

UPPER MUSTANG



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

Country

Nepal

Difficulty

easy

- 16 Days KTM/KTM

Day 01: ARRIVE IN KATHMANDU

TRANSFER TO HOTEL ON B/B

Day 02: FREE DAY IN KATHMANDU.

Same hotel

Day 03: KATHMANDU/POKHARA BY BUS (6H).

Night in hotel on B/B at Pokhara

Day 04: FLIGHT POKHARA - JOMSOM.

Beginning of the trek: 3 hours walk to Kagbeni (2800m), the door of the Mustang from where one has an incredible view of the hidden face of Annapurna and Dhaulagiri.

Day 05: KAGBENI - CHAILE (3550 M - 6 H).

Gradual ascent towards the Tibetan plateau and the village of Tangbe. Easy trail along the fields and through the village that overlooks the prayer flags. Magnificent landscape of canyons and hoodoos. In the late afternoon arrival in the village of Chail.

Day 06: CHAILE - GELING (3600 M - 6 H).

Having passed through the village of Samar Road rises through a narrow canyon to a pass at 3500 m where we discover the Himalayas with the Nilgiri, the Tilicho

Day 07: GELING /DHAKMAR(3700 M - 6 H).

Two hours of gradual ascent among the junipers to 3750 m to reach a kind of collar where the view south is extraordinary. The road goes up and down between 3600 and 3800 m until you notice Ghami village, dominated by an ancient fortress.

Day 08: DHAKMAR-LOGYEKAR- TSARANG (3500 M - 5 H).

Of the pass Nyi La (3950 m) the highest point of the trek to Lo Manthang. By late afternoon, down on Tsarang overlooking the canyon Tsarang Chu. Visit the most serene Tsarang home to some of mandalas quality.

Day 09: TSARANG - LOMANTHANG (3700 M - 5 H).

Climb to a pass at 3850 meters where we discover the monastery of Namgyal gray and red on a promontory overlooking the valley Tingkar, the summer residence of the kings of Mustang and the village of Phowa. A little further appears the walled city of Lo Manthang dominated by the old fort. A few hours of steps and we finally enter the Forbidden City.

Day 10: VISIT UPPER VILLAGE OF LO MANTHANG.

Day 11: LO MANTHANG /DHI (5H - 3200M)

Day 12: DHI / VISIT LURI CAVE & BACK TO YARA (5H - 3600M)

Day 13: YARA/TANGE (6H - 3300M)

Day 14: TANGE / TETANG. (7H - 3000M)

Day 15: TETANG/JOMSOM 6H - 2800M)

Day 16: FLIGHT JOMSOM/POKHARA

Nuit à Pokhara à l'hôtel en B/B

Day 17: BUS TO KATHMANDU

Night in hotel on B/B

Day 18: FREE DAY IN KATHMANDU.

Night in same hotel on B/B

Day 19: DEPARTURE TRANSFER.