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17 Days Upper Mustang Trek

URL: <https://boundlessadventure.com/upper-mustang-trekking>

Duration

17 Days

Per Person Cost

USD 1680

Difficulty

Moderate

Best Seasons

Mar-July, Sep-Dec

Transportation

Flight

Max Altitude

3819m, Drakmar

Trip Type

Trekking

Meal

Breakfast, Lunch Dinner

Accommodation

Hotel and Lodge

17 Days Upper Mustang Trek Highlights

- Upper Mustang Trek has an impenetrable culture and geographic view.
- You may explore the history and more than thousands of years of older monasteries.
- Explore Lo Manthang, recognized as the last forbidden kingdom of Nepal.
- Experience the deep connection to Tibetan Buddhist culture as Upper Mustang lies close to the border with Tibet.
- Upper Mustang is renowned for the dramatic Kali Gandaki Gorge, one of the deepest valleys in the world.
- The region is also known for its rich mineral resources, including uranium, which adds to Mustang's unique geological and cultural significance.

Trip Overview

17 days Upper Mustang Trekking explores one of the remotest places of Nepal, borders with Tibet within the Annapurna Conservation Area. This trip explores the Upper Mustang area, which offers semi-arid conditions, a strong trace of the Tibetan Buddhist influence, and the remains of ancient caves, monasteries, and traditional villages. This journey starts from Jomsom through the barren, windy new trail along the **Kali Gandaki River**, passing several beautiful towns and finally reaching the ensconced kingdom of Lo-Manthang.

As you traverse the high passes like Chogo La and explore the beautiful villages of **Chele**, **Syangbochen**, and **Tsarang**, you'll be immersed in the genuine Tibetan atmosphere of the Mustang area. For those seeking spiritual fulfillment, the trek culminates at the revered Muktinath temple, a significant pilgrimage site for Hindus and Buddhists. The best times to undertake this journey are from mid-March to mid-July or mid-September to mid-December, and the trek can even be enjoyed during the rainy season, as the Mustang is part of the Himalayan rain shadow.

Upper Mustang Trekking Cost

The cost of the Upper Mustang Trek starts at **USD 1680 per person** for larger groups, with prices varying based on the number of participants. Solo trekkers can expect to pay around USD 2610 per person, while smaller groups of 2-4 people can benefit from a reduced rate of USD 2100 per person. As the group size increases, the price decreases, with 11-14 participants paying USD 1800 per person and groups of over 15 paying the starting price of USD 1680 per person.

These costs are influenced by the mandatory permits required for trekking in this restricted region and additional factors like the level of services, trek duration, and transportation choices. This pricing structure allows significant savings for those traveling in larger groups, making the trek more accessible and affordable.

How difficult is Upper Mustang Trekking?

The Upper Mustang trek is moderately difficult. However, the difficulty level also depends upon each trekker's ability. The trek to Upper Mustang takes you to an elevation of up to 3840m at the capital city of the region, **Lo Manthang**. Thus, altitude sickness may cause difficulty in trekking at Upper Mustang.

The Upper Mustang is a restricted and less developed region. Consequently, the trekking trails are not well established. The trekking trails involve rocky paths ascending and descending, making the trekking difficult. Furthermore, due to the remoteness, there are fewer modern facilities. Therefore, you must be managed at limited facilities with limited amenities throughout the trek, which is also a concern before starting the trek to the Upper Mustang.

All in all, the difficulty level of trekking in the Upper Mustang is moderate. Anyone with good physical fitness can quickly complete the trek. Remember to stay hydrated, have proper acclimatization, and choose a reputable company for your safety and pleasant trek at Upper Mustang.

Note: The Tiji Festival is highly popular in Mustang. If you would love to observe this antique celebration, we will offer you during the time. The festival falls around March to May.

Trip Itinerary

The 17-day Upper Mustang trekking itinerary starts in Kathmandu, but we are heading west by bus or plane. We stay overnight in Pokhara and then fly to Jomsom from Pokhara. The Kagbeni is the check post of the Restricted area of the Upper Mustang.

The trekking is continued by the Bank of Kaligandaki and beside the Chaile, Ghiling, Tcharang, and Mang Thang. Most of the population follows Tibetan Buddhism and its culture even though they are used to living in Nepal.

However, 17 days of trekking Upper Mustang trekking is an adventure in the Annapurna area. We suggest staying at the Lo-Mangthang for two overnights.

Day 01: Arrival in Kathmandu, transfer to the hotel.

Welcome to Nepal, a country in the Himalayas. On your arrival, Boundless Adventure will receive you at the International Airport and transfer you to the hotel by private, air-conditioned vehicle.

Then, you have time to rest and get refreshed. We'll catch up with you to talk about the upcoming itinerary. Overnight at the Hotel in Kathmandu.

Note: A sim card for local phones, Money exchange, ATM, and PO box is available at the Airport.



You can see the mountain from the airport in Kathmandu.

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

20m

Day 02: Kathmandu sightseeing

A full-day guided sightseeing tour in Kathmandu mainly covers three magnificent cultural sites enlisted in the UNESCO world heritage sites: the Hindu temple of Pashupatinath and the Buddhist shrines of

Boudhanath Stupa and Swayambhunath Stupa are on the list to cover.

They delight in medieval areas with historical significance and fantastic architecture. In the evening, the trekking guide will meet you. Overnight at the hotel.



Pashupati Temple

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

6 hours

Food:

Breakfast

Day 03: Drive to Pokhara.

Driving towards the west through the switchback road on the mountain, Van takes about 4 to 5 hours to get into the Pokhara. The view of the valleys, Riverside, woods, and the entire surroundings looks brilliant.

Besides ground, you take a flight option by covering the extra cost. In that case, you have only 20 minute's flight to go, and you can save another day of exploration of the city and enjoy the adventure activities in Pokhara. You can have dinner either at the Hotel or Lakeside of Pokhara. Overnight at the hotel.



Driving road to Pokhara.

Destination:

Pokhara

Accommodation

Hotel

Transportation:

Van

Duration:

4 hours

Food:

Breakfast, Lunch Dinner

Day 04: Fly to Jomsom (2743 meters) and trek to Kagbeni

Having breakfast, we can explore the magnificent Himalayas of Tilicho Peak, Nilgiri, Annapurna range, and the surroundings.

On the first day of trekking, embark from Jomsom through the straightforward route of the Kali Gandaki Riverbank. The valley is widely spread and becomes too windy after the mid-noon.

Walking steadily, we reach Kagbeni, an ancient settlement of the Tibetan Buddhist people at the juncture of two rivers.

The right road takes you to Muktinath, whereas the left route escorts you to Upper Mustang, where you will spend the night at the lodge.



Jomsom Muktinath Trekking Image

Destination:

Kagbeni

Accommodation

Hotel

Transportation:

Flight

Duration:

20 m

Food:

Breakfast, Lunch Dinner

Day 05: Trek to Chele

The journey enters the restricted region, where you must show the restricted area trekking permit. Overnight at the lodge.

The trek starts from Kagbeni, the religiously significant destination for Hindu devotees.

The journey takes off predominantly on-road, exploring the fantastic Kali Gandaki River gorge and landscape overview.

Continually, we reach Chhusang. Have lunch at the Chhusang and continue towards the Chele.



Chele trek in Upper Mustang trekking

Destination:

Chaile

Accommodation

Hotel

Transportation:

Hiking

Duration:

6 hours

Food:

Breakfast, Lunch Dinner

Day 06: Trek to Syanbochen

Having breakfast, the trek sets off from Chele to Samar.

It takes about three hours. Have an early lunch, and trek to Syanbochen via Chungsi cave. It is a Beautiful Cave along the way.

But the trekking trail is a bit longer than usual. So, we need some dry nuts, energy bars, and sufficient drinking water.

It takes about 7 hours to get to Syanbochen, but the beautiful scenery of the landscape, cave, Mount Dhaulagiri, and Nilgiri dramatically allure us. Continue towards Syanbochen overnight.



Mustang Photo

Destination:

Syanbochen

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch Dinner

Day 07: Trek to Ghami

On the fourth day of the trek, we start having breakfast at Syangbochen. Stretching our muscles, we prepare to walk, following up to Jhaite village.

We cross the Nyi La Pass, 4010 meters from sea level. However, we descend to Ghyami La Pass, 3765 meters altitude, and trek down to Ghami village.

Here is the longest Mani wall, Overnight at the Guest House.



Ghami Upper Mustang Trek

Destination:

Ghami

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch Dinner

Day 08: Trek to Tsarang (Charang)

Have breakfast at the Guest House, Ghami. Continue through a beautiful valley over the red cliff.

Right after the cross, the Suspension Bridge. (Do not turn left from Ghami because it is the way to Dhakmar) You can have a great chance to Blue ship along the way.

It takes 4 hours to get to Tsarang (Charang). You will have Lunch and camp at Tsarang. During the day, you may explore the historical Monastery. Overnight at the Tsarang (Charang) Guest House.



Charang Village Upper Mustang trekking

Destination:

Tsarang

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch Dinner

Day 09: Trek to Lo-Manthang

We can't wait for our ultimate destination today with a beautiful breakfast. We don't need to hurry up as we have Enough walking hours to reach the stone-walled town of Lo-Manthang.

First, we descend to cross the river; the route follows a gradual upside road, which is not challenging.

But the grand scenery looks outstanding. We were moving further, which marks the cultural aura of the Upper Mustang.

On the other side, the cliffside caves are an impressive sight. We reach the top, which offers the town of Lo-Manthang, a cultural jewel, right across the stream.

Then, we follow the track and enter the magnificent village of Lo-Manthang. Overnight at the Hotel.



Lo-Mangthang Photo

Destination:

Lo Manthang

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch Dinner

Day 10: Explore in Lo Manthang

The antique town of Lo-Manthang remained isolated from the mainstream for thousands of years.

Tibetan societies highly influence culture and social lifestyles. We set off on an exploration tour around this stone-walled town.

This town holds different narrow alleyways to roam around, spin the prayer wheels, and feel the spirituality with the scenery of the fluttering prayer flags over the mud-brick houses, Namgyal, and Gulup monastery by a day tour.

We can also tour the Tibetan border of Korola and visit the Chooser cave.

Note: The Tiji Festival in Upper Mustang is a globally recognized, uniquely celebrated festival in Lo-Manthang. The Tiji festivals are held in May.



monastery in Lo mangthang

Destination:

Lo-manthang

Accommodation

Hotel

Transportation:

Hiking

Duration:

8 hours

Food:

Breakfast, Lunch Dinner

Day 11: Trek to Drakmar

Wow. What a memory of the brilliant town of Lo Manthang. Having breakfast, we leave this beautiful place following the dusty trail.

A decisive wind blow can make it too dusty, as it is full of sand. We cross several passes en route, including Chogo La at 4280 meters altitude, Dhi La Pass at 3950 meters, and Mui La Pass.

These are the beautiful viewpoints of the Valley. Heading further, another surprise awaits us, which is the Ghar Monastery.

Taking a quick look, we head further to Drakmar and rest. Overnight at the lodge.



Dhakmar Gumba

Destination:

Drakmar

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch Dinner

Day 12: Trek to Ghiling (3806m)

We enjoy breakfast at Drakmar, pack our stuff, and kick the ground. We gently climb to the ridge at the top, which offers brilliant scenery of the alpine fields of barley and buckwheat.

The rest of the trail is fine but a bit sandy compared to Ghiling in the Upper Mustang Hidden Valley. Overnight at the lodge.



Ghiling Village

Destination:

Ghiling

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

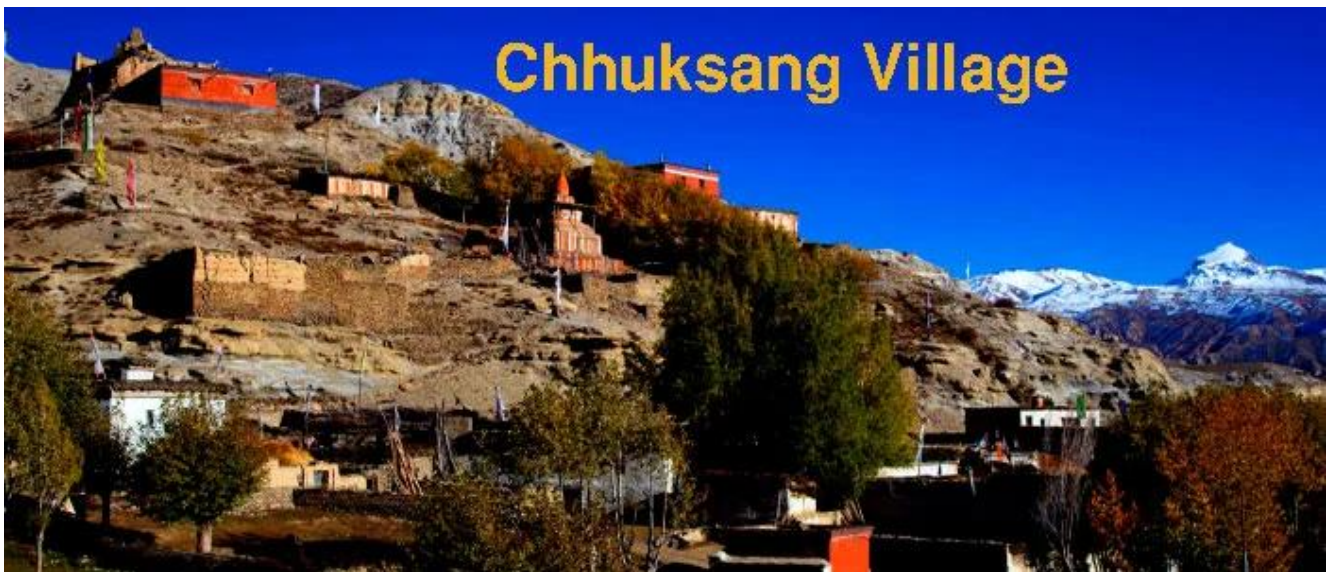
Breakfast, Lunch Dinner

Day 13: Trek to Chhuksang

Beginning the trek from Ghiling after breakfast, the short trail leads through Syangbochen.

Walking further continuously, we cross a small pass of the hill ridges, and Chele comes on the way. The journey ahead goes through the narrow gorge of the sandy rock.

Chhuksang is located forward and rests overnight at the Hotel.



Chhuksang Mustang

Destination:

Chhuksang

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch Dinner

Day 14: Trek to Jomsom

Having breakfast at Chhusang, we begin the journey from Chhuksang to Jomsom. However, we will have two different trekking routes ahead.

One of them leads you to Muktinath, the highly sacred land of Hindu devotees.

Another trail escorts you to Jomsom via the Kagbeni check post. After lunch, you can visit the Kagbeni village and check out the restricted area.

The trail leads you to Jomsom through the bank of the Kali Gandaki River. Check-in at the Hotel in Jomsom, Overnight at the Hotel



View from Jomsom

Destination:

Jomsom

Accommodation

Hotel

Transportation:

Hiking

Duration:

7 hours

Food:

Breakfast, Lunch Dinner

Day 15: Flight to Pokhara

Good morning, Jomsom. We take an early morning flight from Jomsom to Pokhara, overlooking the brilliant Himalayan sceneries of Annapurna and Dhaulagiri Himalayan peaks.

It's a 20-minute flight, landing at Pokhara airport and transferring to the hotel.

In Pokhara, we get refreshed and take a city tour, visiting the major tourist spots like David's Fall, Mahendra Cave, Seti River Gorge, the Mountaineering Museum, and World Peace Stupa. Enjoy walking in Lakeside. Overnight at the Hotel

Note: *In case of flight cancellation, we should take a jeep/bus drive to Pokhara.*

Destination:

Pokhara

Accommodation

Hotel

Transportation:

Flight

Duration:

15 m

Food:

Breakfast, Lunch Dinner

Day 16: Flying back to Kathmandu.

Concluding the journey to Upper Mustang, now the time is to say farewell to the city of Lakes.

Early in the morning, drive to Kathmandu through the scenic Prithvi Highway, which has a few stops. Alternatively, take a 20-minute flight back to Kathmandu from Pokhara and transfer to the hotel.

Take a rest and set out shopping for your loved ones. Overnight at the hotel in Kathmandu.

If you would like to drive to Kathmandu, that is also possible. Cars, vans, and buses are available.



Airport in Pokhara

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Flight

Duration:

20 min

Food:

Breakfast

Day 17: Final Departure.

Have breakfast at the hotel and check out of the hotel. The Check-out time is Noon.

But if your flight is late evening, you may explore Thamel, 4 4-hour Everest tour by Helicopter or a one-hour flight by plane.



Airport of Kathmandu

Destination:

Kathmandu

Transportation:

Car

Duration:

15 min

Food:

Breakfast

Trip Includes

- Pick up and drop off from the international and domestic airport by private tourist a/c vehicle.
- Hotel in Pokhara, in bed and breakfast plan for two nights.
- Standard accommodation during the trekking.
- Three meals during the trekking (Breakfast, Lunch, and Dinner) with neat and clean lodges on the mountain
- Private a/c transportation for sightseeing activities with a tour guide.
- Required paperwork for the trekking (TIMS card and entry permits)
- Restricted permits of Upper Mustang.
- Kathmandu-Pokhara-Kathmandu round trip by a/c bus (or flight ticket in extra coverage)
- Pokhara-Jomsom-Pokhara plane tickets.
- A professional trekking guide who can communicate well in English
- Salary for the guide, his insurance, food, accommodation, and transportation
- A cup of Nepali tea with every meal.
- Government tax
- Domestic airport tax according to the itinerary.

Trip Excludes

- Entrance fee while you are sightseeing in Kathmandu and Pokhara.
- Accommodation in Kathmandu.
- A porter and his flight tickets.
- Hard and soft drinks.
- Extra accommodation and activities in Pokhara.
- Horse riding.
- Miscellaneous expenses like battery recharge, shower, water bottle, and so on

Frequently Asked Questions

How far is Upper Mustang from Pokhara?

The distance from Pokhara to Upper Mustang is 220 km. You have to either fly or take a jeep from Pokhara to Jomsom. Then, you can take another jeep to Upper Mustang's Lo Manthang or trek there. The time duration depends on the mode of transportation.

Is it possible to explore the Royal Palace in Lo Manthang?

The Royal Palace in Lo Manthang has cultural and historical significance, which tourists can only see from the outside. It is not open to the general public, so you can neither enter nor explore the palace. The reason for this is the preservation of the site.

Which are the major monasteries in Lo Manthang?

The major monasteries in Lo Manthang are the Jampa Monastery, Thupchen Monastery, and Chode Monastery. The Jampa Monastery is the oldest Sakya monastery from the early 14th century. These monasteries hold historic and cultural significance.

What is the cost of the Upper Mustang trekking permit?

The Upper Mustang trekking permits cost \$500/—per person for the first ten days; after that, you must pay \$50 for each additional day. The ACAP costs around \$30/—per person per trip. There is no time limit or extra cost for ACAP.

How many days does Upper Mustang Trek require?

The Upper Mustang trek takes 15 days round trip. The duration can depend upon numerous factors, including the itinerary, acclimatization needs, and side trips. Sometimes, unexpected weather changes can cause flight delays and affect the trek duration.

What side trips are possible in Mustang?

There are several site trips located in Mustang. It includes exploring Jomsom and Muktinath. You can

hike to Chungsi Cave, Ghar Gumba monastery, monastery in Charang, the monastery and royal palace in Lo Manthang, Choser Cave, Nuri Gumba, Damodar Kunda, and more.

What transportation options are available for Upper Mustang Trek?

You have two transportation options for the Upper Mustang Trek: roadway, i.e., Jeep, or air. Either way, you have to get to Pokhara and then to Jomsom and start trekking. However, you can only take a Jeep during the dry season from Pokhara to Jomsom.

When is the Tiji festival celebrated in Mustang?

According to the Tibetan Lunar Calendar, the Tiji festival usually begins in the second week of May. It is celebrated for three days at Lo Manthang and has a history dating back 300 years. The Tiji festival commemorates the victory of good over evil.

Which mountains can we see during the Upper Mustang Trek?

You can see the Annapurna I, Annapurna III, Annapurna South, Dhaulagiri, Nilgiri, Tilicho, and Tukucho mountains during the Upper Mustang Trek.

What are the chances of altitude sickness on the Upper Mustang trek?

There is a minimum chance of altitude sickness on the Upper Mustang trek. The maximum altitude you'll reach on the trek is 3810 meters above sea level. However, trekkers must acclimate, stay hydrated, and rest well to avoid the risk of altitude sickness.

Essential Information

Can We Do the Upper Mustang Trek During the Tiji Festival?

Yes, it is possible to do the Upper Mustang trek during Tiji time, which falls in the second week of May every year. This time is accompanied by a colorful Tiji festival celebrated in Lo Manthang. However, during the festival, it is rather busy with more tourists and local activities.

Exploring during the Tiji Festival is recommended to be done flexibly to maximize the trekking experience. Some changes may be required for the festivals to occur when you are within the regions to enable you to have the best experience of festivals without missing the trek. Thus, when planning your trek and choosing your trekking agency, it is possible to include the festival quickly.

How to get to Mustang Trek?

To reach the Upper Mustang trek, start your journey in Kathmandu, Nepal's capital. After arriving at Tribhuvan International Airport, you must travel to Pokhara. You can take a 25-minute flight or a 6-7 hour

drive covering 200 km by ground transportation.

You will continue your journey from Pokhara to Jomsom, the gateway to Upper Mustang. During the dry season, you can do this via a direct morning flight or jeep.

Once in Jomsom, begin your trek towards Kagbeni, the starting point for exploring the Upper Mustang. You'll pass through the villages of Chele, Syanbochen, Ghami, Tsarang, and Lo Manthang before returning through Drakmar, Ghilling, and Chhuksang to Jomsom.

Mustang Trekking via Jomsom and Kagbeni

Jomsom is a gateway to the Upper Mustang trekking and Muktinath temple, which takes a flight option from Pokhara. The Jomsom (2743 meters) is the snow-capped Himalayas surrounding the district center of Mustang, located along the sandy cliffs. Trekkers can use banking services along with ATM services.

The trail from Jomsom is flat on the bank of the widely spread Kali Gandaki River. Kagbeni is an ancient settlement of Tibetan Buddhist-influenced indigenous people. It is located at the juncture of the Rivers, and people go there on special occasions to take a holy bath as part of their religion. Hindu devotees believe their dead ancestors can go to heaven if they take a sacred bath.

Major Attractions of the Upper Mustang Trek

The Upper Mustang is one of the unmissable destinations of the Mustang region. The Upper Mustang has a unique mixture of cultural diversity and natural beauty. Thus, the region's cultural and natural beauty attracts many tourists worldwide. Some of the major attractions of Upper Mustang are:

T-Sarang and Lo-Manthang

T-Sarang (Charang) is a Gallup sect people-dominated village with a 400-year-old monastery. Lo-Manthang is the capital of the Upper Mustang region. It is located at 3700 meters from sea level.

Lo-Manthang is populated by Tibetan Buddhist devotees and is a culturally rewarded destination. The ancient sandy caves and colorful monasteries (400-year-old monasteries) are the attractions of the trip. However, you need to pay the entrance fees separately).

Shortens and the prayer wheels offer the cultural delights in the stone-walled town. This hidden kingdom's surroundings are located with seasonal crops like barley and buckwheat fields.

Tibetan Buddhist Culture

Upper Mustang was once a part of Tibet, so it deeply connects with the Tibetan Buddhist culture. The region's unique Tibetan Buddhist culture and history provide a major attraction to the area and attract many trekkers to learn more about the region's culture. Being a restricted region, Upper Mustang keeps its cultural identity and attracts several tourists with its unique Tibetan Buddhist culture.

Shaligram (Fossils) in the Kali Gandaki River

Shaligram is a fossilized shell that is an iconic symbol of the god Visnu. Hindu devotees who believe in spirituality prefer to take this stone in their homes. It is collected from the Kali Gandaki River, the trail of the Upper Mustang Trekking, and the Muktinath temple.

Most Indian travelers prefer to roam around the Riverbank, searching for Shaligram stones along the way to Upper Mustang trekking and the Muktinath tour.

Tiji Festival

Tiji is the short form of the 'Tempa Chhirim,' which means 'Prayer for World Peace' in the Mustang people's language. The festival falls during the second week of May. May is an ideal month for the spring season in Nepal. Due to failing at a favorable time, many travelers worldwide come to participate in the Tiji festival. The festival is celebrated at the Lo Mangtang village to symbolize the victory of good above evil. The festival is significant to Tibetan Buddhist culture and attracts several travelers worldwide.

Historical Caves

Many historical caves of the Upper Mustang are the region's major attraction. The caves are famous for their design on the cliffs. Chosar Cave, Chussang Cave, Nuri Gompa Cave, and Yara Caves are the significant compelling caves of Upper Mustang that hold a particular cultural and historical importance to the region. Each historical cave has its importance; however, the Chosar cave holds great significance. And Nuri Gompa is at the side of the trip.

Typical local People

The typical local people of the Upper Mustang are referred to as the Mustangis or Lo Pa. Most of the people speak the Tibetan language as they are Tibetan-influenced. The majority of the people follow Buddhism. The warm hospitality of the Mustangis people adds to the attraction of trekking in Upper Mustang. The typical locals are friendly and ready to share their culture with trekkers.

Against the backdrop, the miraculous Himalayan peaks of Mt. Annapurna, Fishtail, and Dhaulagiri shine. With three giant Lakes, the city holds various caves, waterfalls, a river gorge, and cultural sites like peace pagodas and monasteries.

Pokhara offers a pleasant reminiscence of an outstanding holiday with activities like boating in the Phewa Lake, Paragliding, a Sarangkot sunrise tour, exploring David's Fall, Mahendra Cave, and the Seti River gorge.

Annapurna Conservation Area

At the beginning of the Upper Mustang Trekking, you take a scenic flight above the Annapurna Conservation Area Project (ACAP) in northwest Nepal. The conservation area was established in 1986 and covered an area of 7629 sq. km.

ACAP has made it famous. It is rich in biodiversity and is home to 1,226 species of flowering plants, 105 mammals, 518 birds, 40 reptiles, and 23 amphibians. ACAP permits are necessary for Mustang Trek.

AMS in Mustang Trekking

Mountain Sickness (AMS) is acutely known as high altitude sickness. If possible, we should follow the following steps.

- Trek high, sleep low.

- Have warm meals.
 - Drink clean water.
 - Have energy bars.
 - If you are still not feeling well, you need to get lower soon. The cases are more severe than necessary, so you should go to the Hospital by helicopter as soon as possible.
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Upper Mustang Trek Permit

There are two key [permits required for the Upper Mustang trek](#). There are following.

1) Annapurna Conservation Permit Area (ACAP) permit:

The Annapurna Conservation area covers 7,629 sq. km area. The Upper Mustang also falls within the border of the Annapurna Conservation area. So, obtaining the ACAP is mandatory for the upper Mustang trek. On your behalf, the company will manage your ACAP for the trek to Upper Mustang.

2) Upper Mustang restricted area permit (RAP)

The Upper Mustang is a restricted area of Nepal. So, trekking in the Upper Mustang requires a special RAP permit to enter the region. The upper Mustang is situated within reach of the Tibetan border. Therefore, the government of Nepal has declared the Upper Mustang a restricted area for security purposes and tourism management. The authorized trekking agency can only issue the RAP, so if you are with us, you needn't worry about RAP.

Restricted Area in between Upper Mustang Trek

The restricted area of Upper Mustang begins and ends at the village of Kagbeni, situated at 2810m. Kagbeni lies in the Muktinath district, in the village of Baragubg Muktikshestra, a rural municipality. The village is the oldest in the region, in the valley of the Kali Gandaki River. Kagbeni is the central point of the Muktinath district as the village's trail takes you to the Muktinath Temple, and another trail takes you to the upper Mustang, up to the capital, Lo Manthang.

You'll be checked in at the Kagbeni checkpoint and checked out from the same checkpoint. It would be best to show your restricted permit at Kagbeni's point. As you enter Kagbeni, Mustang's is a very mysterious area.

Group Size For Upper Mustang Trek

Solo trekking is not allowed for the Upper Mustang trek, and the minimum group size is two people. Trekking agencies can accommodate various group sizes, with some able to manage groups of up to 16 people at once due to limitations on the small aircraft used for travel between Pokhara and Jomsom. However, groups of up to 30 can be arranged, though the larger group size requires careful coordination to ensure all members can fly together. Solo travelers can join existing groups, which helps lower costs

and enhances safety. For more details or to arrange your trek, contact WhatsApp at +977 9851033819.

Culture and Custom in Mustang

The Upper Mustang trek is famous for combining the gorgeous prospects of nature with spectacular historical sights. Trekking has a beautiful and enchanting face with the definitive cultural rite of the region, more so in terms of its art. The patrons of this typical Nepali architectural structure are the Gurung, Thakali, and Lopa ethnic groups of the region, primarily Buddhist by their faith. The significant attractions of tourism are local festivals like Tiji and Duk Chu, and monasteries, chortens, and caves are present in this area.

The older buildings are white-washed wooden houses with carved wooden ceilings and houses with flags inscribed with mantras of Buddhism, Jainism, Hinduism & other religions. People dress according to the style of Tibet to withstand the climate, where women wear numerous layers of warmers and have very rich ornamentation, men wear thick, multicolored tunics, and everybody has turquoise on their neck and wrists. Males usually wear long Chubas gowns, while females cover their bodies in layered dresses and aprons for warmth. Tourism is embraced because people are encouraged to interact with the native culture and maybe even gain knowledge.

Weather and temperature in Upper Mustang

Upper Mustang is dry because it is in the rain shadow of the Himalayas. Due to its location in the rain shadow, the Upper Mustang trek can be done even during the monsoon season. The region's average temperature every season is 11°C, and rainfall occurs 307 mm annually.

Weather and Temperature during Spring

Spring is one of the finest seasons in Nepal, including at the Upper Mustang. The weather is pleasant, neither too hot nor too cold. The sky and mountain views are clear at this time of the year. *The temperature ranges from 14°C to 22°C during the day and drops from -6 °C to 1 °C at night.*

Weather and Temperature during Summer

Even though summer is a monsoon season in Nepal, the upper Mustang is set in the rain shadow, so trekking in the upper Mustang during summer is also the best time. The weather in Summer at the upper Mustang is warmer, and the region is dry during this time. *The daytime temperature at the Upper Mustang during the summer is 19-29 °C, whereas at night, the temperature ranges from -3°C to 0°C.*

Weather and Temperature during Autumn

Autumn is the well-liked season for Upper Mustang trekking. Moderate temperatures and clear weather make the trekking conditions pleasant in Autumn. With clear skies, magnificent mountain peaks are visible during Autumn. *The temperature ranges from 11°C to 20°C during the daytime at Upper Mustang, and at night, it ranges from -7°C to -3°C.*

Weather and Temperature during Winter

Winter is generally the unfavorable time to trek on the Upper Mustang. Due to the harsh weather conditions, the region is inactive in the winter. Some locals even descend to lower regions to avoid extreme cold. As the day goes on, the weather slowly freezes, and snowfall occurs. *The temperature is 0-4°C in Autumn and -25°C to -20°C at night.*

Best Time for Upper Mustang Trekking

Trekking in the Upper Mustang is possible all over the year. However, some seasons involve busy trekking conditions, and some involve pleasant trekking conditions. Among the four seasons and twelve months faced by the Upper Mustang, the Summer season from June to August is the ideal season for trekking in the Upper Mustang.

Most trekking destinations have ideal trekking seasons in Spring and Autumn, but Upper Mustang is different. Although trekking during Autumn and Spring is also a favorable time for Upper Mustang, summer is the most desired season. While every area of Nepal experiences the monsoon, Upper Mustang has warm and pleasant summer weather. June and July are the best months for the Upper Mustang trek. **During summer, you can witness the second big festival, Yarlung Mela, making your trekking journey more memorable.**

Note: if you want to witness the Tiji festival, consider trekking during Spring(March-May).

Trekking Guide For Mustang Trek

Hiring a guide for trekking in a restricted area is mandatory, so you must hire a guide for Upper Mustang, listed in [Annapurna Conservation](#). While hiring a guide is necessary, choosing an experienced and licensed guide to provide the required information is equally important. You don't have to worry about what kind of guide you should hire, as we provide a guide who has spent more than half a life in the guiding field.

We assure you that with our guide, you can trek in the upper Mustang without any worries. Our guide has a deep knowledge of the culture, history, and geography of the Mustang and can provide you with all the information. Our guides are licensed and certified with the required training.

We have a guide who can speak fluent English and your desired language for communication. We have provided our trek with all the necessary first aid training and knowledge of handling emergency cases. Specifically, each quality you need in a well-experienced guide is in our guide.

Inquiry and Booking

Boundless Adventure provides a trekking package for the Upper Mustang trek and a group discount. As the Upper Mustang trek can be undertaken throughout the year, it is recommended that you pre-book. If you want extra information regarding the trek, you can get an inquiry by messaging us on **WhatsApp at +977 9851033819**.

You can book the trip online with us. You can book this trip on the right side as you open our website. You can easily book the Upper Mustang trekking package by clicking that option. When booking, you need to pay 20% advance of the total cost, and the remaining balance can be paid once you arrive in Nepal and before the trek.

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