

The Upper Mustang Trek offers an unforgettable journey into the remote trans-Himalayan region of Nepal, often called the “Last Forbidden Kingdom.” Starting from Jomsom, the trail winds through arid canyons, colorful cliffs, ancient monasteries, and the walled city of Lo Manthang. This trek is not only about breathtaking landscapes but also about immersing in centuries-old Tibetan Buddhist traditions and lifestyles that remain untouched by modern influence.

Highlights include the stark beauty of the Kali Gandaki Valley, visits to centuries-old cave dwellings, prayer-flag-strewn passes, and views of Nilgiri, Annapurna, and Dhaulagiri. Because the region lies in the rain shadow, trekking is possible even during the monsoon months, making it a unique all-season adventure.

Perfect for those seeking culture as much as mountain beauty, the Upper Mustang Trek offers a rare chance to step into living history while supporting local communities and sustainable tourism.

Upper Mustang Trek 2025/2026 Itinerary

Day 1: Arrival in Kathmandu

Activity: Arrival and welcome by Himalaya Heart representative at the airport. Transfer to hotel. Pre-trip meeting to discuss itinerary and answer questions.

Food: Breakfast

Accommodation: Hotel

Elevation: 1,350 m

Day 2: Explore Kathmandu

Activity: Full-day cultural exploration of Kathmandu, visiting World Heritage Sites, historic sites, and spiritual landmarks.

Food: Breakfast

Accommodation: Hotel

Elevation: 1,350 m

Day 3: Drive to Pokhara

Activity: Drive 200 km west to Pokhara, passing scenic towns and river valleys. Leisure time to explore lakeside city.

Food: Breakfast

Accommodation: Hotel

Elevation: 900 m

Day 4: Fly to Jomsom & Trek to Kagbeni (2,804 m)

Activity: Flight to Jomsom with Annapurna and Dhaulagiri views. Trek to Kagbeni along the Kali

Gandaki River.

Food: BLD

Accommodation: Lodge

Elevation: 2,804 m

Day 5: Trek Kagbeni to Chaile (3,050 m, 5-6 hrs)

Activity: Cross Kali Gandaki, view Mount Nilgiri, red sandstone pillars, fossils, and arid Mustang landscapes. Overnight in Chaile.

Food: BLD

Accommodation: Lodge

Elevation: 3,050 m

Day 6: Trek Chaile to Syangboche (3,800 m, 6-7 hrs)

Activity: Pass Ghyakar viewpoint, visit Rangchhyung Chorten cave monastery, see rare blue mountain sheep, forested gorge, and green valleys.

Food: BLD

Accommodation: Lodge

Elevation: 3,800 m

Day 7: Trek Syangboche to Ghame (3,490 m, 5-6 hrs)

Activity: Pass Yanda La, Nyi La, and Ghami La passes. View red cliffs, sand-dunes, terraced villages, and Gompas. Overnight in Ghame.

Food: BLD

Accommodation: Lodge

Elevation: 3,490 m

Day 8: Trek Ghame to Tsarang (3,730 m, 4-5 hrs)

Activity: Explore the long Mani wall, Chortens, and Tsarang monastery palace. Scenic barren lunar-like landscapes.

Food: BLD

Accommodation: Lodge

Elevation: 3,730 m

Day 9: Trek Tsarang to Lo Manthang (3,840 m, 5 hrs)

Activity: Trek through barren terrain with caves and Chortens to reach Lo Manthang, ancient

capital of Upper Mustang.

Food: BLD

Accommodation: Lodge

Elevation: 3,840 m

Day 10: Lo Manthang Exploration

Activity: Visit major Lo Manthang Gompas – Jhampa, Thupchen, and Chhoeda. Optional trek to Tingkhar village.

Food: BLD

Accommodation: Lodge

Elevation: 3,840 m

Day 11: Lo Manthang to Drakmar (3,810 m, 6-7 hrs via Marang La, 4,300 m)

Activity: Trek back via Marang La pass, visit Gyakar village and century-old Ghar Gompa. Overnight at Drakmar.

Food: BLD

Accommodation: Lodge

Elevation: 3,810 m

Day 12: Trek Drakmar to Ghiling (3,580 m, 5-6 hrs)

Activity: Descend through dry plateau and fields, enjoy views of Dhaulagiri and Nilgiri mountains.

Food: BLD

Accommodation: Lodge

Elevation: 3,580 m

Day 13: Trek Ghiling to Chhuksang (3,050 m, 5-6 hrs)

Activity: Walk through same scenic trail from the ascent, pass small villages and Himalayan views. Overnight in Chhuksang.

Food: BLD

Accommodation: Lodge

Elevation: 3,050 m

Day 14: Trek Chhuksang to Muktinath (3,710 m, 5 hrs)

Activity: Ascend to 3,970 m pass, then descend to Muktinath. Visit 108 holy springs and the sacred flame.

Food: Breakfast

Accommodation: Hotel

Elevation: 3,710 m

Day 15: Trek Muktinath to Jomsom (2,743 m)

Activity: Easy trek back to Jomsom via Kagbeni. Reflect and enjoy hot shower and meals.

Food: BLD

Accommodation: Lodge

Elevation: 2,743 m

Day 16: Fly to Pokhara (900 m)

Activity: Scenic flight over Annapurna and Dhaulagiri ranges. Leisure day in Pokhara, boating, or lakeside exploration.

Food: Breakfast

Accommodation: Hotel

Elevation: 900 m

Day 17: Drive back to Kathmandu

Activity: Transfer to Kathmandu with optional leisure or flight. Farewell dinner organized.

Food: Breakfast

Accommodation: Hotel

Elevation: 1,350 m

Day 18: Final Departure

Activity: Airport transfer according to flight schedule. End of trek.

Food: Breakfast

Trip Cost Includes

- Pick up & drop off on your arrival and departure in Kathmandu
- 2 nights hotel accommodations in Kathmandu and Pokhara with breakfast
- Basic lodge accommodation during the trek
- Professional trekking guide and required number of porters [one porter for two trekkers]
- Special trekking entry permit and TIMS (Trekkers Information Management System)
- Breakfast, lunch, and dinner during the trek
- Pokhara - Jomsom - Pokhara flight ticket
- Road transportation throughout the trip
- Emergency rescue arrangement (ensure your insurance covers it)

- Insurance for guide including emergency rescue coverage
- Necessary equipment for guide & porter
- First aid kits

Trip Cost Excludes

- Meals in Kathmandu and Pokhara (except breakfast included)
- Alcohol and any drinks on the trip
- Tips for guides and porters
- All personal expenses such as toilet paper, medicines, snacks, or confectionery
- Private transport if required
- Any additional costs caused by unforeseen circumstances