

Upper Mustang Optional Itineraries:-

Option 1:- Upper Mustang Trekking with Yara Ghara

Day 1: Arrival in Kathmandu [1300 m] O/N at Hotel with BB Plan.

Day 2: Kathmandu: Sightseeing and Trek Preparation, O/N at Hotel with BB Plan.

Day 3: Kathmandu to Pokhara [823m], 6 hrs drive/25 MIN. Flight, O/N at Hotel with BB Plan.

Day 4: Fly to Jomsom & trek to Kagbeni [2,858m], 3-4 hrs walking, O/N at Guest House with BLD Plan.

Day 5: Trek from Kagbeni to chele [3050m]: 5-6 hrs, O/N at Guest House with BLD Plan.

Day 6: Trek from Chele to Syanbochen [3475 m]: 6-7 hrs, O/N at Guest House with BLD Plan.

Day 7: Trek from Syanbochen to Ghaymi [3520m], 5-6 hrs, O/N at Guest House with BLD Plan.

Day 8: Trek from Ghami to Lo-Mangthang (3700m), 5-6 hrs, O/N at Guest House with BLD Plan.

Day 09: Explore Lo-Mangthang, O/N at Guest House with BLD Plan.

Day 10: Trek from Lo-Mangthang to Tetang [3600 m], 6-7 hrs, O/N at Guest House with BLD Plan (Very limited guesthouses).

Day 11: Trek from Tetang to Yara / Ghara [3550 m], 6-7 hrs, O/N at Guest House with BLD Plan. (Very limited guesthouses).

Day 12: Trek from Yara / Ghara to Chhusang [2850 m], 5-6 hrs, O/N at Guest House with BLD Plan.

Day 13: Trek from Chhuksang to Muktinath [3800m], 6-7 hrs, O/N at Guest House with BLD Plan.

Day 14: Trek from Muktinath to Jomsom (2,713 m), 4/5 hrs, O/N at Guest House with BLD Plan.

Day 15: Fly back to Pokhara then fly to Kathmandu. Evening Farewell in Nepali cultural restaurant. O/N at Hotel with BB Plan.



Holidays Adventure (P).Ltd.

Day 16: Fly Home.

Option 2:- Upper Mustang Trekking with Tetang and Tange

Day 1: Arrival in Kathmandu [1300 m] O/N at Hotel with BB Plan.

Day 2: Kathmandu: Sightseeing and Trek Preparation, O/N at Hotel with BB Plan.

Day 3: Kathmandu to Pokhara [823m], 6 hrs drive/25 MIN. Flight, O/N at Hotel with BB Plan.

Day 4: Fly to Jomsom & trek to Kagbeni [2,858m], 3-4 hrs walking, O/N at Guest House with BLD Plan.

Day 5: Trek from Kagbeni to chele [3050m]: 5-6 hrs, O/N at Guest House with BLD Plan.

Day 6: Trek from Chele to Syanbochen [3475 m]: 6-7 hrs, O/N at Guest House with BLD Plan.

Day 7: Trek from Syanbochen to Ghaymi [3520m], 5-6 hrs, O/N at Guest House with BLD Plan.

Day 8: Trek from Ghami to Lo-Mangthang (3700m), 5-6 hrs, O/N at Guest House with BLD Plan.

Day 09: Explore Lo-Mangthang, O/N at Guest House with BLD Plan.

Day 10: Trek from Lo-Mangthang to Tetang [3600 m], 6-7 hrs, O/N at Guest House with BLD Plan (Very limited guesthouses).

Day 11: Trek from Tetang to Tange [3550 m], 6-7 hrs, O/N at Guest House with BLD Plan. (Very limited guesthouses).

Day 12: Trek from Tange to Chhusang [2850 m], 5-6 hrs, O/N at Guest House with BLD Plan.

Day 13: Trek from Chhuksang to Muktinath [3800m], 6-7 hrs, O/N at Guest House with BLD Plan.

Day 14: Trek from Muktinath to Jomsom (2,713 m), 4/5 hrs, O/N at Guest House with BLD Plan.

Day 15: Fly back to Pokhara then fly to Kathmandu. Evening Farewell in Nepali cultural restaurant. O/N at Hotel with BB Plan.

Day 16: Fly Home.

Option 3:- Upper Mustang Normal Itinerary

Day 1: Arrival in Kathmandu [1300 m] O/N at Hotel with BB Plan.

Day 2: Kathmandu: Sightseeing and Trek Preparation, O/N at Hotel with BB Plan.

Day 3: Kathmandu to Pokhara [823m], 6 hrs drive/25 MIN. Flight, O/N at Hotel with BB Plan.

Day 4: Fly to Jomsom & trek to Kagbeni [2,858m], 3-4 hrs walking, O/N at Guest House with BLD Plan.

Day 5: Trek from Kagbeni to chele [3050m]: 5-6 hrs, O/N at Guest House with BLD Plan.

Day 6: Trek from Chele to Syanbochen [3475 m]: 6-7 hrs, O/N at Guest House with BLD Plan.

Day 7: Trek from Syanbochen to Ghaymi [3520m], 5-6 hrs, O/N at Guest House with BLD Plan.

Day 8: Trek from Ghaymi to Lo-Mangthang (3700m), 5-6 hrs, O/N at Guest House with BLD Plan.

Day 9: Explore Lo-Mangthang, O/N at Guest House with BLD Plan.

Day 10: Trek from Lo-Mangthang to Drakmar [3810 m], 6-7 hrs, O/N at Guest House with BLD Plan.

Day 11: Trek from Dhakmar to Ghiling [3806 m], 5-6 hrs, O/N at Guest House with BLD Plan.

Day 12: Trek from Ghiling to Chhuksang [3050 m], 5-6 hrs, O/N at Guest House with BLD Plan.

Day 13: Trek from Chhuksang to Muktinath [3800m], 6-7 hrs, O/N at Guest House with BLD Plan.

Day 14: Trek from Muktinath to Jomsom (2,713 m), 4/5 hrs, O/N at Guest House with BLD Plan.

Day 15: Fly back to Pokhara then fly to Kathmandu. Evening Farewell dinner. O/N at Hotel with BB Plan.

Day 16: Fly Home.



Services includes:-

- International & domestic airport transfers as per the itinerary.
- 3 nights hotel accommodation in Kathmandu on twin sharing basis on BB plan.
- 2 nights hotel accommodation in Pokhara on twin sharing basis on BB plan.
- Kathmandu Sightseeing by professional english speaking tour guide.
- Kathmandu - Pokhara - Kathmandu ground transportation by private vehicle.
- Pokhara - Jomsom - Pokhara flight cost.
- 3 meals a day during the trekking (Breakfast, Lunch & Dinner) as mention in itinerary.
- Accommodation while trekking in twin sharing basis in guesthouses.
- Annapurna conservation area permit and TIMS card.
- Upper Mustang Restricated area permit fee.
- Professional government lisenche holder [English speaking trekking guide](#).
- The required number of porters to carry the luggage during the trek (We assign one porter for every two guests).
- Sleeping bag and duffel bag during the trek. (Refundable after finish trekking)
- A comprehensive medical kit.
- All government and local taxes.

Services Not Includes:-

- International air fare to/ from Nepal.
- Entry Visa fees - at present \$25 for 15 day, US\$ 40 for 30 day, and US\$ 100 for three month visa on entry into Nepal.
- Lunch and dinner in Kathmandu and Pokhara.
- Insurance which covers, medical, emergency evacuation, lost, etc.
- Beverages, alcoholic drinks, mineral water, boiled water during the trekking.
- Hot shower during the trekking.
- All food and beverages other than on the itinerary.
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary.
- Personal gear and expenses.

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- Tips and gratitude provided to staffs.

Our Contact details:-

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