

Short Upper Mustang Jeep Tour - 6 Days

SHORT UPPER MUSTANG JEEP TOUR: EXPLORE THE HIDDEN LO-KINGDOM

The [Upper Mustang Jeep tour](#) is one of the most popular ways to explore the ancient kingdom of Nepal. This 6-day Upper Mustang jeep tour is the short Package of the famous [Upper Mustang Jeep Tour](#), which begins and ends in Pokhara, offers an ideal itinerary and package for those eager to witness the mysterious landscapes, majestic mountains, ancient Tibetan culture, red cliffs, caves, sandstone hills, and the arid, desert-like terrain of the Himalayas, along with the rich history of the Lo Kingdom. If you are seeking a unique tour and trek beyond the Himalayas, Upper Mustang is the perfect destination to spend your valuable time. It is globally recognized as a premier trekking and touring destination due to its unique offerings and significance. This mythical land and its terrain are a must-visit for those seeking new adventures and creating lasting memories.

Ame Pal established the new kingdom of Mustang in 1380 AD, naming it Lo, with the ancient walled village of Lo-Manthang serving as its capital. The original palace was located in Tsarang, but it was later moved to Lo-Manthang. The primary inhabitants of this region are the Loba people. The last monarch of the Lo kingdom was Jigme Dorje Palbar Bista, the 25th king from the same lineage. The Lo kingdom persisted until 2008, when Nepal transitioned to a federal system. The oldest monastery in the region is Ghar Gompa, built in the 8th century by Guru Padmasambhava, who is revered as the second Buddha. Upper Mustang was opened to visitors only after 1992, and due to restrictions and high permit fees, only a few hundred tourists visit each year. The main festivals celebrated in Upper Mustang include Tiji (in May/June), the Yartung Festival in August, Sonam Losar in January, and Tenpa Tsechu in June.

Upper Mustang is situated in a rain shadow, making the rainy season from June to August, along with Autumn (September to November) and Spring (March to May), the best times to visit. The

winter months from December to February are not recommended due to the severe cold. Begin your Upper Mustang journey in Pokhara and relish the picturesque drive to Kagbeni, passing through lush green valleys and the world's deepest gorge. The adventure from Kagbeni to Upper Mustang continues to Lo Manthang, showcasing the enchanting and legendary Himalayan landscape, including cliffs, monasteries, villages, red rocks, forts, palaces, and the Himalayan desert. Exploring the Chosor caves and local villages offers rich cultural and historical insights. Plan an exciting Upper Mustang expedition with Sherpa Nomad Trek and uncover the hidden treasures of the ancient Lo kingdom.

SHORT UPPER MUSTANG JEEP TOUR FOR 2026-2027

The price for the 6-day Upper Mustang Jeep tour ranges from USD 900 to USD 2000, depending on the level of service. The tour is available in budget, deluxe, and luxury categories. Sherpa Nomad Trek Pvt. Ltd. provides a comfortable package for Upper Mustang, priced between \$1200 and \$1500 per person. This package includes comfortable accommodation, Wi-Fi, hot showers, a private Jeep, permits, a local guide, and mountain meals (breakfast, lunch, and dinner). Our package is the best option, covering most of the highlights of Upper Mustang. The cost of the Upper Mustang Jeep tour varies based on group size as follows:

- Solo trekkers can join the tour for \$1400
- Those in a group of 2-6 will pay USD 1000 per person.
- For groups of 7 to 10 participants, the cost is USD 900 per person.

HIGHLIGHTS OF THE SHORT UPPER MUSTANG JEEP TOUR

- Enjoy a picturesque drive from Pokhara, showcasing diverse landscapes and breathtaking views.
- Discover the remarkable Lower Mustang, a region characterized by its lush valleys and arid terrain.

- Experience the world's deepest gorge, bordered by the majestic Annapurna and Dhaulagiri mountain ranges.
- Visit various cultural villages such as Marpha, Jomsom, Kagbeni, Chele, Syangbochen, Ghami, Dakmar, Tsarang, and Lomanthang.
- Explore the ancient Ghar Gumpa monastery, established in the 8th century by Padmasambhava.
- Journey through the stunning arid landscapes of Upper Mustang, rich in cultural, natural, spiritual, and historical significance.
- Discover the walled city of Lomanthang, known for its ancient kings' palaces, monasteries, and the Chhunsu cave.
- Marvel at the sky caves of Choser and the towering peaks of Annapurna and Dhaulagiri.
- Immerse yourself in the unique blend of history and culture that defines this extraordinary region.
- Witness the harmonious coexistence of nature and heritage in this captivating part of the world.

IMPORTANT NOTES

- To acquire the special permit, travelers must have travel insurance for their clients.
- You can participate in a single travel tour to Upper Mustang.
- The fee for special permits is USD 50 per person per day, and conservation permits are also required.
- It is necessary to join a local company, and having a local guide is mandatory.
- Please respect the local culture and avoid damaging the environment.
- Killing and hunting are strictly prohibited.
- Before taking photographs of local people, please ask for permission.

- Manage your waste properly and show respect for nature.
- Prepare appropriate gear for cold weather, wind, and daily temperature variations.
- Stay hydrated and ensure you eat enough
- We would not recommend alcohol above 3000m
- If possible, avoid consuming meat items in the mountains for hygiene reasons.
- Book a Short Upper Mustang Jeep Tour with Sherpa Nomad Trek at a reasonable cost & for the best experience



DETAILED ITINERARY

Day 1: Drive from Pokhara to Kagbeni (2810m) by Jeep: 180km, 5-6 hours

Today marks a significant day for your journey from Pokhara (813m) to Kagbeni (2810m) after enjoying breakfast at your hotel. Your leader will meet you to initiate the trip following a brief preparation and overview. Board the private jeep and leave Pokhara behind, traveling through various villages and locations such as Kade, Lumle, Naya Pul, Kusma, Baglung, Beni, Galeshwar, Tatopani, Dana, and the Rupse Waterfall. This segment offers views of the lower valley, villages, urban areas, and mountains. Upon reaching Ghasa, you will experience the alpine and pine atmosphere, with stunning landscapes and mountains appearing closer. The lifestyle and people you encounter will be distinctly different, showcasing their unique culture and rich historical heritage. Stop for lunch at Lete or Kalopani, where you can enjoy incredible views of the Dhaulagiri, Nilgiri, and Annapurna mountains at close range. After lunch, the terrain gradually shifts to a drier landscape, allowing you to explore the expansive Kali Gandaki River and its breathtaking surroundings. Arrive at Marpha village, renowned for its history, culture, and apple orchards. If you wish, take a short exploration before continuing to Jomsom, the administrative headquarters. For those interested in walking, we can offer a 2-3 hour hike to Dumber Lake from Syng village, traversing the arid sandy paths and exploring Thini village before trekking back to Jomsom through the vast apple farms. After Jomsom, the landscape becomes entirely arid and sandy along the Kali Gandaki River as you drive to Kagbeni (2810m). Once there, visit the ancient Tibetan village and its cultural monuments while enjoying stunning views of the Nilgiri. The distance from Pokhara to Kagbeni is 180 km, taking approximately 6-7 hours. After experiencing all these activities, you will surely need food and rest, so enjoy your meals and have a pleasant night in Kagbeni, the gateway to the Upper Mustang.

Day 2: Drive from Kagbeni to Ghami (3500m): 5-6 hours

Today marks the second day of our journey and the inaugural day of the Upper Mustang adventure. Kagbeni, an ancient village, serves as the gateway to Upper Mustang. Awaken to the calming sounds of the monastery bell and the flowing river, accompanied by a refreshing mountain breeze. Take in the breathtaking views of the mountains, the stunning Kali Gandaki Valley, and the cool atmosphere. After enjoying breakfast, we will set off for our next destination, Ghami (3500m). We will enter the special permits and conservation areas, beginning our scenic drive as we leave behind Kagbeni village, the Kali Gandaki Valley, and Nilgiri. Along the way, we will stop at several scenic vantage points to admire the magnificent mountain landscapes and other captivating sights. We will then explore villages such as Tangbe (3060m), Chhusang (2980m), Chele (3100m), and Samar (3620m). Each village offers stunning landscapes and insights into the local way of life and natural beauty. We will pause for lunch in Samar Village, and if you wish, you can trek to Shyangboche (3800m) via the ancient Chunsi Cave, where Padmasambhava once meditated. This trek is a highlight of the day, allowing you to explore the natural, spiritual, and cultural significance of Upper Mustang. The hike takes approximately four hours, after which we will drive to Ghami village via Tamagaun, Chhunggar, and Jhaite. Today presents a fascinating landscape filled with mountain views, the Kali Gandaki Valley, windswept sandstone hills, red rocks, and ancient villages with their rich monasteries. Upon checking into the hotel, take some time to rest and reflect on your day. Enjoy a warm dinner and ensure you get proper rest to prepare for the next day's discoveries.

Day 3: Drive from Ghami to Lo Manthang, the Capital of Lo-Kingdom

On the third day of the Upper Mustang trip, wake up to a delightful moment and prepare for a hearty breakfast. After breakfast, we will embark on our journey to Ghar Gumpa (3930m). Ghar Gumpa, also referred to as Lo Gekar Monastery or Ghar Gumba, is one of the oldest monasteries globally, established in the 8th century by Guru Rinpoche (Padmasambhava). It is situated in the Mustang region of Nepal and holds great significance due to its ancient architecture and cultural heritage. There are two options for reaching this site: trekking or taking a jeep, depending on your

preference. If you choose to walk, you will cross the Ghami River and reach the longest main wall in Nepal, which is said to be constructed from the intestines of a demon. Next, we will drive to Dakmar village, located beneath the red rock, which is believed to be formed from the demon's body, with its color resembling the demon's blood. The hike to Ghar Gompa from Dakmar is particularly beautiful, showcasing stunning natural landscapes and cultural diversity. The journey involves an ascent to Muila Pass (4170m) before gradually descending to Ghar Gompa. Once there, you can explore the remarkable and ancient Ghar Gompa along with the 108 small monasteries that surround it. Afterward, we will take a jeep to Tsarang village, where you can explore the fort, monastery, charming village, and the picturesque landscape while enjoying a warm lunch. Following lunch, we will head to Lo Manthang, the ancient king's town, to immerse ourselves in its natural and cultural richness. You will have the opportunity to explore the palace, monasteries, and the city before dinner, and then spend a comfortable night at the hotel, preparing for the next day's exploration.

Day 4: Explore the Choser and Back to Lo Manthang

After breakfast, we will set out to explore the sky caves and the village of Upper Mustang. If you're interested, you can trek to Chhoser Cave from Lo Manthang, which takes about 3-4 hours, and return by Jeep. If walking is not an option for you, there's no need to worry; you can travel by Jeep instead. We'll cross the Chharak Khola and then proceed to Khansum village, followed by crossing the Kali Gandaki River to reach Nenyul, Bharcha Dhuk, Ghom, Niphu, Garphu, and Choser village and caves. These caves have served various purposes, including burial, meditation, and habitation. You can explore the five-story caves and others in the vicinity before heading back to Lo Manthang by Jeep. You can spend the entire day there, enjoying lunch at Chhoser village while taking in the stunning landscapes and mountain views of Nhubine Himal, Mustang Himal, Jangbu Peak (6167m), Kyangkung Dula (6037m), Phalkang (6180m), Sherapko Himal (6325m), Dawa Naze (6402m), Keiko Himal (6655m), Khumjunggar Himal (6959m), Damodar Himal (6265m), Teri Himal (5935m),

Purbung (6500m), and more. You will spend another night in Lo Manthang.

Day 5: Scenic Drive back to Jomsom/ Marpha/ Kalopani/ Tatopani from Lo Manthang

Enjoy your breakfast at Lo Manthang and prepare for the beautiful drive back to Jomsom or Tatopani. You can stop at any attractions you wish to see during the drive; we are more than happy to help. We will visit the Muktinath Temple and Jomsom, and if you like, we can spend the night in Jomsom, Marpha, Kalopani, or Tatopani. The decision is yours and should be made thoughtfully.

Day 6: Drive Back to Pokhara

Today marks the final day of the Upper Mustang Jeep tour. We will drop you off at your hotel in Pokhara, and afterward we will enjoy a meal together. We extend our gratitude to our clients for allowing us to lead their trip. We encourage you to share your experiences and let us know if you feel we deserve a recommendation. If you require any assistance, please feel free to contact us at any time.

PRICE INCLUDES

- Private Jeep for the whole trip (Pokhara -Upper Mustang- Pokhara)
- 5 Nights Mountain Accommodation
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar 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
- Lunch and Dinner in Kathmandu

- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2 nights/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 luxury Hotel the cost will be USD100 to USD400 per Room in Mountain.

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+)

- 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

ADDITIONAL INFORMATION

History of the Upper Mustang

Upper Mustang, often referred to as the "Last Forbidden Kingdom," is one of the most culturally and historically intriguing areas in Nepal. Nestled in the rain-shadow of the Himalayas, it was formerly the independent Kingdom of Lo, with a rich history closely tied to Tibet and the ancient trans-Himalayan trade routes. The history of Upper Mustang stretches back centuries, influenced by Tibetan culture, Buddhism, and trade that established communities throughout the region. Lo Manthang, the historic walled capital, was founded in 1380 by Ame Pal, the inaugural king of Lo. Its monasteries, palaces, caves, and traditional mud-brick homes maintain a significant Himalayan heritage. The kingdom functioned as a dependency of Nepal until 2008. For many years, Upper Mustang was largely cut off from the outside world. Nepal officially opened the area to foreign visitors in 1992, yet access is still controlled to safeguard its distinctive culture, landscape, and archaeological significance. Currently, Upper Mustang is famous for its ancient monasteries, striking desert-like scenery, cliff caves, Tibetan-influenced customs, and age-old villages. A journey through Upper Mustang provides travelers with a unique chance to engage with a living history where Himalayan culture, Buddhism, and ancient trade routes continue to influence local life.

The Tourist Attractions of the Upper Mustang

Upper Mustang stands out as one of Nepal's most unique travel destinations, celebrated for its stunning landscapes, ancient Tibetan-influenced culture, and historic settlements. The primary highlight of the region is Lo Manthang, the historic walled city that once served as the capital of the Kingdom of Lo. Its narrow streets, traditional mud-brick homes, royal palace, and ancient monasteries offer a fascinating insight into Mustang's history. Chungsi Cave is another significant landmark, where the pagmadambhaba meditated; this natural cave holds considerable cultural and spiritual significance. Dhakmar village, with its striking red cliffs, adds depth to the region's cultural and historical narrative. Ghar Gompa, recognized as the world's oldest Gompa, was established in

the 8th century by Padhmasambhava. Another notable feature is the Chhoser Valley, renowned for its ancient cliff caves that have been carved into towering rock faces. These caves, thought to have served as residences, meditation spaces, and burial sites, are among the most fascinating archaeological elements of Upper Mustang. The Muktinath area, while technically outside the restricted core of Upper Mustang, is a significant pilgrimage site nearby.

It holds sacred importance for both Hindus and Buddhists, drawing pilgrims from Nepal, India, and beyond. Visitors are also captivated by Upper Mustang's extraordinary Trans-Himalayan landscape—characterized by red and ochre cliffs, desolate valleys, wind-sculpted rock formations, and high mountain passes, creating a scenery that is unlike any other in Nepal. Ancient monasteries such as Thubchen, Jampa, and Chodey Monastery play a crucial role in preserving Tibetan Buddhist traditions through their murals, sculptures, scriptures, and religious practices. Traditional villages like Tsarang, Ghami, and Kagbeni further enrich the cultural experience. Collectively, these attractions make Upper Mustang a destination where nature, history, spirituality, archaeology, and vibrant Himalayan culture converge authentically. Upper Mustang is one of the world's most visited destinations, rich in geography, nature, culture, history, and iconic ancient Buddhism.

SHORT OVERVIEW OF IMPORTANT LANDMARKS OF MUSTANG

Lower Mustang Experience

The Upper Mustang tour or trek offers a remarkable experience of the lower Mustang. The trek through Upper Mustang traverses the lower Mustang, providing an opportunity to explore the profound highlights of this region.

Kaligandaki Gorge is recognized as one of the deepest river gorges globally, shaped by the mighty Kali Gandaki River between the Annapurna and Dhaulagiri mountain ranges. This valley is renowned for its stunning landscapes, ancient trade routes, fossil-rich shaligram stones, and traditional Himalayan villages.

Tatopani Village, which translates to "hot water" in Nepali, is a favored natural hot spring destination along the Annapurna trekking route. Nestled among lush hills and waterfalls, its warm mineral springs provide trekkers with a soothing respite after long days of hiking.

Kalopani is a tranquil mountain village celebrated for its breathtaking views of Dhaulagiri, Annapurna, and Nilgiri. This village merges alpine beauty with traditional Himalayan culture and serves as a significant stop on the classic Annapurna route.

Marpha is a charming Thakali village known for its whitewashed stone houses, narrow cobbled streets, apple orchards, and rich Thakali culture. The local apple products and unique architecture make Marpha one of the most unforgettable villages in the Kali Gandaki Valley.

Muktinath is among Nepal's most significant pilgrimage sites, revered by both Hindus and Buddhists. Situated at approximately 3,800 meters, the temple complex is famous for its eternal flame, sacred water spouts, and stunning Himalayan backdrop. Collectively, these destinations highlight the natural beauty, culture, spirituality, and history of the Mustang and Kali Gandaki region.

Jomsom is the administrative center of Mustang and an important gateway to the Kali Gandaki Valley and Upper Mustang. Situated at around 2,700 meters, it is known for its strong afternoon winds, dry Himalayan landscape, and spectacular views of Nilgiri, Dhaulagiri, and Annapurna. Jomsom is also an important stop for trekkers traveling toward Muktinath, Marpha, and Lo Manthang. The town reflects a blend of Thakali culture, Buddhist traditions, and modern mountain life.

Kagbeni is an ancient village located at the junction of the Kali Gandaki and Jhong rivers and is often considered the gateway to Upper Mustang. Its narrow alleys, traditional mud-brick houses, prayer wheels, chortens, and old monastery (Red Gumpa) give the village a distinctive medieval Himalayan character. Historically, Kagbeni was an important stopping point on the trans-Himalayan trade route between Nepal and Tibet. Today, it is a popular trekking destination and an excellent place to experience the traditional culture and dramatic landscapes of Mustang.

Upper Mustang must-visit places:

Chungsi Cave is a remarkable Buddhist meditation site carved into a cliff in Upper Mustang. Local tradition associates the cave with Guru Padmasambhava (Guru Rinpoche), who is believed to have meditated here during the 8th century. Reaching the cave involves a challenging walk through a dramatic landscape of red and ochre cliffs, making it both a spiritual and natural attraction.

Dhakmar is famous for its striking red cliffs and rock formations, which rise dramatically above the village. Its name is traditionally associated with the red-colored landscape. The village is surrounded by high Himalayan terrain and ancient agricultural fields, offering visitors an authentic view of traditional Mustang life.

Ghar Gompa, also known as Lo Gekar Monastery, is one of Upper Mustang's most important Buddhist monasteries. It belongs to the Nyingma tradition and is traditionally associated with Guru Rinpoche. The monastery contains religious paintings, sculptures, and a sacred environment that reflects Mustang's ancient Buddhist heritage.

Terang is a traditional settlement characterized by stone and mud-brick houses, cultivated fields, and spectacular mountain surroundings. The village provides an authentic glimpse into the agricultural lifestyle of Upper Mustang, where farming has historically depended on careful irrigation and the limited water available in this dry Himalayan region. You can visit the ruined fort, monasteries, and stunning village and surroundings.

Lo Manthang is the historic walled capital of the former Kingdom of Lo and the cultural heart of Upper Mustang. Its ancient palace, monasteries, narrow streets, prayer walls, and traditional houses preserve centuries of Tibetan-influenced heritage. Jampa, Thubchen, and Chodey monasteries are among its major cultural landmarks.

Chhoser, near Lo Manthang, is renowned for its extraordinary cliff caves and ancient settlements. Multi-level caves carved into the rock faces are believed to have served different purposes over the centuries, including living spaces and meditation retreats. The area demonstrates the remarkable relationship between people and the harsh Himalayan environment.

Yara and Ghara are remote villages in the eastern part of Upper Mustang, known for their dramatic cliffs, dry valleys, ancient caves, and traditional architecture. The settlements offer a quieter experience away from the main trekking route and provide insight into the region's isolated mountain lifestyle.

Damodar Kunda is a sacred group of high-altitude lakes in the remote eastern Himalayas of Mustang. The lakes hold deep religious significance for Hindu and Buddhist pilgrims. The journey to Damodar Kunda is demanding because of its altitude and remoteness, but the surrounding barren mountains and pristine landscapes make it an exceptional pilgrimage and wilderness experience.

Luri Gompa is one of the most distinctive Buddhist sites in Upper Mustang, dramatically positioned within a rocky cliff environment. It is associated with the Kagyu tradition of Tibetan Buddhism and is particularly famous for its cave monastery and ancient religious art. Reaching Luri Gompa requires trekking through remote valleys, adding to its sense of isolation and spiritual importance.

Why Upper Mustang Is a Must-Visit Destination?

Upper Mustang stands out as one of Nepal's most remarkable adventure spots, presenting a unique blend of stunning Himalayan scenery, rich culture, spirituality, and opportunities for exploration. Often referred to as a concealed Himalayan kingdom, this area feels distinctly different from other regions of Nepal. One of its key benefits is its accessibility. Travelers can explore Upper Mustang via 4WD jeep for a more comfortable experience, while trekking is the preferred method for those wishing to immerse themselves in remote villages, trails, monasteries, and landscapes at a leisurely pace. The journey takes you through breathtaking valleys, towering cliffs, and traditional communities. The landscape is incredibly varied, showcasing red and ochre cliffs, arid valleys, deep gorges, caves, ancient ruins, and sweeping mountain vistas of the Annapurna, Dhaulagiri, Nilgiri, and other Himalayan summits. Historic forts, palaces, chortens, prayer walls, and centuries-old monasteries highlight the region's deep Tibetan Buddhist roots. Locations such as Lo Manthang, Chhoser, Ghar Gompa, Luri Gompa, and Dhakmar offer exceptional cultural and historical insights. Upper Mustang is also renowned for its rain-shadow climate. The Annapurna and Dhaulagiri ranges

shield much of the monsoon rain, resulting in a relatively dry environment during Nepal's summer monsoon, making it an ideal destination for travel during the rainy season.

Accommodation Options in Upper Mustang

Accommodation in Upper Mustang ranges from simple local teahouses and guesthouses to comfortable hotels and luxury-style stays. Because the region is remote and environmentally sensitive, accommodation is generally more modest than in major cities, but the quality and comfort have improved significantly in recent years. During an Upper Mustang trip, travelers can stay in clean and comfortable hotels and guesthouses along the main trekking route. Many properties provide Wi-Fi, hot showers, attached bathrooms, comfortable beds, dining facilities, and basic modern amenities. In smaller and more remote villages, facilities may be simpler, but the warm hospitality of local families provides an authentic Himalayan experience. With our Upper Mustang package, we provide comfortable and carefully selected hotels wherever suitable accommodation is available. Our standard accommodation generally includes Wi-Fi, hot showers, attached bathrooms, comfortable rooms, and essential facilities, helping you relax after a day of trekking or jeep travel. For travelers seeking a higher level of comfort, luxury accommodation options are also available in selected locations. These may offer better rooms, upgraded facilities, private services, and a more premium experience. However, luxury accommodation comes at an additional cost, and availability can vary depending on the location and season. Whether you choose a comfortable local hotel or a premium stay, we aim to make your Upper Mustang journey safe, comfortable, convenient, and memorable while maintaining the authentic character of the region. Please contact Sherpa Nomad Trek Pvt. Ltd to upgrade the accommodation for your journey to the Upper Mustang; we provide a very reasonable offer.

Upper Mustang: Permit Cost and Policy

Upper Mustang is one of the most culturally preserved and historically significant regions of Nepal. Because of its unique Tibetan-influenced culture, ancient monasteries, traditional villages, and sensitive border location, the region has special trekking regulations and permit requirements. The

Upper Mustang restricted-area permit currently costs US\$50 per person per day. Under the previous system, trekkers were required to obtain a permit for a minimum of 10 days, costing US\$500 per person, even if they planned to stay for only a few days. However, the permit system has now been revised to provide greater flexibility. Trekkers can pay US\$50 per person for each day they intend to spend in the restricted area, making the process more convenient and cost-effective for shorter or longer stays. Previously, travelers were generally required to travel in a group of at least two trekkers. With the updated rules, the group-size restriction has been relaxed, allowing individual trekkers to visit Upper Mustang under the applicable permit requirements. To obtain the restricted-area permit, foreign trekkers must arrange their trip through a registered local trekking agency and be accompanied by a licensed local guide. Working with a local company, such as Sherpa Nomad Trek, helps ensure that permits, guides, and other official requirements are properly arranged before entering Upper Mustang. Additionally, you need Annapurna conservation permits that cost is USD30 per person. To obtain the permits, it requires a passport copy, a passport-size photo, and a Nepal visa for each traveller.

How Difficult Is the Upper Mustang Trek and Tour?

The Upper Mustang Trek is considered a moderate to challenging trek rather than an extremely difficult one. The main challenge is not technical climbing but the high altitude, long walking days, dry terrain, and remote mountain environment. Most trekking routes pass through elevations above 3,000 meters, with some areas reaching around 4,000 meters or higher. Therefore, proper acclimatization is essential. The trek usually involves walking for approximately 5–7 hours per day on rocky trails, steep sections, and uneven mountain paths. The landscape is mostly dry and desert-like, with strong winds and limited vegetation. Some days can feel physically demanding, especially when crossing high passes or walking for several consecutive days.

Despite the altitude, Upper Mustang is suitable for travelers with a reasonable level of fitness and basic trekking experience. Technical climbing skills are generally not required. However, preparation is important. Regular walking, hiking, and cardiovascular exercise before the trip can

make the journey much easier. The Upper Mustang experience can also be enjoyed as a cultural tour, with visits to ancient monasteries, traditional villages, caves, and the historic walled city of Lo Manthang. Travelers who prefer a slower pace can choose a customized itinerary with additional rest and acclimatization days. Join Sherpa Nomad Trek Pvt. Ltd. for a good itinerary, an experienced local guide, appropriate equipment, and proper acclimatization. The Upper Mustang trek is challenging but highly achievable and rewarding.

Why Choose Sherpa Nomad Trek Pvt. Ltd. for an Upper Mustang Tour?

Choosing the right trekking company is important when exploring a remote and culturally sensitive destination like Upper Mustang. Sherpa Nomad Trek Pvt. Ltd. can be a suitable choice for travelers looking for a well-organized, reasonable-cost, and personalized Upper Mustang experience. Upper Mustang requires special permits, local coordination, transportation arrangements, and a knowledgeable guide. With an experienced local trekking company, travelers can have these essential arrangements organized before the journey begins. Sherpa Nomad Trek Pvt. Ltd. can assist with the restricted-area permit process, licensed guides, accommodation, transportation, and overall itinerary planning, allowing travelers to focus on enjoying the journey.

Another reason to choose a local company is its understanding of the region. Upper Mustang has unique Tibetan-influenced traditions, ancient monasteries, historic settlements, and distinctive landscapes. A knowledgeable local guide can provide valuable information about the culture, history, religion, and lifestyle of the Mustang region, making the trip more meaningful than simply following a trail. Sherpa Nomad Trek Pvt. Ltd. can also customize itineraries according to your time, fitness level, interests, and budget. Whether you want a classic trek to Lo Manthang, a cultural-focused tour, or a more relaxed journey with additional acclimatization days, a flexible itinerary can make the experience more comfortable. Most importantly, traveling with a responsible local operator helps ensure that your trip follows the required regulations while supporting local communities and businesses in Upper Mustang.

Best Time to Travel to Upper Mustang

The best time to travel to Upper Mustang is generally from March to May and September to November, when the weather is comfortable, the mountain views are clearer, and trekking conditions are more favorable. Nepal Tourism Board also identifies spring and autumn as the best seasons for trekking in Nepal. However, Upper Mustang is different from most trekking destinations because it lies in the rain-shadow of the Annapurna and Dhaulagiri ranges. This makes the region exceptionally dry and suitable for trekking even during the monsoon season (June to September). If you want to experience Upper Mustang with fewer crowds and its distinctive desert-like landscapes, the monsoon months can be an excellent alternative.

For the best overall Upper Mustang trekking experience, October and November are particularly attractive, offering clearer post-monsoon skies and spectacular Himalayan scenery. Spring, especially April and May, is another excellent choice for pleasant daytime temperatures and cultural experiences such as the famous Tiji Festival in Lo Manthang, usually held in May. Winter is generally not recommended because Upper Mustang becomes very cold, windy, and snowy, with difficult conditions at higher elevations. Whether you choose spring, autumn, or monsoon, Upper Mustang offers a remarkable combination of ancient Tibetan culture, dramatic landscapes, monasteries, caves, and the legendary walled city of Lo Manthang.

Main Festival of the Upper Mustang Trek

The Tiji Festival is the most famous and culturally significant festival associated with the Upper Mustang region. Held annually in Lo Manthang, the ancient walled city of Mustang, Tiji is a vibrant three-day Buddhist celebration that usually takes place in April or May, according to the Tibetan lunar calendar. The exact dates change every year. The festival has a profound spiritual meaning for the people of Upper Mustang. Tiji is believed to symbolize the victory of good over evil and the triumph of peace, compassion, and harmony over destructive forces. The celebration is based on the legend of Dorje Jono, a deity who defeated a destructive demon responsible for bringing suffering and hardship to the region.

During the festival, monks from Chode Monastery perform sacred masked dances, rituals, prayers, and traditional ceremonies in the courtyard of Lo Manthang's historic palace and monasteries. The colorful costumes, elaborate masks, music, and religious performances create an unforgettable cultural experience. For travelers, joining the Tiji Festival during an Upper Mustang trek provides much more than sightseeing. It offers an opportunity to witness a living Himalayan tradition that has been preserved for generations. Visitors can experience the region's ancient Buddhist culture, architecture, community traditions, and spiritual heritage while exploring the spectacular landscapes of Upper Mustang. If your goal is to experience the culture and spirituality of Upper Mustang, planning your trek around the Tiji Festival can make your journey especially memorable.

Upper Mustang Trek and Tour Packages

Upper Mustang presents a range of trekking and tour packages tailored to various travel preferences, fitness levels, and durations. Whether you seek an adventurous trek, a cultural exploration, or a leisurely road trip, there are numerous ways to discover this extraordinary Himalayan region. The Classic Upper Mustang Trek stands out as one of the most sought-after options. Typically spanning 14 to 18 days, it guides travelers through traditional villages, ancient monasteries, stunning cliffs, caves, and the historic walled city of Lo Manthang. This package is perfect for those desiring an authentic Himalayan trekking experience. For travelers with limited time, the [Short Upper Mustang Trek](#) or the [Upper Mustang Jeep Tour](#) and [Mustang Bike Tour](#) offer practical alternatives. A 4WD journey enables visitors to access key attractions such as Kagbeni, Chele, Ghami, Tsarang, and Lo Manthang without the need for extensive walking on the trails. The Upper Mustang Cultural Tour emphasizes the region's Tibetan Buddhist heritage, ancient monasteries, traditional villages, local lifestyles, and historical landmarks. It caters to those who prefer cultural immersion over physically demanding trekking. Adventure enthusiasts may opt for a combination of Trekking and a jeep tour, which allows them to trek specific sections while utilizing private transportation for longer distances. Additionally, if you are interested in more options, packages like [Luri Gompa Trek](#), [Damodar Kunda Trek](#), [Teri La Pass](#), and [Seribung Trek](#) are available. Packages can typically be customized to fit your duration, budget, comfort level, and

interests. A reputable local agency, such as Sherpa Nomad Trek Pvt. Ltd., can facilitate permits, guides, transportation, accommodation, and tailored itineraries for a seamless Upper Mustang adventure.

Other Information and Booking for the Upper Mustang Tour

Planning an unforgettable adventure to the remote and spectacular Upper Mustang region? **Sherpa Nomad Trek Pvt. Ltd.** is your trusted local travel partner for the **Upper Mustang Jeep Tour**. As a leading local trekking and tour company in Nepal, we provide complete assistance to make your journey comfortable, safe, and hassle-free. Our team can help you arrange the entire Upper Mustang Jeep Tour, including transportation, experienced drivers, accommodation, permits, meals, sightseeing, and customized itineraries. We understand the unique conditions of the Mustang region and provide reliable support throughout the journey.

The Upper Mustang Jeep Tour is an excellent choice for travelers who want to explore ancient Tibetan-style villages, dramatic Himalayan landscapes, historic monasteries, caves, and the unique culture of the Mustang people without undertaking a long trekking journey. Our experienced local team ensures that you enjoy the trip while receiving professional guidance and personalized service. For more information, itinerary details, availability, costs, or booking assistance, please contact Sherpa Nomad Trek Pvt. Ltd. We are always happy to answer your questions and help you plan your perfect Upper Mustang adventure. Contact **Sherpa Nomad Trek Pvt. Ltd.** today and experience the hidden kingdom of Mustang with a trusted local company!

