

NEPAL

Upper Mustang Trek 19 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

Team Ama Adventure



Upper Mustang feels like a secret slice of Tibet tucked away in Nepal's rugged north. Its windswept landscapes, ancient monasteries, and mountain views create a truly one-of-a-kind trek. From the walled city of Lo-Manthang to the unique Tibetan culture, this journey is unlike anything else in the Himalayas.

Our Team

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our expedition members are our principal concern. When you join our accomplished teams at Ama Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes a crucial difference between a successful summit and an attempted one.

Our Values

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.



Overview

Upper Mustang is located on the Northern border of Tibet and brings the ultimate gateway to the mysterious world of the 'Buddhist Kingdom of Mustang' and offers lifetime experiences in the last 'Forbidden Kingdom of Nepal'. While trekking in the Upper Mustang of Nepal, anyone can experience heaven of the earth by admiring the uniqueness of the structure of land without tree ditsy and rocky trails and spectacular view of Annapurna, Dhaulagiri, Nilgiri and many more mountain peaks.

Upper Mustang trekking is popular not only for Tibetan Buddhists but also for exploring the canceled valley of Upper Mustang, which is very different from the rest of Nepal. The walled city of Lo-Manthang, known as Upper Mustang, was once part of the Tibetan Kingdom of Gungthang. Among the embellishments of Lo Manthang are crabbing monasteries that have been rebuilt and filled with the sound of bald-headed children in robes staying in the ancient Buddhist ways. While Upper Mustang Trekking was officially opened in 1992, it is still listed as a restricted area of Nepal, which requires a special permit.

A trip to Lo-Manthang, the amazing medieval walled city of Upper Mustang, is also a lifetime experience. If you want to explore areas that are not often traveled, the Upper Mustang should be at the top of your list.

Trip Overview

Country- Nepal

Trip Duration -19 Days

Trek Style - Drive & Trek

Trip Grade - Strenuous

Highest Altitude - 4,135 m / 13,563 ft

Best Season - Feb-June & Sep-Nov

Start/ End Point- Kathmandu

Meals - Included (Breakfast, Lunch, Dinner)

Price - USD 2640

Trip Highlights

- Enjoy a scenic round-trip flight between Pokhara and Jomsom, offering sweeping views of the Himalayan peaks
- Walk along the stunning Kali Gandaki Valley, surrounded by rugged cliffs and deep gorges
- Step into the mystical land of Upper Mustang, a remote trans-Himalayan region rich in history and culture
- Visit the remarkable man-made sky caves carved into sheer rock walls
- Discover centuries-old monasteries including Ghar Gompa, Thukten Gompa, Chhorten Gompa, Luri Gompa, and more
- Take in dramatic mountain views throughout the trek
- Wander through Lo Manthang, the ancient walled capital of the former Mustang Kingdom
- Admire the exceptional cliffside architecture and religious artwork of Luri Gompa, set on a dramatic 100-meter rock face
- Cross the isolated trails of the “Pa Pass,” offering raw and peaceful mountain scenery
- Experience the daily rhythm of life in remote mountain villages
- Pay a visit to Muktinath, a sacred pilgrimage site deeply revered in both Hindu and Buddhist traditions

Itinerary

Day 1: Kathmandu (1300 m/4,264 ft)
Day 2: Kathmandu Valley Tour & Trip Preparation
Day 3: Kathmandu to Pokhara (884 m/2,900 ft): 7-8 hrs drive
Day 4: Pokhara to Jomsom by fly & Trek to Kagbeni (2,810 m/9,216 ft): 3-4 hrs
Day 5: Kagbeni to Chele (3,050 m/10,004 ft): 5-6 hrs
Day 6: Chele to Syanbochen (3,620 m/11,398 ft): 6-7 hrs
Day 7: Syanbochen to Ghami (3,520 m/11,546 ft): 5-6 hrs
Day 8: Ghami to Dhakmar (3,620 m/11,873 ft): 5-6 hrs
Day 9: Dhakmar to Lo-Manthang (3,730 m/12,234 ft): 3-4 hrs
Day 10: Explore around Sijhahjong cave, Royal palace museum
Day 11: Explore Chhoser monastery
Day 12: Lo-Manthang to Yara (3,607 m/ 11,833 ft): 6-7 hrs
Day 13: Explore Luri Gumba & Gharagaon: 4 -5 hrs
Day 14: Yara to Tangge (3,240 m/10629 ft) 6-7 hrs
Day 15: Tangge to Chusang (3,040m/9,979 ft): 6-7 hrs
Day 16: Chhusaksang to Jomsom (2,700 m/8,856 ft): 6-7 hrs
Day 17: Jomsom to Pokhara by fly
Day 18: Pokhara to Kathmandu
Day 19: Departure

Important Note

The standard trekking route in the Mustang region has changed in recent years due to road development in several areas. At Ama Adventure, we've carefully designed our itinerary to include a combination of driving and trekking that avoids the roads as much as possible. This allows you to fully enjoy the natural beauty and cultural highlights of the region, including visits to the King's Palace and local monasteries, without too much interference from modern roadways.

However, there are certain things beyond anyone's control, such as flight delays or cancellations, unexpected weather changes, limited availability of teahouses or basic accommodation in remote areas, government rule changes, or personal health issues. In such situations, we will do our best to find practical solutions and make necessary adjustments so that your journey can continue with minimal disruption.

We kindly ask for your understanding and flexibility if such circumstances arise. To ensure a smooth start, we recommend arriving in Kathmandu at least a day before the trek begins. This gives you time to rest and prepare, and also allows some buffer in case of any travel delays. It's also wise to plan for a few extra days in Nepal after the trek, just in case return flights are affected.

If you have time, you're welcome to customize your experience by adding sightseeing tours in Kathmandu or Pokhara, day trips, or even adventure sports before or after your trek.

Jomsom Flight Update

The main aircraft used for flights in and out of Jomsom is the Twin Otter. These flights are generally reliable, but due to unpredictable mountain weather or occasional technical issues, cancellations do happen. If a flight is canceled, Ama Adventure will arrange alternative ground transportation to keep your journey on track, especially if you're on a tight schedule for your international departure.

For road travel between Pokhara and Jomsom (in either direction), we use locally available vehicles, most commonly Indian models like the Mahendra Scorpio and Bolero. If the flight gets canceled, the cost of this road transport will be covered using the refund from your flight ticket, after deducting any applicable cancellation fees. Please be aware that there will be no cash refund for the flight if you choose the road transport option instead.

Meals

Throughout our trek, you'll savor authentic Nepalese dishes alongside international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served at the tea houses or lodge menus where we stay overnight, while lunches will be provided en route to our next destination. During the trek, all meals are included. In Kathmandu, breakfast is provided, and special welcome and farewell dinners will be arranged for our guests.

Lodging

We'll be accommodated at Standard Hotel in Kathmandu, and the best available teahouses during our trek. Accommodations are based on twin sharing. For those requesting a single room, there will be an additional cost of USD 150. While we aim for rooms with attached washrooms, please note that some tea houses may only have shared washing and toilet facilities. Single rooms are readily available in Kathmandu, Pokhara, and lower-elevation trekking areas, but availability might be limited at higher elevations.

Dates & Prices

We ensure departures on all published dates. If these dates don't align with your plans, we're happy to assist in setting a customized date. Whether you're a solo traveler, a couple, a family, or a group seeking private trips, you can tailor-make your adventure. Reach out to us for pricing details or any other queries.

Nepal Visa Information

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport-sized photograph for immigration and the correct USD cash - please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: www.nepalimmigration.gov.np

Trekking Temperature

Spring (April-May):

A popular season for trekking, spring offers mild daytime temperatures, blooming landscapes, and mostly dry weather with good visibility.

Summer (June-August):

Although Upper Mustang lies in the rain shadow of the Himalayas, occasional rain can still occur during these months. Trails may be muddy, and there's a slight risk of landslides. However, the region remains accessible and relatively less crowded.

Autumn (September-November):

This is the most recommended season. Weather is generally clear and stable, with daytime temperatures ranging between 10°C to 20°C, ideal for high-altitude trekking and photography.

Winter (December-February):

Trekking becomes more challenging during winter due to freezing temperatures, especially at night (as low as -25°C). Snowfall is common, and some areas may become inaccessible.

Upper Mustang receives very little rain compared to most regions of Nepal, thanks to its unique position behind the Annapurna and Dhaulagiri ranges. The wettest period is typically from June to August, though rainfall is still much lower than in lower-altitude regions.

Temperature Ranges:

Spring/Summer (April-August): Daytime: 15-25°C; Night: 5-10°C

Autumn (Sept-Nov): Daytime: 10-20°C; Night: can drop below 0°C

Winter (Dec-Feb): Daytime: 0-5°C; Night: -20 to -25°C

Additional Consideration

High Altitude:

The Upper Mustang region lies at high elevation, so proper acclimatization is essential.

Permits:

A Restricted Area Permit (RAP) is required and must be arranged through a licensed agency like Ama Adventure.

Guides Required:

Solo trekking is not allowed. Hiring a licensed guide is mandatory for all travelers.

Unpredictable Weather:

Be prepared for strong winds, sudden temperature drops, and occasional snow or rain.

Essential Gear:

Bring warm clothing, a waterproof jacket, sturdy trekking boots, and other layered gear for varying conditions.

For the latest updates on trekking conditions, reach out to Ama Adventure or other reliable local experts before your trip.



Price Includes

Accommodation

- 2 nights in a 4-star hotel in Kathmandu on a twin/double-sharing basis with breakfast
- 3 nights in a 4-star hotel in Pokhara on a twin/double-sharing basis with breakfast

- 10 days in guesthouses during the drive and trek in the mountains (twin-sharing), with attached bathrooms

Meals & Drinking Water

- Breakfast, Lunch, and Dinners during the trek
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Pokhara
- Purified drinking water throughout the trek (via water filter or purification tablets)

Transportation

- All airport transfers (both international and domestic) by private tourist vehicle.
- Round-trip transportation between Kathmandu and Pokhara by tourist vehicle.
- Round-trip flight between Pokhara and Jomsom, including airport departure taxes.
- Local ground transportation during the trek as mentioned in the itinerary, primarily using reliable local vehicles such as Mahindra Scorpio and Boler

Guide & Support Staff

- Licensed, experienced, English-speaking trekking guide (2 guides for groups of 8 or more)
- Porter support (1 porter per 2 trekkers)
- All staff's wages, accommodation, meals, insurance, gear, and medication

Permits & Entry Fees

- Restricted Area Permit (RAP) - USD 500 per person
- Annapurna Conservation Area Project (ACAP) permit
- TIMS (Trekking Information Management System) card

Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

Extras & Souvenirs

- Trekking map, duffle/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

Administrative

- All government taxes and administrative fees

Price Does Not Include

- ✗ Lunch and dinner in Kathmandu and Pokhara (except the farewell dinner in Pokhara)

- ✗ International airfare and airport departure tax
- ✗ Travel insurance- Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips- For trekking staff and drivers (at your discretion)
- ✗ Personal trekking gear and equipment
- ✗ Single room supplement- Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

Trip Departure

We book solo and group to make your holiday lifetime memorable with people from all over the world. As far as your trip has been confirmed we guarantee for all group departures dates even if there is only a single person sign for trekking. We want to be noted that before departure we always confirm how many members are recently in your group before final sign up.




Difficulty Level

This trekking required a person with average physical fitness which doesn't need special training therefore beginner hikers also can complete this trek. This trekking leads you to high altitude gradually and within a short period of time there will significantly change in weather due to the altitude variation.

Packing List

Here's a streamlined packing list for your trek. Adjust according to the season. Ama Adventure provides a 75-liter duffel bag for the trek, and sleeping bags or down jackets can be rented in Kathmandu for USD 35 each.

General

- ✓ Four-season (zero degree) sleeping bag (Rental sleeping bags available for an additional USD 35)
 - ✓ Down jacket (rental available)
 - ✓ Sleeping bag liner
 - ✓ Daypack (35-45 liters recommended) with rain cover
 - ✓ Water bottle or hydration bladder
 - ✓ Quick-dry towel
 - ✓ Headlamp + batteries
 - ✓ Toiletries, wet wipes, hand sanitizer
 - ✓ Ziplock bags for documents
 - ✓ Sunscreen & lip balm
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Upper Body Essentials

- ✓ Sun hat or cap (Complimentary Ama Adventure cap included)
- ✓ Warm knitted hat or beanie
- ✓ Scarf or neck gaiter (Buff recommended)
- ✓ Headlamp with extra batteries
- ✓ UV-protection sunglasses
- ✓ Fleece jacket
- ✓ Insulation layer
- ✓ 4 hiking shirts (synthetic)
- ✓ Long underwear top

- ✓ Waterproof shell jacket

Lower Body Essentials

- ✓ Thermal base layers – lightweight for warm months, heavier for cold conditions
- ✓ Two pairs of durable hiking pants
- ✓ Comfortable pants for relaxing inside teahouses
- ✓ Long underwear bottom
- ✓ One pair of hiking shorts (ideal for lower altitudes and warm days)

Handwear Essentials

- ✓ Liner gloves made of wool or technical fabric for warmth and flexibility
- ✓ Insulated outer gloves with a hard shell – ideal for wind and cold at higher altitudes
- ✓ Liner gloves + waterproof outer gloves

Footwear Essentials

- ✓ Warm socks made of wool or technical fabric
- ✓ Hiking socks (4 pairs)
- ✓ Optional liner socks (e.g., silk) for added comfort and blister prevention
- ✓ Waterproof boots - well broken-in before the trek
- ✓ Ice Cleats or Micro Spikes (recommended from November to March for icy trails)
- ✓ Comfortable casual shoes or sandals for teahouse use
- ✓ Gaiters – lightweight for dust or heavier ones for snow in cold months

Undergarments & Sleepwear

- ✓ Quick-drying, moisture-wicking underwear (technical fabric recommended) – adjust quantity based on personal preference

- ✓ Sports bras (for women) – supportive and breathable
- ✓ Pajamas or comfortable sleepwear for chilly nights in the mountains

Note: Laundry opportunities are limited, so pack accordingly.

First Aid & Medications

- ✓ Sunscreen (high SPF)
- ✓ Lip balm with SPF
- ✓ Antiseptic or soothing ointment
- ✓ Personal medications (for altitude, allergies, pain relief, etc.)

Note: Our guides carry a basic first aid kit, but personal supplies are strongly recommended.

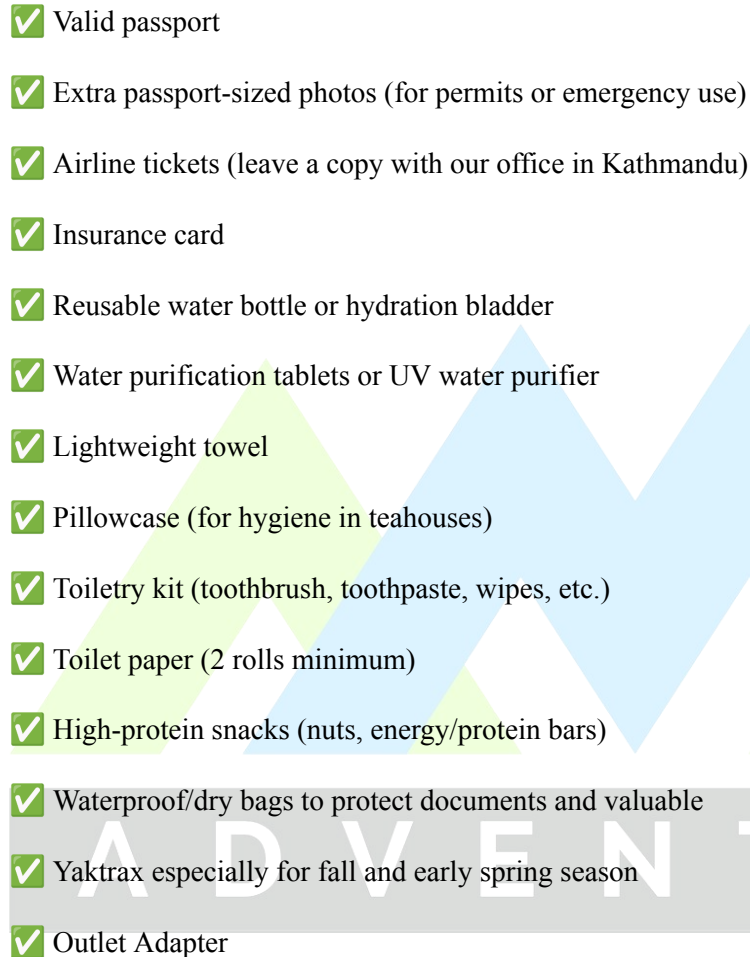
Optional Items

These can enhance your comfort during the trek and are widely available in Thamel, Kathmandu.

- ✓ Guide Book
- ✓ Power bank or spare batteries
- ✓ Camera and mobile phone (for capturing memories)
- ✓ Cards, books, or lightweight entertainment
- ✓ Pee bottle or pee funnel (especially useful for women at high altitudes)
- ✓ Trekking poles (highly recommended for stability)
- ✓ Whistle (for safety/emergency use)
- ✓ Thermos (to carry hot water/tea during cold days)
- ✓ Basic Medicine (Pepto, Bismol, Advil, Imodium)
- ✓ Bandana for dust and wind
- ✓ Energy Bars

Tip: Thamel is full of gear shops where you can purchase or rent trekking essentials at a reasonable price once you're in Kathmandu.

Other Essential Gear

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- ✓ Valid passport
 - ✓ Extra passport-sized photos (for permits or emergency use)
 - ✓ Airline tickets (leave a copy with our office in Kathmandu)
 - ✓ Insurance card
 - ✓ Reusable water bottle or hydration bladder
 - ✓ Water purification tablets or UV water purifier
 - ✓ Lightweight towel
 - ✓ Pillowcase (for hygiene in teahouses)
 - ✓ Toiletry kit (toothbrush, toothpaste, wipes, etc.)
 - ✓ Toilet paper (2 rolls minimum)
 - ✓ High-protein snacks (nuts, energy/protein bars)
 - ✓ Waterproof/dry bags to protect documents and valuable
 - ✓ Yaktrax especially for fall and early spring season
 - ✓ Outlet Adapter

Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit (4)
- Medical Insurance Card
- Valid Passport
- Cash for souvenirs, Incidental costs, and tips for staff

Important Notes

At the pre-trip meeting in Kathmandu, we provide you with a complimentary duffel bag and a baseball cap. The duffel bag is used to pack your trekking gear and will be carried by your porter during the trek.

We assign one porter for every two trekkers. Each duffel bag should be limited to around 10 kg (22 lbs) in weight.

You'll need to carry a personal daypack (with a rain cover) for your essentials—such as water, sunscreen, snacks, money, important documents, a camera, toiletries, and a spare layer of clothing.

Any non-trekking luggage can be safely stored at your hotel in Kathmandu for the duration of the trek.

A down jacket with a hood is essential, especially at elevations above 4,000 meters. If you don't have one, you can rent it in Kathmandu for USD 35. Please note, if it's lost or damaged, a replacement fee of USD 200 will be charged.

Similarly, a four-season sleeping bag can be rented for USD 35. Loss or damage will also require a USD 200 reimbursement.

A kind reminder: tight-fitting clothes like yoga pants may be considered inappropriate in some areas. If you prefer to wear them for comfort, please pair them with longer layers or cover-ups to respect local culture.

Weather Information

The ideal time to embark on the Upper Mustang Trek with Ama Adventure is between April and November, when the region enjoys favorable trekking conditions- clear skies, comfortable temperatures, and relatively low rainfall. Among these months, autumn (September to November) stands out for its stable weather and crystal-clear mountain views.

Regards,

Goma Thapa

Team Leader

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