

Trip Name : Upper Mustang Lo Manthang Trek

Starting Point	Drive in Pokhara-Nayapul
Ending Point	Fly out Jomsom-Pokhara
Type	TeaHouse/Lodge Trek
Grade	Medium-Hard
Duration	20 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	March to June and September to November
Max. Elevation	4070 mt.

### Trip Highlights:

- Views of extended Tibetan plateau
- Panoramic views of Nilgiri, Annapurna and Dhaulagiri mountains
- The ancient walled city of Lo Manthang
- 14th century Monasteries and ancient villages
- Traditional Tibetan culture
- The scenic landscapes
- Scenic mountain flight from Jomsom to Pokhara

### Trip Details:

Upper Mustang is classified as controlled region and foreign trekkers are allowed only with special trekking permits to enter into Upper Mustang so that the land is also known as the forbidden Kingdom. Upper Mustang is located north to the Middle West of Nepal. The region from the north of Kagbeni is generally referred to as Upper Mustang. The Upper Mustang region has a great influence from Tibet for culture and traditions. Lo Manthang and other villages in Upper Mustang are still untouched by the outside world and the 14th century monasteries are found active to preserve this magnificent Trans-Himalayan Kingdom with their unrivalled Buddhist shrines with cliff hanging monasteries, thankas, mandalas, deities and cave dwelling people. The extended Tibetan plateau up to Kagbeni has great rivers, fields with the highland and the pristine peaks of Annapurna and Nilgiri marking the horizon in the South. Trekking in this forbidden Kingdom gives you the opportunity to go where only a few have been before. Most of the trek has deserts inhabited mostly by people of Tibetan origin. The settlements are scattered with little sign of cultivation between villages. A steep rocky trail climbs up and down hills with panoramic views of Nilgiri, Annapurna, Dhaulagiri and several other peaks which make the trek truly adventurous and memorable. Upper Mustang, being in the Himalayan rain shadow, is one of the few parts of the country that is suitable to trek during the monsoon period even.

### Best time for Upper Mustang Trek:

**Trekking in Mustang region is possible from March until November. The Upper Mustang region is regarded as rain shadow area so that it is possible to trek even in summer (July-August).**

### High Altitude Warning:

Altitude sickness is a serious concern in the Upper Mustang trek that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

### **Experience Required:**

We have categorized Upper Mustang and Lo Manthang trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Upper Mustang trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- Upper Mustang special trekking permit
- Annapurna Conservation Area (ACAP) permit
- A City Hotel in Pokhara for two nights
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Pokhara-Kathmandu overland transfers by Tourist bus [*Private vehicle or flights available on request and extra*]
- Land transportation from Pokhara to Nayapul by a private vehicle
- Regular flight for Jomsom to Pokhara and ground transfers
- First aid kit box
- Emergency co-operation service

### **Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

### **Cost Excludes:**

- Hotel and meals in Kathmandu, meals in Pokhara
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

## **Add-Ons:**

### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

## Rafting in Nepal

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

## Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

## Shopping Tours

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

## Trip Itinerary:

**Day 01 :** Drive (200km)/fly from Kathmandu to Pokhara (884m/2,900ft).

**Day 02 :** Drive (42km) from Pokhara to Nayapul then trek to Tikhedhunga (1,540m/5,052ft).

**Day 03 :** Trek Tikhedhunga to Ghorepani (2,860m/9,383ft).

**Day 04 :** Trek Ghorepani to Poonhill (3,210m/10,532ft) then to Tatopani (1,190m/3,905ft).

**Day 05 :** Trek Tatopani to Ghasa (2,010m/6,594ft).

**Day 06 :** Trek Ghasa to Marpha (2,670m/8,760ft).

**Day 07 :** Trek Marpha to Kagbeni (2,800m/9,186ft).

**Day 08 :** Trek Kagbeni to Chele (3,060m/10,039ft).

**Day 09 :** Trek Chele to Geling (3,510m/11,516ft).

**Day 10 :** Trek Geling to Charang (3,620m/11,877ft).

**Day 11 :** Trek Charang to Lo Manthang (3,890m/12,763ft).

**Day 12 :** Visit Monasteries, Stupas and Palace in Lo Manthang.

**Day 13 :** Excursion trek to Choser (3,900m/12,796ft) and around. Return trek to Lo Manthang.

**Day 14 :** Trek Lo Manthang to Dhakmar (3,820m/12,533ft) via Ghar Gumba (3,950m/12,960ft).

**Day 15 :** Trek Dhakmar to Syanboche (3,800m/12,467ft).

**Day 16 :** Trek Syanboche to Chhusang (2,980m/9,777ft).

**Day 17 :** Trek Chhusang to Muktinath (3,760m/12,336ft).

**Day 18 :** Trek Muktinath to Jomsom (2,720m/8,924ft) via Lupra (2,790m/9,154ft).

**Day 19 :** Fly Jomsom to Pokhara. Free time in Pokhara.

**Day 20 :** Drive/fly from Pokhara to Kathmandu.