

- Kathmandu and Pokhara city tour
- exploring the Kali Gandaki River valley
- forbidden kingdom of Mustang until 1991
- unique culture and heritage.
- Visiting Lo-Manthang capital of Mustang

Upper Mustang Trekking leads culturally significant hidden Kingdom of remaining mysterious for a long time. The trek was permitted only after 1992. The trek lies in the restricted area of the Mustang region, requires a special trekking permit. The trail lies in the Himalayan rain shadow area, which is almost arid but the seasonable flowers and vegetation makes the trek spectacular. Monsoon is one of the best favorable seasons for the trek to Upper Mustang trekking. The trail of Upper Mustang was used by the traders, many years before.

The features of the isolated and imposing landscape are equally assisted by the cultural beauties as monasteries, mani walls and the whitewashed houses throughout the trail. The frequent up and down trail, the red sandy cliffs, view of Dhaulagiri, Nilgiri and Annapurna Mountain ranges are very heartwarming. The windswept valleys and narrow gorges make the trek pretty challenging but a moderately fit person can do this trek. Crossing over some of the passes, travelers reach of the stone-walled town of Lo-Manthang, which is a remarkable and ultimate destination. This is a blessed destination for the cultural exploration throughout the surroundings. Tiji festival is the identity of this place that has got an international recognition.

## Trip Facts

**Price:**

USD 1885

**Duration:**

17 days

**Activities:**

Hiking & Trekking, Tours & Sightseeing

**Accommodation:**

Lodge and tent

**Meals:**

Breakfast in Kathmandu/ All the meals during trekking

**Max. Altitude:**

4010m (Nyi Pass)

**Group Size:**

Minimum 1

**Best Season:**

February, March, April, May, September, October, November & December.

**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Plane

Glacier Adventure  
Company Pvt. Ltd.

## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

### Day 3: Kathmandu to Pokhara (950m)

**Walking hr:** 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

Early in the morning drive tourist bus Kathmandu to Pokhara through the beautiful Nepalese countryside to reach the lakeside Pokhara then transfer to the hotel rest of the time explore the around lakeside.

### Day 4: Pokhara to Jomsom to Kagbeni (2900m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early morning after breakfast drive to Pokhara airport, then a short flight (30m) from Pokhara to Jomsom with beautiful mountain scenery after that the trail follows the bank of the Kali Gandaki river to Ekley-Bhatti village then continues to Kagbeni. Explore the amazing Kali Gandaki valley with beautiful mountain scenery Dhaulagiri, Tukuhe Peak, and Nilgiri south.

### Day 5: Kagbeni to Chele (3050m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast start walking, Check Special Permit then the trail follows the bank of the Kali Gandaki River. The trail crosses sandy and windy valley to Tangbe. This is a beautiful village. Trekker sees Apple orchards, buckwheat fields and Tibetan style houses on the trail then continue to beautiful village Chele.

### Day 6: Chele to Syanbochen (3475m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast start walking, today is a difficult day than yesterday. Trekkers need to cross the Tamklam La Pass (3624m). Enjoy views of Tilicho peak, Yakawa Kang, Nilgiri, and Damodar Danda and continue to walk to Syanbochen. This is a beautiful village with Juniper trees and beautiful small streams.

### Day 7: Syanbochen to Ghaymi (3520m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast start walking. Today is a difficult day, Trekkers cross to pass. The Yamda La (3850m) and Nvi La Pass (4010m). Nvi La Pass is the highest point on this trek. Explore the beautiful Tibetan village and barley

fields, then finally reach in Ghaumi.

### Day 8:Ghaymi to Charang (3560m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the easy day comparison with last day. After breakfast starts walking. The trail descends to the Ghaymi Khola than pass the long mane wall (the secret stone wall of Buddhist). Finally, reach in Charang.

### Day 9:Charang to Lo-Mangthang (3700m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. When cross Charang Khola, The trail ascends to Lo Pass (3850m). From there trekker sees the beautiful Lo Manthang village. After that continues to walk Lo Manthang. This is a beautiful village, sees the magnificent views of Nilgiri, Tilicho, and Annapurna. Evening time explores the Mangthang village.

### Day 10:Explore day Lo-Mangthang!

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Lo Manthang is famous Historical and cultural place of the remote Upper Mustang of Nepal. Explore different monastery like Nangyal, Tingkhar and old Palace. Before 2006 AD there is own king. Trekker also explores the beautiful village locate North West Lo- Manthang.

### Day 11:Lo-Mangthang to Ghar Gompa (3942m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The spend a wonderful time in Lo Manthang. Trekkers used a different route returning from Lo Manthang to Ghar Gompa. This is a beautiful village. Local people believe, anyone makes a wish in the Ghar Gompa will have fulfilled.

### Day 12:Ghar gompa to Ghiling (3806m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail crosses through plateaus and fields to reach Ghiling. Trekker sees a beautiful view of Nilgiri and Dhaulagiri.

### Day 13:Ghiling to Chusang (3030m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Trekkers walk the same trail as before went to Lo Manthang. Enjoy great views of the Himalayas and Tibetan village.

### Day 14:Chusang to Jomsom (2720m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the last day of trekking and long day also. After breakfast starts walking. The trail descends to the Kegbeni. Finished upper mustang Route. After Kegbeni continue same way back to Jomsom. Prepare for the next day.

## Day 15: Jomsom to Pokhara (950m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early morning after breakfast go to Jomsom airport, then a short flight (40m) from Jomsom to Pokhara with beautiful mountain scenery then afternoon time visit around the Pokhara city.

## Day 16: Pokhara to Kathmandu (1300m)

**Walking hr:** 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & farewell Dinner

Early in the morning drive tourist bus Pokhara to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

## Day 17: Departure day!

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Upper Mustang trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

## Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included. (4 nights)
- Standard twin sharing accommodation in Pokhara breakfast included. (2 nights)
- Wel-come and fair well dinner.
- All accommodation and meals during the trek prepared by cook.
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two people one porter. 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.

- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Special upper mustang permit/Annapurna conservation Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight Pokhara to Jomsom to Pokhara include airport departure tax at Jomsom airport
- All our government taxes.
- Official expense

## Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

## IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Upper Mustang trekking located remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

### Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about upper mustang trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

### Acclimatization

Glacier Adventure's upper mustang trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe upper mustang trekking. Their body needs some days to rest in the less air

**Glacier Adventure Company Pvt. Ltd**

P. O. Box: 3951, Thamel, Kathmandu, Nepal,

Email: info@glacieradventurecompany.com | Web: www.glacieradventurecompany.com

environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

## Physical Condition & Experience Requirements

Normally, upper mustang trekking is a remote mountain in the Annapurna region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

## Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

## Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your upper mustang trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

- English Language.
- Trekking guide training.
- First aid course.
- Conservation & Biodiversity

## Porter care

Trekking is adventures. Porter's job is a hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

## Accommodations

All accommodations for upper mustang trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard

tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spend standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

