Upper Mustang Overland Jeep Expedition

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

DURATION	**8 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4660m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,655 per person**

Trip overview

The Upper Mustang Overland Jeep Expedition is an extraordinary journey into the remote and culturally fascinating landscapes of northern Nepal. Traveling by private 4WD Jeep, this adventure explores the ancient Kingdom of Mustang, combining spectacular Himalayan scenery, dramatic high-altitude desert landscapes, centuries-old monasteries, sacred caves, traditional Tibetan-influenced villages, and historic trading routes. Unlike conventional trekking routes, the overland expedition allows you to comfortably reach some of Mustang's most remote and remarkable destinations while experiencing the region's unique culture and rugged beauty.

Geography and Landscape

Upper Mustang lies in the rain-shadow of the Annapurna and Dhaulagiri ranges, creating a distinctive high-altitude desert landscape characterized by colorful cliffs, deep gorges, barren mountains, rocky valleys, and dramatic Himalayan formations. The journey follows the Kali Gandaki Valley through Kalopani, Marpha, Jomsom, and Kagbeni before entering the restricted Upper Mustang region.

The expedition reaches Lo Manthang (3,840 meters), the historic walled capital of the former Kingdom of Mustang. From here, the route extends toward Chhoser, Jhong Sky Cave, Nyphu Monastery, and the Korala Pass (4,660 meters) near the Nepal–Tibet border, subject to road conditions and local regulations. The journey also explores the remote valleys of Yara and the sacred surroundings of Luri Gompa before descending toward Muktinath.

Climate and Best Time to Travel

The best seasons for an Upper Mustang overland expedition are spring (March to May) and autumn (late September to November). During these periods, the weather is generally dry, visibility is excellent, and the mountain landscapes are at their most spectacular. Daytime temperatures can be pleasant in the lower valleys but become considerably colder at higher elevations, particularly around Lo Manthang and Korala.

Upper Mustang lies in the Himalayan rain shadow, making it significantly drier than much of Nepal. However, road conditions can change due to weather, landslides, snowfall, or local restrictions. Travelers should therefore be prepared for changing mountain conditions and varying temperatures throughout the journey.

People and Culture

Upper Mustang is home to communities with deep Tibetan Buddhist traditions, particularly in villages such as Kagbeni, Ghami, Tsarang, Lo Manthang, Chhoser, and Yara. Ancient monasteries, chortens, mani walls, prayer flags, traditional whitewashed houses, and centuries-old cultural practices are found throughout the region.

The journey provides opportunities to explore important cultural sites including Ghar Gompa, Tsarang Monastery, Namgyal Monastery, Chode Monastery, Jampa Monastery, and Thubchen Monastery. The remarkable cave settlements of Chhoser, including Jhong Sky Cave and Nyphu Monastery, reveal the extraordinary history of human settlement in Mustang's cliffs and canyons.

Ancient Monasteries and Sacred Caves

One of the defining features of the Upper Mustang expedition is its remarkable collection of ancient monasteries and sacred caves. Ghar Gompa, traditionally associated with Guru Padmasambhava, is among the region's most significant spiritual sites. The journey also visits Luri Gompa, Tashi Kabum, and Chungsi Cave Monastery, where Guru Padmasambhava is believed to have meditated.

These sacred sites contain ancient Buddhist artwork, murals, chortens, meditation chambers, and religious artifacts, offering travelers a deeper understanding of Mustang's spiritual heritage and its centuries-old connection with Tibetan Buddhism.

History and the Ancient Kingdom of Mustang

For centuries, Mustang existed as an independent Himalayan kingdom and developed strong cultural and commercial connections with Tibet. Lo Manthang, surrounded by historic walls, remains the cultural heart of the region and preserves many reminders of its royal past.

The expedition provides an opportunity to experience this unique heritage while traveling through ancient trade routes, fortified villages, historic palaces, monasteries, and remote settlements that have remained largely unchanged for generations. Combined with the dramatic Himalayan environment and off-road adventure, the Upper Mustang Overland Jeep Expedition offers a truly distinctive way to discover one of Nepal's most fascinating and remote regions.

Highlights

- Private 4WD Jeep adventure through Upper Mustang
- Explore the ancient walled city of Lo Manthang
- Visit historic monasteries and Buddhist sites
- Discover Jhong Sky Cave and Nyphu Monastery
- Experience the dramatic Dhakmar Red Cliffs
- Visit sacred Luri Gompa and Chungsi Cave Monastery
- Explore remote villages of Yara and Chhoser
- Scenic drive through the Kali Gandaki Valley
- Visit Korala Pass near the Nepal–Tibet border
- Experience unique Tibetan-influenced Mustang culture
- Stunning views of the Annapurna and Dhaulagiri ranges
- Visit the sacred pilgrimage site of Muktinath

Day-by-day itinerary

Day 1 : Kathmandu – Pokhara (Flight) – Drive to Kalopani

Stay: Lodge in Kalopani · Stay: Hotel · Visit: Mustang Region · Meals: Breakfast

Flight Time: 25 minutes

Driving Distance: Approximately 165 km

Driving Time: 7–8 hours

Overnight Elevation: 2,530 m

After an early morning flight from Kathmandu to Pokhara, you will meet your guide and private 4WD driver at the airport. Your adventure begins by driving through the scenic Kali Gandaki Valley via Beni, Tatopani, Ghasa, and Lete. Along the way, enjoy spectacular views of the Annapurna and Dhaulagiri mountain ranges, beautiful waterfalls, lush forests, and traditional mountain villages.

Continue through the famous apple-growing region before arriving at Kalopani, a peaceful village surrounded by magnificent Himalayan peaks.

Scenic flight to Pokhara

Kali Gandaki Gorge

Tatopani Hot Spring area

Annapurna and Dhaulagiri mountain views

Traditional Thakali villages

Day 2 : Kalopani – Kagbeni – Chhusang – Samar – Ghami – Dhakmar

Stay: Lodge in Dhakmar · Stay: Hotel · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Driving Distance: Approximately 110 km

Driving Time: 6–7 hours

Overnight Elevation: 3,820 m

After breakfast, continue north through Marpha and Jomsom before reaching Kagbeni, the gateway to Upper Mustang. After completing permit formalities, drive into the restricted area, passing Tangbe, Chhusang, Chele, Samar, Syangboche, and Ghami.

The route offers dramatic desert landscapes, colorful cliffs, deep canyons, and ancient Tibetan villages. Arrive at Dhakmar, famous for its spectacular red sandstone cliffs believed to have been blessed by Guru Rinpoche.

Upper Mustang Restricted Area

Kagbeni Village

Long Mani Wall at Ghami

Tibetan Buddhist culture

Dhakmar Red Cliffs

Day 3 : Dhakmar – Ghar Gompa – Tsarang – Lo Manthang

Stay: Hotel/Lodge in Lo Manthang · Stay: Hotel · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Driving Distance: Approximately 45 km

Driving Time: 3–4 hours

Overnight Elevation: 3,840 m

This morning, visit the ancient Lo Gekar (Ghar Gompa), one of Nepal's oldest monasteries dating back to the 8th century and associated with Guru Padmasambhava. Continue through high desert landscapes to Tsarang, where you will explore the impressive Tsarang Monastery and the historic five-story palace.

Later, drive to the legendary walled city of Lo Manthang, once the capital of the Kingdom of Mustang.

Ghar Gompa

Tsarang Monastery

Tsarang Palace

Ancient Kingdom of Lo

Panoramic Himalayan scenery

Day 4 : Lo Manthang – Chhoser – Jhong Sky Cave – Nyphu Monastery – Korala (Tibet Border) – Lo Manthang

Stay: Hotel/Lodge in Lo Manthang · Stay: Hotel · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Driving Distance: Approximately 60 km (round trip)

Driving Time: 3–4 hours

Highest Elevation: 4,660 m (Korala Border)

Spend the day exploring the hidden kingdom of Mustang. Visit the magnificent Royal Palace, Namgyal Monastery, and Chode Monastery before driving to Chhoser Village.

Here you will explore the remarkable Jhong Sky Cave, a five-story cave complex carved into towering cliffs over 2,000 years ago. Continue to the sacred Nyphu Cave Monastery, beautifully built inside a cliff.

If road conditions and local authority regulations permit, continue to Korala Pass, the historic trading route between Nepal and Tibet.

Return to Lo Manthang for the evening.

Royal Palace

Namgyal Monastery

Chode Monastery

Chhoser Village

Jhong Sky Cave

Nyphu Monastery

Korala (Nepal–Tibet Border)

Day 5 : Lo Manthang Valley Tour – Yara Village

Stay: Lodge in Yara · Stay: Hotel · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Driving Distance: Approximately 65 km

Driving Time: 5–6 hours

Overnight Elevation: 3,650 m

After breakfast, explore the cultural treasures of Lo Manthang, including Jampa Monastery, Thubchen Monastery, Chode Monastery, and the ancient Royal Palace.

Later, drive east through remote valleys and spectacular canyon landscapes toward Yara Village, one of the most isolated settlements in Upper Mustang.

The route passes through untouched Himalayan scenery rarely visited by tourists.

Jampa Monastery

Thubchen Monastery

Chode Monastery

Royal Palace

Remote Mustang valleys

Traditional villages

Day 6 : Yara – Luri Gompa – Tashi Kabum – Chungsi Cave – Muktinath

Stay: Lodge in Muktinath · Stay: Hotel · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Driving Distance: Approximately 145 km

Driving Time: 8–9 hours

Overnight Elevation: 3,760 m

After breakfast, drive to the trailhead for Luri Gompa, followed by a short walk to one of Upper Mustang's most sacred cave monasteries. Inside, admire centuries-old Buddhist murals, ancient chortens, and meditation caves.

Continue to Tashi Kabum, another fascinating spiritual site, before retracing the route through Chhusang. Visit the sacred Chungsi Cave Monastery, where Guru Padmasambhava is believed to have meditated.

Finally, continue to the holy pilgrimage town of Muktinath.

Luri Cave Monastery

Ancient Buddhist murals

Tashi Kabum

Chungsi Cave Monastery

Muktinath Temple area

Day 7 : Muktinath – Kagbeni – Jomsom – Marpha – Tatopani – Pokhara

Stay: Hotel in Pokhara · Stay: Hotel · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Driving Distance: Approximately 175 km

Driving Time: 8–9 hours

Overnight Elevation: 822 m

After breakfast, begin the scenic drive back to Pokhara through the spectacular Kali Gandaki Valley.

Stop at the medieval village of Kagbeni, the bustling town of Jomsom, and the charming apple village of Marpha, famous for its apple orchards, cider, and traditional whitewashed houses.

Continue via Tatopani and Beni before reaching Pokhara.

Kagbeni Village

Marpha Apple Village

Kali Gandaki Valley

Tatopani

Beautiful Himalayan scenery

Day 8 : Pokhara Sightseeing – Flight to Kathmandu

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

Sightseeing Distance: Approximately 20 km

Sightseeing Duration: 2–3 hours

Flight Time: 25 minutes

After breakfast, enjoy a relaxing sightseeing tour of Pokhara. Visit Phewa Lake, Davis Falls, Gupteshwor Cave, and, if time permits, the World Peace Pagoda, offering panoramic views over Pokhara Valley and the Annapurna Range.

In the afternoon, transfer to Pokhara Airport for your short flight back to Kathmandu, marking the end of your unforgettable Upper Mustang adventure.

What’s included

- 1 night Pokhara hotel with breakfast (Hotel Temple Himalaya)
- All ground transportation by private 4WD Jeep (Pokhara – Upper Mustang – Pokhara).
- One experienced English-speaking government-licensed trekking guide throughout the trip.
- Upper Mustang Restricted Area Permit (RAP).
- Annapurna Conservation Area Permit (ACAP).
- Monastery and cave entrance fee.
- Seven nights' accommodation in the best available local lodges/teahouses during the tour.
- Three meals daily during the tour (Breakfast, Lunch, and Dinner) with tea or coffee at breakfast.
- Guide's salary, meals, accommodation, transportation, insurance, and all government taxes.
- Comprehensive first-aid kit carried by the guide.
- All applicable government taxes and service charges.
- Official trip completion certificate.

Not included

- International airfare.
- Kathmandu Hotel (It depend on your request.)
- Nepal entry visa fee.
- Travel insurance, including high-altitude trekking and emergency helicopter evacuation.
- Personal trekking equipment and clothing.
- Personal expenses such as laundry, telephone calls, internet/Wi-Fi, battery charging, hot showers, alcoholic beverages, soft drinks, bottled water, snacks, desserts, and souvenirs.
- Tips and gratuities for the guide and driver (highly appreciated but optional).
- Any expenses arising from unforeseen circumstances such as flight delays, road blockages, natural disasters, political unrest, illness, or itinerary changes beyond our control.
- Any services not specifically mentioned under "Cost Includes."

Dates & prices

- 02 Mar 2027 – 09 Mar 2027 · USD 1,655 · Available
- 16 Mar 2027 – 23 Mar 2027 · USD 1,655 · Available
- 06 Apr 2027 – 13 Apr 2027 · USD 1,655 · Available
- 20 Apr 2027 – 27 Apr 2027 · USD 1,655 · Available
- 04 May 2027 – 11 May 2027 · USD 1,655 · 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 during the Upper Mustang Overland Jeep Expedition is provided in comfortable hotels, lodges, teahouses, and locally operated guesthouses along the route.

In Pokhara and major settlements such as Jomsom and Muktinath, accommodation facilities are generally more developed. In remote villages such as Dhakmar, Yara, and Lo Manthang, facilities are simpler but offer a comfortable and authentic mountain experience.

Most accommodations provide twin-sharing rooms with basic bedding and essential facilities. Hot showers and Wi-Fi may be available in some locations at an additional cost.

Meals

A ful-board meal system consisting of Breakfast, Lunch, and Dinner is provided during the expedition. Meals are prepared locally and offer a combination of traditional Nepali, Tibetan, and commonly available international dishes.

Typical food options include:

- Traditional Dal Bhat with vegetables
- Noodles, pasta, and fried rice
- Soups and seasonal vegetables
- Potatoes and Tibetan-style dishes
- Eggs, bread, pancakes, and porridge
- Tea, coffee, and other hot beverages

Food choices become more limited in remote Upper Mustang villages, but meals are generally sufficient for the journey.

Difficulty & Physical Requirements

The Upper Mustang Overland Jeep Expedition is considered moderate, combining long-distance 4WD travel with sightseeing, short walks, and exploration of monasteries and caves.

Most of the journey is completed by private 4WD Jeep, making it suitable for travelers who do not want to undertake a long trekking expedition. However, visitors should be comfortable with rough mountain roads, high-altitude environments, and several hours of daily driving.

Some sites, including Luri Gompa and the cave monasteries, require short hikes on uneven and rocky trails.

Permits

The following permits are required for the expedition:

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

The Upper Mustang Restricted Area Permit is mandatory for travel beyond Kagbeni into the restricted region.

All required permits are arranged by the trekking and expedition operator before entering the restricted area.

Best Season

- Spring (March–May): Clear mountain views, pleasant daytime temperatures, and excellent conditions for exploring Mustang.
- Summer/Monsoon (June–August): Mustang remains relatively dry due to its rain-shadow location, but road conditions can still be affected by weather in surrounding areas.
- Autumn (September–November): One of the best seasons, with stable weather, clear skies, and excellent Himalayan visibility.
- Winter (December–February): Very cold, with possible snowfall and difficult road conditions; some facilities may also close during the winter months.

Transportation & Access

The expedition begins with a domestic flight from Kathmandu to Pokhara, followed by private 4WD Jeep transportation through the Kali Gandaki Valley toward Upper Mustang.

The route passes through major settlements including Beni, Kalopani, Marpha, Jomsom, Kagbeni, Dhakmar, Lo Manthang, Yara, and Muktinath before returning to Pokhara.

The return journey concludes with a flight from Pokhara to Kathmandu.

Safety & Acclimatization

The expedition reaches elevations of approximately 4,660 meters at Korala, making gradual acclimatization important.

The itinerary includes time in Kalopani, Dhakmar, Lo Manthang, and other high-altitude settlements to allow travelers to adjust gradually. Travelers should maintain a steady pace, stay hydrated, avoid excessive physical exertion, and communicate any symptoms of altitude sickness to the guide immediately.

Road conditions can vary significantly in the Himalayan environment. The itinerary may be adjusted according to weather, road conditions, local regulations, and safety considerations.

Travel Insurance

Travel insurance is strongly recommended and should include:

- Medical coverage for high-altitude travel
- Emergency evacuation, including helicopter rescue if required

- Accident and injury coverage
- Trip cancellation and interruption protection
- Coverage for delays caused by weather or transportation disruptions

Additional information

Guide & Driver Services

The expedition is accompanied by an experienced English-speaking, government-licensed guide and a professional private 4WD Jeep driver.

The guide provides assistance with navigation, permits, cultural interpretation, monastery visits, and general safety throughout the journey. The driver is experienced in navigating the challenging mountain roads of the Mustang region.

Cultural & Natural Highlights

The Upper Mustang expedition offers an exceptional combination of Himalayan landscapes, ancient culture, and spiritual heritage:

- Historic walled city of Lo Manthang
- Ancient Kingdom of Mustang
- Dramatic Kali Gandaki Valley
- Dhakmar's famous red cliffs
- Ghar Gompa and Tsarang Monastery
- Royal Palace, Namgyal, Chode, Jampa, and Thubchen monasteries
- Chhoser Village and Jhong Sky Cave
- Nyphu Cave Monastery
- Luri Gompa and Tashi Kabum
- Sacred Chungsi Cave Monastery
- Korala Pass near the Nepal–Tibet border
- Traditional Tibetan-influenced villages and Buddhist culture
- Annapurna, Dhaulagiri, and other Himalayan mountain views

Essential Equipment

Recommended equipment includes:

- Comfortable walking or trekking shoes
- Warm layered clothing
- Down or insulated jacket
- Waterproof jacket and trousers
- Warm hat and gloves
- Sunglasses and sunscreen
- Comfortable daypack
- Water bottle
- Personal toiletries and medications
- Headlamp or flashlight

- Basic first-aid supplies
- Camera and spare batteries/power bank
- Heavy trekking or technical mountaineering equipment is not required for this overland expedition.

Communication & Connectivity

Mobile network coverage is available in some larger settlements but becomes limited or unreliable in remote areas of Upper Mustang.

Wi-Fi may be available at selected hotels and lodges, generally for an additional charge. Travelers should not rely on continuous internet or mobile connectivity throughout the expedition.

Road Conditions

Upper Mustang is a remote Himalayan region with rugged and frequently changing road conditions. The route includes unpaved tracks, rocky sections, steep mountain roads, river crossings, and narrow valley roads.

Travel times may vary depending on road conditions, weather, traffic, and local restrictions. The itinerary may be modified when necessary for safety.

Why Choose the Upper Mustang Overland Jeep Expedition?

This expedition is ideal for travelers looking to explore the remote Himalayan kingdom of Mustang without undertaking a long trekking route:

- Explore the legendary walled city of Lo Manthang
- Travel comfortably by private 4WD Jeep
- Discover ancient monasteries and sacred cave settlements
- Experience the unique Tibetan-influenced culture of Mustang
- Visit remote villages rarely reached by conventional tourists
- Explore Jhong Sky Cave, Nyphu, Luri Gompa, and Chungsi Cave
- Experience the dramatic landscapes of the Himalayan rain shadow
- Visit the Korala Pass near the Nepal–Tibet border, subject to local regulations
- Combine adventure, spirituality, culture, and spectacular mountain scenery
- Ideal for travelers seeking a private and immersive Upper Mustang experience

Frequently asked questions

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

Yes. The Upper Mustang Overland Jeep Expedition 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 Overland Jeep Expedition?

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 Overland Jeep Expedition?

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 Overland Jeep Expedition?

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 Overland Jeep Expedition 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 Overland Jeep Expedition?

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