



## Upper Mustang Trek Itinerary

### Day 1: Arrival in Nepal

Upon your arrival at Kathmandu's Tribhuvan International Airport, the representatives of **Adventure Club** will warmly welcome you. They will accompany you to your designated hotel, ensuring your comfort and convenience from the moment you land. Following your check-in, you will be provided with a comprehensive briefing about the upcoming **Upper Mustang Trek**. This orientation will offer you an understanding of the journey's intricacies, allowing you to mentally prepare for the adventure that awaits. With the day's activities concluded you have the option to rest and recuperate from your travels or take a leisurely stroll through the bustling streets of Kathmandu to absorb the city's vibrant culture. The first night of your expedition will be spent at your comfortable hotel in Kathmandu, where you can unwind and prepare for the days ahead.

### Day 2: Kathmandu City Tour | 1400m

Rise to a nourishing breakfast that fuels your energy for the day's explorations. Your itinerary commences with a guided tour of Kathmandu's most captivating cultural and historical sites.

The day's destinations include the renowned **Swayambhunath Stupa**, affectionately known as the "Monkey Temple." This sacred site not only offers architectural beauty but also treats you to panoramic views that stretch across the city. From there, you'll proceed to the **Kathmandu Durbar Square**, a UNESCO World Heritage Site. This enchanting square is adorned with historical artifacts and remarkable architecture that reflect the city's rich past.

The spiritual journey continues with a visit to the revered **Pashupatinath Temple**, a significant Hindu pilgrimage destination. Here, you'll gain insights into Nepal's religious traditions and witness the spiritual rituals that transpire on the banks of the Bagmati River. Your explorations culminate at the iconic **Boudhanath Stupa**, a hub of spiritual significance and a testament to the city's cultural heritage. As the day draws to a close, you'll return to your hotel.

In the evening, a pre-trek orientation will ensure you're well-prepared for the upcoming **Upper Mustang Trek**. This includes a thorough gear check to confirm that you have all the essential equipment. Your second night in Kathmandu will be spent in anticipation of the extraordinary journey that lies ahead.

### Day 3: Drive to Pokhara (Flight Optional)

As the sun rises on day 3 of your adventure, it marks the beginning of an exciting journey. After breakfast, you'll be transferred to **Pokhara**, a city renowned for its picturesque landscapes and tranquil ambiance. The flight itself offers awe-inspiring views of the Himalayas, a prelude to the breathtaking experiences that lie ahead.

### Day 4: Drive to Kagbeni | 2804m | 7/8 hours

You'll embark on a scenic drive to **Jomsom**, a bustling town located at the gateway to the **Upper Mustang** region. The drive takes you through charming villages, along winding roads that offer glimpses of the diverse Nepalese countryside. As you approach **Kagbeni**, the stunning vistas of the Annapurna and Dhaulagiri ranges unfold before you, setting the stage for the trekking adventure that's about to commence.

Upon reaching Kagbeni, take a moment to explore the village's ancient architecture and immerse yourself in its historical ambiance. The stunning backdrop of the Himalayas adds an element of grandeur to this quaint settlement.

After a fulfilling day of trekking, retire to your lodge in Kagbeni. Enjoy a warm meal and reflect on the day's journey as you prepare for the adventures that await you in the days to come.

### Day 5: Trek to Chele

On this day, your trekking adventure deepens as you set forth from **Kagbeni** towards **Chele**. The trail unfolds through a mix of rugged terrains, ancient villages, and captivating landscapes. As you ascend and descend the trails, the changing vistas provide a constant reminder of the diverse beauty that the Upper Mustang region holds.

Passing through **Tangbe** village, you'll be intrigued by the whitewashed houses that line the narrow alleys. The distinct architecture and intricate carvings on the buildings offer insights into the local culture and traditions. Continuing your journey, you'll cross a river and arrive at **Chhusang**, another village with a character all its own.

From Chhusang, the trail gradually leads you to Chele, your destination for the day. The landscape undergoes subtle shifts, and you'll find yourself surrounded by stunning rock formations and mesmeric cliffs. Upon reaching Chele, you'll be welcomed by its serene atmosphere and the warm hospitality of the locals.

### Day 6: Trek to Syanboche

As the sun rises over Chele, a new day of exploration beckons. Your trek from Chele to Syanboche encompasses a blend of challenges and rewards, with each step revealing the natural wonders of the region. The trail takes you through the **Samar** village, where you can catch glimpses of life in these remote mountain communities.

Continuing your ascent, you'll arrive at **Bhena La Pass**, offering panoramic views of the surrounding landscapes. The vistas of the rugged mountains and sweeping valleys are sure to leave you awe-inspired. The journey then leads to the village of **Geling**, known for its barley fields and traditional houses.

From Geling, the trail progresses to Syanboche, your destination for the day. The village's prayer flags flutter in the mountain breeze, creating a spiritual ambiance that resonates with the tranquility of the Himalayas. As you settle into your accommodations, take a moment to savor the serenity of Syanboche and reflect on the journey so far.

With each step of the trek, you delve deeper into the heart of the Upper Mustang region, discovering its natural beauty, cultural richness, and the sense of adventure that makes this journey truly extraordinary.

## Day 7: Trek to Ghaymi

As the sun casts its golden rays on Syanboche, you'll embark on a trek that leads you to **Ghaymi**. The trail winds through diverse landscapes, taking you through valleys, over hills, and across ancient villages that have stood the test of time. The beauty of this journey lies not only in the physical landscapes but also in the cultural tapestry that unfolds before you.

The trail ascends to **Yamdo La Pass**, granting you breathtaking views of the Himalayan peaks that stretch across the horizon. You'll descend through fields and cross a river before reaching the charming village of **Charang**. Here, you'll have the chance to explore the village's unique architecture and visit the ancient monastery, steeped in history and spiritual significance.

Continuing your trek, you'll arrive at **Ghaymi**, a village known for its hospitality and warmth. The terraced fields and traditional houses create a picturesque backdrop against the majestic mountains. As you settle into your accommodations, take a moment to relish the sense of accomplishment that comes with each day's journey.

## Day 8: Rest and Exploration in Ghaymi

On this day, you'll have the opportunity to rest and immerse yourself in the surroundings of Ghaymi. While the **Upper Mustang Trek** is a physical adventure, it's also a chance to absorb the cultural and natural

wonders that the region offers. Spend the day exploring Ghaymi, interacting with the locals, and gaining insights into their way of life.

Visit the local monasteries to witness the spiritual practices that have been upheld for generations. Engage in conversations with the villagers and learn about their traditions and customs. The day's slower pace allows you to fully appreciate the beauty of Ghaymi and recharge for the upcoming days of trekking.

## **Day 9: Trek to Charang**

Resuming your trek, day 9 leads you to **Charang**, a village that embodies the essence of the **Upper Mustang** region. The trail winds through rugged terrains and serene valleys, offering a mix of challenges and rewards. As you walk, you'll be accompanied by the ever-present views of the majestic Himalayan peaks, a constant reminder of the region's grandeur.

The journey takes you through meandering paths and across streams, allowing you to experience the diverse landscapes up close. As you approach Charang, you'll notice the distinctive architecture of the village, with its whitewashed buildings adorned with intricate carvings. The ancient monastery of Charang, a repository of history and spirituality, welcomes you to explore its hallowed halls.

Upon arriving in Charang, take a moment to revel in the tranquility that surrounds you. The evening offers a chance to engage with the locals, learning about their daily lives and the traditions that have shaped their existence in this remarkable corner of the world.

## **Day 10: Trek to Lo Manthang**

The anticipation builds as you embark on a trek that leads you to the legendary **Lo Manthang**. This day's journey is marked by the gradual shift in landscapes, from the arid terrains to the captivating sights of the walled city. The trek takes you through the picturesque **Lo La Pass**, offering stunning views that stretch across the valley.

Approaching Lo Manthang, you'll feel a sense of awe as the city's imposing walls come into view. The city is steeped in history, and its narrow alleys lead to hidden courtyards, ancient monasteries, and historic palaces. You'll have the privilege of exploring the **King's Palace**, a symbol of the region's regal past, and engaging with the locals who call Lo Manthang home.

As the sun sets over this enchanting city, you'll find yourself immersed in its timeless ambiance. Lo Manthang promises an exploration of culture, history, and the mystical allure that defines the Upper Mustang

region.

## **Day 11: Exploration and Rest in Lo Manthang**

Day 11 offers a well-deserved break in your trekking journey, allowing you to fully immerse yourself in the splendor of Lo Manthang. This day is dedicated to exploring the city's treasures and interacting with its inhabitants. Wander through the city's labyrinthine alleys, discovering ancient monasteries adorned with intricate murals, and marveling at the timeless architecture that surrounds you.

Visit the Choser Cave, an intriguing site that holds historical and spiritual significance. Engage in conversations with the locals, learning about their daily lives and the customs that have been passed down through generations. The day provides ample opportunities to capture the essence of Lo Manthang through your camera lens and create lasting memories.

## **Day 12: Trek back to Ghaymi**

As your time in Lo Manthang comes to a close, you'll retrace your steps on the journey back to **Ghaymi**. The trek offers a chance to reflect on the experiences you've gathered and the moments of wonder that have defined your adventure. The landscapes you've come to know reveal themselves from different angles, offering a fresh perspective on their beauty.

Passing through familiar villages and landmarks, you'll have the opportunity to observe the region's life once more. The ever-changing vistas and the camaraderie of your fellow trekkers accompany you on this journey of reflection and gratitude. Arriving in Ghaymi, you'll find a sense of familiarity and comfort as you settle into your accommodations for the night.

## **Day 13: Trek to Kagbeni**

The trekking continues as you bid farewell to Ghaymi and make your way to **Kagbeni** once again. The journey retraces your steps through the landscapes that have become a part of your journey. While the paths are familiar, each step offers a new perspective and a chance to appreciate the subtleties of the terrain.

Arriving in Kagbeni, you'll experience a sense of accomplishment as you reflect on the journey from where it all began. The village welcomes you with its charm and the memories of the days spent trekking through the Upper Mustang region.

## **Day 14: Trek to Jomsom**

On this day, you'll set out from Kagbeni for the final stretch of your trek, heading back to **Jomsom**. The journey takes you through the changing terrains and vistas that you've come to know so well. As you walk, you'll carry with you the memories of the days spent exploring the Upper Mustang region.

Passing through villages and crossing streams, you'll feel a sense of accomplishment as Jomsom comes into view. The familiarity of the town provides a comforting feeling as you reflect on the remarkable journey you've undertaken. Upon reaching Jomsom, take a moment to appreciate the journey's full circle and the growth you've experienced along the way.

## **Day 15: Flight to Jomsom and Explore Pokhara City**

As your **Upper Mustang Trek** nears its conclusion, you'll bid farewell to the enchanting village of Kagbeni and take a scenic flight to Jomsom. This flight provides one last opportunity to witness the mesmerizing Himalayan landscapes from a different perspective. Upon landing in Jomsom, take a moment to reflect on the journey you've undertaken and the experiences that have enriched your adventure.

In the afternoon, you'll have the chance to explore the picturesque city of **Pokhara**. Nestled beside serene lakes and surrounded by mountains, Pokhara is a place of natural beauty and tranquility. Stroll along the shores of Phewa Lake, explore the local markets, and absorb the relaxed ambiance that defines this charming city.

## **Day 16: Drive to Kathmandu (Flight Optional)**

As your **Upper Mustang Trek** reaches its final chapters, day 16 sees you departing from Pokhara for your journey back to **Kathmandu**. You have the option of a scenic flight that offers one last glimpse of the Himalayas from above, or a comfortable drive that allows you to savor the landscapes as they unfold before you.

Arriving in Kathmandu, you'll have some free time to reflect on the incredible journey you've undertaken and perhaps engage in some last-minute souvenir shopping. **Adventure Club's** representatives will ensure your smooth transition and assist with any final arrangements.

## **Day 17: Departure**

Your departure day has arrived, marking the end of your unforgettable **Upper Mustang Trek**. After a nourishing breakfast, you'll have a bit of time to enjoy any last-minute sights or experiences in Kathmandu. **Adventure Club's** team will then transfer you to the **Tribhuvan International Airport**, where you'll bid farewell to Nepal with a heart full of cherished memories and a profound sense of accomplishment.

Your journey through the **Upper Mustang** region has been one of discovery, adventure, and connection – both with the stunning landscapes and within yourself. As you return home, carry with you the lessons and experiences that have enriched your life.

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