Upper Mustang Treks

Nepal / Mustang Region | Trekking package



Your journey at a glance

Duration: 16 days

Trip grade: Moderate

Maximum altitude: 3730 m

Best season: September - November; May - June

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 2,600.00 per adult

Accommodation: Deluxe hotel in Kathmandu and Pokhara; tea house / lodge or tent camping during the trek

Transportation: Domestic flights between Kathmandu, Pokhara and Jomsom; trekking; road transfers as required

Meals: Breakfast, lunch and dinner during trekking; hotel breakfasts as specified

Package overview

Upper Mustang is known as a mystique valley, the last forbidden Himalayan kingdom of Nepal and the “Mini Tibet of Nepal”. The region is a well-liked trekking destination and has been described as a mountain desert. The trek to Lo Manthang, an isolated settlement, is rewarding for travellers who want to experience the hospitality and warmth of the people living in this remote region.

The Nepal Department of Immigration began issuing a limited number of special trekking permits for Upper Mustang in 1992. Before then, the region was prohibited to foreign travellers. Upper Mustang offers opportunities to visit Buddhist monasteries and explore a landscape shaped by Tibetan cultural influences. The route passes through an almost treeless, barren landscape, steep rocky trails and hills, with views of Nilgiri, Annapurna, Dhaulagiri and other Himalayan peaks.

Mustang is one of the few places where relative isolation has helped preserve local lifestyle and heritage over many centuries. Sheltered behind the Himalayan ranges, the high-desert region lies in the rain shadow of the Himalayas and receives little rainfall, creating a landscape similar to the Tibetan Plateau. Lo Manthang, the capital of Upper Mustang, is an old Tibetan-influenced settlement known for its Buddhist art, monasteries and distinctive culture. The trek begins at Jomsom, reached by flight or road from Pokhara. Ojha Holidays Tours and Treks offers the Upper Mustang route with lodge or camping accommodation options.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel. In the evening, attend the trek briefing and a welcome dinner.

Meals: Welcome dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: Approximately 1,350 m
Travel time: Airport pickup and hotel transfer

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, take a half-day sightseeing tour including Pashupatinath and Boudhanath. Prepare for the trek and complete the required permit and trip arrangements.

Meals: Breakfast
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Travel time: Half-day sightseeing by vehicle

Day 3 - Fly from Kathmandu to Pokhara and explore Pokhara

After breakfast, fly to Pokhara and transfer to the hotel. In the afternoon, visit the sights named in the source, including Devi’s Fall, Phewa Lake and Captain Bridge. Enjoy mountain views during the flight.

Meals: Breakfast, lunch and dinner as listed in the source
Accommodation: Hotel in Pokhara
Altitude: Pokhara
Travel time: Flight; local sightseeing

Day 4 - Fly to Jomsom and trek to Kagbeni

Fly to Jomsom (2,720 m), meet the trekking crew and begin the trek to Kagbeni (2,810 m). After lunch, visit the old settlement and Kagbeni monasteries belonging to the Shakya sect. The walk is approximately three hours.

Meals: Breakfast, lunch and dinner
Accommodation: Tent camp or lodge in Kagbeni
Altitude: Jomsom 2,720 m; Kagbeni 2,810 m
Travel time: Flight to Jomsom
Walking / trekking: Approximately 3 hours

Day 5 - Trek from Kagbeni to Chele

Trek to Chele (3,050 m) via Tangbe and Chhusang, stopping for lunch along the way.

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge
Altitude: Chele 3,050 m

Day 6 - Trek to Gilling

Trek to Gilling (3,570 m). Explore the monasteries and village.

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge
Altitude: Gilling 3,570 m

Day 7 - Trek to Ghami

Trek to Ghami (3,460 m). Explore the monasteries and village.

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge
Altitude: Ghami 3,460 m

Day 8 - Trek to Charang

Trek to Charang (3,560 m). Explore the monasteries and village.

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge
Altitude: Charang 3,560 m

Day 9 - Trek to Lo Manthang

Trek to Lo Manthang (3,730 m). Visit the monasteries, the king’s palace and the museum.

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge in Lo Manthang
Altitude: Lo Manthang 3,730 m

Day 10 - Excursion to Choser village

Take an excursion to Choser village and visit its monasteries and caves before returning to Lo Manthang.

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge in Lo Manthang
Travel time: Excursion from Lo Manthang

Day 11 - Trek to Ghami via Ghargompa

Trek to Ghami via Ghargompa and visit the monastery described in the source as the first monastery in history.

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge

Day 12 - Trek to Samar

Trek back to Samar (3,050 m).

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge
Altitude: Samar 3,050 m

Day 13 - Trek to Kagbeni

Trek to Kagbeni (2,810 m).

Meals: Meals during trekking as included
Accommodation: Tent camp or lodge
Altitude: Kagbeni 2,810 m

Day 14 - Trek to Jomsom

Trek from Kagbeni to Jomsom.

Meals: Meals during trekking as included
Accommodation: Hotel or lodge in Jomsom
Altitude: Jomsom

Day 15 - Fly from Jomsom to Pokhara and Kathmandu

Fly back to Pokhara and take the connecting flight to Kathmandu. Transfer to the hotel. The evening is at leisure, followed by a farewell dinner.

Meals: Farewell dinner; other meals as included in the selected arrangement
Accommodation: Deluxe hotel in Kathmandu
Altitude: Kathmandu
Travel time: Flights from Jomsom via Pokhara to Kathmandu

Day 16 - Departure from Kathmandu

After breakfast, transfer to the airport for departure. The trip concludes.

Meals: Breakfast
Travel time: Airport transfer

What is included

- Deluxe hotel accommodation in Kathmandu and Pokhara on a bed-and-breakfast basis.

- Airport pickup and drop-off by private car or van according to group size.

- Authentic Nepali and Newari farewell dinner with a live cultural stage show.

- Government-registered, fluent English-speaking trekking guide.

- One porter shared by two trekkers to carry luggage.

- Two nights in a twin-sharing tourist-standard hotel in Pokhara with buffet breakfast.

- Domestic flights from Kathmandu to Pokhara and Pokhara to Kathmandu.

- Domestic flights from Pokhara to Jomsom and Jomsom to Pokhara.

- Trekking lodge accommodation on a twin-sharing basis during the trek for the tea-house option.

- Breakfast, lunch and dinner during trekking.

- Tea, coffee, cookies and seasonal fruits during trekking.

- ACAP permit and domestic flight airport taxes.

- Upper Mustang Restricted Area Permit stated in the source as USD 500 per person.

- Equipment, meals and accommodation for the guide and porters.

- Salary and insurance for trekking crew, including guide, cook and porter.

- All camping equipment, guide, cook and food for the camping trek option.

- All government taxes, VAT and office service charges.

What is excluded

- Lunch and dinner in Kathmandu and Pokhara.

- Bar bills, alcoholic drinks, beverages such as soft drinks, mineral water and canned juice.

- Personal expenses including toiletries, hot showers, laundry, internet and phone calls.

- Travel insurance and rescue operation charges in an emergency.

- Expenses for extra adventures and optional donations at monasteries.

- Tips for the trekking crew, including guide, cook and porters.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

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