Upper Mustang Trek

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

DURATION	**19 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3650m.**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,290 per person**

Trip overview

The Upper Mustang Trek is a unique and culturally rich Himalayan journey that takes travelers into the ancient “Forbidden Kingdom of Lo,” a remote trans-Himalayan region of northern Nepal. Once restricted to outsiders, Upper Mustang has preserved its centuries-old Tibetan Buddhist culture, desert-like landscapes, and walled medieval villages, making it one of the most fascinating trekking destinations in Nepal.

Unlike lush Himalayan routes, Upper Mustang lies in a rain-shadow area, offering dramatic arid scenery, colorful cliffs, and deep canyons shaped by wind and time. The trek is ideal for travelers seeking a cultural expedition rather than a forest or glacier-based adventure.

The journey offers spectacular views of the Annapurna and Dhaulagiri ranges, including peaks such as Dhaulagiri and surrounding Himalayan massifs. The highlight of the trek is the ancient capital of Lo Manthang, a historic walled city rich in monasteries, royal palaces, and traditional Tibetan culture.

This trek is perfect for cultural explorers, photographers, and trekkers seeking a high-altitude desert landscape with deep historical significance.

Geography and Landscape

The Upper Mustang Trek is located in north-central Nepal within Annapurna Conservation Area, but lies in a distinct rain-shadow region north of the Annapurna range. The journey typically begins with a flight or drive to Jomsom, followed by trekking through the Kali Gandaki Valley into restricted Upper Mustang territory.

The landscape is starkly different from other parts of Nepal. Instead of lush forests, trekkers encounter dry, barren hills, red and ochre cliffs, wind-eroded canyons, and vast open valleys. The region closely resembles the Tibetan plateau, with strong winds and minimal vegetation.

Key stops along the route include Kagbeni, Chele, Syangboche, Ghami, Tsarang, and finally Lo Manthang. Each village is characterized by mud-brick houses, ancient monasteries, and prayer flags fluttering across desert ridges.

One of the most striking features of Upper Mustang is its dramatic geology. Layers of colorful rock formations create a surreal landscape, especially during sunrise and sunset when the cliffs glow in red,

orange, and gold tones. The Kali Gandaki Gorge, one of the deepest gorges in the world, also lies nearby, adding to the region's geological significance.

Climate and Best Time to Trek

The best seasons for the Upper Mustang Trek are spring (March–May) and summer (June–August). Unlike most trekking regions in Nepal, Upper Mustang lies in a rain-shadow zone, meaning it receives very little monsoon rainfall.

Summer is particularly suitable here, as the region remains dry and accessible while other parts of Nepal experience heavy rain. Spring offers clear skies, pleasant temperatures, and excellent visibility of both Mustang's desert landscapes and distant Himalayan peaks.

Autumn (September–November) is also a good season, offering stable weather and crisp views, although summer remains the most unique advantage of this region.

Winter (December–February) is extremely cold and windy, making trekking difficult and less comfortable due to harsh high-altitude conditions.

Overall, May to October is considered the best window for exploring Upper Mustang safely and comfortably.

People and Culture

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

Villages such as Lo Manthang, Tsarang, and Ghami feature centuries-old monasteries, royal palaces, chortens, and cave dwellings carved into cliffs. The region was historically part of the ancient Kingdom of Lo, and many traditions remain unchanged for generations.

Festivals such as Tiji are major cultural highlights, featuring masked dances, rituals, and prayers performed in Lo Manthang's monasteries. These events attract both locals and limited international visitors, offering a rare glimpse into living Himalayan heritage.

The combination of desert landscapes, ancient culture, and restricted access makes the Upper Mustang Trek one of the most extraordinary and culturally significant trekking experiences in Nepal.

Highlights

- Explore the ancient walled city of Lo Manthang.
- Visit centuries-old monasteries and sacred caves.
- Trek through dramatic desert landscapes and deep canyons.
- Cross high mountain passes, including Geling La (4,900m).
- Experience authentic Tibetan culture in traditional villages.
- Enjoy spectacular views of the Annapurna, Dhaulagiri, and Nilgiri ranges.
- Discover ancient cave systems rich in history and spirituality.
- Witness colorful festivals, prayer ceremonies, and local traditions.

Day-by-day itinerary

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

Altitude: 1,400m

Stay: 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 hotel. After check-in, you can relax or explore the vibrant streets of Thamel. In the evening, there will be a short briefing about the trek.

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

Altitude: 1,400m – 822m

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

Flight Duration: 25 minutes

Today, we complete the necessary trekking permits for the Upper Mustang restricted area. After permit preparation, take a scenic flight to Pokhara, the beautiful lakeside city beneath the Annapurna range.

Enjoy free time around Phewa Lake and prepare for the trek.

Day 3 : Flight to Jomsom and (Drive to Chele)

Altitude: 822m – 2,720m – 3,050m

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

Flight Duration: 20–25 minutes

Drive Duration: 3–4 hours

Take an early morning mountain flight to Jomsom. After breakfast, begin an adventurous jeep drive through Kagbeni and the dramatic Kali Gandaki valley toward Chele.

The trail passes ancient villages, colorful cliffs, caves, and Tibetan-influenced settlements.

Day 4 : Trek from Chele to Syangmochen(3,800m)

Altitude: 3,050m – 3,800m

Walk: 5–6 hours · Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Begin trekking through the rugged landscapes of Upper Mustang. The trail crosses several small passes and traditional villages with impressive views of dry canyons and Himalayan peaks.

You pass through Samar and beautiful juniper-covered hills and visit the sacred Rangchung Cave before reaching Syangmochen.

Day 5 : Trek to Dhakmar(3,820m)

Altitude: 3,800m – 3,820m

Walk: 6–7 hours · Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Today's trail passes through Ghiling, Ghami, ancient mani walls, and dramatic red cliffs. The landscapes become increasingly barren and spectacular as you approach Dhakmar, famous for its striking red rock formations and legends connected to Guru Rinpoche.

Day 6 : Trek to Tsarang(3,560m)

Altitude: 3,820m – 3,560m

Walk: 5–6 hours · Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

The route continues across wide plateaus and ancient trade paths toward Tsarang (Charang), one of the most important villages in Upper Mustang.

Explore the impressive red monastery and the old royal palace of Tsarang.

Day 7 : Trek to Lo Manthang via Ghar Gompa(3,810m)

Altitude: 3,560m – 3,810m

Walk: 6–7 hours · Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Today is one of the most beautiful days of the trek. Visit the ancient Ghar Gompa, one of the oldest monasteries in Mustang associated with Guru Rinpoche.

Continue trekking through wide open valleys toward the legendary walled city of Lo Manthang, the former kingdom of Mustang.

Day 8 : Drive to Chhoser – Chonup Valley – Nyphu Monastery – Garphu Monastery – Jhong Cave (3,900m)

Altitude: 3,810m – 3,950m – 3,900m

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

Exploration Duration: 5–6 hours

Today explore the northern valleys of Upper Mustang by local jeep. Visit the fascinating villages and sacred sites around Chhoser, including:

Tibet border area

Nyphu Monastery

Garphu Monastery

Ancient Jhong Cave

These sites showcase the unique Tibetan Buddhist culture and mysterious cave civilization of Mustang.

Day 9 : Explore Konchok Ling Cave and Chonup Valley – Return to Lo Manthang (3,810m)

Altitude: 3,900m – 4,000m – 3,810m

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

Exploration Duration: 5–6 hours

After breakfast, visit the remarkable Konchok Ling Cave and further explore the remote Chonup Valley. The area offers dramatic landscapes, ancient meditation caves, and spectacular Himalayan scenery.

Later, drive back to Lo Manthang.

Day 10 : Explore Lo Manthang Valley (3,810m)

Altitude: 3,810m – 4,000m – 3,810m

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

Exploration Duration: 4–6 hours

Spend a full day exploring the hidden valleys and historical treasures around Lo Manthang. Visit:

Ancient three monasteries

Royal Palace

Traditional Tibetan villages

Local hot springs

This day provides deeper insight into the culture and spiritual heritage of the ancient Mustang Kingdom.

Day 11 : Trek from Lo Manthang to Yara (3,650m)

Altitude: 3,810m – 3,650m

Walk: 6–7 hours · Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Leave the main Upper Mustang trail and head east toward the remote village of Yara. The route passes isolated valleys, colorful rock formations, and hidden settlements rarely visited by trekkers.

Day 12 : Explore Luri Gompa and Tashi Kabum – Return to Yara (3,650m)

Altitude: 3,650m – 4,005m – 3,650m

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

Hike Duration: 5–6 hours

Today is dedicated to exploring the mystical Luri Gompa, an ancient cave monastery decorated with old Buddhist murals and chortens.

Continue to Tashi Kabum before returning to Yara.

Day 13 : Trek from Yara to Tangge (3,240m)

Altitude: 3,650m – 3,240m

Walk: 6–7 hours · Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

A long but rewarding trekking day through isolated desert valleys and dramatic eroded cliffs. Tangge is a beautiful remote village rich in Tibetan culture and traditional stone houses.

Day 14 : Trek from Tangge to Chhusang (2,980m)

Altitude: 3,240m – 4,000m – 2,980m

Walk: 7–8 hours · Stay: Tea House · Visit: Upper Mustang Region · Meals: Breakfast Lunch Dinner

Cross remote high passes and descend into the Kali Gandaki valley. The landscapes change dramatically as you rejoin the classic Upper Mustang route near Chhusang.

Day 15 : Trek from Chhusang to Muktinath (3,800m)

Altitude: 2,980m – 3,800m

Walk: 6–7 hours · Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Continue trekking toward the sacred pilgrimage site of Muktinath Temple. The trail offers beautiful mountain scenery and views of Nilgiri and Dhaulagiri.

Muktinath is an important spiritual destination for both Hindus and Buddhists.

Day 16 : Drive to Jomsom and Flight to Pokhara (822m)

Altitude: 3,800m – 2,720m – 822m

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

Drive Duration: 1–2 hours

Flight Duration: 20–25 minutes

Drive from Muktinath to Jomsom through the Kali Gandaki valley. Depending on weather conditions, take a scenic flight back to Pokhara.

Enjoy a relaxing evening at Lakeside.

Day 17 : Flight to Kathmandu (1,400m)

Altitude: 822m – 1,400m

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

Flight Duration: 25 minutes

Take a morning flight back to Kathmandu. After hotel check-in, enjoy free time for shopping or sightseeing around the city.

Day 18 : Leisure Day in Kathmandu (1400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: Flexible

Free day in Kathmandu for personal activities, sightseeing, or rest. Optional cultural tours can be arranged.

Farewell dinner in the evening.

Day 19 : Final Departure

Visit: Nepal · Meals: Breakfast

According to your international flight schedule, transfer to Tribhuvan International Airport for your final departure.

We hope to see you again in Nepal for another unforgettable Himalayan adventure

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 Flight to Pokhara · 1,400 m · day 30°C / night 20°C
- Day 3 · Flight to Jomsom and · 822 m · day 33°C / night 24°C
- Day 4 · Trek from Chele to Syangmochen · 3,050 m · day 21°C / night 9°C
- Day 5 · Trek to Dhakmar · 3,800 m · day 18°C / night 5°C
- Day 6 · Trek to Tsarang · 3,820 m · day 18°C / night 4°C
- Day 7 · Trek to Lo Manthang via Ghar Gompa · 3,560 m · day 19°C / night 6°C
- Day 8 · Drive to Chhoser – Chonup Valley – Nyphu Monastery – Garphu Monastery – Jhong Cave · 3,810 m · day 18°C / night 4°C
- Day 9 · Explore Konchok Ling Cave and Chonup Valley – Return to Lo Manthang · 3,900 m · day 17°C / night 4°C
- Day 10 · Explore Lo Manthang Valley · 3,810 m · day 18°C / night 4°C
- Day 11 · Trek from Lo Manthang to Yara · 3,810 m · day 18°C / night 4°C
- Day 12 · Explore Luri Gompa and Tashi Kabum – Return to Yara · 3,650 m · day 18°C / night 5°C

- Day 13 · Trek from Yara to Tangge · 3,650 m · day 18°C / night 5°C
- Day 14 · Trek from Tangge to Chhusang · 3,240 m · day 21°C / night 8°C
- Day 15 · Trek from Chhusang to Muktinath · 2,980 m · day 22°C / night 10°C
- Day 16 · Drive to Jomsom and Flight to Pokhara · 3,800 m · day 18°C / night 5°C
- Day 17 · Flight to Kathmandu · 822 m · day 33°C / night 24°C
- Day 18 · Leisure Day in Kathmandu · 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 – 20 Mar 2027 · USD 3,290 · Available
- 16 Mar 2027 – 03 Apr 2027 · USD 3,290 · Available
- 06 Apr 2027 – 24 Apr 2027 · USD 3,290 · Available
- 20 Apr 2027 – 08 May 2027 · USD 3,290 · Available
- 04 May 2027 – 22 May 2027 · USD 3,290 · 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 traditional teahouses, guesthouses, and locally operated lodges throughout the trek.

Villages such as Kagbeni, Chele, Syangboche, Ghami, Tsarang, and Lo Manthang offer comfortable teahouse facilities with twin-sharing rooms and basic amenities. Accommodation standards have improved significantly in recent years, although facilities remain relatively simple in remote areas.

Most lodges provide shared bathrooms, dining halls, and warm hospitality reflective of local Tibetan culture.

Meals

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

Meals are freshly prepared and offer a mix of Nepali, Tibetan, and basic international dishes.

Typical menu options include:

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

Food quality is generally good throughout the route, particularly in larger villages and Lo Manthang.

Difficulty & Physical Requirements

The Upper Mustang Trek is classified as moderate, making it suitable for trekkers with reasonable fitness and some hiking experience.

Daily trekking generally ranges from 5 to 7 hours, with gradual ascents and descents through arid valleys, mountain trails, and high desert terrain.

Although the trek reaches elevations above 4,000 meters, the risk of altitude-related illness is lower compared to many Himalayan trekking routes due to the gradual ascent profile.

No technical climbing experience is required.

Permits

Upper Mustang is a restricted trekking area and requires special permits:

- Upper Mustang Restricted Area Permit
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

A licensed guide is mandatory, and trekking must be arranged through a registered trekking agency.

Best Season

- Spring (March–May): Pleasant temperatures, clear skies, and excellent trekking conditions
- Summer/Monsoon (June–August): One of the best times to visit due to the region's rain-shadow location
- Autumn (September–November): Stable weather and outstanding mountain views
- Winter (December–February): Cold temperatures and occasional snowfall in higher areas

Unlike most trekking regions in Nepal, Upper Mustang remains accessible during the monsoon season.

Transportation & Access

The trek typically begins with a flight or drive from Kathmandu to Pokhara, followed by a flight to Jomsom.

From Jomsom, the trekking route follows the Kali Gandaki Valley through Kagbeni and into the restricted Upper Mustang region before reaching Lo Manthang.

Alternative jeep-supported itineraries are also available for travelers seeking shorter trekking options.

Safety & Acclimatization

The trek reaches elevations of approximately 4,200 meters and requires basic acclimatization.

Important safety considerations include:

- Gradual altitude gain
- Strong afternoon winds in Mustang valleys
- Dry climate requiring proper hydration
- Exposure to sun and dust in desert landscapes
- Monitoring for mild altitude-related symptoms

Experienced guides provide assistance with route management, safety, and cultural interpretation.

Travel Insurance

Comprehensive travel insurance is highly recommended and should include:

- High-altitude trekking coverage (minimum 5,000m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization

- Accident and trip interruption coverage

Additional information

Guide & Porter Services

A licensed guide is mandatory for all Upper Mustang treks due to restricted area regulations.

Porters are available to carry luggage, allowing trekkers to enjoy the journey comfortably with a light daypack.

Guides provide valuable insight into the region’s history, culture, religion, and local traditions.

Cultural & Natural Highlights

The Upper Mustang Trek is one of the most culturally significant trekking experiences in the Himalayas:

- Explore the ancient walled city of Lo Manthang
- Discover centuries-old Tibetan Buddhist monasteries
- Visit ancient cave dwellings and meditation sites
- Experience the unique culture of the former Kingdom of Lo
- Traverse dramatic desert landscapes and deep canyons
- Observe colorful prayer flags, chortens, and mani walls
- Enjoy panoramic views of Nilgiri, Annapurna, Dhaulagiri, and Mustang peaks
- Witness traditional festivals such as the famous Tiji Festival

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots
- Layered clothing system
- Warm jacket for evenings and higher elevations
- Waterproof and windproof outer layers
- Hat, gloves, sunglasses, and sunscreen
- Trekking poles
- Daypack (30–40L)
- Personal first aid kit and medications
- Reusable water bottles and hydration system

Communication & Connectivity

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

Wi-Fi services are available in some lodges for an additional cost, but internet speeds are generally limited.

Why Choose the Upper Mustang Trek?

The Upper Mustang Trek is perfect for travelers seeking a unique blend of culture, history, and Himalayan adventure:

- Explore the legendary Kingdom of Lo
- Experience authentic Tibetan Buddhist culture
- Visit ancient monasteries, caves, and royal palaces
- Trek through dramatic trans-Himalayan desert landscapes
- Accessible during the monsoon season
- Moderate trekking difficulty suitable for a wide range of trekkers
- Rich historical and archaeological significance
- Less crowded than many popular trekking routes
- Outstanding photography and cultural exploration opportunities
- One of Nepal’s most distinctive and unforgettable trekking experiences

Frequently asked questions

How difficult is the Upper Mustang Trek?

The Upper Mustang 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 Upper Mustang 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 Upper Mustang 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 Upper Mustang 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 Upper Mustang 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 Upper Mustang 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 Upper Mustang 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/upper-mustang-trek/

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