

UPPER MUSTANG + UPPER DOLPO



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Url: <https://mandalatrek.com.np/trip/upper-mustang-and-upper-dolpo-trek/>

Country

Nepal

Difficulty

easy

- 28 DAYSKTM/KTM

Day 01: ARRIVAL IN KATHMANDU

Transfer to your hotel.

Day 02: GO TO POKHARA BY TOURIST BUS (6-7 HOURS).

Transfer and overnight at hotel.

Day 03: PLANE BY REGULAR FLIGHT FROM POKHARA TO JOMSOM

Walk to Kagbeni (2800m, 2-3 hrs. Accommodation and food at lodge.

Day 04: TREK FROM KAGBENI TO TSAILE (3100M, 5-6 HRS).

Accommodation and food at lodge.

Day 05: TREK FROM TSAILE TO GHILING (3570M, 5/6 HOURS) VIA RANCHUNG (MONASTERY).

Accommodation and food at lodge.

Day 06: TREK FROM GHILING TO DRAKMAR (3820M, 5-6 HRS)

Accommodation and food at lodge.

Day 07: TREK FROM DRAKMAR TO LO-MANTHANG

(3840M, 7-8 HRS). VIA GHAR GOMPA AND MARANG-LA PASS (4230M).

Accommodation and food at the lodge.

Day 08: EXPLORE THE CITY, PALACE AND BUDDHIST MONASTERIES.

Accommodation and food at lodge.

Day 09: LO-MANTHANG /TSARANG /GHAMI TREK.

Accommodation and food at lodge.

Day 10: GHAMI/CHAILE TREK.

Accommodation and food at lodge.

Day 11: CHAILE / KAGBENI TREK.

Accommodation and food at lodge

Day 12: KAGBENI TREK/ SANGDA PHEDI.

Accommodation in tents.

Day 13: SANGDA PHEDI/DHUPI KHARK TREK.

Accommodation in a tent.

Day 14: DHUPI KHARKA / YAK KHARKA

Day 15: YAK KHARKA / CHARKA BHOT

Day 16: TREK FROM CHHARKA BHOT TO RAPKA

4535m, 6-7 hours via Chharka Bhanjyang. Accommodation in a tent.

Day 17: TREK FROM RAPKA TO TINJE GAON 4150M, 7-8 HRS).

Accommodation in a tent.

Day 18: TREK FROM TINJE GAON TO SHIMEN GAON, 3870M, 5-6 HOURS.

Accommodation in a tent.

Day 19: TREK FROM SHIMEN GAON TO KHOMA GAON.

Accommodation in a tent.

Day 20: TREK KHOMA GAON - SALDANG

Accommodation in a tent

Day 21: TREK FROM SALDANG TO NAMGUNG 4430M, 4-5 HOURS.

Accommodation in a tent.

Day 22: TREK FROM NAMGUNG TO SHEY GOMPA 4160M, 4-5 HOURS.

Accommodation in a tent.

Day 23: TREK FROM SHEY GOMPA TO NAGDA-LA PHEDI 4600m, 4-5 hours.

Accommodation in a tent.

Day 24: TREK FROM NANGDA-LA PHEDI TO PHOKSUNDO KHOLA. 4316M, 5-6 hours via Nangda La Pass 5360m.

Accommodation in a tent

Day 25: TREK FROM PHOKSUNDO KHOLA TO PHOKSUNDO LAKE

3733m, 4-5 hours. Accommodation at the Lodge.

Day 26: TREK FROM PHOKSUNDO TO CHHEPKA 2838M, 4-5 HOURS.

Accommodation in a Lodge.

Day 27: TREK FROM CHHEPKA TO SULIGHAT 2140M, 5-6 HOURS.

Accommodation in a Lodge.

Day 28: SULIGHAT/MASINECHOUR TREK 2475M, 4-5 HOURS.

Accommodation in a tent.

Day 29: FLIGHT FROM MASINECHOUR TO NEPALGANJ.

Overnight in Nepalgang.

Day 30: FLIGHT FROM NEPALGUNJ TO KATHMANDU

Transfer to your hotel.

Day 31: FREE DAY IN KATHMANDU

Day 32: DEPART TRANSFER