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Teri La Pass Mustang Trek



Tour Overview

The Teri La Pass Trek, nestled in the northern reaches of Nepal and bordering Tibet, merges the secluded areas of Nar Phu Villages and Upper Mustang, traversing the lofty Teri La Pass at an elevation of 5595 meters. The trek unveils high-altitude vistas adorned with snow-capped mountains and secluded valleys. The Nar & Phu villages are a world unto themselves, with a way of life reminiscent of medieval times, characterized by communal houses and mud-brick walls. Trekking in Mustang reveals a landscape akin to a desert, marked by crimson cliffs, mysterious caves, and villages that echo traditional Tibetan architecture. This region is distinguished by its desert-like appearance, attributed to its dry terrain and stark hills. The journey immerses trekkers in the ancient Tibetan way of life, encompassing visits to monasteries, caves, and age-old villages. A common highlight is the ascent to Lo Manthang, the historic capital of Upper Mustang, rich in cultural heritage.

Highlights of Teri la Pass Trekking

- Geographical Context: Located in the northern part of Nepal, near the border with Tibet.
- Key Feature: Crosses through Teri La pass at an elevation of 5595m.
- Restricted Areas: Passes through Nar Phu Villages and Upper Mustang, both known for

their unique cultural heritage and restricted access.
- Terrain and Scenery:
- High-Altitude Landscapes: Offers stunning views of snow-capped peaks and remote valleys.
- Nar & Phu Villages: These villages are hidden gems with a lifestyle that harkens back to medieval times, characterized by joint houses and mud walls.
- Mustang Region: Features desert-like terrain with red cliffs, caves, and traditional Tibetan-style villages. The arid landscape and barren hills give it a unique desert-like appearance.
- Cultural Highlights:
- Ancient Tibetan Culture: Provides an opportunity to experience and explore ancient Tibetan cultural practices and traditions.
- Monasteries and Historic Sites: Includes visits to monasteries, caves used by monks for meditation, and traditional villages where ancient customs are still practiced.
- Lo Manthang: The trek often culminates in a visit to Lo Manthang, the capital of Upper Mustang. This historic town is known for its cultural significance, including ancient palaces, monasteries, and festivals.
- Experience and Challenges:
- Remote and Challenging: Due to its remote location and high altitude, the trek presents physical challenges and requires acclimatization.
- Cultural Involvement: Offers a profound cultural immersion experience, interacting with locals and witnessing their traditional way of life.
- Natural Beauty: Surrounded by breathtaking Himalayan landscapes, including panoramic views of peaks and deep valleys.

Detailed Itinerary

Day 1: Arrival in Kathmandu 1340m

Welcome and Greetings to you at the Airport. Transfer to Hotel. In the evening, short briefing about the Program.

Day 2: Kathmandu UNESCO World Heritage sightseeing Tours.

Kathmandu sightseeing Program Like: Kathmandu Darbar square, Pahupatinath Hindu temple, Boudhanatha Buddhist temple. Hindu and Buddhist culture temple sightseeing.

Day 3: Drive Kathmandu to Jagat 1300m (8/9 hours)

In the morning, drive from Kathmandu to Jagat by Bus passing the Trisuli and Marsyangdi River. You can see three snow peaks, Lamjung Himal, Peak 29 and Manaslu mountain, and nice landscapes. The bus stops at Besishahar then we will take Jeep to drive to Jagat village it takes 2 hrs. On the way we stops for breakfast and lunch breaks. Overnight in Lodge.

Day 4: Trek Jagat to Dharapani 1860m (6 hours)

Today we walk some parts of motor road till Chamje Tibetan village with views of Waterfalls, Bee hives. Descending to the Marsyangdi River, we cross on a long suspension bridge and then start the steep climb towards Tal. The rocky trail through lush forest and past small tea-houses undulates and hugs the cliff-side, offering dramatic views into the narrow and deep canyon to our left. After an hour or so we'll reach the small teahouses mid-hill at Sattale, and then a last steep climb brings us to the top of the Tal hill. We'll pass through the entrance kane chorten of scenic Tal and hike briefly along the bank of the river before reaching the village. Tal means lake, and the area here was formed when the valley was blocked by a landslide and a dam formed behind. Tal is the first village of the Lower Manang region so the culture is now Tibetan instead of Hindu. Then continue walking along to the Matshandgi River till Dharapani. Overnight at Lodge.

Day 5: Trek to Koto-Qupar2600m(6hrs)

Continuing to climb through forests of pine and oak, we pass through the line of older-styled lodges at Bagarchap and then through the smaller hamlet of Danagyu before coming to a thundering waterfall, where we turn left and head up the high trail to Koto. After an hour of lovely, open forests, we reach a clearing at the top of the trail and a charming Tibetan teahouse in upper Timang where we will stop for a break. Pausing for breath, we can look back for views of Manaslu. An hour away, past the soccer field and through evergreen forests, staying high, is the hamlet of Lata Marang and Thankchok “wild next “followed by the wonderful Gurung village of Timang. From here walk almost flat way to Koto Village.with the wonderful views of Annapurna II, a stunning sight. Koto Qupar is the gateway to Nar Phu, a small, atmospheric hamlet at the bottom of the deep gorge. Overnight at Lodge.

Day 6: Trek to Meta 3560m (6hrs)

This morning we head out early, a long and somewhat difficult day before us as we head north towards Nar Phu and the border of Tibet. Just past the Koto check post, we cross the river on a long suspension bridge leading to the Nar Phu valley and ascend on a lovely trail through beautiful woods above the Phu Khola (river). Continuing to climb through the forest, we emerge out of the narrow canyon, the trail passing right under a wide waterfall from which point the woods become thinner and the vistas wider.Soon afterwards we trek past several small cave shelters and a dharamsala, or pilgrims' rest house. We might camp at Dharamsala but will most likely continue on and make the steep climb up the valley along a small, scenic trail to high, grazing pastures. This is the kharka of Meta, 3560m, the non-permanent winter settlement of Nar, and we will definitely share the campsite with a few yaks and possibly some villagers. It will be a chilly night, so we'll try to get a fire going to warm up. Overnight at Tented camp.

Day 7: Trek to Phu Village 4050m

Dropping steeply down to the river, we trek for a while along the riverbank and past the 'submarine' rock, passing some small possible campsites along the way. Today we begin to see the unique, ochre and white chortens made of sticks, stone and mud-brick for which Nar and Phu are known. We have to rock-hop carefully across a small glacial stream before reaching a larger one with a bridge only half covered with large slabs of slate. Another hour and a half of trekking through scenic canyon lands and gorges, and the 'leaning tower of Pisa' monolith guards the steep trail up to the Phu gate, called Pupigyal Kwe. This ancient gate provides us with our first view of the three villages of Phu, as well as an old 'dzong' and the remains of two forts, all now in ruins, but impressively situated atop the flatlands before Phu. Just before the bridge to Phu, a line of wonderful chortens color the landscape and lead the way to the main village of Phu, perched high up on a hill, amphitheater style. We will set up camp on the lower reaches of Phu, formerly called Gomdzong. Overnight at Tented camp.

Day 8: Trek to Gompa 3500m

Another classic Himalayan trekking day, as we trek down to the old bridge spanning a deep, contoured and narrow gorge and then all the way back up again. It's a good thing the scenery is so stunning. Below us sit Gyalbu Kumbum, built in 1650, and Satte gompa, and TameLoppchen monasteries, and the view of north part Pisang Peak which is so beautiful. We stay overnight there with tented camp.

Day 9: Trek to Naar Village.(4110m)

We climb up to the Nar gates at the top of the hill, and pass by yet another line of wonderfully painted, bamboo-topped chortens and a large tiered chorten before turning the corner and being rewarded with sublime views of Nar, the undulating patterns of the surrounding barley and mustard fields, four old, colorful and traditional gompas and the snow-peaks looming overhead. Pisang Peak and Kangaru Himal (6538m) are the best views. We arrive early, so will have some lunch in the sun before doing some exploring. Overnight at Tented camp.

Day 10: Explore day at Naar and surroundings s area. Visit Monasteries and village.

Activities: The Tiji Festival is colorful, with three long dances, and participants from the Mustang and neighbor Mustang people have dressed in their finest clothes and jewelry. Overnight at Lodge.(A.B.L.D)

Day 11: Trek to Dharmasala(4200m)

From Naar Village we follow Lapse Khola then cross the river and continue walk up to Chubse kharka (4400m Lunch Place) and walk straight for an hour then walk down to the river side at our camp .

Day 12: Trek to Lapsekhola camp (4500m)

Today we walk continue up to Labse khola t passing a number of side valleys. We set up our camp near the River.

Day 13: Trek to High camp (4900m)

Ascending to the High camp following the Labse Khola valley. Camp at high camp.

Day 14: Reserve day (Depend on weather)

Day 15: Cross the Teri La (5595m) and decend to Pasphu Khola camp (4900m)

Today is the most important ascend day on Teri la Pass. We start early up morning with balancing our body, summit the Teri La at 5595m from where you can superb views the Annapurnas & Chulu mountains & Teri La Peak, Purtun Himal region. Then descend to our camp at Pasphu Khola river.

Day 16: Trek to Yak pa (4300m)

Walking several up and down, narrow trails, crumbing ways continue descending to Yakpa Khola river where 2 river meets. Overnight at Tented camp .6 hours walking.

Day 17: Trek to Tangge (3300m)

Several high ridges later we descend into Mustang's patchwork of villages below us, and finally spot the magical, whitewashed village of Tangge built into on the terraced hillside. Tangge is a village of twenty houses, many sheep, goats and large mastiffs and the largest chorten in Mustang, over 50 feet high. There was a massive mudslide some years ago which wiped out many of the houses and barley fields on both banks; an elder of the village told us there were over a hundred houses in Tangge before this disaster. walking distance 7 walks.

Day 18: Trek to Yara village(3600m)

Leaving Tangge heading northeast, we climb briefly out of the village and continue on an undulating trail through a fantastic moonscape, colored by ochre, weatherworn rocks sculpted by centuries of wind and water erosion. We cross the plateau on a little-used trail, following it through more fantastic landscapes, and eventually spot the lovely, green village of Yara below, across the Puyung Khola. We descend to the rocky river bottom, cross the river and head for the village. We camp for the night in the courtyard of a local guest-house in the lower section of Yara, a bustling campsite full of Mustangi life. Have a walk above the village in the afternoon, lovely with the sun shining through the willow leaves which brighten the village.

Day 19: Trek Lo Manthang (3820m)

Heading to the capital of Mustang, A tough crossing of the Charang Khola and soon after we reach the impressive Sungda Chorten where we may rest. A river day, bring your sandals; new adventures await us on our rarely visited route west. Our adventures continue as we trek through a magical world of salt drips, narrow canyons, pebbly flood plains and soaring cliffs. It's ten minutes downstream to the first sumdo or river junction, where we take a sharp left into the narrow canyon of the Chuchu Gompa Khola, which soon widens into a large, pebbly flood plain. The right fork heads to the 14th-15th century Chos Sung Gompa,. The nomads to the north hold the key to the main gompa. We have reached the fabled walled city of Lo, with a single entrance through which only the King, Queen and Kempo (Abbot) are allowed to ride. All others must walk, to pay their respects to Chenrizig, the Buddha of Compassion. King Jigme Palbar Bista, called 'Lo Gyelbu' by the Mustangis, still resides at his four-storied palace inside the city walls; that is, when he’s not in Kathmandu. He is an avid horseman, and keeps his own stable of horses, some of the best in Mustang. These days, the king plays a somewhat ceremonial role although he is well loved and respected throughout Mustang.

Day 20: Explore Lo Manthang

There are four major temples within the medieval walls of Lo, the 14th century, brick-red Jampa Lhakhang (the oldest gompa, built in 1387, with the striking 50 foot 'Jampa' (Future) Buddha, the largest clay statue in Nepal until a few years ago), 15th century Thubchen Gompa (Great Assembly hall, pillars 30 feet high, the second oldest gompa with fantastic murals in the Dukhang), Chhoede Gompa (where the Kempo lives, with a monastic school) and Choprang Gompa. There is also the Raja's Palace, home to the present King Raja Jigme and Queen 'Rani Sahib' (who is from an aristocratic Lhasa family) and an interesting maze of a village to explore. There are approximately 1100 Lobas and 180 houses within the walls of the city although many lower caste Lobas live outside the walls. Visit the Chosar & Tingkar Valleys on horseback (Horses are Possible to be rented).

Note: Here the Jeep rent is available to drive Chhuksang (5hrs drive) and Chhuksang to Jomsom 2hrs drive by Jeep. For those who have not enough time, should pay my clients for the Jeep Rent.

Day 21: Trek Ghemi 3570m (via Dhakmar)

It's an off the beaten path trekking day today as we head up the Marang valley to the renown

Lo Gekar, or Ghar Gompa. We trek east out of Tsarang above the Tsarang Khola, with Marang village above us to the right above the river. Staying on the left banks of the river, we'll see the imposing chortens of the Lo Gekar after a few hours. Lo Ghekar, 'Pure Virtue of Joy', sits majestically in the valley above us. Ghar Gompa, built in the 8th century, is one of the oldest gompas in Nepal. It belongs to the Nyimgma sect and is connected by legend to Samye Gompa in Tibet as well as to the ubiquitous Guru Rimpoche. The name means 'house gompa' after the style of architecture, and harbors many exemplary frescoes as well as wonderfully carved and painted mani stones. Surrounding the gompa are massive, block-like chortens of a unique style and strings of colorful prayer flags fluttering in the winds of Mustang.Climb the small hill to the left of the cairn; the views down the Dhakmar Valley are breath-taking, as is the sight of our horses descending into the tunnel-like pass. Rested, we descend steeply through the canyon and spires, droping way down to dwellings and green pastureland below.

Day 22: Trek to Chhuksang (3050m)

Today, we walk down to the village Ghiling and Samar to Chhusang as our journey for our overnight stay after a long walk. You will have wonderful scenery during the journey with a Himalayan view.

Day 23: Chhuksang to Jomsom (2700m): 6-7 hrs

Our last 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.

Day 24: Fly Jomsom to Pokhara

Up early for our short and spectacular mountain flight from Jomsom to Pokhara, flying between
Dhaulagiri and Annapurna South before landing in balmy Pokhara. We have the afternoon to wander the of Phewa Lake, in the evening, an atmospheric restaurant just near the hotel.

Day 25: Drive to Kathmandu by Luxury Tourist Bus.

Day 26: Rest day shopping at Kathmandu .Farewell Dinner.

Day 27: Fly Back to home.

After breakfast, Leisure time/ shopping or relaxing with own activities and in the evening farewell dinner in Nepalese Restaurant, overnight at kathmandu in Hotel.

Pricing Information

Price Details

Full board Teri la Pass Trekking Price/Cost Based on group size.

The Tour Cost always depends on Group Size.

3250 Dollar Per person = [Based on minimum 8 People or above group size]

3550 Dollar Per person = [Based on minimum 5-7 People]

3650 Dollar Per person = [Based on minimum 4 People]

3750 Dollar Per person = [Based on minimum 3 People]

3850 Dollar Per person = [Based on minimum 2 People]

Price Includes

. All full board meals (breakfast, lunch and dinner) during the Trekking.
. Climbing Sherpa for the Pass (This is compulsory for this Pass of Teri la often snow)
. Mustang Permit ($500per person) and Naar Phu ($75 Per week p/p) Trekking restricted Permit fees
. Annapurna Conservation fees.
.Jomsom to Pokhara flights.
. Pokhara to Kathmandu tourist bus.
. Kathmandu Sightseeing as per Itinerary.
.4 nights Hotel in Kathmandu and 1-night Hote in Pokhara with bed & Breakfast
. Land transportations (We reserved the good condition Bus to Besishahar) and way back Jomsom to Kathmandu for staff.
. All nice Tents & Kitchen stuff
. Insurance of Nepalese Staff and their salary.

. Airport Pick up and drop.

Price Excludes

Satellite Phone. No Normal phone is connection Between Nar village to Mustang. But in Nar, Phu and Mustang Mobile Phone works.
. Kathmandu & Pokhara meals
. Any kind of Alcoholic drinks.
. Personal equipment's
. Porters Tips for each Porter because this is very hard trek they expect
. Emergency Rescue evacuations during the trek in case needed.