

TREKKING IN RESTRICTED AREA

HNTR # 12: UPPER MUSTANG

Itinerary:

Day 01:

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



KATHMANDU DURBAR SQUARE: Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

Day 02:

Kathmandu city sightseeing (1,315 m)

Today we explore the Kathmandu valley

SWOYAMBBHUNATH: Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

PASHUPATINATH: It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing siddhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

BOUDHANATH: The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

Day 03:

Kathmandu – Pokhara

Early morning after breakfast drive to Pokhara by private Car. Upon arrival, check into the hotel. Your afternoon is free for personal activities and a 1-hour boat ride on Fewa Lake. Dinner and overnight stay at hotel.

TREKKING IN RESTRICTED AREA

Day 04:

Fly to Jomsom & trek to Kagbeni
(2,858 m / 9,375 ft) : 3 - 4 hrs

After an early breakfast transfer to the airport for a morning flight to Jomsom, a super scenic flight of 20 minutes over the mountains with views of Annapurna & Dhaulagiri, brings you at Jomsom, the district headquarter of Mustang. This is a headquarter of the Mustang region; it is also a major village on the Kaligandaki area linking the age old Trans-Himalayan Salt Trade route to Tibet. From Jomsom onwards it is very windy in the afternoon, Continue on the gradual path on the Kali Gandaki river bed for about 3 hrs and finally reaching at Ekley-bhatti village. After good stop here an hour of easy walk takes us to Kagbeni, which lies at the bank of two rivers. Kagbeni is an interesting windswept villages situated on the main age old Trans-himalayan salt trade route to Tibet via Upper Mustang area. In Kagbeni a major tributary, Kak Khola, coming from Muktinath, meets Mustang Khola, and from there the river is called the Kali Gandaki.

Day 05:

Kagbeni to Chele (3,050 m / 10,004 ft) : 5 - 6 hrs

Our journey starts with a special permit check up and onwards to the riverbank of Kaligandaki up stream. During the walk we have scenic picturesque place to stop through the sandy and windy trails. This trails follows the up and downhill. Firstly we reach Tangbe village with narrow alleys amongst white washed houses, fields of buckwheat, barley, wheat and apple orchards. From there we trek forward to Chhusang and after crossing the river head up to the huge red chunk of conglomerate that has fallen from the cliff above, forming a tunnel through which the Kaligandaki follows. We head on to small ridges reach at Chele village.

Day 06:

Chele to Syanbochen (3,475 m / 11,398 ft) : 6 - 7 hrs

Today, we start our trek again and walk further to Eklo Bhatti. We climb to Taklam La Pass (3,624 m / 11,923 ft) through plateaus and narrow stretches with views of Tilicho Peak, Yakawa Kang and Damodar Danda. Further descend a little to the village of Samar. Climb the trail that goes above Samar village to the ridge then descending steeply to a stream. Another 3 hrs similar walk takes us to Syanbochen. On the way, we relax along the surrounding of cool streams and juniper trees. Locals use the dried leaves of junipers as incenses to invite deities and start any auspicious work. We also pass by a cave famously known as Ramchung Cave.

TREKKING IN RESTRICTED AREA

Day 07:

Syanbochen to Ghaymi
(3,520 m / 11,546 ft) : 5 - 6 hrs

After breakfast we trek uphill to the Yamda La (3,850 m / 12,667 ft) passing a few teahouses, chortens and local villages which is like Tibetan style of houses with open Varanda. We cross mountain passes, and an avenue of poplar trees and fields of Barley. The climb to Nyi Pass (4,010 m / 13,193 ft) would be a little longer. Descend to our overnight stop at Ghaymi. The third largest village in the Lo region, Ghaymi is surrounded by large fields most of which are barren.



Day 08:

Ghaymi to Charang (3,500 m / 11,480 ft) : 4 - 5 hrs

Start the trek after breakfast with a pleasant walk. After crossing Ghaymi Khola, the trail climbs to a plateau and passes beside a very long Mani wall, a sacred stone wall made by the followers Buddhism. From the end of the wall the trail heads east to the village of Charang with a maze of fields, willow trees and houses separated by stone walls at the top of the Tsarang Chu canyon. There is also a huge white dzong and red Gumpa to get to our teahouse for tonight's stop.

Day 09:

Charang to Lo-Mangthang (3,700 m / 12,136 ft): 5 - 6 hrs

Today, we trek to Lo-Mangthang with a magnificent view of Nilgiri, Tilicho, Annapurna I and Bhrikuti peak. The trail first descends to Charang Chu Canyon and then climbs steeply after crossing the river. Further the trail ascends gently to the 3,850 m windy pass of Lo, from where you can see the Lo-Mangthang Valley. While descending to Lo-Mangthang, views of the walled city appear magnificent with its hills on the Tibetan Border. We stay at hotel for the overnight stop.

TREKKING IN RESTRICTED AREA

Day 10:

Explore Lo-Mangthang

Today we explore the surrounding areas. Visit Namgyal Gompa and Tingkhar. Namgyal Gompa situated on a hilltop serves as an important monastery of the local community and also as a local court. After visiting Namgyal Gompa continue the tour to Tingkhar, the last main village to the northwest of Lo-Mangthang and stroll back to hotel. Or you may have another option to visit the Tall Champa Lakhang «God house» the red Thugchen Gompa, Chyodi Gompa and the Entrance Hall which are the main attraction of this town. Another attraction is the four- storey building of the Raja's palace as well as the surrounding panoramic views of the Himalaya.



Day 11:

Lo-Mangthang to Drakmar (3,810 m / 12,500 ft) : 6 - 7 hrs

While returning from Lo-Mangthan, we take a different route than that we came by. Trek to Drakmar via Gyakar with more than 1200 years old Ghar Gompa with Guru Rinpoche as the primary figure. The Gompa is also famous for its rock paintings. According to the legend, anyone who makes one wish at the Ghar Gompa, their wish is fulfilled. Explore the local area. Likelihood of dusty wind, so suggested to walk in the morning.

Day 12:

Dhakmar to Ghiling (3,806 m / 12,484 ft) : 5 - 6 hrs

Today, we get back to Ghiling as our journey for our overnight stay after a long walk takes 5 - 6 hrs. After arrival and lunch enjoy the day exploring the area, but it will be dusty wind in the afternoon, better to walk in evening time.

Day 13:

Chiling to Chhuksang (3,050 m / 10,004 ft) : 5 - 6 hrs

We'll trek back to Ghiling for the overnight stop after 5 hrs walk. You will have wonderful scenery during the journey with a Himalayan view. Enjoy your trip and overnight at teahouse.

TREKKING IN RESTRICTED AREA

Day 14:

Chhuksang to Jomsom
(2,700 m / 8,856 ft) : 6 - 7 hrs

Our last day of the day would be a long one. Better to walk early start as before and trek to Kagbeni. Finishing the upper Mustang trails and we join the normal Annapurna circuit trek. After lunch at Kagbeni will head on to Jomsom for the overnight stop. Or, if you can spare one more day, our guide would take you to Muktinath as well.



Day 15:

Fly back to Pokhara

After morning breakfast we check in the airport to fly back to Pokhara. A 30 min dramatic flight to Pokhara between gorge of the two huge mountains Annapurna and Dhaulagiri. On arrival at Pokhara airport guide will transfer to the lakeside hotel. Rest of the time explores the lake and overnight at hotel.

Day 16:

Fly Pokhara to Kathmandu

After breakfast we will drop you to Domestic airport for your flight back to Kathmandu. The remainder of the day in Kathmandu is at leisure. Overnight at Royal Penguin hotel.

Day 17:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips. Tour ends with THANK YOU!!



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Package Cost:

1 pax: US \$ 3500

2 – 4 pax: US \$ 2630

5 – 8 pax: US \$ 2390

9+ pax: US \$ 2300

Single Supplement:

US \$ 335 per person

Hotels:

Kathmandu:

Royal Penguin

Boutique Hotel & Spa

Pokhara: Temple Tree

Resort & Spa



In the tour it is also possible to take **1 hr mountain flight to Everest.**

SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All transfers by private Japanese Vehicle for the whole trip
- English speaking tour guide for S/S.
- Full trekking package for Upper Mustang
- All meals & Tea OR Coffee 3 times a day while on trek
- 1 good English speaking Sherpa guide with necessary porters
- Special permit, TIMS card & ACAP permit
- Trekking equipments like: dawn jacket, sleeping bag, trekking stick, water bottle, rain poncho etc.
- Flight ticket PKR - JOM – PKR - KTM + airport taxes
- Sightseeing entrance fees
- Insurance for our staff
- All Government taxes

SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu, Pokhara
- All bar bills
- Travel insurance
- Any extra cost not mentioned in service includes