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Mustang Lodge Trekking



Tour Overview

Trekking in Mustang, the former Kingdom, offers an unparalleled experience with its ancient caves and monasteries that date back millennia. The distinctive architecture, characterized by rounded boulders, striking red cliffs, hills, mud walls, and the hallowed Kaligandaki River, makes Mustang an exceptional destination. The trek through Mustang stands out for its unique language, culture, and traditions, which are almost purely Tibetan. Situated at the source of the Kali Gandaki, north of the Annapurna and Dhaulagiri ranges, it is one of Nepal's most culturally significant and visually breathtaking areas. A realm of legends, myths, and enigmas, the small kingdom of Mustang is a fortified city of medieval grandeur, nestled in a landscape that mirrors the lunar surface, with wind-carved hills and cliffs.

Conservationists and archaeologists have unearthed precious Buddhist paintings, sculptures, manuscripts, and relics from the 12th to 14th centuries in cave excavations. The Tiji festival, spanning three days, is a ritual and supplication for global peace. The Muktinath Temple is a sacred pilgrimage site for Hindus and Buddhists alike. The Kaligandaki River Gorge is acknowledged as the deepest canyon in the world. Tourists can visit the age-old walled city

of Lo-Manthang, famed for its towering whitewashed mud-brick walls, gompas, and the Royal Palace, erected some 600 years ago. Moreover, the region offers awe-inspiring vistas of Mt. Nilgiri, Annapurna, Dhaulagiri, among other mountain ranges.

Detailed Itinerary

Day 1: Arrive in Kathmandu: Transfer to Hotel.

Day 2: Kathmandu: Sightseeing and Trek Preparation.

Today after breakfast we start a guided tour to several of the most historical and spiritual attractions in Kathmandu. Some of these landmarks include the World Heritage Sites: the historic Kathmandu Durbar Square, the sacred Hindu temple of Pashupati Nath Temple and Buddhists shrine (Buddha Nath) which is one of the largest Stupas in the world. In the afternoon, there will be a pre-trip discussion where we can meet our trek leader and other team members.

Day 3: Kathmandu to Pokhara (823m): 6 hrs drive

Early morning at around 7 am, we set off for Pokhara on a tourist bus. Enroute we will see more of countryside of Nepal that offers greeneries, rivers, villages, farms and beautiful mountain sceneries. Afternoon, we reach Pokhara. Pokhara offers magnificent views of Dhaulagiri, Manaslu,Machhapuchhare, five peaks of Annapurna and others. Pokhara is city of lakes and has numerous beautiful lakes. We can explore the most accessible and beautiful, Fewa Lake during the afternoon -enjoy boating too. (A.B.L.D)

Day 4: Fly to Jomsom & trek to Kagbeni (2,858m): 3-4 hrs

After an early breakfast transfer to the airport for a morning flight to Jomsom, a super scenic flight of 20 minutes over the mountains with views of 8,000ers such as Annapurna & Dhaulagiri, brings you at Jomsom, the district headquarters of Mustang. This is a large town; headquarter of the Mustang region;it is also a major village on the Kaligandaki area linking

the age old Trans-Himalayan Salt Trade route to Tibet. From Jomsom onwards it is very windy in the afternoon, Continue on the gradual path on the Kali Gandaki river bed for about 3 hrs and finally reaching at Ekley-bhatti village. After good stop here an hour of easy walk takes us to Kagbeni, which lies at the bank of two rivers. Kagbeni is an interesting windswept villages situated on the main age old Trans-himalayan salt trade route to Tibet via Upper Mustang area. In Kagbeni a major tributory, Kak Khola, coming from Muktinath, meets Mustang Khola,and from there the river is called the Kali Gandaki. (A.B.L.D)

Day 5: Kagbeni to chele (3050m): 5-6 hrs

Our journey starts with a special permit check up and onwards to the riverbank of Kaligandaki up stream. During the walk we have scenic picturesque place to stop through the sandy and windy trails.This trails follows the up and downhill. Firstly we reach Tangbe village with narrow alleys amongst white washed houses, fields of buckwheat, barley, wheat and apple orchards. From there we trek forward to Chhusang and after crossing the river head up to the huge red chunk of conglomerate that has fallen from the cliff above, forming a tunnel through which the Kaligandaki follows. We head on to small ridges reach at Chele village. (A.B.L.D).

Day 6: Chele to Syanbochen (3475m): 6-7 hrs

We start our trek again and walk further to Eklo Bhatti. We climb to Taklam La Pass (3,624m) through plateaus and narrow stretches with views of Tilicho Peak, Yakawa Kang and Damodar Danda. Further descend a little to the village of Samar. Climb the trail that goes above Samar village to the ridge then descending steeply to a stream. Another 3 hrs similar walk takes us to Syanbochen. On the way, we relax along the surrounding of cool streams and juniper trees. Locals use the dried leaves of junipers as incenses to invite deities and start any auspicious work. We also pass by a cave famously known as Ramchung Cave. (A.B.L.D)

DAY 7: Syanbochen to Ghaymi (3520m): 5-6 hrs.

We trek uphill to the Yamda La (3,850m) passing a few teahouses, chortens and local villages which is like Tibetan style of houses with open Varanda. We cross mountain passes, and an avenue of poplar trees and fields of Barley. The climb to Nyi Pass (4,010m/13,193ft) would be a little longer. Descend to our overnight stop at Ghaymi. the third largest village in the Lo

region, Ghayami is surrounded by large fields most of which are barren. (A.B.L.D)

Day 8: Ghaymi to Charang (3500m): 4-5 hrs

Start the trek after breakfast with a pleasant walk. After crossing Ghaymi Khola, the trail climbs to a plateau and passes beside a very long Mani wall, a sacred stone wall made by the followers Buddhism. From the end of the wall the trail heads east to the village of Charang with a maze of fields, willow trees and houses separated by stone walls at the top of the Tsarang Chu canyon. (A.B.L.D)

Day 9: Charang to Lo-Mangthang (3840m): 5-6 hrs

Today, we trek to Lo-Mangthang with a magnificent view of Nilgiri, Tilicho, Annapurna I and Bhrikuti peak. The trail first descends to Charang Chu Canyon and then climbs steeply after crossing the river. Further the trail ascends gently to the 3,850m windy pass of Lo, from where you can see the Lo-Mangthang Valley. While descending to Lo-Mangthang, views of the walled city appear magnificent with its hills on the Tibetan Border. (A.B.L.D)

Day 10: Explore Lo-Mangthang

Today we explore the surrounding areas. Visit Namgyal Gompa and Tingkhar. Namgyal Gompa situated on a hilltop serves as an important monastery of the local community and also as a local court. After visiting Namgyal Gompa continue the tour to Tingkhar, the last main village to the northwest of Lo- Mangthang and stroll back to hotel. Or you may have another option to visit the Tall Champa Lakhang "God house" the red Thugchen Gompa, Chyodi Gompa and the Entrance Hall which are the main attraction of this town. Another attraction is the four- storey building of the Raja's palace as well as the surrounding panoramic views of the Himalaya. (A.B.L.D)

Day 11: Trek Lo-Mangthang to Dhakmar (3820 m)/Ghami 6-7 hrs

While returning from Lo-Mangthang, we take a different route than that we came by. Trek to Drakmar via Gyakar with more than 1200 years old Ghar Gompa with Guru Rinpoche as the primary figure. The Gompa is also famous for its rock paintings. According to the legend,

anyone who makes one wish at the Ghar Gompa, their wish is fulfilled. (A.B.L.D)

Day 12: Ghami/Dhakmar to Chhuksang (3050m): 5-6 hrs

Today, we get back to Ghiling as our journey for our overnight stay after a long walk takes 5-6 hrs. You will have wonderful scenery during the journey with a Himalayan view. (A.B.L.D)

Day 13: Chhuksang to Jomsom (2700m): 6-7 hrs

Our last day of the day would be a long one. Better to walk early start as before and trek to Kagbeni.Finishing the upper Mustang trails and we join the normal Annapurna circuit trek. After lunch at Kagbeni will head on to Jomsom for the overnight stop. Or, if you can spare one more day, our guide would take you to Muktinath as well. (A.B.L.D)

Day 14: Fly back to Pokhara

After morning breakfast we check in the airport to fly back to Pokhara. A 30 minute flight to Pokhara between gorge of the two huge mountains Annapurna and Dhaulagiri Himalaya. On arrival at Pokhara airport guide will transfer to the lakeside hotel. Phewa lake boating and walk up to view point Peace Stupa. (A.B.L.D)

Day 15: Pokhara to Kathmandu

Pokhara to Kathmandu by tourist Bus. (A.B.L.) Or you can extends your activities like Chitwan safai and Lumbini tour and River Rafting etc.

Day 16: Rest day in Kathmandu / shopping day. (A)

Day 17: Fly back to your country.

Pricing Information

Price Details

The price starts from minimum 2 Person:

Per Person: 2350 $

Price Includes

.Trekking and Resticated Permits ($500) of Upper Mustang, Nepal

.Flight in Pokhara and out Jomsom to Pokhara.

.Annapurna Conservations fees

.Toursits Bus Service Pokhara to Kathmandu.

.Pick up and drop Car/Jeep/Hice services.

.Delicious Meals during the trek includes Break fast, lunch and dinner.

.Hot Coffee, Tea, Chocolates/ Bar

.Accomodations in the guest house and hotel during the trek.

.Experienced Trekking guide, staffs/ mules

.4 night fine hotel in Kathmandu in standards rooms

. 2 night hotel in Pokhara in standards rooms

. All Staff insurances during the trekking period.

Price Excludes

. Personal Insurance for travel to Nepal

. Lunch & dinner in Kathmandu

. Emergency Rescue evacuation during the trek incase needed

. Personal expenses

. Tipping (Tips) for guide & porter

. Bar bills, Beverage and mineral water during the trek.

. The cost not mentioned in cost includes list.

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