

Upper Mustang Circuit Trek – 11 Days

Overview

- **Country:** Nepal
- **Trip Grade:** Moderate
- **Maximum Altitude:** 3,840 m (Lo Manthang)
- **Starts:** Kathmandu
- **Ends:** Kathmandu
- **Group Size:** Min 2 trekkers
- **Best Time:** Spring (Mar–May) & Autumn (Sep–Nov)

The Upper Mustang Trek is a unique journey into one of Nepal's most remote and culturally rich regions. Located in the rain shadow of the Himalayas, Upper Mustang offers a rare desert-like landscape with dramatic cliffs, deep canyons, and ancient cave dwellings. If you are looking for a trek that combines history, culture, and unusual scenery, this is an ideal choice.

This region was once an independent kingdom, and its capital, Lo Manthang, still preserves its ancient walls, monasteries, and royal heritage. The trail passes through traditional villages where Tibetan Buddhist culture remains strong, with prayer flags, mani walls, and centuries-old monasteries shaping daily life.

Unlike greener trekking regions, Upper Mustang features dry, rugged terrain with striking rock formations and wide valleys. The highlight of the trek is reaching Lo Manthang (3,840 m), where you can explore ancient monasteries, caves, and experience a truly unique Himalayan culture.

The Upper Mustang Trek is rated moderate. Trekkers walk 5–7 hours per day on dry trails with gradual altitude gain. No technical skills are required, but good fitness and preparation will help you fully enjoy this extraordinary Journey.

When To Visit

- **January:** Good
- **February:** Good
- **March:** Best

- **April:** Best
- **May:** Best
- **June:** Average
- **July:** Average
- **August:** Average
- **September:** Best
- **October:** Best
- **November:** Best
- **December:** Good

Itinerary

Day 1: Day 1: Arrival in Kathmandu (1,400 m)

📍 Welcome to Nepal! Our representative will meet you at the airport and transfer you to your hotel. Relax or explore the lively streets of Thamel in the evening.

Accommodation: Hotel

-

Day 2: Day 2: Fly to Pokhara (822 m)

After Relaxation on Kathmandu we would take a scenic morning flight to Pokhara. Spend the day relaxing by the lakeside and preparing for the trek ahead.

Accommodation: Hotel | Meals: Breakfast

Day 3: Day 3: Fly to Jomsom (2,720 m) & Trek to Kagbeni (2,800 m) – 3–4 Hours

📍 Morning flight to Jomsom. Begin trekking through the Kali Gandaki valley to Kagbeni, the gateway to Upper Mustang.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 4: Day 4: Trek from Kagbeni to Chele (3,050 m) – 5–6 Hours

📍 Trek through desert-like landscapes and traditional villages, officially entering the restricted Upper Mustang region.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 5: Day 5: Trek from Chele to Syangboche (3,800 m) – 5–6 Hours

📍 Ascend gradually through high valleys and enjoy panoramic views of barren Himalayan terrain dotted with Tibetan-style settlements.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 6: Day 6: Trek from Syangboche to Ghami (3,520 m) – 5–6 Hours

Descend slightly into Ghami village, exploring ancient caves and observing the unique lifestyle of Upper Mustang communities.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 7: Day 7: Trek to Lo Manthang (3,840 m) – 5–6 Hours

Reach the walled city of Lo Manthang. Explore monasteries, local markets, and historic streets of this culturally rich capital.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 8: Day 8: Exploration Day in Lo Manthang

Spend a full day exploring Lo Manthang's monasteries, caves, and traditional Tibetan culture. Immerse in local customs and village life.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 9: Day 9: Trek back to Ghami (3,520 m) – 6–7 Hours

Retrace the trail back to Ghami, enjoying open valleys, ancient settlements, and desert-like scenery along the way.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 10: Day 10: Trek to Jomsom (2,720 m) – 6–7 Hours

Descend further through Kagbeni to Jomsom, capturing final views of the Upper Mustang landscape before the return flight.

Accommodation: Teahouse | Meals: Breakfast, Lunch, Dinner

Day 11: Day 11: Fly to Pokhara & Kathmandu / Departure

Take return flights to Pokhara and then to Kathmandu. Transfer to the airport for your onward journey, concluding this unforgettable Himalayan adventure.

Accommodation: – | Meals: Breakfast

Cost Details

Cost Includes

- Airport transfers
- 2 nights hotel in Kathmandu
- Teahouse accommodation during trek
- All meals during trekking
- Upper Mustang Restricted Area Permit
- ACAP Permit
- Licensed guide and porter
- Flights (Kathmandu–Pokhara–Jomsom–Kathmandu)
- First aid kit

Cost Excludes

- International airfare
- Nepal visa fee
- Travel insurance
- Personal expenses
- Hot showers / Wi-Fi charges
- Tips for guide and porter

Trek Essentials

Head & Hands

- Sun hat / cap for daytime walking
- Warm fleece or wool beanie for cold nights
- Sunglasses with UV protection
- Buff or neck gaiter
- Lightweight liner gloves
- Warm insulated gloves for higher altitudes



Upper Body Clothing

- Moisture-wicking base layers

- Trekking T-shirts
- Fleece jacket or mid-layer
- Waterproof/windproof outer shell
- Down jacket for cold evenings & high passes

Lower Body Clothing & Footwear

- Trekking pants (quick-dry & breathable)
- Thermal base layer bottoms for cold days
- Waterproof shell pants
- Sturdy, well-broken-in trekking boots
- Trekking socks (wool or synthetic, multiple pairs)
- Sandals or comfortable camp shoes for evenings
- Gaiters for mud or dust protection if needed

Backpacks & Gear

- Main duffel bag for porter
- Daypack (30–40 L) with rain cover
- Sleeping bag rated -10 °C to -15 °C
- Headlamp with extra batteries
- Trekking poles (adjustable)
- Water bottles or hydration bladder
- Water purification tablets or filter

Personal & Safety Essentials

- Sunscreen (SPF 50+) & lip balm with SPF
- Basic first aid items (blister plasters, painkillers)
- Reusable water bottle
- Power bank / spare batteries
- Quick-dry towel & personal toiletries

Documents & Permits

- Passport & Nepal visa
- Upper Mustang Restricted Area Permit (Lo Manthang) & TIMS Card
- Travel insurance information

- Emergency contact details 