Sherpa Nomad Trek
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Lower Mustang Trek - 4 Days

LOWER MUSTANG TREK: SHORT TREK BEYOND THE HIMALAYAS

The Lower Mustang Trek is a brief yet picturesque and exhilarating journey in Nepal's Annapurna region, providing an eagerly anticipated experience for adventure seekers and cultural enthusiasts from around the globe. It features one of the world's most unique landscapes, including the Thakali and Tibetan cultural villages, diverse climates and vegetation, as well as rich flora and fauna. Highlights include a gigantic waterfall, the 14th-century Kang Chode Monastery in Kagbeni, the Bon Tibetan cultural village of Lubra, Muktinath village, and the Muktinath temple and monastery, all of which hold significant cultural importance. The Lower Mustang Trek offers not just a trekking adventure but also a journey into nature, showcasing diverse flora and fauna, along with breathtaking views of two of the world's highest peaks: Annapurna (8,091m), the 10th highest mountain, and Dhaulagiri (8,167m), the 7th highest, which tower over the magnificent Kali Gandaki River. This river forms the Kali Gandaki Gorge, recognized as the deepest gorge in the world. The Kali Gandaki River and its surrounding civilization hold profound significance in human history, nature, and culture. Previously, the Lower Mustang Trek was a popular segment of the Annapurna Circuit Trek; however, in recent times, due to road access, many travelers and tour operators have overlooked this hidden gem. Nevertheless, the trek remains a spectacular, magical, and mythical experience, allowing for an uninterrupted journey with the same stunning scenery and value as before.

The 4-day Lower Mustang trek begins in Pokhara, featuring a scenic drive in a private jeep. The route takes you through charming villages, diverse terrain, river valleys, lush green terraces, and impressive waterfalls, including Rupche Waterfall. You'll also visit the hot springs in Tatopani village, traverse stunning alpine forests, and reach Kalopani, which offers breathtaking views of the Annapurna and Dhaulagiri ranges. Explore Marpha village and Jomsom, from where you can start your trek to Kagbeni (2810m) along the Kali Gandaki River, navigating sandy and windy dry terrain.

This journey lasts approximately 3 hours. You can stay at a hotel and discover the ancient Tibetan village and its monasteries. Next, trek to Muktinath village, where you can enjoy spectacular mountain views of Dhaulagiri, Nilgiri, and the Annapurna range. Visit the temple, monasteries, and other nearby sites, providing a wonderful opportunity to experience the local culture, nature, and spiritual significance. This temple is dedicated to Lord Vishnu, a principal figure among Hindu deities and the god of wisdom. After Muktinath, continue your trek to Lubra village, an iconic cultural site accessed via a remote route that offers stunning mountain views and rugged Himalayan terrain, eventually leading back to Marpha village via Dhumba Lake. This trek is one of the best short treks in Nepal, offering unique experiences that are hard to find elsewhere. If you have 4 days and wish to reach one of the most beautiful corners of the Himalayas, the 4-day Lower Mustang trek is an excellent choice for everyone. It is a moderately difficult trek suitable for families, children, beginners, and seasoned trekkers. Please note that you will need to walk for 5-6 hours each day while ascending and descending the Himalayan terrain, so a reasonable level of fitness is required.

LOWER MUSTANG TREK COST FOR 2026-2027

The price for the Lower Mustang trek ranges from $350 to $700 per person, depending on the size of the group. This cost may fluctuate based on factors such as group size, season, duration, services provided, package details, and itinerary. Various packages and pricing options are available for the short Lower Mustang trek; however, Sherpa Noma Trek is recognized as the premier local company for several reasons, including safety, security, reasonable pricing, reliability, responsibility, exceptional hospitality, well-crafted packages, authenticity, and a professional team. Our 4-day Lower Mustang trek package includes private jeep transportation between Pokhara and Jomsom, as well as Marpha to Pokhara, a professional guide, mountain accommodations, mountain meals, permits, and other services as outlined in the cost inclusions and exclusions. The pricing varies according to group size; thus, if you are traveling solo, in a small group, or a large group, the costs will differ. Solo travelers will incur a higher cost compared to small groups, while larger groups will benefit from lower rates than small groups. If you are planning your holiday, you can choose to

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travel in either a small or large group.

- For solo travelers, the cost of the Lower Mustang trek is USD 700.
- For groups of 2-6 people, the cost is USD 400 per person.
- For groups of 7-10 people, the cost is USD 350 per person.

MAJOR HIGHLIGHTS OF LOWER MUSTANG TREK

- The Lower Mustang Trek is an exceptional short trek in Nepal, perfect for adventure seekers and nature enthusiasts.
- This journey begins in Pokhara and can be completed in 4 to 5 days.
- Experience a variety of climates, ranging from subtropical to tundra through alpine regions.
- Discover charming villages like Tatopani, Kalopani, Marpha, Jomsom, Kagbeni, Muktinath, and Lubra.
- Marvel at the enchanting and enigmatic arid landscapes of the Himalayas.
- Enjoy breathtaking views of the Annapurna, Dhaulagiri, and Nilgiri mountains, revealing their hidden features.
- Explore the world's deepest gorge, Kali Gandaki, bordered by the impressive Annapurna and Dhaulagiri ranges.
- Visit ancient monasteries in Kagbeni and Muktinath, including the revered Muktinath temple.
- Immerse yourself in the rich flora and fauna, alongside the unique Thakali and Tibetan cultures.
- This trek offers a perfect blend of adventure, culture, and stunning natural beauty.

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DETAILED ITINERARY

Day 1: **Pokhara to Jomsom (2700m) by scenic Jeep drive: 5-6 hours and Trek to Kagbeni (2810m)**

Day 2: **Trek to Muktinath (3700m) from Kagbeni (2810m): 4-5 hours**

Day 3: **Trek from Muktinath to Marpha Village (2700m) via Lubra village and Dumbar Lake**

Day 4: **Drive back to Pokhara**

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PRICE INCLUDES

- Private Jeep for the whole trip (Pokhara - Jomsom- Pokhara)
- 3 Nights Mountain Accommodation
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, and energy bars every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- All the required permits and formalities (Annapurna Conservation Areas & Special Permits)
- First Aid service and all the required equipment.
- Government Tax and official Fees.
- Guide and Diver's Salary, Meals, Insurance, trekking gear, and Accommodation
- Farewell Dinner after the trip is completed in Pokhara
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Accommodation in Kathmandu and Pokhara
- Travel between Kathmandu and Pokhara

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- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide and Driver
- Personal expenses
- All the personal trekking gear
- Extra day in the mountains: USD150 per person
- Upgrade to a luxury hotel; the cost will be USD 100 to USD 400 per Room in the Mountains.

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EQUIPMENT & GEAR

Clothing

- Thermal base layer (top and bottom)
- 2–3 quick-dry T-shirts
- Fleece jacket
- Warm down/puffer jacket
- Windproof and waterproof outer jacket
- 2 trekking/hiking pants
- Warm hat (beanie)
- Sun hat or cap
- Buff or neck gaiter (very useful against dust)
- Light gloves
- Warm socks (3–4 pairs)
- Comfortable underwear

Footwear

- Comfortable hiking shoes or sturdy trekking boots
- Sandals/slippers for evenings
- Optional gaiters if traveling during dusty or muddy conditions

Essentials

- Sunglasses with UV protection
- Sunscreen (SPF 50+)

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- Lip balm with SPF
- Moisturizer (the air is very dry)
- Reusable water bottle (1–2 L)
- Small daypack (20–30 L)
- Power bank
- Headlamp or small flashlight
- Camera/phone and chargers

Health & Personal Items

- Personal medications
- Basic first-aid kit
- Motion sickness medicine (roads can be rough)
- Diamox (only if advised by your doctor for altitude)
- Wet wipes
- Hand sanitizer
- Tissues

Optional but Useful

- Trekking poles (for short walks around viewpoints)
- Binoculars
- Snacks (energy bars, nuts)
- Earplugs (jeep rides and guesthouses can be noisy)
- Travel pillow

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