Upper Mustang Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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