Upper Mustang Jeep Tour

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**12 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3840m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,350 per person**

Trip overview

The Upper Mustang Jeep Tour Trek is a comfortable and culturally immersive journey into one of Nepal's most remote and mystical regions, the ancient "Forbidden Kingdom of Lo." Designed for travelers who want to explore Upper Mustang without long trekking days, this adventure combines scenic jeep travel with short walks, cultural exploration, and deep Himalayan discovery.

The region is famous for its dramatic trans-Himalayan desert landscapes, centuries-old Tibetan Buddhist culture, and walled medieval villages. The journey offers spectacular views of Himalayan giants including Dhaulagiri, Nilgiri, and surrounding peaks of the Annapurna range, set against vast wind-carved cliffs and arid valleys.

This tour is ideal for families, senior travelers, cultural explorers, and those seeking a relaxed yet deeply meaningful Himalayan experience with minimal physical strain.

Geography and Landscape

The Upper Mustang Jeep Tour operates within the restricted Upper Mustang region of north-central Nepal inside Annapurna Conservation Area. The journey typically begins with a flight or drive to Jomsom, followed by a rugged jeep route that follows the Kali Gandaki Valley into Upper Mustang.

The landscape is one of the most unique in the Himalayas. Instead of forests and green hills, travelers encounter a high-altitude desert environment with dry winds, colorful eroded cliffs, deep canyons, and vast open plateaus. The geology of the region reveals layers of red, orange, and brown rock formations shaped by centuries of wind erosion.

The jeep route passes through traditional villages such as Kagbeni, Chele, Syangboche, Ghami, Tsarang, and Lo Manthang. These settlements are built in classic Tibetan-style architecture using mud bricks and stone, with narrow alleyways, monasteries, and prayer flags reflecting centuries of cultural preservation.

Lo Manthang, the ancient walled capital, is the highlight of the journey. It features royal palaces, ancient monasteries, and a vibrant local community that still follows traditional Tibetan Buddhist practices.

Although travel is primarily by jeep, short walks and exploration within villages allow visitors to experience the region's culture and landscapes up close.

Climate and Best Time to Visit

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

Upper Mustang lies in a rain-shadow zone, meaning it receives very little rainfall even during the monsoon season. This makes it one of the few regions in Nepal where summer travel is comfortable and reliable.

Spring offers mild temperatures, clear skies, and excellent visibility of both Mustang's desert landscapes and distant Himalayan peaks. Summer is especially popular for jeep tours, as roads remain dry and accessible while other trekking regions experience heavy rain.

Autumn provides crisp air and stable weather conditions, making it another good option for travel. Winter (December–February) is extremely cold and windy, often making road travel difficult.

Overall, May to October is considered the best window for a safe and enjoyable Upper Mustang jeep adventure.

People and Culture

Upper Mustang is home to Tibetan-influenced communities who have preserved their ancient traditions, language, and spiritual practices for centuries. The culture is deeply rooted in Tibetan Buddhism, with monasteries, rituals, and sacred landscapes forming an essential part of daily life.

Villages such as Lo Manthang, Tsarang, Ghami, and Kagbeni showcase traditional lifestyles with mud-brick houses, monasteries, chortens, and prayer wheels lining the paths. Agriculture, animal husbandry, and cross-border trade have historically shaped the local economy.

Lo Manthang, the cultural heart of Upper Mustang, remains a living museum of Himalayan heritage. Its royal palace and ancient monasteries reflect the region's historical importance as the Kingdom of Lo.

Local festivals, religious ceremonies, and monastic rituals continue to play a central role in community life. The Upper Mustang Jeep Tour Trek offers a rare opportunity to experience this preserved Himalayan culture in comfort, making it one of Nepal's most unique and accessible cultural journeys.

Highlights

- Drive through the remote and historic Upper Mustang, the former Forbidden Kingdom.
- Explore the ancient walled city of Lo Manthang.
- Enjoy panoramic views of the Annapurna and Dhaulagiri ranges.
- Visit Kagbeni, the gateway to Upper Mustang.
- Discover the fascinating sky caves of Chhoser.
- Experience authentic Tibetan culture and ancient monasteries.
- Travel through the spectacular Kali Gandaki Gorge, one of the world's deepest gorges.
- Witness the unique landscapes of the Trans-Himalayan desert.
- Enjoy a comfortable overland adventure by jeep.

Day-by-day itinerary

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

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our representative will greet you and transfer you to your hotel. After check-in, meet your guide for a trip briefing, permit verification, and final preparation for your Upper Mustang adventure.

You may spend the remainder of the day exploring the vibrant streets of Thamel or relaxing after your journey.

Day 2 : Permit Preparation and Drive to Bandipur (1,030m)

Altitude: 1,400m – 1,030m

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

Drive Duration: 5–6 hours

Today, we complete the necessary permit formalities for the Upper Mustang Restricted Area and Annapurna Conservation Area. After breakfast, begin a scenic drive toward the beautiful hilltop town of Bandipur. The journey offers magnificent views of terraced hillsides, river valleys, and traditional villages. Upon arrival, explore Bandipur's preserved Newari architecture and enjoy panoramic Himalayan views.

Day 3 : Drive from Bandipur to Kalopani (2,530m)

Altitude: 1,030m – 2,530m

Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

After breakfast, continue driving through the Marsyangdi and Kali Gandaki valleys toward Kalopani. The route passes charming villages, cascading waterfalls, deep gorges, and apple orchards while offering spectacular views of Annapurna, Dhaulagiri, and Nilgiri. As the landscape gradually transitions into the Himalayan highlands, enjoy the unique beauty of the Kali Gandaki corridor.

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

Altitude: 2,530m – 3,520m

Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 6–7 hours

Today, enter the restricted region of Upper Mustang. Following the ancient trade route along the Kali Gandaki River, pass through Kagbeni, Tangbe, Chhusang, Chele, Samar, and Ghiling before reaching Ghami. The journey reveals dramatic desert landscapes, colorful rock formations, ancient monasteries, and traditional Tibetan-style settlements rich in culture and history.

Day 5 : Drive from Ghami to Lo Manthang via Tsarang (3,840m)

Altitude: 3,520m – 3,840m

Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 4–5 hours

Drive through vast windswept plateaus and ancient settlements toward the legendary walled city of Lo Manthang. Along the way, visit Dhakmar's striking red cliffs, the famous Mani Wall, Ghar Gompa, and

the historic village of Tsarang, known for its impressive monastery and ancient royal palace. Arrive at the former capital of the Kingdom of Mustang and experience its unique cultural heritage.

Day 6 : Explore Lo Manthang and Chhoser Valley (4,200m)

Altitude: 3,840m – 4,200m

Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Driving Duration: 3–4 hours

Today, explore the fascinating Chhoser Valley and the hidden treasures surrounding Lo Manthang by jeep. Visit Chhoser Village, the ancient Jhong Cave, Nyphu Monastery, Garphu Monastery, the Tibet border area, and Konchok Ling Cave. The region offers breathtaking Himalayan desert scenery, centuries-old cave dwellings, and profound Tibetan Buddhist traditions.

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

Altitude: 3,840m

Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Driving Duration: Local sightseeing

Spend another day discovering the cultural and historical highlights of Lo Manthang. Visit the Royal Palace, centuries-old monasteries, traditional Tibetan villages, local museums, and hidden valleys surrounding the city. This immersive exploration provides a deeper understanding of the former Kingdom of Mustang and its preserved Tibetan heritage.

Day 8 : Drive from Lo Manthang to Yara via Luri Gompa (3,650m)

Altitude: 3,840m – 3,650m

Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Leave Lo Manthang and journey through remote valleys toward Yara. En route, visit the mystical Luri Gompa and Tashi Kabum, renowned for their ancient cave monasteries, sacred Buddhist murals, and spiritual significance. The drive traverses some of Mustang's most isolated and spectacular desert landscapes.

Day 9 : Drive from Yara to Muktinath (3,800m)

Altitude: 3,650m – 3,800m

Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Drive through rugged canyons, high plateaus, and traditional settlements toward the sacred pilgrimage destination of Muktinath. Revered by both Hindus and Buddhists, Muktinath Temple is famous for its eternal flame, 108 water spouts, and profound spiritual significance. Enjoy remarkable mountain scenery throughout the journey.

Day 10 : Drive from Muktinath to Pokhara (822m)

Altitude: 3,800m – 822m

Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Drive Duration: 8–9 hours

After breakfast, begin the long but scenic drive back to Pokhara via Jomsom, Marpha, Tatopani, and

Beni. Descend through dramatic mountain landscapes, apple orchards, riverside villages, and lush hillsides while enjoying stunning views of the Annapurna and Dhaulagiri ranges. Upon arrival, relax beside the tranquil waters of Phewa Lake.

Day 11 : Drive from Pokhara to Kathmandu (1,400m)

Altitude: 822m – 1,400m

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

Drive Duration: 6–7 hours

After breakfast, drive back to Kathmandu along the scenic Prithvi Highway. The route follows winding river valleys, terraced farmlands, and picturesque hillside villages. Upon arrival, enjoy free time for shopping, sightseeing, or relaxing before your international departure.

Day 12 : Final Departure (1,400m)

Visit: Nepal · Meals: Breakfast

According to your international flight schedule, our representative will transfer you to Tribhuvan International Airport for your final departure. Your memorable journey through the hidden Kingdom of Upper Mustang comes to an end, carrying unforgettable memories of Nepal's unique landscapes, culture, and Himalayan 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 · Permit Preparation and Drive to Bandipur · 1,400 m · day 30°C / night 20°C
- Day 3 · Drive from Bandipur to Kalopani · 1,030 m · day 32°C / night 23°C
- Day 4 · Drive from Kalopani to Ghami · 2,530 m · day 24°C / night 13°C
- Day 5 · Drive from Ghami to Lo Manthang via Tsarang · 3,520 m · day 19°C / night 6°C
- Day 6 · Explore Lo Manthang and Chhoser Valley · 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 · Drive from Lo Manthang to Yara via Luri Gompa · 3,840 m · day 18°C / night 4°C
- Day 9 · Drive from Yara to Muktinath · 3,650 m · day 18°C / night 5°C
- Day 10 · Drive from Muktinath to Pokhara · 3,800 m · day 18°C / night 5°C
- Day 11 · Drive from Pokhara to Kathmandu · 822 m · day 33°C / night 24°C
- Day 12 · Final Departure · 1,400 m · day 30°C / night 20°C

What’s included

1. Transportations

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

2. Accommodation & Meals

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

3. Permits

- Upper Mustang restricted Area permits (Issued by Department of Immigration)
- Annapurna Conservation Area Project (ACAP) permits.
- Local Government entry 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 – 13 Mar 2027 · USD 3,350 · Available
- 16 Mar 2027 – 27 Mar 2027 · USD 3,350 · Available
- 06 Apr 2027 – 17 Apr 2027 · USD 3,350 · Available
- 20 Apr 2027 – 01 May 2027 · USD 3,350 · Available

- 04 May 2027 – 15 May 2027 · USD 3,350 · 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

- [ ] Comfortable walking shoes and sandals
- [ ] Light layers for warm days and a fleece or warm jacket for evenings
- [ ] Rain jacket or compact umbrella
- [ ] Modest clothing covering shoulders and knees for temples and monasteries
- [ ] Sun hat and sunglasses

Useful items

- [ ] Small daypack
- [ ] Reusable water bottle
- [ ] Universal travel adapter (Nepal uses types C, D and M)
- [ ] Camera with spare memory cards
- [ ] Earplugs and eye mask

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 lodges, guesthouses, and traditional teahouses throughout the journey.

Villages including Kagbeni, Ghami, Tsarang, and Lo Manthang offer comfortable lodging facilities with twin-sharing rooms and attached or shared bathroom options depending on the location.

Accommodation standards in Upper Mustang have improved considerably in recent years while

maintaining the region's authentic cultural atmosphere.

Meals

A full-board meal plan (Breakfast, Lunch, and Dinner) is available throughout the tour.

Meals are freshly prepared and feature a combination of Nepali, Tibetan, and international cuisine.

Typical menu options include:

- Traditional Dal Bhat set meals
- Tibetan bread and local specialties
- Noodles, pasta, and fried rice
- Potatoes, vegetables, and soups
- Eggs, pancakes, and porridge
- Tea, coffee, and hot beverages

The larger settlements offer a wider variety of food choices and local Mustang dishes.

Difficulty & Physical Requirements

The Upper Mustang Jeep Tour is classified as easy to moderate and is suitable for travelers of all ages and fitness levels.

While no trekking experience is required, participants should be prepared for:

- Long off-road driving hours
- Rough and dusty mountain roads
- High-altitude travel above 3,800 meters
- Short walks around villages, monasteries, and cultural sites

This tour is an excellent alternative for those who wish to experience Upper Mustang without undertaking a multi-day trek.

Permits

Upper Mustang is a restricted area and requires special permits:

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

All permits are typically arranged in advance by the tour operator.

Best Season

- Spring (March–May): Pleasant temperatures and excellent visibility
- Summer/Monsoon (June–August): Ideal due to Mustang's rain-shadow location
- Autumn (September–November): Clear skies and stable weather
- Winter (December–February): Possible but colder with occasional snowfall

Upper Mustang remains one of Nepal's best destinations during the monsoon season.

Transportation & Access

The tour typically begins with travel from Kathmandu to Pokhara.

From Pokhara, travelers either drive or fly to Jomsom before continuing by private four-wheel-drive

vehicle into Upper Mustang.

The route passes through:

- Kagbeni
- Chele
- Syangboche
- Ghami
- Tsarang
- Lo Manthang

Optional excursions to Chhoser Cave, ancient monasteries, and nearby cultural sites can be included.

Safety & Altitude

Although the journey is vehicle-supported, Upper Mustang reaches elevations above 3,800 meters and requires basic altitude awareness.

Important safety considerations include:

- Gradual ascent to higher elevations
- Proper hydration
- Protection from strong winds and dry conditions
- Awareness of altitude-related symptoms
- Following guide instructions throughout the tour

Emergency evacuation services are available if required.

Travel Insurance

Comprehensive travel insurance is strongly recommended and should include:

- High-altitude travel coverage
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Accident and trip interruption coverage

Additional information

Guide & Driver Services

The tour is led by experienced licensed guides and professional drivers familiar with the challenging terrain and cultural significance of the region.

Guides provide valuable insight into Mustang’s history, religion, architecture, and local traditions, ensuring a deeper understanding of the ancient Kingdom of Lo.

Cultural & Natural Highlights

The Upper Mustang Jeep Tour offers an exceptional combination of culture, history, and Himalayan scenery:

- Explore the ancient walled city of Lo Manthang
- Visit centuries-old Tibetan Buddhist monasteries

- Discover ancient sky caves and meditation chambers
- Experience the living culture of the former Kingdom of Lo
- Traverse dramatic desert valleys and colorful rock formations
- Visit traditional villages largely unchanged for centuries
- Enjoy panoramic views of Annapurna, Dhaulagiri, Nilgiri, and Mustang Himal
- Witness unique Tibetan-influenced architecture and customs

Essential Equipment

Recommended items include:

- Comfortable walking shoes
- Warm layered clothing
- Windproof and waterproof jacket
- Hat, sunglasses, and sunscreen
- Personal medications and first aid essentials
- Camera and extra batteries
- Reusable water bottle
- Small daypack for excursions

Communication & Connectivity

Mobile network coverage is available in many villages, including Lo Manthang, although service may be intermittent.

Wi-Fi is available in selected lodges and guesthouses for an additional fee, though speeds are generally limited.

Why Choose the Upper Mustang Jeep Tour?

The Upper Mustang Jeep Tour is ideal for travelers seeking cultural exploration and Himalayan scenery with greater comfort and accessibility:

- Explore the legendary Kingdom of Lo without extensive trekking
- Visit the historic walled city of Lo Manthang
- Experience authentic Tibetan Buddhist culture and traditions
- Discover ancient monasteries, caves, and royal heritage sites
- Travel through spectacular trans-Himalayan desert landscapes
- Suitable for families, senior travelers, and cultural enthusiasts
- Accessible during the monsoon season
- Comfortable vehicle-supported journey through remote regions
- Outstanding photography and cultural immersion opportunities
- One of Nepal’s most unique overland Himalayan adventures

Frequently asked questions

Is the Upper Mustang Jeep Tour suitable for families and older travellers?

Yes. The Upper Mustang Jeep Tour is graded easy and involves sightseeing, short walks and comfortable transfers rather than long hikes. We can adjust the pace, hotels and activities for children, seniors or anyone

with limited mobility.

What is the best time for the Upper Mustang Jeep Tour?

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 Upper Mustang Jeep Tour?

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 Upper Mustang Jeep Tour?

We use well-located, comfortable hotels with private bathrooms, chosen for their character and service. Boutique heritage hotels and 5-star upgrades are available on request.

Can I book the Upper Mustang Jeep Tour 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.

What should I pack for the Upper Mustang Jeep Tour?

See the "What to bring" checklist on this page for the full list. The essentials are comfortable walking shoes, light layers plus a warm jacket for evenings, rain protection and modest clothing for temple visits.

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/upper-mustang-jeep-tour/

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