Luxury Upper Mustang Heli Trek

Trip information · 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**

Trip overview

The Luxury Upper Mustang Heli Return Trek is an exclusive Himalayan journey that combines cultural exploration, high-altitude trekking, and a premium helicopter return from one of Nepal's most remote regions. This carefully designed experience offers travelers the chance to explore the ancient "Forbidden Kingdom of Lo" in Upper Mustang and return in comfort by helicopter, avoiding the long return trek.

The region is known for its dramatic trans-Himalayan desert landscapes, ancient Tibetan Buddhist culture, and centuries-old walled villages. The trek provides spectacular views of the Annapurna and Dhaulagiri ranges, including peaks such as Dhaulagiri and Nilgiri, set against vast barren cliffs and wind-carved valleys.

This luxury trek is ideal for travelers seeking a premium Himalayan experience with comfort, exclusivity, and deep cultural immersion in one of Nepal's most restricted and fascinating regions.

Geography and Landscape

The Luxury Upper Mustang Heli Return Trek takes place in the Upper Mustang region of north-central Nepal within Annapurna Conservation Area. The journey typically begins with a flight or drive to Jomsom, followed by trekking through the Kali Gandaki Valley into the restricted Upper Mustang zone.

The landscape is dramatically different from the green Himalayas of Nepal. It is a high-altitude desert with dry winds, colorful cliffs, deep canyons, and vast open plateaus. The terrain closely resembles the Tibetan plateau, with minimal vegetation and striking geological formations.

The trekking route passes through iconic villages such as Kagbeni, Chele, Syangboche, Ghami, Tsarang, and Lo Manthang. These settlements are built with traditional mud-brick architecture and are surrounded by ancient monasteries, chortens, and prayer flags that reflect centuries of Buddhist heritage.

Lo Manthang, the walled capital of Upper Mustang, is the cultural highlight of the journey. It features royal palaces, centuries-old monasteries, and narrow alleys that preserve the legacy of the former Kingdom of Lo.

The return by helicopter provides a breathtaking aerial view of the entire Mustang region, revealing

dramatic canyon systems, snow-capped Himalayan peaks, and the vast Kali Gandaki gorge from above.

Climate and Best Time to Trek

The best seasons for the Luxury Upper Mustang Heli Return Trek are spring (March–May) and summer/monsoon (June–August), with autumn (September–November) also being suitable.

Upper Mustang lies in a rain-shadow region, meaning it remains dry even during the monsoon season. This makes it one of the few trekking destinations in Nepal where summer travel is highly practical and comfortable.

Spring offers clear skies, moderate temperatures, and excellent visibility of both Mustang's desert landscapes and distant Himalayan peaks. Summer provides stable trekking conditions, unique cultural experiences, and fewer crowds, making it ideal for luxury travel.

Autumn is also favorable, with crisp air and excellent visibility, while winter (December–February) is extremely cold and windy, making trekking less comfortable.

Overall, the period from May to October is considered the best window for a luxury trekking experience in Upper Mustang.

People and Culture

Upper Mustang is one of the most culturally preserved regions in the Himalayas, home to Tibetan-influenced communities that maintain ancient traditions, language, and spiritual practices. The culture is deeply rooted in Tibetan Buddhism, with strong connections to monasteries, rituals, and sacred landscapes.

Villages such as Lo Manthang, Tsarang, and Ghami showcase centuries-old monasteries, royal palaces, and traditional lifestyles that have remained largely unchanged for generations. Local people practice farming, animal husbandry, and trade in one of the most isolated regions of Nepal.

Religious life is central to daily living, with prayer ceremonies, festivals, and monastery rituals playing an important role in community identity. The Tiji Festival is one of the most important celebrations in Lo Manthang, attracting visitors from around the world.

The Luxury Upper Mustang Heli Return Trek offers a rare combination of cultural authenticity and modern comfort, making it one of the most exclusive and memorable Himalayan experiences in Nepal.

Highlights

- Scenic flight from Kathmandu to Pokhara and Jomsom
- Exclusive helicopter transfer through Upper Mustang landscapes
- Explore the ancient walled kingdom of Lo Manthang
- Visit centuries-old Buddhist monasteries and sacred sites
- Trek through remote Tibetan-influenced villages
- Luxury accommodations with premium hospitality
- Spectacular aerial views of Annapurna, Dhaulagiri, and Mustang
- Guided cultural tours and monastery visits
- Personalized service with experienced trekking guides

- Gourmet meals featuring local and international cuisine
- Leisure time for cultural exploration and photography
- Optional helicopter excursion to remote Mustang cave monasteries
- Farewell celebration dinner in Pokhara or Kathmandu

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

Dates & prices

- 02 Mar 2027 – 10 Mar 2027 · USD 8,090 · Available
- 16 Mar 2027 – 24 Mar 2027 · USD 8,090 · Available
- 06 Apr 2027 – 14 Apr 2027 · USD 8,090 · Available
- 20 Apr 2027 – 28 Apr 2027 · USD 8,090 · Available
- 04 May 2027 – 12 May 2027 · USD 8,090 · Available

Best time to visit

Best months: May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in carefully selected luxury lodges, boutique guesthouses, and premium heritage-style accommodations throughout the journey.

In key settlements such as Kagbeni, Tsarang, Ghami, and Lo Manthang, travelers enjoy upgraded comfort including:

- Spacious, well-furnished rooms
- En-suite or upgraded private bathroom facilities (where available)
- Heated dining and lounge areas
- High-quality hospitality services
- Personalized guest attention

Luxury accommodations are designed to blend modern comfort with the authentic cultural atmosphere of Upper Mustang.

Meals

A full-board premium dining experience (Breakfast, Lunch, and Dinner) is included throughout the journey.

Meals are freshly prepared using high-quality ingredients and offer a refined blend of Nepali, Tibetan, and international cuisine.

Typical menu options include:

- Gourmet-style Dal Bhat set meals

- Continental breakfast options (eggs, toast, cereals, pancakes)
- Pasta, noodles, and rice-based dishes
- Fresh vegetables, soups, and salads (availability dependent)
- Tibetan specialties and local Mustang cuisine
- Tea, coffee, espresso-style beverages, and hot drinks

Special dietary requirements can be accommodated upon request in luxury lodges.

Difficulty & Physical Requirements

The Luxury Upper Mustang Helicopter Trek is classified as easy to moderate, as helicopter transfers significantly reduce long walking sections.

Travelers may undertake short hikes around villages, monasteries, and viewpoints, typically ranging from 1 to 3 hours per day.

No trekking experience is required, making this an ideal luxury Himalayan adventure for all age groups.

Permits

Upper Mustang is a restricted area requiring special permits:

- Upper Mustang Restricted Area Permit
- Annapurna Conservation Area Permit (ACAP)

All permits are fully arranged by the trekking operator as part of the luxury package.

Best Season

- Spring (March–May): Clear skies, pleasant weather, and vibrant landscapes
- Summer/Monsoon (June–August): Ideal due to rain-shadow conditions in Mustang
- Autumn (September–November): Best visibility and stable weather conditions
- Winter (December–February): Cold but offers dramatic, clear Himalayan views

The region is one of Nepal’s few destinations suitable for monsoon-season travel.

Transportation & Access

This luxury journey includes private helicopter transfers and scenic overflights, offering breathtaking aerial views of the Himalayas.

Typical access route:

- Kathmandu -> scenic helicopter flight or combined flight to Pokhara
- Pokhara -> helicopter flight to Jomsom or direct Upper Mustang landing zones

Internal helicopter transfers between key cultural sites (optional depending on itinerary)

From landing points, short guided excursions are conducted to villages, monasteries, and cultural landmarks.

Safety & Altitude

Although helicopter access reduces physical strain, Upper Mustang reaches elevations above 4,000 meters, requiring basic altitude awareness.

Key safety considerations include:

- Gradual altitude exposure
- Hydration and sun protection
- Awareness of dry, windy conditions
- Short acclimatization stops if needed
- Continuous guide supervision

Professional crews and guides ensure full safety support throughout the journey.

Travel Insurance

Comprehensive luxury travel insurance is strongly recommended and should include:

- High-altitude travel coverage (minimum 5,000m)
- Helicopter evacuation and emergency rescue
- Medical treatment and hospitalization
- Trip cancellation and interruption coverage

Additional information

Guide & Helicopter Crew Services

The experience is led by highly experienced licensed cultural guides and professional helicopter pilots.

Guides provide in-depth interpretation of Mustang's history, Tibetan Buddhist heritage, ancient trade routes, and local traditions, ensuring a meaningful luxury cultural experience.

Cultural & Natural Highlights

The Luxury Upper Mustang Helicopter Trek offers an exclusive view of one of the world's most preserved Himalayan kingdoms:

- Explore the ancient walled city of Lo Manthang
- Visit centuries-old Tibetan Buddhist monasteries and royal palaces
- Discover sky caves and meditation chambers carved into cliffs
- Experience the unique culture of the former Kingdom of Lo
- Aerial views of Annapurna, Dhaulagiri, Nilgiri, and Mustang Himal
- Dramatic trans-Himalayan desert landscapes and canyon systems
- Cultural interaction with local Mustang communities
- Optional landing visits to remote heritage villages

Essential Equipment

Recommended items for luxury travel include:

- Comfortable casual trekking shoes or walking boots
- Warm layered clothing
- Windproof and waterproof jacket
- Sunglasses, hat, and sunscreen (high UV exposure)
- Personal medications and basic first aid
- Camera or drone (as permitted)
- Small daypack for short excursions

- Power bank and travel essentials

Communication & Connectivity

Mobile network coverage is available in major villages, including Lo Manthang, though signal strength may vary.

Wi-Fi is available in selected lodges, but luxury accommodations may also offer improved connectivity options depending on location.

Why Choose the Luxury Upper Mustang Helicopter Trek?

This premium Himalayan experience is ideal for travelers seeking comfort, exclusivity, and cultural depth:

- Helicopter access to remote Upper Mustang
- Luxury accommodation in heritage-style lodges
- Explore the legendary Kingdom of Lo Manthang
- No long trekking required
- Exclusive cultural immersion in Tibetan Buddhist heritage
- Aerial Himalayan sightseeing experience
- Suitable for families, VIP travelers, and senior guests
- Access during monsoon season due to rain-shadow geography
- Private, flexible, and time-efficient itinerary
- One of Nepal’s most exclusive luxury adventures

Frequently asked questions

How difficult is the Luxury Upper Mustang Heli Trek?

The Luxury Upper Mustang Heli Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Luxury Upper Mustang Heli Trek?

For the Mustang & Dolpo (rain-shadow) region the best months are May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What permits do I need for the Luxury Upper Mustang Heli Trek?

You need the Annapurna Conservation Area Permit and, for Upper Mustang or Dolpo, the restricted area permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Luxury Upper Mustang Heli Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Luxury Upper Mustang Heli Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Luxury Upper Mustang Heli Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Luxury Upper Mustang Heli Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

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

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