Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Upper Mustang Trek with Luri Gompa - 16 Days

UPPER MUSTANG TREK WITH LURI GOMPA: JOURNEY TO THE PARADISE

Embarking on the Upper Mustang Trek with Luri Gompa is a remarkable and exhilarating experience that leads you beyond the Himalayas into the Tibetan Plateau. This journey highlights the foundations of Tibetan Buddhism, ancient monasteries, cultural richness, historical depth, and the unspoiled natural and cultural diversity of the ancient Lo-Kingdom.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

Day 2: **Kathmandu to Pokhara by flight : 30 minutes**

Day 3: **Flight/ Drive to Jomsom and Trek to Kagbeni (2810m): 6-7 hours**

Day 4: **Trek from Kagbeni to Tetang (3,040m)5-6 hours via Gyu La (4077m)**

Day 5: **Trek from Tetang to Tange (3240m) via Pa Pass-4210m, 7 hours**

Day 6: **Trek from Tange to Yara (3610m): 5-6 hours**

Day 7: **Hike from Yara to Luri Gompa and Trek to Lo-Manthang (3800m):**

Day 8: **Free Day in Lo-Manthang , Hike to Chhoser Cave**

Day 9: **Trek from Lo- Manthang to Tserang (3700m): 4 hours**

Day 10: **Trek from Tserang to Ghami (3500m) via Ghar Gompa and Dakmar : 6 hours**

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Day 11: Trek from Ghami to Samar (3500m): 6 hours

Day 12: Trek from Samar to Kagbeni (2810m): 6 hours

Day 13: Trek from Kagbeni to Jomsom (2700m): 6 hours

Day 14: Jomsom to Pokhara by flight or Jeep

Day 15: Flight back to Kathmandu

Day 16: Departure

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