Luxury Upper Mustang Heli Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**9 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3840m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 8,090 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Luxury Hotel · Visit: Nepal · Meals: Dinner

Upon your arrival at Tribhuvan International Airport in Kathmandu, our representative will warmly welcome you and transfer you to your luxury hotel. After check-in, enjoy free time exploring the vibrant streets of Thamel, visiting nearby cultural sites, or relaxing at your hotel.

Day 2 : Trek Permit Preparation and Flight to Pokhara (822m)

Altitude: 1,400m – 822m

Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Flight Duration: 25–30 minutes

A detailed briefing will be provided regarding your luxury Upper Mustang adventure by our expert guides and later you will take a scenic flight to Pokhara, Nepal's beautiful lakeside city nestled beneath the Annapurna Himalayas. Upon arrival, transfer to your luxury resort and enjoy leisure time around Phewa Lake. Optional activities include boating, spa treatments, lakeside dining, or simply relaxing while admiring the magnificent mountain views.

Day 3 : Flight to Jomsom and Drive to Muktinath (3,800m)

Altitude: 822m – 2,720m – 3,800m

Stay: Luxury Hotel · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Flight Duration: 20–25 minutes

Drive Duration: 1.5–2 hours

Take an early morning mountain flight to Jomsom, offering spectacular views of Annapurna, Dhaulagiri, Nilgiri, and the world's deepest gorge. After breakfast, drive through the dramatic Kali Gandaki Valley toward the sacred pilgrimage site of Muktinath. Explore the temple complex, eternal flame, and the famous 108 water spouts while enjoying stunning Himalayan scenery.

Day 4 : Drive to Ghami (3,520m)

Altitude: 3,800m – 3,520m

Stay: Luxury Hotel · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 5–6 hours

Today, enter the restricted region of Upper Mustang. The route follows the ancient trans-Himalayan trade route through Kagbeni, Tangbe, Chhusang, Chele, Samar, and Ghiling before reaching Ghami. Experience colorful cliffs, dramatic canyons, ancient monasteries, and traditional Tibetan-style villages surrounded by Mustang's unique desert-like landscape.

Day 5 : Drive to Lo Manthang via Dhakmar, Tsarang, and Ghar Gompa (3,840m)

Altitude: 3,520m – 3,840m

Stay: Luxury Hotel · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 4–5 hours

Drive through the spectacular red cliffs of Dhakmar and visit the sacred Ghar Gompa, one of Mustang's oldest monasteries associated with Guru Rinpoche. Continue through the historic village of Tsarang, famous for its ancient monastery and royal palace, before reaching the legendary walled city of Lo Manthang, the former capital of the Kingdom of Mustang.

Day 6 : Explore Chhoser Valley – Jhong Cave – Konchok Ling Cave (4,200m)

Altitude: 3,840m – 4,200m (maximum excursion)

Stay: Luxury Hotel · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Jeep Exploration: 3–4 hours

Today, explore the hidden northern valleys of Upper Mustang by private jeep. Visit Chhoser Valley, Jhong Cave, Konchok Ling Cave, Nyphu Monastery, Garphu Monastery, and viewpoints near the Tibet border. Discover ancient cave civilizations, sacred Buddhist sites, and breathtaking Himalayan desert scenery. This region offers one of the most unique cultural experiences in the Himalayas.

Day 7 : Explore Lo Manthang Valley (3,840m)

Altitude: 3,840m

Stay: Luxury Hotel · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Sightseeing Duration: Full Day

Return to Lo Manthang and spend the day exploring its remarkable cultural and historical treasures. Visit the Royal Palace, three ancient monasteries, traditional Tibetan villages, local museums, and hidden valleys surrounding the city. This immersive day provides a deeper understanding of the spiritual heritage and centuries-old traditions of the former Kingdom of Mustang.

Day 8 : Helicopter Flight Back to Kathmandu (1,400m)

Altitude: 3,840m – 1,400m

Stay: Luxury Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Helicopter Flight Duration: 2–3 hours (including scenic route and weather conditions)

Enjoy a spectacular helicopter journey from Lo Manthang back to Kathmandu. Fly above the dramatic landscapes of Mustang while enjoying breathtaking aerial views of Annapurna, Dhaulagiri, Nilgiri, and countless snow-capped Himalayan peaks. Upon arrival in Kathmandu, transfer to your luxury hotel and

enjoy a farewell evening celebrating your extraordinary journey.

Day 9 : Final Departure

Visit: Nepal · Meals: Breakfast

According to your international flight schedule, our representative will transfer you to Tribhuvan International Airport for your final departure. Your Luxury Upper Mustang Heli Trek concludes with unforgettable memories of Nepal's hidden kingdom, spectacular Himalayan scenery, ancient Tibetan culture, and world-class hospitality.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 30°C / night 20°C
- Day 2 · Trek Permit Preparation and Flight to Pokhara · 1,400 m · day 30°C / night 20°C
- Day 3 · Flight to Jomsom and Drive to Muktinath · 822 m · day 33°C / night 24°C
- Day 4 · Drive to Ghami · 3,800 m · day 18°C / night 5°C
- Day 5 · Drive to Lo Manthang via Dhakmar, Tsarang, and Ghar Gompa · 3,520 m · day 19°C / night 6°C
- Day 6 · Explore Chhoser Valley – Jhong Cave – Konchok Ling Cave · 3,840 m · day 18°C / night 4°C
- Day 7 · Explore Lo Manthang Valley · 3,840 m · day 18°C / night 4°C
- Day 8 · Helicopter Flight Back to Kathmandu · 3,840 m · day 18°C / night 4°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist (Jeep) vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights Luxury Hotel in Kathmandu with bed & breakfast basis.
- 1 Night Luxury Hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the package Period.

3. Permits

- Upper Mustang restricted area permits. (Issued by Department of Immigration)
- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/luxury-upper-mustang-heli-trek-2/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com