



## **Upper Mustang Trekking - Itinerary**

### **1. Arrive in Kathmandu [1300 m / 4264 ft]**

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you to the airport and transfer you to your hotel. Take some rest then at evening will give shortly brief with further details of the trip program. Overnight stay in hotel

### **2. Kathmandu: Sightseeing and Trek Preparation**

After breakfast visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Baudhdhanath Stupa, and Pashupatinath Temple. All of them offer many ancient architects, paintings, and statues built by the ancient royal kings of Nepal. Each and every monument reflects own legendary histories. Overnight stay in Hotel breakfast included.

### **3. Kathmandu to Pokhara [823m/2,700ft]: 6 hrs drive**

First, we take our early breakfast and then 200 Km west of Kathmandu; we start off to Pokhara by a drive for our further journey. We will be passing through greeneries, villages, rivers, mountain ranges and beautiful farms during the 6 hrs drive to Pokhara. You can do adventures or relax in Pokhara in the evening. Pokhara is a very beautiful city known as heaven place of Nepal; here you get to collect very precious moments of your life. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Fly to Jomsom & trek to Kagbeni [2,858m/9,375ft]: 20 min flight: 3-4 hrs trek**

We take a flight to Jomsom from Pokhara. It is a super scenic flight offering the close view of Mt. Annapurna and Dhaulagiri along with local settlements of people above the terraced fields. After we reach to Jomsom we trek to Kagbeni following Natural Rivers. Kagbeni is also a super scenic place, trekking to Kagbeni from Jomsom offers magnificent Himalayan views with warm environment of Himalayan people in Eaklibatti village at the bank of two rivers. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Kagbeni to Chele [3050m/10,004ft]: 5-6 hrs**

In this trek, we will need to check special permit and after that, we follow the river that leads up and down the hill. First, we check our permits, walk along the sides of Kaligandaki and raise up to the hill. Here we reach Tangbe village where we get a chance to explore the amazing orchards and barley fields. Now, we head to Chele crossing the river and huge red conglomerate and then finally reaching to Chele. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Chele to Syanbochen [3475m/11,398ft]: 6-7 hrs**

We head to Eklo Bhatti and climb Taklam La Pass (3,624m/11,923 ft) through plateaus and narrow stretches. During this time we are offered with the spectacular views of stunning mountains like Tilicho Peak, Yakawa

Kang and Damodar Danda. We take rest in between enjoying the cool streams under the juniper tree. And we also pass through the famous cave, Ramchung Cave before reaching to Syangboche. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Syanbochen to Ghaymi [3520m/11,546ft]: 5-6 hrs**

Firstly, having an early breakfast, we trek uphill to Yamda la (3850m/12667ft) and pass through a few tea houses and local houses built in Tibetan style. And before reaching Nyi Pass, we pass through dense forests and terraced fields. Now, passing the poplar trees, mountain passes and fields of barley we reach to Ghaymi, our next stay. Ghaymi is one of the biggest villages in Lho region. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Ghaymi to Charang [3500m/11,480ft]: 4-5 hrs**

Walking pleasantly after a breakfast and crossing the Ghaymi River the trek leads us to a plateau. From where we will have to pass through a long Mani wall made by Buddhist followers. After hours of the trek, we arrive at village of Charang with willow trees and maze of fields. The long pathway is beautiful with amazing views of Tsarang La Pass at 3870m. Passing Tsarang La Pass, we reach Tsarang Village. The Charang Chu Canyon, huge fort and red Gumpa towards its east are the best things to explore during this trek. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Charang to Lo-Mangthang (3700m/12,136ft): 5-6 hrs**

This time we trek to Lo-Manthang with magnificent views of peaks like Nilgiri, Tilicho, and Annapurna I and Bhrikuti. At first we descend by the Canyon, cross the river and then, we ascend to the Lo-Manthang valley through the Lo pass (3850m) but before that we get to see beautiful walled city in the Tibet. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Explore Lo-Mangthang**

Today we will be exploring around Lo-Manthang that includes the monasteries and local courts. You can even visit the “God house” the red thugvhen, Chyodi Gumpa and The Entrance hall which are some of the main attraction in Lo-Manthang. Four-storey building of King’s palace including the panoramic views of the Himalayas is another attraction of this place. All of the gompas like Jhampa, Thupchen, and Chhoeda in this region have gone under expert restoration in the last two decades. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Lo-Mangthang to Drakmar [3810 m/12,500ft]: 6-7 hrs**

Taking different route for return journey, we pass from Gyakar village which is known for preserving 1200 years old Ghar Gumpa. This place is famous for painting and locals believed that the wish you make comes true in here. Thus, we explore the Drakmar, make wishes and enjoying with the locals or simply passing by. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Dhakmar to Ghiling [3806m/12,484ft]: 5-6 hrs**

After 5-6 hours of trek we will reach Ghiling and pass the day by exploring around and admiring the locals. Ghiling is a dry path, trekking through this route offers the excellent views of Dhaulagiri ranges along with Mt. Nilgiri Evening time is best for exploration because of the dusty wind in the day time. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **13. Ghiling to Chhuksang [3050m/10,004ft]: 5-6 hrs**

Trekking with Himalayas on our side we reach to Chhuksang after 5-6 hours of continuous walk, we take a halt and enjoy the stay in here. Trek impresses us through the amazing greenery and local cultures of people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **14. Chhuksang to Jomsom [2700/8,856ft]: 6-7 hrs**

This is our last day trek from where we re-trek back to Jomsom and starting trek early is considered best to reach kagbeni and enjoy the surrounding once again. Following Mustang trail at first we trek to the trail of Annapurna Circuit. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **15. Fly back to Pokhara**

From Jomsom we take flight to Pokhara. Time here in Pokhara can be spent relaxing or going up for adventure. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

### **16. Drive from Pokhara to Kathmandu**

We drive back to Kathmandu and enjoy the scenic views during the journey. After we reach at Kathmandu, take some rest or you can do some shopping in the rest of day. Join the evening meal and cultural program offer by the company.

### **17. Fly Home: Farewell Friend**

Hope you enjoyed. Our airport representative takes you to the airport before 3 hours of your departing time. Or you can join another adventures trip in Nepal or outside the country with Sunrise Adventure Treks. We are always here for operating your trip. Have a safe flight to home!

## **INCLUSIONS**

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipments during the trek
- One cultural show and dinner program

## **EXCLUSIONS**

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)