

## Overview

Mustang Trekking is a moderate trekking trip that takes us to the heart of the Kingdom of Mustang. Although pass through numerous villages in Mustang Trekking infrastructure to catch visitors is limited so we will live in our own camp that will move daily, this will feature tables, chairs, mattresses, dining tent, igloo tents etc. The days are moderate with duration of between 5 and 7 hours a day.

Mustang, here one of these parts of the world whose name carries an area of mystery. The ancient kingdom of Lo has long been among the most ignored by the Western world land. If it appears in some chronic from the late eighteenth century, it was not until 1952 that the first abroad, the Swiss geologist Toni Hagen, enters.

Hidden north of the barrier of the Himalayas, this small country is arid Nepalese enclave in the vast Tibet. Its particular geographical situation had a region closed to foreigners for many decades. The unrest broke out frequently because of the famous Khampa warriors who do not allow the Chinese invasion of Tibet, had found refuge. Because of its northern location, the Mustang trek is protected from the monsoon by the Annapurna range.

In 1964 Michel Peissel was the first westerner to visit the Mustang and could document this forbidden kingdom of Nepal. Until then, the region remained completely closed to foreigners, so they had to get special permission from the government of Nepal to enter the region.

That is why safe guarded from external influence in the Mustang retains an ancient culture intact, which, through valleys and mountains, we dive as we move into the forbidden Himalaya.

Today Mustang remains a region rarely visited and even with restricted access, and while we are administratively in Nepal, geographical, cultural landscape and it seems that we are in Tibet.

## Itinerary Details

### Day 01 : Arrive In Kathmandu [1300 M / 4264 Ft]

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you

can enjoy the best Nepali food and cultural show. Dinner included overnight stay at Hotel.

### **Day 02 : Kathmandu: Sightseeing And Trek Preparation**

Kathmandu, being a historical and cultural heart of Nepal is a popular destination for tourists, trekkers and adventure seekers. The city presents a wonderful mixture of Hinduism, Tibetan Buddhism and Western influence in the Valley. Patan and Bhaktapur are its two major neighboring cities which bear immense historical, cultural and religious significance. There will be a half day guided tour to the famous & biggest Hindu shrine PASUPATHINATH, the largest Buddhist stupa in town BOUDHANATH, the 15th century palace of 55 windows and SOYAMBHUNATH. In the evening, a trip orientation meeting will be organized. Overnight at Hotel Breakfast (B)

### **Day 03 : Kathmandu To Pokhara [823m/2,700ft]: 6 Hrs Drive**

Early morning at around 7 am, we set off for Pokhara on a tourist bus. En route 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. Explore, relax and dine by tranquil Lake Fewa. You can even do some shopping during evening hours. Overnight in Pokhara. (B)

### **Day 04 : Fly To Jomsom & Trek To Kagbeni [2,858m/9,375ft]: 3-4 Hrs**

Sunrise morning, flights to Jomsom, subject to weather conditions, leave early in the morning. Stroll through the main street of this town, lined with a few shops and cafes. In the afternoon, beginning the trek. Leaving Jomsom, we enter another world, a large mineral beauty; here, the wind often blows in gusts. The usual game between Jomsom and Kagbeni is to look for the famous black stones containing marine fossils of the Kali Gandaki (40 million years). Kagbeni is an amazing fortress village which closes the valley of Mustang. Overnight in lodge. A Kagbeni, we must "save" local authorities for our trip to Mustang. (B,L,D)

### **Day 05 : Kagbeni To Chele [3050m/10,004ft]: 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. (B, L, D)

### **Day 06 : Chele To Syanbochen [3475m/11,398ft]: 6-7 Hrs**

Today, we start our trek again and walk further to Eklo Bhatti. We climb to Taklam La Pass (3,624m/11,923 ft) 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. (B, L, D)

### **Day 07 : Syanbochen To Ghaymi [3520m/11,546ft]: 5-6 Hrs**

After breakfast we trek uphill to the Yamda La (3,850m /12,667ft) 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. (B, L, D)

### **Day 08 : Ghaymi To Charang [3500m/11,480ft]: 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. There is also a huge white dzong and red Gompa to get to our teahouse for tonight's stop. (B, L, D)

### **Day 09 : Charang To Lo-Mangthang (3700m/12,136ft): 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. We stay at hotel for the overnight stop. (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

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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. (B, L, D)

### **Day 11 : Lo-Mangthang To Drakmar [3810 M/12,500ft]: 6-7 Hrs**

While returning from Lo-Mangthan, 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. explore the local area. Likelihood of dusty wind, so suggested to walk in the morning. (B, L, D)

### **Day 12 : Dhakmar To Ghiling [3806m/12,484ft]: 5-6 Hrs**

Today, we get back to Ghiling as our journey for our overnight stay after a long walk takes 5-6 hrs. After arrival and lunch enjoy the day exploring the area, but it will be dusty wind in the afternoon, better to walk in evening time. (B, L, D)

### **Day 13 : Ghiling To Chhuksang [3050m/10,004ft]: 5-6 Hrs**

We re-track back to Ghiling for the overnight stop after 5 hrs walk. You will have wonderful scenery during the journey with a Himalayan view. Enjoy your trip and overnight at teahouse. (B, L, D)

### **Day 14 : Chhuksang To Jomsom [2700/8,856ft]: 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. (B, L, D)

### **Day 15 : Fly Back To Pokhara**

After morning breakfast we check in the airport to fly back to Pokhara. A 30 min dramatic flight to Pokhara between gorge of the two huge mountains Annapurna and Dhaulagiri. On arrival at Pokhara airport guide will transfer to the lakeside hotel. Rest of the time explores the lake and overnight at hotel. (B)

### **Day 16 : Drive From Pokhara To Kathmandu**

Too early we arrive at the airport for our flight back to Kathmandu. The high Mountains glide past the window as we depart Pokhara and it is a time to reflect on our experiences in this incredible journey. In Kathmandu, you will transfer to hotel and free for last minute shopping. For optional you can visit Bhaktapur city. Evening join the Farewell special

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Nepalese cultural dances & dinner between (6.30- 9 Pm) with Mountain Sherpa Staff.

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### **Day 17 : Fly Home: Farewell Friend**

You are saying good bye to the mountains as your journey in Nepal comes to an end today! We hope you enjoyed the tour with us, and are sure you`ll be back in your trip somewhere in the Himalaya again. Approximately 3 hours before your scheduled flight a representative from Mountain Shepra Trekking will transfer you to the airport. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. (B)