

Upper Mustang Circuit Trek

Standard Itinerary

Upper Mustang Circuit Trek Itinerary:

Day 01: Kathmandu

Arrival at Kathmandu 1310m, Welcome program by Himalayan Nepal Trek and direct transfer to hotel on BB plan.

Day 02: Kathmandu

Preparation, Briefings upper Mustang restricted permit issues shopping in Kathmandu. Overnight at Lodge.

Day 03: Pokhara

Drive from Kathmandu to Pokhara 915m/3002ft 6/7 hours. Overnight at hotel on BB plan.

Day 04: Jomsom

Fly from Pokhara to Jomsom 2743m/899ft, 20 minutes and after Lunch hike to Dhumba Lake 2900 m from sea level for 2 ½ hours, This Lake is very famous for being a sacred Buddhist Lake also see the beautiful scenery of the many mountains back to Jomsom. Overnight at Lodge.

Day 05: Drakmar

Drive to Drakmar 3810 m/12,500ft 5/6 hours. Overnight at Lodge.

Day 06: Lo-Manthang

Trek from Drakmar to Lo-Manthang 3,840m 12,600ft via Ghar gumpa is the oldest monastery of Mustang built in the 8th century by Guru Rinpoche, Marang-La (pass) 3931m/12896.98ft 7/8 hours. Overnight at Lodge

Day 07: Lo-Manthang

Full-day exploration around Lo-Manthang Royal Palace, Namgyal Monastery and Shija Jhong cave is a collection of some 10,000 men-made caves dug into the sides of valleys in the Mustang

District of Nepal. Overnight at Lodge.

Day 08: Yara

Trek from Lo-Manthang to Yara 3610m/118433ft 6/7 hours. Overnight at Lodge.

Day 09: Luri Gumpa

Ascends to Luri Gumpa 4,150 m/13,616 ft 2 hours Luri Gumpa is one of the significant heritages of upper Mustang, it is associated with the Nyingma Kargyupa Sect of Tibetan Buddhism and descends to Yara. Overnight at Lodge.

Day 10: Tangge

Trek from Yara to Tangge 3400m/11154.86ft 6/7 hours. Overnight at Lodge.

Day 11: Tetang

Trek from Tange to Tetang 3200m/10498.69ft 6/7 hours. Overnight at Lodge.

Day 12: Jomsom

Trek from Tetang to Jomsom 2,743m/8,999 ft 4/5 hours. Overnight at Lodge.

Day 13: Pokhara

Morning Flight from Jomsom to Pokhara, 25-minute sightseeing in Pokhara with trekking guide. Overnight at hotel on BB plan.

Day 14: Kathmandu

Drive to Kathmandu 200km. Evening farewell dinner in a typical Nepali culture restaurant with cultural dance program. Overnight at the hotel on BB plan.

Day 15: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

Includes

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night 3* star label hotel in Pokhara on BB plan (on twin sharing basis).
- Sightseeing world heritage sites in Kathmandu valley with a private vehicle and experienced cultural guide.
- Drive by public van from Kathmandu to Pokhara 200km guest and guide (optional: private vehicle as per participants preference).
- Flight fare Pokhara/ Jomsom/Pokhara guest and guide
- Drive to Kathmandu 200 km by public van or bus guest and guide (optional: flight to Kathmandu or private vehicle as per participants' preference).
- Staff transportation in Kathmandu/Jomsom/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg only.
- All Government and local Taxes (ACAP and TIMS).
- Annapurna conservation area project entry permits (ACAP).
- Upper Mustang restricted area permits.
- Trekking information management systems (TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.

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- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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