, which runs down to the Ganges. Here, you get a chance to witness open public crematorium with all the rites and rituals being performed. You come to see even the holy men posing for pictures with painted face, dread locked hair and ash-applied body

Boudhanath : Boudhanath Stupa is god of wisdom. It is considered as one of the largest Stupa in the world. Constructed back in the 4th century, this Stupa is the must visit site for the Tibetans. The shrine itself resembles a Tibetan village since the locale comprises Tibetan monasteries and the exiles. Besides this, there are a number of painting schools with Lamas painting Thanka, the best souvenirs from Nepal.

And you will be back to your hotel and preparation for the trekking.

Day 3 : Drive from Kathmandu to Pokhara (823 M)

After early morning breakfast, you will be picked up from the hotel and taken to the tourist bus station. Drive from Kathmandu to Pokhara (914m.) takes about seven hours. The drive will take most of our morning time, leaving much of the afternoon to get a warm glimpse of Pokhara Valley and its beauty. If you choose to fly, you can reach Pokhara in 25 minutes. There are several flights from morning to afternoon available from Kathmandu to Pokhara.

Day 4 : Fly to Jomsom and Trek to Kagbeni (2,858 M)

You take the spectacular early morning flight to Jomsom, which is the district headquarters of Mustang. The trekking trail is quite barren with craggy rocks and sand and is mostly flat, which makes it very easy

going. It is also very picturesque, with views of beautiful peaks all around such as Dhaulagiri, Tukuche and Nilgiri, whilst to the south can be seen the entire Annapurna Massif. Stay overnight at lodg

Day 5 : trek to kagbeni to chuksang(2900)

You trek right up to the river valley, but you use a combination of the high trail and the riverbank pathways. The trail then widens significantly revealing an endless stretch of sand. Chusang village is only about a 2hrs walk beyond Tangbe at the confluence of the Narshing Khola and the Kali Gandaki. Stay overnight at lodge.

Day 6 : Trek to chusang to samar

The trek now leaves the valley and climbs steeply up a rocky alley to the village of Chele. From Chele you climb a steep spur and then continue ascending along the side of a spectacular steep canyon to a pass. Beyond the pass you descend on a pleasant trail to Samar, situated in a grove of poplar trees. Stay overnight at lodge.

Day 7 : Trek Samar to Gelling (3,510 M)

You climb above Samar to a ridge and then descend into a large gorge past a chorten before entering another valley filled with juniper trees. You then cross a stream and after climbing to a pass, you descend along a ridge to Shyangmochen, a tiny settlement with a few tea shops. The trail climbs gently from Shyangmochen and you enter another huge valley before descending to Geling with its extensive fields of barley. Stay overnight at lodge

Day 8 : Trek Gelling to Ghami(3490 m)

From Geling the trail climbs gently through fields, up to the center of the valley, passing above the settlement of Tama Gun and an imposing chorten. You then begin a taxing climb across the head of the valley to the Nyi La [3840m]. The descent from the pass is quite gentle and about half an hour further on we come to a trail junction; the right trail is the direct route to Charang, the left trail leads to Ghami. Ghami is a large white-washed village sheltered by overhanging cliffs. Stay overnight at lodge.

Day 9 : Tsarang to LO-manthang(3620 m)

You will spend early part of the morning exploring interesting village of Charang and its large monastery, before setting out for Lo Manthang. You climb gently above the valley to a large isolated chorten that marks the boundary between Charang and Lo. The trail then broadens and eventually you get your first view of the walled city of Lo Manthang. The city has only one entrance so you circumambulate the wall to the gate on the north east corner. Stay overnight at lodge.

Day 10 : Exploring Day in Lo-Mangthang.

Today is also the best day for you all the trekkers where you can explore the Lo-Mangthang widely as you visit to the Namyal Gompa where it is the one of the most important monasteries at that area. You can have some hike for an hour to catch the view of local people of that places and can highlights the God House, Chyodi Gompa of Lo-Mangthang, also the king place. As you need to be safe because after an afternoon their will be the strong windy. At the evening you can enjoy the local food which can be newly for you. 0/N at Lo-Mangthang.

Day 11 : Trek Lo- Mangthang to Ghami(3,490 M)

You continue your journey on the highland route, crossing alpine meadows before dropping down a steep eroded alley to Dhakmar for lunch. After lunch, you walk through the pretty valley, climb to a ridge and descend from there back to Ghami. Stay overnight at lodge.

Day 12 : Trek from Ghami to Samar takes

Leaving Ghami you begin to follow narrow winding path until you reach Geling crossing a small stream. Samar is a small village with terraces, Tibetan style houses, Mani walls, monastery, and prayer flags and here you find people following Tibetan life styles and traditions. Stay overnight at lodge.

Day 13 : Trek from Samar to Kagbeni takes

You walk along the bank of Kali Gandaki with views of natural vegetation and apple orchards. Stay overnight at lodge.

Day 14 : Kagbeni to Jomsom (2713 M)

Your trail passes through the bank of Kali Gandaki passing through Ekle Bhatti. Jomsom is the headquarters of Mustang. From here you can have access to the internet and banking facilities. Stay overnight at hotel.

Day 15 : Fly back to Pokhara.

After taking an early breakfast you will take a flight from Jomsom to Pokhara. After reaching Pokhara can visit Fewa lake which is also known as the Talbarahi. You can visit Davids fall and some nearby areas. By the evening dusk you will be at hotel and have dinner .O/N at Pokhara.

Day 16 : Drive from Pokhara to Kathmandu

Today will be back to the Kathmandu by tourist bus on the day following the different places. You will catch the beautiful scenery and the natural beauty of Nepal. After reaching to the Kathmandu you will visit to the Thamel area where you can do shopping. O/N at Kathmandu.

Day 17 : Back to your final Destination.

Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from World Favor will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal.

Cost include

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- Standard twin sharing accommodation in a three-star hotel in Kathmandu; Breakfast included. (2 night)
- All your standard mention Meals during the trek. (B-Breakfasts, L-Lunches, D- Dinners).
- Lodges, Guesthouses, tea house accommodation during the trek.
- Local GLOBAL TREKS English speaking guide.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- Special permit treks of Upper Mustang.
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- Down Jacket and sleeping bag by Global Treks. (Which need to be returned after finish the trek).
- Surface transfer from Airport to the airport and Kathmandu too.
- Farewell dinner in a typical Nepali Restaurant with cultural dance show on before your departure at your final destination. (On Day).
- All our government taxes, vat, tourist service charges.
  Official expenses.

Cost Exclude

- Lunch and dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- International airfare and airport departure tax.
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying the US $ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying the US $100. Please bring 2 copies of passport size photos).
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned oin‘Price Includes’ section.