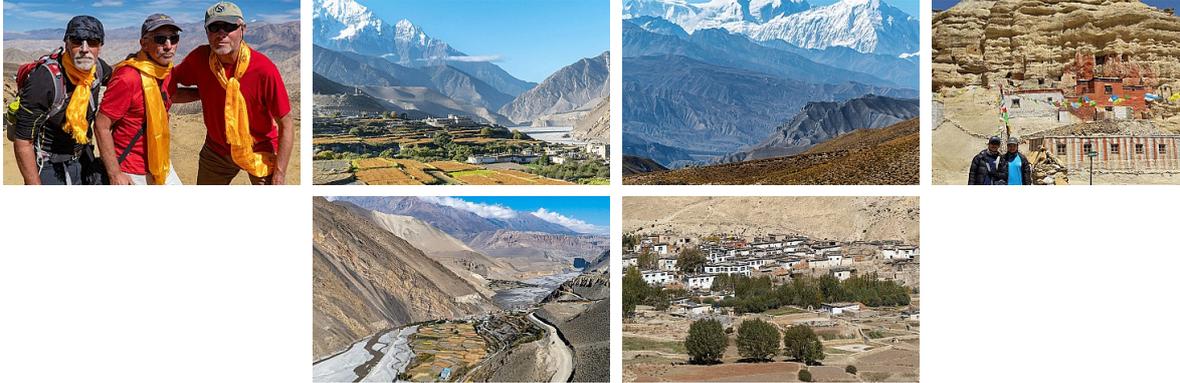




# Upper Mustang Trekking - 15 Days



## Trip Facts

Destination	Nepal
Duration	15 Days
Group Size	2-30
Trip Code	DWT-MT-15
Grade	Moderate
Activity	Mustang Treks
Region	Mustang Region
Max. Altitude	3,840m at Lo Manthang
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	Breakfast in Kathmandu, pokhara and all meals during the trek
Best Season	April, May, June, July, August, Sep, Oct, Nov
Transportation	Domestic flight from Pokhara- Jomsom - Pokhara & Kathmandu- Pokhara-Kathmandu by

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Upper Mustang Trek, Explore what was a prohibited region till the last decade, breathtaking landscapes, Tibetan culture,

the walled metropolis of Lo Manthang, impressive sights of the snow covered hills....

## About the Trip

Upper Mustang Trek, Explore what was a prohibited region till the last decade, breathtaking landscapes, Tibetan culture, the walled metropolis of Lo Manthang, impressive sights of the snow covered hills. Upper Mustang trek - the Last Forbidden Kingdom In Nepal

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

### Highlights

- 🗨️ Pass yak pastures with yaks grazing
- 🗨️ Stay at Jomsom, the headquarter town of Mustang district
- 🗨️ A day at tourist hub Pokhara
- 🗨️ Spectacular views of Mt. Annapurna, Thorung Peak, Nilgiri, Chulu west
- 🗨️ Chulu east, Tukuhe Peak, Dhaulagiri, Lamjung Himal, Annapurna II, and Annapurna IV
- 🗨️ Magnificent lakes, glaciers, gorges, and waterfalls
- 🗨️ Visit Muktinath, a sacred place for both Hindus and Buddhists
- 🗨️ Visit the beautiful mustang district and interact with its people
- 🗨️ Explore Lo Manthang, "the last forbidden kingdom".
- 🗨️ Ancient Buddhist monasteries and Tibetan lifestyles.

### What is Included?

- ✔ Return transport to and from Kathmandu to Pokhara by tourist bus (if going by flight, there will be an extra surcharge).
- ✔ Private transport from Pokhara's bus station to your hotel in Lakeside, Pokhara.
- ✔ Two nights accommodation with attached bathroom "Hotel Crown Himalayas" in Pokhara
- ✔ Accommodations: Nine nights room with attached bathroom at Jomsom, Syangboche, Ghami(2N), Tsarang, Lo Manthang (2N), Chhusang, Muktinath. two nights standard room at Samar, Chele (Twin Sharing Room)- 11 Nights
- ✔ Return Flight Pokhara to Jomsom including Airport taxes.
- ✔ All Standard Meals (13 Lunches, 13 Dinners and 14 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1 porter "9 kg per trekker max limit").
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Upper Mustang Restricted Area special Trekking Permit US\$ 500 per person for 10 days (the above price includes 10 days valid trekking permit from Kagbeni to Kagbeni. extra days (US\$ 50 per day / per person).
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Water purification tablets for safe drinking water
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

## What is Excluded?

- ⊖ International Flight.
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Lunch and Dinner in Pokhara.
- ⊖ Extra night accommodation in Kathmandu and Pokhara due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ⊖ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability, strike, moment etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## Overview

The upper Mustang area is a recently opened trekking region, allowing foreign visitors only since 15 years ago. It's a rare privilege and required restricted area permit. It's a hidden kingdom that had not been in touch with Nepal for several hundred years making the culture there very unique from the rest of Nepal.

This area is full of historical and religious monuments, natural and geographical diversity. We will come across ancient caves, holy fossil rocks, deserted land territory and cliffs. Geographically part of the Tibetan plateau, the upper Mustang area is rich in Tibetan culture, especially in the ancient capital Lo Manthang. Lo Manthang is a beautiful small town with only around 150 houses, the old King's palace and the Chode Lhakhang, a monastery which is around 200 years old.

Being located in the Annapurna conservation area on the trail to Upper Mustang we can see the glorious panorama of the mountain ranges including Dhaulagiri (8167m), Annapurna I (8091m), Manaslu range (8,163m)

For our trek to Upper Manang, we first fly to Jomsom from Pokhara Airport and head towards Kagbeni, the gateway to Upper Mustang trekking. The trail continues Chele, Syangboche, Ghyami, Tsarang, Ghiling and Lo Manthang. We also explore the holy temple of Muktinath. Overall it is a moderate level trekking and the best way to explore the unique cultures and traditions of upper Mustang and the natural beauty of the Himalayan landscape.

## Day to Day Itinerary

### Day 1

#### Drive to Pokhara (820m/ 2,690 ft) west of the Kathmandu Valley

##### Itinerary Facts

**Driving Hours** 205 km /127 miles) 6-7 hrs

After an early breakfast we go to Pokhara by a tourist bus (6-7 hours drive). On our way we can see the picturesque Trishuli and Marsyangdi rivers. Pokhara is a beautiful valley set on the banks of the Phewa Lake, also known for its panoramic views of Annapurna, Machapuchare in the north, Dhaulagiri in the west, Manasulu and Lamjung Himal in the east. Pokhara is a lakeside tourist's paradise with many facilities for travelers.



Overnight at "Hotel Crown Himalayas" with attached bathroom



Included meals (Breakfast, Lunch, Dinner).

### Day 2

#### Fly from Pokhara to Jomsom (2,720 m/8,915 ft) -flight and trek to Kagbeni (2,800 m/9,500 ft)

##### Itinerary Facts

**Flight Hours** 25 minutes

**Trek Distance** 11.4 km/ 7 miles

**Highest Altitude** 2,800 m/9,500 ft

**Trek Duration** 4 hrs

We go on an early morning flight to Jomsom. During the early morning the weather is the clearest and you will see spectacular mountain views as we pass through two eight thousanders mountains between Dhaulagiri and Annapurna, following along the world's deepest gorge. The landscape below is absolutely breathtaking. We land in Jomsom, district headquarters of Mustang. Here we inaugurate our first steps on the trail. The route follows a pleasant trail up the arid valley of the Kali Gandaki River to the fort of Kagbeni, an ancient trade post with a Buddhist monastery. Kagbeni is just south of the restricted area of Upper Mustang.



Overnight at hotel new Annapurna with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

### Day 3

#### Trek from Kagbeni (2,800 m/9,500 ft) to Chele (3,055 m/10,025 ft)

##### Itinerary Facts

**Trek Distance** 11.2 km/ 6.9 miles

**Highest Altitude** 3055 m/10,025 ft

**Trek Duration** 5-6 hrs

After leaving Kagbeni, we register our documents at the check post to the restricted area we start trekking early morning to avoid the heavy Mustang wind in the afternoon. We follow the east bank of the river to Chuksang, On the way we can see Mt. Nilgiri glowing orange from the sunrays.the area beside the river can be windy and have dust blowing, we will need sunglasses and perhaps a face mask or cloth for our nose and mouth. Passing by Mustang's trademark red sandstone pillars and rock formations, formed by thousands of years of erosion we reach the village of Tangbe. It's a pretty village with red and white washed houses and picturesque apple orchards and barley fields then we follow a relatively narrow canyon to Chele, a small town along a ridge. The otherworldly location is spectacular.



Overnight at mustang get.



Included meals: Breakfast, Lunch, Dinner

## Day 4

### Trek from Chele (3,055 m/10,025 ft) to Syangboche (3,930 m/11,400 ft)

#### Itinerary Facts

<b>Trek Distance</b>	11.5 km/ 7.1 miles
<b>Highest Altitude</b>	3,930 m/11,400 ft
<b>Trek Duration</b>	5-6 hrs

From Chele, we climb a steep spur and then continue up a steep canyon to Eklo Bhatti and ascend up to the Taklam La (3,625 m/11,940 ft), a high pass. Transcending beyond the pass we go down to Samar, we can see the beautiful view of Mount Nilgiri from Samar. This is a usual place to stop for horse and mule caravans. From here we go on a downhill path leading to a large gorge past Rangchhyung Chorten that's painted red, black, yellow and white. You'll get a magical view of Mt. Everest from Syangboche the home of Nepali-Tibetan Sherpa is known as Solu Khumbu. They belong to Nyingma-pa Tibetan Buddhist sect and practice their own Buddhist tradition and custom which was brought when they migrated from Tibet to Nepal. The region north from Jorsale is just about 113 sq. km is under Sagarmatha National Park. Blue pine, fir and juniper forests grow in lower elevation and birch and rhododendron forests in between 3300 m to 4000 m. The trail goes through some Juniper then the path descends to Shyanmochen, a tiny village with some tea houses at 3,710m.



Overnight at Hotel Nilgiri with attached bathroom. .



Included meals: Breakfast, Lunch, Dinner

## Day 5

### Trek from Syangboche (3,930 m/11,400 ft) to Ghami (3,520m/11,535 ft)

#### Itinerary Facts

<b>Trek Distance</b>	9.3 km/ 5.7 miles
<b>Highest Altitude</b>	3,930 m/11,400 ft
<b>Trek Duration</b>	5-6 hrs

The day begins with an ascent up to another pass, this one is called the Yamda La (3,845m/12,655 ft), and through astonishing landscape of desert and a few remote settlements and their nearby crops. Again, We Then the trail climbs up from Syangbochen leading up to a large valley then descends to a wide barley field at Gelling. The houses here are painted white and ochre and made of mud and stones, just like in Mustang. From Gelling, we go up to the settlement of Tama Gun and make our way to climb a pass known as the Nyi La (4015 m/13,205ft). Descending from the pass is quite calm, from there we come up to a trail junction we take the left trail that leads to Ghami.



Overnight at hotel Iho Ghami with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 6

### Trek from Ghami (3,520m/11,535 ft) to Tsarang (3505 m/11,500 ft)

#### Itinerary Facts

<b>Trek Distance</b>	11.2 km/ 6.9 miles
<b>Highest Altitude</b>	3,520m/11,535 ft
<b>Trek Duration</b>	5-6 hrs

Today's trek may be through maybe the driest part of Mustang, However, those heavenly perspectives of the countryside, starting with the tender forms of the north of the rough mountains in the east and west, compensates for the difficult climb. Finally, we arrive at Tsarang, an extensive spread-out town with around 1000 inhabitants.



Overnight at Hotel Lumbini with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 7

## Trek from Tsarang (3505 m/11,500 ft) to Lo Manthang (3810 m/12,135ft)

### Itinerary Facts

**Trek Distance** 11.5 km/ 7.1 miles

**Highest Altitude** 3,810 m/12,135ft

**Trek Duration** 5 hrs

Starting on flat land, we ascend over yet another pass and enjoy the delightful in view of the valley below. We will also be able to see Lo Mathang. We go down take a and enter Lo Mathang from the north



Overnight at hotel shangri La with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 8

### Rest and Exploration Day in Lo Manthang

Today will be the day to explore Lo Manthang (One of the best places with full of historical things on our Upper Mustang trek), a walled city with around 150 houses. This is an ancient city, said to have existed before the 1390s approximately. Lo Manthang was the walled capital of the Kingdom of Lo from its founding in 1380 by Ame Pal. The village is best known for its tall whitewashed mud-brick walls, gompas and the Royal King's Palace (Maharaja Palace), a nine-cornered, five-story structure built around 1400 (older than anything that exists now in the world with such architecture). There are four major temples: Jampa Gompa(Jampa Lhakhang ), the oldest beauty of art, built in the early around 15th century and also known as the "God's house" (Also Thubchen Gompa), a huge, red mass assembly hall inside the God's house and gompa built in around the late 15th century situated just southwest of Jampa Gompa( Chodey Gompa), now the main city gompa; and the Choprang Gompa, which is popularly known as the "Naya Gompa". Even though foreign visitors were allowed in the kingdom after 1992 only, after such a long time of the historical tourism to Upper Mustang remains limited yet. So today in gist we explore the Gompas and Royal Palace including the Jampa Gompa, Thubten Gompa, Chodey Gompa and Choprang Gompa. You can even visit Tingkat- a home to around 40 houses. In this way, Our Exploration Day to Lo Manthang will be successful and it's for sure it will be the best part of our Upper Mustang Trek.



Overnight at hotel shangri La with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 9

### Trek from Lo Manthang (3,810 m/12,135ft) to ghami (3,520m / 5,577 ft)

### Itinerary Facts

**Trek Distance** 16.1km/ 10 miles

**Highest Altitude** 3,810 m/12,135ft

**Trek Duration** 6/7 hrs]

From Lo Manthang, we head south towards Kagbeni. We will not take the same route we took to arrive Lo Manthang. As we journey to Drakmar we will also make it sure we head to the famous Ghar Monastery decorated with beautiful wall paint



Overnight at hotel Iho ghami with attached bathroom.

Tent

Included meals ( Breakfast + Lunch + Dinner )  
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## Day 10

### Trek from Ghami (3,520m / 5,577 ft) to Samar (3,700m/12,139 ft)

### Itinerary Facts

**Trek Distance** 13.2 km/ 8.2 miles

**Highest Altitude** 3,700m/12,139 ft

**Trek Duration** 6/7 hrs

We trek through remote and arid landscape very carefully taking all the magical views about there. It's mostly downhill but required a short climb up the bridge then we descend down to Ghami, Then we head to Nyi la we go over it to reach Gelling finally. We cross streams and climb up to a largely painted chorten. After walking further we reach our destination at Geling



Overnight at lodge.



Included meals: Breakfast, Lunch, Dinner

## Day 11

### Trek from Samar (3,700m/12,139 ft) to Chhusang (2,980 m/9,776 ft )

#### Itinerary Facts

**Trek Distance** 9.9 km/ 6.1 miles

**Highest Altitude** 2,980 m/9,776 ft

**Trek Duration** 5/6 hrs

From Geling we join the regular trekking trail to Chhusang and continue towards Chungsi Cave Monastery- one of Gelling highlight from The Upper Mustang region of Nepal on our way built beside vertical canyon wall, this is will know as the place Padmasambhava meditated with. After crossing two deep valleys we reach the riverbed of the Kali Gandaki and then follow the trail to Kagben, an ancient trade post with a Buddhist monastery,



Overnight at hotel braka with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 12

### Trek from Chhusang (2,980 m/9,776 ft ) to Muktinath (3,760 m/12,335 ft)

#### Itinerary Facts

**Trek Distance** 14.5 km/ 9 miles

**Highest Altitude** 3,760 m/12,335 ft

**Trek Duration** 6 /7- hrs.

Today we go to the valley to the direction of Gyu la pass (4077m), one of the highest passes in the world. We are now on the world famous Annapurna circuit route, but we will cross the pass from another direction. We will see a panorama of majestic Himalayan peaks extending northwards into Tibet, at the back we can see several of the main peaks of Annapurna. We make a scenic climb up the Jhong River valley with marvelous scenery along the way. The trail passes ancient villages on the way to Muktinath, Muktinath is a sacred place for Hindus and Buddhists. The Buddhists call it 'Chumig Gyatsa,' which in Tibetan means "A Hundred Waters". The temple's walled complex has a Buddhists monastery and Hindu shrines, 108 bathing spouts and even an 'eternal flame'. Then we'll go for Tangey trek towards Pa where are possibilities to get water so we will have our lunch at Pa after Pa we will trek Tetang Camp at Tetang. After an early start, we have a good view of the village of Tetang, which consists of two separate settlements surrounded by high walls and from a distance looks like a large fort. The ascent to a plateau is steep and the trail here can be rather difficult to locate. There is an easy walk over a plain, after which comes about three hours of steep walking uphill, with the narrow trail getting precipitous at times, with loose black gravel. After ascending high in the valley the trail makes a right turn and the pass becomes visible above. At the pass, the mountains seem amazingly close, with Thorung, although the lowest peak, looking particularly impressive, having large glaciers clinging to its steep flanks.



Overnight at "Hotel Town House Muktinath" with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 13

## Trek from Muktinath (3,760 m/12,335 ft) to Jomsom (2,720 m/8,915 ft)

### Itinerary Facts

**Trek Distance** 22 km/ 13.6 miles

**Highest Altitude** 3,760 m/12,335 ft

**Trek Duration** 5 hrs

We have reached our final day on the trekking trails. We make a journey down the valley to Jharkot and Khingar where there are beautiful monasteries that you can explore as we lose elevation and gradually join the Kali Gandaki River valley bottom and the trail leads to Jomsom, district headquarters of Mustang. Jomsom market area may seem like a big change from the serene trails and villages that we have visited. Rest and refresh at the lodge or explore Jomsom bazaar.



Overnight at "Hotel Himalayan Inn" with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 14

### Early morning flight from Jomsom to Pokhara (820 m/ 2,690 ft) (and optional flight back to Kathmandu).

### Itinerary Facts

**Flight Hours** 25 minutes

We say goodbye to Mustang today and will have an early morning flight back through the Kali Gandaki Valley's southern section. The scenic flight returns us to Pokhara. (We can then connect with a flight back to the ancient city of Kathmandu, or take a day of exploration of Pokhara and tourist bus to Kathmandu the following day). The rest of the day is yours to explore the city and perhaps go souvenir shopping or just relax in the tourist haven



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included meals: Breakfast, Lunch, Dinner

## Day 15

### Drive from Pokhara (820 m/ 2,690 ft) to Kathmandu (1,350 m/4,450 ft) - 6-7hrs

Today is an early start as we depart by tourist bus for a return to Kathmandu. Its a 200 Km route that first follows first along the Marsyangdi River and then the Trishuli River. The bus makes one last climb and we are back in the valley of the gods, Kathmandu. You may also choose to return by a 25 minute flight (not included in package). Our trek package completes at Kathmandu Accommodation at selected Hotel in Kathmandu.



Overnight at your own selected hotel at Kathmandu.

Tent

Breakfast

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Route Map



## Trips Notes

### How your Journey will start Towards Upper Mustang?

First day is your arrival day in Kathmandu (Tribhuvan International Airport-TIA), Nepal. Second day, we drive to Pokhara. Tourist bus departures around 7 a.m. everyday from Kathmandu.

### Don't Worry, We'll Pick you

We offer a complimentary **Kathmandu TIA (Tribhuvan International Airport)** airport pick up and drop off service. Upon your arrival, you are welcomed and greeted at your arrival gate (Holding your name on company pamphlet) by our representative member from Discovery World Trekking, then transfer to your selected hotel in Kathmandu. For departure transfer, we will come to pick you up at your stay hotel in Kathmandu and take you to airport for your international flight.

### Accommodation Details During The Upper Mustang Trek

15 days Upper mustang trek includes **Fourteen nights lodge to lodge stay** at a mountain and **two nights in Pokhara hotel** where we use the best available lodge and select the best accommodation in Upper Mustang trek. We provide **Nine nights room with attached bathroom** at Jomsom, Syangboche, Ghami(2N), Tsarang, Lo Manthang(2N), Chhusang, Mukti Nath. **two nights** standard room at Samar, Chele (Twin Sharing Basis)

**We spend two nights** hotel in Pokhara with room and attached bathroom, TV, 24 hours hot water, power and laundry facility.

For solo trekker -a single private room with attached bathroom in available lodge, single private accommodation in other places of the itinerary.

**Two nights Hotels in Kathmandu before and after** the trek is required which is not included in the package? Kathmandu has a wide range of hotel for all budgets and your interest. We prefer your choice.

**Note:-** Lunch and Dinner at Pokhara shall not be provided by the Company.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals

Our trek is all over high elevations near world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal in this trek is very convenient but not as in cities.

**Three meal items of 14 breakfasts, 13 lunches and 13 dinners** are included in the package.

The meals will be the best selected from the menu of the lodge which will be fresh, hygienic, tasty and nutritious. The menu is a combination of traditional local, Asian and western cuisine. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must) etc. at high altitude for health benefit.

**Meals in Kathmandu and pokhara are not included** in the packages, although there are variety of Nepalese and international cuisine readily available for you to choose according to our taste.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

### Best Season to trek Upper Mustang

The weather is one of the most important factors to look at when deciding to trek to Upper Mustang Trek cause no one is beyond nature. **People trek 12 months of the year** up to Upper Mustang trek but certainly, there is ups and downs in every season, **It is best suited to trek during the spring, Summer and autumn** as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Tho during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers. Although trekking is possible throughout the year each season has different advantages and attractions and advantages offer for trekking in the Upper Mustang. The temperature in the mountains also depends according to the altitude range – higher the altitude, lower the temperature. In brief, below are the detailed information about the climatic condition of every quarter months.

## March to May - Spring

Destination towards Upper Mustang trek in **Spring (March-May)** is a season in which mountains lovers and travel enthusiasts come to trek in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the high elevation is between -8 to 0 degree C. Lower regions along the trek are even warmer making it pleasant for any nature lover. Trekking season begins after March in the spring.

By April, the trek route throughout the Himalayas will be rewarded with different full blossom **rhododendron of red, pink and white even at an elevation of over 3,000 metres**. Temperature starts rising from mid-March up to mid-May. Weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

## June to August -Summer

If you are coming to trek Upper Mustang Trek July to August, you are signing up for summer. Summer season falls in the month of June, July and August. Summer is the month of the good temperature and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery. It usually rains during this season. Monsoon generally begins around the end of June and continues up to the second week of August. The temperature during the days usually ranges from 10°C to 23! and gets relatively colder at night ( 5°C to 10?) mornings are usually clear with clouds building up during the afternoon and disappearing again at night. Though the rain may cause some problems. various plants bloom during this season, the valleys will be a green and totally different view than during other seasons.

## September to November -Autumn

Autumn (September, October, November), like Spring, is a season that invites travellers around the world to trek in the upper mustang trek. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions. This is a favourite among tourists with the most favourable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. you can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to 20c in high altitudes, the nights are colder with temperatures may go down around 5c.the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and lowlands are lush. The biggest festivals of Nepal like Dashain, Tihar also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights.

## Acclimatization

Our **Upper Mustang trek package** provides one day rest in **Lo Manthang** for proper acclimatization, where there is significant risk of being affected by altitude sickness also called acute mountain sickness. Altitude sickness is preventable but can be fatal if the symptoms are ignored .our trip itinerary is designed for slow and steady ascending so the body can adapt to the new altitude All Our trekking leader and guide have extensive first aid training and well - experienced in the Himalaya we urge to inform your group leader and guide at first signs of the symptoms, and use oximeter to monitor your oxygen level and help in early detection of the symptoms. We guarantee your health will be at reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water every day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than other.

## Trip Grade: Fitness level, Medical and Health

**Upper Mustang Trek is a Moderate** grade trek in Upper mustang. The hiking is generally 4 to 7 hrs a day, with regular breaks to take in the stunning mountain views. Trek routes on Annapurna involve long climbs, steep descents and a straightforward roads following a good trail. To accomplish trek, past hiking experience would be additional advantage although no technical experience and skills are necessary. Trekkers who are able to hike 5 to 6 hours a day at a reasonable pace with a light day pack can take part in our short **Upper mustang trekking**.some days require longer waking hours So you must be reasonably fit and prepared for long days. Trekking in higher altitude is physically demanding than trekking in the lower altitudes .Exercising and jogging regularly for a couple of weeks prior to the trip is a good idea to enhance our stamina the fitter we are, the more enjoyable experience we will have during the trekking. To join our Upper Mustang Trek, all participants should be in good health condition with normal physical fitness and have positive attitude, self confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting trek. Participants with pre-existing medical conditions such as heart, lung and blood disease should **inform us before booking the trek**.

## Trekking group/single

We organize a group as well as a private trek. **The price of group discount** is applied with having your own paxes in your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers and an **assistant guide for a group of 12 or above** trekking members.

### A typical day on Upper Mustang Trek

Every day will be rewarding with a unique experience of trekking, climbing enjoying scenery, taking photos and exploring the local villages. During the expedition, we are accompanied by experienced, friendly and qualified expert Sherpa's sharing information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage's. However, we will be carrying our small regular day bag pack of necessary items. The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7AM to 8AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest. The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places.

Dinner is served around 6PM to 7PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing we enjoy on board games like monopoly, cards and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

### Communication on Upper Mustang Trek

On the **Upper Mustang Trek**, the **use of internet** service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes.

We'll communicate all **our valuable clients through our leader** to at least once in a day to make sure you're fine, safe, feel right and have everything up there. You'll always be connected to Kathmandu's DWT office for any kind of help during the trek. Also, depending on the kind of network you use, there will be the signal but not very strong before the high altitude. On your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access of connecting.

### Extra personal expenses on trekking

Discover World Trekking believes flexibility in packages without hiding any information and cost for trip. We provide possible extra personal expenses that are excluded in the package. All meals, transfer and accommodation required for **upper mustang trek are included except lunch and dinner in Kathmandu** and Pokhara. Trekkers need to bring personal spending money with them to cover costs for visa process, travel insurance policy purchase, alcoholic and non alcoholic beverages, snacks while trekking (to buy from local shops along the trail), tips to Discover World Trekking crew members (a member who involves in your trip such as guide and porters), souvenirs, hot shower, mobile and battery charge, mineral water. The Nepalese Rupee is a closed currency, which means you cannot bring the currency in or out of the country. We recommend bringing cash (dollar), which can be exchanged for Rupees in Kathmandu, or bringing a cash card you can use to withdraw from an ATM (bear in mind your bank may charge for this service).

### Electricity and battery recharge, water on trekking

Throughout the lodges at Upper Mustang Trek , electricity for the camera and mobile battery recharge is available with an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used the solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

### Travel Insurance Policy

This trip grade is ranked the moderately difficult as it entails risk of high altitude trekking, potential altitude sickness and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for The upper Mustang Trekking. All the members of trekking the must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of insurance policy.

Members can be refused to be included in the trekking based on insufficient, improper or absence of travel insurance policy. Trekking members are kindly requested to send their detailed insurance information once they book for the trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help etc. Please insure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say in their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

### Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of visa fee is US \$40 for 30 days which have to be paid in cash. Citizens of China and the SAARC countries will receive free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive visa on arrival and so you will have to contact your local Nepalese embassy.

### Money exchange

**Nepali Rupees (NPR/Rs) is the local currency.**

**(1 USD = ~ Rs.100 NPR).**

We can exchange most of the foreign through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having security advantage of traveller's cheque, we prefer cash exchange to avoid hassles like a lengthy process and high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank. Please note that most of the established banks in Asia will not accept foreign currency notes that are old, torn or faded. Please ensure that you have new, clean notes

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### How Much Luggage can I take during Upper Mustang Trek?

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than **18 kgs. We never overload our porters.** but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any excess baggage either at your hotel or at Discovery World Trekking store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

### Safety

Discovery World Trekking guarantees our **client's safety, security and satisfaction. Safety is the utmost important concern for us.** For the trek, we will be carrying all the necessary gears, equipments and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the leader to decide if he/she will further continue as health is very important. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## **Equipment Checklist**

### **Equipment lists for The Upper Mustang Trek**

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

#### **Head**

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat
-  Headlight with extra batteries

#### **Face**

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes

#### **Hands**

-  Lightweight gloves
-  Heavy weight winter gloves

#### **Body**

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T- Shirt (bring Light weight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants

#### **Footwear**

-  Hiking Boots
-  Thick wool socks (Take an extra pairs of thick light socks)

#### **Essential gear**

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high-altitude trekking)

#### **Toiletries**

-  Medium size drying towel
-  Tooth brush
-  Toothpaste
-  Deodorant floss
-  Bio degradable bar soap
-  Nail clippers

 **Small mirror**

### **Personal accessories**

 **Money**

 **Watch**

 **Cell phone**

 **Camera**

### **Extra items**

 **First aid kit**

 **Extra passport photos and photocopies of passport**

 **Notebook and pen**

 **Binoculars**



## Discovery World Trekking

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### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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