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NEPAL · MUSTANG

Upper Mustang Trek

Upper Mustang is a remarkable journey into Nepal's hidden Kingdom of Lo, nestled in the rain-shadow of the Himalayas.

TRIP PRICE
$2,500

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$2,500	Mustang	17 days	3,840 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
Spring & Autumn	Challenging	Teahouse / Lodge	trekking · cultural-tours · family-travel

HIGHLIGHTS

What makes this trip special

01 **Explore the Ancient Walled City of Lo Manthang: Discover the former capital of the hidden Kingdom of Lo, filled with royal palaces, narrow alleys, and centuries-old monasteries.**

02 **Journey Through Nepal's Himalayan Desert: Trek across dramatic red cliffs, deep canyons, colorful rock formations, and unique landscapes in the rain-shadow of the Himalayas.**

03 **Experience Authentic Tibetan Culture: Visit remote villages, ancient Buddhist monasteries, prayer wheels, and meet the welcoming local people who preserve traditions dating back centuries.**

04 **Discover Ancient Sky Caves & Sacred Monasteries: Explore mysterious cliffside caves, centuries-old murals, and spiritual sites that offer a fascinating glimpse into Mustang's rich history and heritage.**

OVERVIEW

Journey overview

Explore a high-altitude desert of red sandstone cliffs and cave dwellings, walking through a medieval walled city frozen in time.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Arrive in Kathmandu (1,440m)

Upon arrival at **Tribhuvan International Airport in Kathmandu**, a friendly Community Trek representative will warmly welcome you and transfer you to your hotel in the vibrant **Thamel** area. After check-in, take some time to relax and recover from your journey.

In the evening, meet your guide and fellow travelers for a **trip briefing**. Your guide will walk you through the itinerary, share essential trekking information, and answer any questions you may have.

To officially begin your Himalayan adventure, join us for a **traditional Nepali welcome dinner** at a local restaurant, featuring authentic flavors and warm Nepali hospitality.

Overnight: Hotel in Kathmandu
Meals: Welcome Dinner
Accommodation: Hotel

DAY 2

Drive or Fly to Pokhara (822m)

6-7 hrs · 170 km

Begin your journey to **Pokhara**, Nepal's beautiful lakeside city, with a choice of a **25-minute scenic flight** or a **7-8-hour drive** through Nepal's picturesque hills, winding rivers, terraced fields, and traditional villages. The flight offers breathtaking views of the Himalayan range, while the overland journey provides a closer look at Nepal's diverse landscapes and rural life.

Upon arrival in Pokhara, settle into your hotel and take time to relax. Later, enjoy a peaceful stroll along the shores of **Phewa Lake** or explore the lively Lakeside area at your own pace. In the evening, prepare for the exciting journey into the remote and mystical landscapes of **Upper Mustang** beginning the following day.

Overnight: Hotel in Pokhara
Meals: Breakfast
Accommodation: Hotel

DAY 3

Fly to Jomsom (2,713m) and Drive to Chele (3,050m)

5-6 hrs · 65 km

Begin your day with an **early morning scenic flight from Pokhara to Jomsom (2,713 m)**, enjoying breathtaking views of the **Annapurna and Dhaulagiri ranges** along the way. Upon arrival, meet your local trekking crew and begin the drive through the spectacular **Kali Gandaki Valley**.

The journey takes you through **Kagbeni**, an ancient settlement and the traditional gateway to Upper Mustang. After completing the permit and checkpoint formalities, continue deeper into this restricted Himalayan region toward the traditional village of **Chele (3,050 m)**.

As the landscape gradually transforms, towering cliffs, rugged hills, and vast desert-like terrain reveal the distinctive beauty of Upper Mustang. Arrive in Chele, settle into your lodge, and enjoy your first evening surrounded by the dramatic landscapes of this remote Himalayan kingdom.

Overnight: Lodge in Chele
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 4

Trek from Chele to Samar (3,660 m)

4-5 hrs · 8 km

Begin your trek from Chele with a steady ascent through the dramatic **canyons and rugged landscapes of Upper Mustang**. The trail climbs toward the **Taklam La Pass (3,624 m)** and continues over the **Dajori La Pass (3,735 m)**, offering spectacular views across the surrounding Himalayan terrain, including **Tilicho Peak and Yakawa Kang**.

From the high passes, descend gradually toward the peaceful village of **Samar**, a charming settlement surrounded by poplar trees and traditional stone houses. Take time to experience the village's distinctive **Tibetan-influenced culture and mountain way of life** before settling in for the evening.

Overnight: Lodge in Samar
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 5

Trek from Samar to Ghiling (3,570 m)

5-6 hrs · 14 km

Today's trek takes you deeper into the captivating landscapes of Upper Mustang, following a scenic trail through **deep gorges, juniper forests, and rugged mountain terrain**. Along the way, cross the **Bhena La** and **Yamda La Pass (3,850 m)**, with panoramic views of the surrounding Himalayan peaks and valleys.

The trail winds past **ancient chortens, colorful mani walls, and cultivated barley fields**, offering glimpses into the region's enduring Tibetan Buddhist traditions and traditional way of life.

Continue to the beautiful village of **Ghiling**, known for its distinctive whitewashed houses, historic monastery, and rich **Tibetan Buddhist heritage**. Enjoy the peaceful atmosphere of this traditional Mustang settlement and relax after the day's trek.
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Overnight: Lodge in Ghiling
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 6

Trek from Ghiling to Ghami (3,520 m)

4-5 hrs · 11 km

Continue your journey through the spectacular and ever-changing landscapes of **Upper Mustang**. The trail gradually ascends toward **Nyi La Pass (4,010 m)**, one of the highest points along the route, offering magnificent panoramic views across the Mustang Valley and the surrounding Himalayan peaks.

From the pass, descend through a dramatic landscape of **colorful canyons, rugged cliffs, and traditional mountain trails** before reaching the historic village of **Ghami**. Surrounded by striking red cliffs, Ghami is known for its ancient monastery, traditional Tibetan-influenced culture, and the **longest mani wall in Upper Mustang**.

After arriving, take time to explore the peaceful village and its remarkable surroundings before resting for the night.

Overnight: Lodge in Ghami
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 7

Trek from Ghami to Dhakmar (3,840 m)

4.5 hrs · 8 km

Today's trek takes you deeper into the rugged beauty of **Upper Mustang**, following a scenic trail through dry valleys, deep gorges, and dramatic rock formations shaped by centuries of wind and erosion.

The trail gradually leads to the remarkable village of **Dhakmar**, surrounded by striking red cliffs and colorful sandstone formations. Rich in local legends and Tibetan Buddhist traditions, Dhakmar offers some of the most **dramatic and photogenic landscapes in the Mustang region**.

Take time to explore this peaceful mountain settlement, soak in its unique atmosphere, and enjoy the breathtaking scenery before settling into your lodge for the evening.

Overnight: Lodge in Dhakmar
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 8

Trek from Dhakmar to Lo Manthang (3,840 m)

6-7 hrs · 17 km

Today's trek follows an **ancient trade route** across the rugged landscapes of Upper Mustang, ascending to **Mui La Pass (4,170 m)**. From the pass, descend gradually across the vast and windswept Mustang plateau toward the legendary walled city of **Lo Manthang**, the historic heart of the former Kingdom of Lo.

Along the way, visit the remarkable **Ghar Gompa (Lo Gekar Monastery)**, one of the oldest and most significant monasteries in the region. The monastery's ancient architecture, sacred artwork, and peaceful surroundings offer a fascinating glimpse into Mustang's deep Buddhist heritage.

Continue toward Lo Manthang and enter the former Kingdom of Lo through its **ancient city gates**. Inside, discover a remarkable world of **centuries-old monasteries, royal palaces, traditional mud-brick homes, and enduring Tibetan Buddhist traditions**.
Arrive in Lo Manthang and settle into your lodge, ready to explore this extraordinary Himalayan cultural center in greater depth.

Overnight: Lodge in Lo Manthang
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 9

Explore Lo Manthang (3,840 m)

4-6 hrs · 8-12 km

Spend a full day exploring the **cultural treasures of Lo Manthang**, the ancient capital of the former Kingdom of Lo. Wander through its historic streets and visit the **Royal Palace, Jampa Lhakhang, Thubchen Monastery, and Namgyal Gompa**, each offering a fascinating glimpse into centuries of Tibetan Buddhist history, art, and traditions.

In the afternoon, choose an **optional hike or horse ride to Chhoser Village**, a remote settlement known for its remarkable cave dwellings and dramatic landscapes. Explore the mysterious **Jhong Sky Caves**, a remarkable network of caves carved into the towering cliffs and believed to date back more than 2,500 years.

Return to Lo Manthang in the evening and enjoy another night immersed in the unique culture and atmosphere of this legendary Himalayan walled city.

Overnight: Lodge in Lo Manthang
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 10

Trek from Lo Manthang to Yara (3,650 m)

6-7 hrs · 16 km · 4,130m

Leave the ancient walled city of **Lo Manthang** behind and venture into the remote and lesser-traveled landscapes of **eastern Mustang**. The trail follows scenic ridgelines, offering spectacular views of the surrounding Himalayan peaks and vast, rugged valleys.

Gradually descend toward **Dhi Village**, where you cross the **Kali Gandaki River** before continuing through a dramatic landscape of deep canyons, colorful cliffs, and barren valleys shaped by centuries of wind and erosion.

The trail eventually leads to the peaceful village of **Yara**, one of Upper Mustang's most remote and culturally distinctive settlements. Surrounded by striking cliffs and traditional stone-and-mud houses, Yara offers an authentic glimpse into the region's isolated mountain lifestyle.

Overnight: Lodge in Yara
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 11

Explore Luri Gompa from Yara (3,650 m)

Today, enjoy a rewarding hike to **Luri Gompa (3,880 m)**, one of the most revered and fascinating cave monasteries in Upper Mustang. Hidden within a dramatic sandstone cliff, this sacred 14th-century monastery offers a remarkable glimpse into the region's ancient **Tibetan Buddhist heritage**.

Explore the monastery's beautifully preserved cave chambers, adorned with **ancient Buddhist murals, sacred relics, and a distinctive chorten**. The remote setting and spiritual atmosphere make Luri Gompa one of the most memorable cultural highlights of the journey.

After exploring this remarkable sacred site, retrace the trail and return to **Yara** for a relaxing evening and overnight stay.

Overnight: Lodge in Yara
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 12

Trek from Yara to Tangge (3,240 m)

7-8 hrs · 18 km

Today is one of the most **scenic and rewarding days** of the Upper Mustang journey. Leave Yara behind and cross the **Dhechyang Khola**, following a remote trail through rolling ridges, deep canyons, and vast high-desert landscapes.

As you trek deeper into this remote corner of Mustang, enjoy magnificent views of the surrounding **Himalayan peaks and rugged mountain terrain**. The ever-changing scenery, dramatic cliffs, and peaceful isolation make this stretch particularly memorable.

Continue toward the traditional village of **Tangge**, known for its ancient monastery, distinctive stone houses, and impressive rows of **centuries-old chortens**. Take time to explore the village and experience its unique cultural character before settling in for the evening.

Overnight: Lodge in Tangge
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 13

Trek from Tangge to Chhusang (2,980 m)

7-8 hrs · 22 km

Begin the day with a steady climb toward a **high mountain pass at 4,210 m**, where you'll be rewarded with spectacular panoramic views across the rugged and remote landscapes of Upper Mustang.

From the pass, descend through remote valleys, colorful cliffs, and dramatic canyons as the landscape gradually changes. Continue toward the **Kali Gandaki Valley**, following the ancient trails that connect Mustang's remote settlements.

The journey leads to the picturesque village of **Chhusang**, a peaceful riverside settlement surrounded by lush greenery and dramatic **red sandstone cliffs**. Take time to enjoy the village's traditional houses, tranquil atmosphere, and striking natural surroundings.

Overnight: Lodge in Chhusang
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 14

Trek from Chhusang to Muktinath (3,760 m)

7-8 hrs · 16 km

Leave behind the dramatic desert landscapes of Upper Mustang and follow the scenic trail toward the **Annapurna region**. The landscape gradually changes as you ascend through traditional mountain villages, rugged valleys, and beautiful Himalayan scenery.

Continue to **Muktinath (3,800 m)**, one of Nepal's most revered pilgrimage sites and a sacred destination for both **Hindus and Buddhists**. Explore the historic temple complex, including the famous **108 holy water spouts** and the sacred natural flame believed to burn continuously.

Take time to experience the peaceful spiritual atmosphere of Muktinath while enjoying spectacular views of the surrounding **Himalayan peaks and barren mountain landscapes**.

Overnight: Lodge in Muktinath
Meals: Breakfast, Lunch & Dinner
Accommodation: Local Lodge

DAY 15

Trek to Jomsom via Lubra Village (2,713 m)

6-7 hrs · 15 km

Descend from **Muktinath** along a scenic trail toward the traditional village of **Lubra**, a peaceful settlement nestled in the Kali Gandaki Valley. Lubra is home to one of the last remaining **Bon monasteries in Nepal**, preserving the region's ancient pre-Buddhist spiritual traditions and cultural heritage.

Take time to explore the village and visit its historic monastery before continuing through the beautiful **Kali Gandaki Valley**. The trail offers a final glimpse of Mustang's dramatic landscapes, traditional villages, and towering Himalayan surroundings.

Arrive in **Jomsom**, marking the end of your unforgettable Upper Mustang trekking adventure. Relax and celebrate the completion of your journey through one of Nepal's most remote and culturally fascinating regions.

Overnight: Hotel/Lodge in Jomsom
Meals: Breakfast, Lunch & Dinner
Accommodation: Hotel/Lodge

DAY 16

Fly to Pokhara and Kathmandu (1,350 m)

Begin the day with an **early morning scenic flight from Jomsom to Pokhara**, enjoying spectacular aerial views of the **Annapurna and Dhaulagiri ranges**. Upon arrival in Pokhara, connect with your onward flight to **Kathmandu**.

Once back in Kathmandu, the rest of the day is yours to enjoy at your own pace. Take the opportunity to **shop for souvenirs, explore the vibrant streets of Thamel, visit nearby sights, or simply relax** after your trek.

In the evening, celebrate the successful completion of your **Upper Mustang adventure** with a traditional **Nepali farewell dinner**, accompanied by an entertaining cultural dance performance—a warm and memorable way to conclude your Himalayan journey.

Overnight: Hotel in Kathmandu
Meals: Breakfast & Farewell Dinner
Accommodation: Hotel

DAY 17

Final Departure

After breakfast, a friendly representative from **Community Trek** will transfer you to **Tribhuvan International Airport** for your onward flight. As your Himalayan journey comes to an end, bid farewell to Nepal with unforgettable memories of the **hidden Kingdom of Upper Mustang**, its dramatic landscapes, ancient monasteries, rich Tibetan culture, and the warm hospitality you experienced along the way.

Thank you for sharing this remarkable journey with us. We hope to welcome you back to Nepal for **another unforgettable Himalayan adventure** in the future.

Meals: Breakfast
Accommodation: Not included

SERVICES

Included and not included

Included

- ✓ **Special Restricted Area Permits ($500 government fee included)**
- ✓ **Flights from Pokhara to Jomsom and back**
- ✓ **Highly experienced English-fluent guide and porters**
- ✓ **Teahouse stay accommodations**
- ✓ **All board meals on the trek**

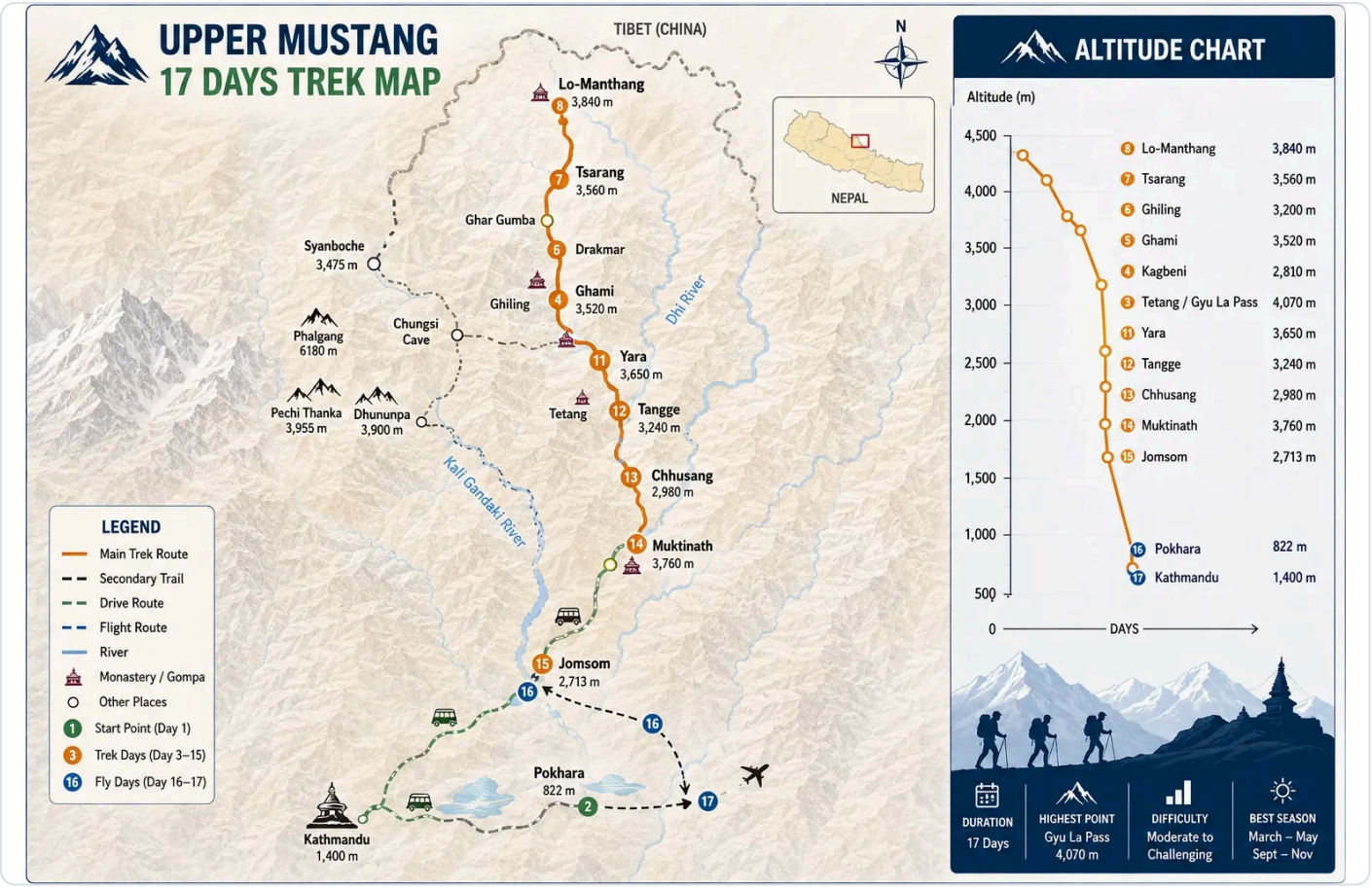
Not included

- – **Hot water, device recharge, internet cards**
- – **Rescue operations and personal travel insurance**
- – **Tips for crew members**

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

Why is the permit for Upper Mustang so expensive?

Upper Mustang is a highly restricted border region. The Nepalese government charges a Special Restricted Area Permit (RAP) fee of USD 500 per person for the first 10 days to regulate tourism, protect its fragile environment, and preserve its ancient cultural heritage.

Can we trek Upper Mustang during the summer monsoon?

Yes! Upper Mustang lies behind the Annapurna and Dhaulagiri mountain ranges, placing it entirely in the rain shadow. It experiences very little rainfall, making it the perfect destination for dry, comfortable summer trekking when other regions are experiencing monsoons.

What is special about the Chhoser Caves?

The sky caves of Chhoser are a multi-story cave dwelling complex carved directly into red-clay vertical cliffs over 2,000 years ago. Historically used as residential quarters, lookouts, and meditation chambers, they represent one of the world's most mysterious archaeological sites.

What are the accommodation options in Lo Manthang?

We stay in traditional Mustang teahouses and lodges. Over the last decade, lodging options in Lo Manthang have upgraded to offer cozy rooms, western toilets, and sometimes even solar-heated showers.

What is the highest altitude reached during the Upper Mustang Trek with Lhasso Adventure?

The highest point reached on the Upper Mustang Trek with Community Trek is around 3,840 meters at Lo Manthang. The altitude remains below 4,000 meters for most of the journey, making it more accessible than many other Himalayan treks.

When is the best time to do the Upper Mustang Trek with Community Trek?

According to Community Trek, the best seasons are spring (March-May) and autumn (September–November) for clear skies and stable weather. Because Upper Mustang lies in the rain shadow of the Himalayas, it can also be trekked during the monsoon months when other trekking regions are wetter.

Does Community Trek provide guides and porters for the Upper Mustang Trek?

Yes. The Upper Mustang Trek with Community Trek includes licensed trekking guides and optional porter support. Since Upper Mustang is a restricted region, trekking must be done with a registered guide, ensuring safety and compliance with Nepal's trekking regulations.

Why choose Community Trek for the Upper Mustang Trek?

Choosing Community Trek for the Upper Mustang Trek means traveling with experienced local guides, professionally planned itineraries, and reliable logistical support. With permit management, safety protocols, and deep knowledge of Mustang's culture and landscapes, the company ensures a well-organized and memorable Himalayan trekking experience.

GALLERY

A glimpse of the journey













Community Trek

Explore, Connect & Experience

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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