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

Upper Mustang Trek - 15 Days

UPPER MUSTANG TREK: THE HIDDEN FORBIDDEN LO- KINGDOM

The Upper Mustang Trek leads you into a breathtaking natural masterpiece, often referred to as a true paradise for its stunning offerings. Situated in the Annapurna region, just beyond the Kagbeni village extend to the Tibetan border of China, this trek is less frequented by travelers. Except during winter, it is accessible throughout the year. The trek showcases ancient Tibetan Buddhism, magnificent mountain views, dramatic landscapes, the Tibetan plateau, the arid Himalayan desert, and ancient monasteries. Additionally, the wind-swept hills, caves, forts, and palaces create an exceptional trekking and touring destination in Nepal's Himalayas. This awe-inspiring journey to one of the world's most preserved regions, located beyond the Himalayas of Nepal, provides a lifetime experience for anyone eager to explore the unique landscape and the ancient Lo Kingdom, which existed until 2008 AD, dating back to 1380 AD. The historical, cultural, and natural diversity of Upper Mustang offers a true adventure, particularly for those interested in exploring ancient Buddhism, the landscape, and the rich tapestry of cultural harmony. This journey provides a meaningful experience for adventurers, cultural enthusiasts, and geologists conducting research in this magnificent and unique terrain. Trekking to Upper Mustang presents an opportunity to witness its distinctive and varied landscapes, culture, history, art, and civilization, all set against the backdrop of the mysterious Himalayan ranges, caves, and cliffs.

Our 15-day Upper Mustang trek is a meticulously designed package that begins in Kathmandu with an airport pickup. After spending one night in the medieval city of Kathmandu, you will take a scenic flight to Pokhara. This luxury package for the Upper Mustang trek ensures that you receive the highest level of service possible. Consequently, you can travel seamlessly between Kathmandu and Pokhara. Pokhara serves as the gateway to the Upper Mustang trek, renowned as one of the most beautiful regions in Nepal, often referred to as the 'Hanging Garden.' Following your time in Pokhara, you can take a flight to Jomsom; however, this is largely contingent on weather conditions.

In the event of poor weather, you will embark on a scenic overland journey by car, jeep, or minibus, depending on the size of your group, allowing you to experience the stunning landscapes and scenery. The trek from Jomsom to Kagbeni is an excellent opportunity to witness the majestic mountains, arid land, and the powerful Himalayan winds. Kagbeni, an ancient Tibetan village, serves as the gateway to Upper Mustang, which requires special permits to access its hidden and isolated terrain.

Embark on a journey to the secluded and off-limits Lo-kingdom, which boasts a rich history of kings from the same lineage who governed from 1380 AD to 2008 AD, spanning 25 generations as the nation's leaders. You will have the opportunity to visit the Chhunsi Cave, where Padmasambhava meditated; the world's oldest Ghar Gompa, established by Padmasambhava, Tserang, and Lo-Manthang, the ancient capital city often referred to as the walled city; as well as Chhoser and its caves, all set against the backdrop of the majestic Himalayan ranges. This region is often called mini Tibet due to its culture, language, lifestyle, and monasteries that closely resemble those found in Tibet, China. Furthermore, the trek reveals hidden treasures of the area and breathtaking views of the dramatic landscape. Reserve your spot for the Upper Mustang Trek with Serpa Nomad Trek Pvt. Ltd to secure the best deal, exceptional service, and safety, making our package and company the top choice for the Upper Mustang trek.

UPPER MUSTANG TREK COST FOR 2026-2027

The Upper Mustang trek costs between $1800 and $2000 per person, depending on the size of the group. This 15-day trek is a luxury package created by Sherpa Nomad Trek Pvt. Ltd. In this package, we prioritize safety and security while providing our guests with top-notch service. The price of the Upper Mustang Trek can fluctuate based on various factors such as group size, duration, season, service level, package details, itinerary, and other essential elements. Our offerings vary, and service costs may change accordingly. With our company, you will receive the best package without compromising on service quality. The package includes airport pickup, luxury hotel accommodations in Kathmandu and Pokhara, attached rooms throughout the journey, mountain

meals, special permits, guides, porters, and flights between Kathmandu, Pokhara, and Jomsom, as specified in the inclusions and exclusions. We invite solo travelers, couples, small groups, and large groups to join the Upper Mustang trek. The cost varies with group size; solo travelers will incur a higher cost, while small groups may receive discounts, and larger groups will benefit from more significant reductions.

- The cost for the Upper Mustang trek package is $2000 for solo travelers.
- For groups of 2-6 people, the cost is $1900 per person
- For groups of 7-10 people, the cost is $1800 per person.

THE MAJOR HIGHLIGHTS OF THE UPPER MUSTANG TREK

- This luxury package for the Upper Mustang trek spans 15 days.
- Begin your journey in Kathmandu with a scenic flight to Pokhara, where you can explore the area before taking a flight to Jomsom.
- Experience the rich culture, diverse landscapes, artistic heritage, and architectural beauty of Kathmandu, along with the breathtaking natural scenery of Pokhara.
- Marvel at the Kali Gandaki Gorge, the deepest gorge in the world, flanked by the majestic Annapurna and Dhaulagiri mountain ranges.
- Discover the ancient Thakali and Tibetan cultures, visit charming villages, and appreciate the warm hospitality of the locals.
- The trek commences from Jomsom, situated in the arid Himalayan region, and leads to Kagbeni along the Kali Gandaki River, showcasing stunning landscapes.
- Journey to the hidden and once-forbidden kingdom of Lo, starting from Kagbeni, the gateway to Upper Mustang.
- Trek through the arid terrain of Upper Mustang, characterized by red rocks, caves, monasteries, and dramatic landscapes shaped by wind-swept hills of sandstone.

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- Be captivated by the magnificent peaks of the Annapurna and Dhaulagiri ranges.
- Explore the enchanting Chhunsi Cave, Ghar Gompa, the world's oldest monasteries, Lo-Manthang, Jhoe Cave, and Tserang, immersing yourself in the magical and mystical land of Upper Mustang, rich in history, culture, and spirituality.

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DETAILED ITINERARY

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

Day 2: **Kathmandu to Pokhara with scenic flight**

Day 3: **Pokhara to Jomsom by flight / Jeep drive adn trek to Kagbeni (2810m)**

Day 4: **Trek from Kagbeni to Chele (3050m): 5-6 hours**

Day 5: **Chele to Syangboche (3500m) via Chungsi Cave : 6-7 hours**

Day 6: **Trek from Syangboche to Ghami (3550m): 5-6 hours**

Day 7: **Trek from Ghami to Lo Manthang via Charang : 6-7 hours**

Day 8: **Explore the Chhoser Cave and surrounding Village**

Day 9: **Lo Manthang to Dakmar Via Ghar Gompa : 6-7 hours**

Day 10: **Trek from Dakmar to Syangboche : 5/6 hours**

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Day 11: Trek from Syanboche to Chhuksang : 6-7 hours

Day 12: Trek from Chhukung to Jomsom : 5-6 hours

Day 13: Jomsom to Pokhara and Kathmandu by Plane

Day 14: Free day in Kathmandu

Day 15: Departure

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PRICE INCLUDES

- International Airport Pick-up and Airport Drop-off Service
- 3 nights luxury hotel accommodation in Kathmandu at Hotel Romada Encore
- Flight between Kathmandu and Pokhara round trip
- 2 nights luxury hotel accommodation in Pokhara at Hotel Middle Path
- Flight between Pokhara and Jomsom by plane
- 9 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
- Porter support: 2 clients: 1 porter ratio
- 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 Porter's Salary, Meals, Insurance, trekking gear, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

PRICE EXCLUDES

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- 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
- Lunch and Dinner in Kathmandu
- 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 USD70 to USD400 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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