

## Upper Mustang Trekking

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Trekking Type :	Camping
Trekking Grade :	Medium-Hard
Trekking Duration :	15 Days
People In Group :	2+
Trekking Price :	\$.0
Max. Elevation :	4070 mt.



[Upper Mustang trekking](#) "Extension of Tibetan plateau, typical **Tibetan** tradition, Bon (pre-buddhist) and Buddhist culture, forbidden area till the last decade, dramatic landscapes, warm-friendly locals, walled city of

### **Loman-thang**

as it was for hundred years ago, grand views of the snow capped peaks".

[Upper Mustang trekking](#) has an average elevation of 3000m and is located to the north of the mountain giants of Dhaulagiri and Annapurna and is therefore north of the main Himalayan range and geographically is part of the highlands of Tibet. It is a vast high valley, arid and dry, characterized by eroded canyons, colorful stratified rock formations and has a barren, **desert like appearance.**

[Mustang is the old kingdom](#) of Lo. Actually the capital of the Mustang district is Jomsom, but the real Tibetan style district lies north of **Kagbeni** and is usually referred to as

### [Upper Mustang](#)

One of the most fascinating features of **Mustang** is literally thousands of cliff dwellings, some of which look completely inaccessible. The most recent theory is that they may date 8-10,000 BC when Mustang was a much greener land. This great classic trek leads you to various Tibetan origin villages through Chele, Lomanthang, Tangbe and towards **Muktianth**.

[Upper Mustang trekking](#) -Restricted Area trekking... *when the earth kisses the sky...*

**If you are wishing to get well off the beaten track you may wish to consider a journey to some of the fascinating restricted regions of Nepal.**

These regions remain pristine wilderness & ecological cultural museums where life has changed very little. An intimate experience of the differing ways people arrange their lives in order to cope with their often harsh physical conditions on some of the toughest terrain on earth. A journey full of questions and contrast awaits everyone who visits this side of Nepal.

Some of the remote areas of Nepal were restricted for foreign visitors until 1991. After multiparty democracy in Nepal, rules have been changed together with new democratic constitution regulations and opened for visiting the most inaccessible and firmly controlled areas in Nepal. The regulation is designed primarily to protect the environment and cultural aspects of the remote regions and provide security and safety for both foreign trekkers and Nepal's northern borders with China.

**The treks must be fully arranged through a registered Trekking Company. It has to be fully equipped with tents, all Support staffs, cooks, etc. The trekking agency arranges the trekking permit through a series of applications and guarantee letters. You cannot trek alone in these restricted areas. You should be at least 2 people in the group.**

***Encounters Nepal* has a decade of experience in operating in restricted zones & we will arrange all your trek formalities & logistics for some of the most challenging & thrilling adventures in the great outback of Nepal.**

### **Itinerary List**

**Day 1** : Kathmandu to Pokhara (200 km/ 6-7 hours): Drive by bus/car or fly.

**Day 2** : Pokhara to Jomsom to Kagbeni (2860m): Fly and trek.

**Day 3** : Kagbeni to Chele (3060m): Trek.

**Day 4** : Chele to Geling (3510m): Trek.

**Day 5** : Geling to Charang (3620m): Trek.

**Day 6** : Charang to LO Manthang (3890m): Trek.

**Day 7** : LO Manthang: Excursion to Loori Gompa, Fa, Tang, Sukhad, Yaradhara, Sarad, Chhoser, Chhongdup & Tingkar.

**Day 10** : LO Manthang to Ghami via Gekar: Trek.

**Day 11** : Ghami to Samar (3160 m): Trek.

**Day 12** : Samar to Kagbeni (2800): Trek.

**Day 13** : Kagbeni to Jomsom (2750m): Trek.

**Day 14** : Jomsom to Pokhara: Fly

**Day 15** : Pokhara to Kathmandu

### **Note**

The 15 Days Upper Mustang Trekking Itinerary we propose to you is only on outline. It is entirely based on your interest & as per your wishes; however, when you are in the field our itinerary is implemented practically by our guides who are very comfortable, flexible and understanding if any minor changes are required by you; but this is only done after consulting the tour leader & the group. Our itinerary is purely based on making your trip enjoyable with full of pleasure to give you maximum benefits in the course of your holidays. Encounters Nepal has a decade of experience in operating in restricted zones & we will arrange all your trek formalities & logistics for some of the most challenging & thrilling adventures in the great outback of Nepal.