



Mustang Trekking

Overview

It's a destination that belongs on every traveller's lifelong list — not just for its dramatic landscapes, but for the rare opportunity to experience an authentic Tibetan way of life, preserved within Nepal. Nestled beyond the towering Annapurna and Dhaulagiri ranges, at elevations comparable to the Tibetan Plateau, Mustang shares both geography and spirit with the ancient lands of Tibet. Once a separate kingdom, Mustang was ruled by its own monarchs for centuries. This unique chapter of history came to an official close in 2008, when Nepal abolished its monarchy and became a republic. The last king of Mustang, Jigme Dorje Palbar Bista, served as a living link to this noble past — and even today, travellers can meet members of the former royal family, keeping the legacy alive. The trail to Upper Mustang leads to the edge of the Tibetan border, touching one of the most secluded and spiritually rich corners of the Himalayas. Though it occupies only a small patch of the planet, Mustang holds an immeasurable allure. Surrounded by rugged beauty, ancient cave dwellings, wind-carved canyons, and timeless villages, every step feels like walking through a living museum of history, culture, and natural wonder. This isn't just a trek — it's a soul-deep experience.

Highlights

- Explore the last forbidden kingdom of Nepal.
- Walk through ancient Tibetan-influenced villages.
- Witness the surreal desert landscape beyond the Himalayas.
- Trek in the rain shadow of Annapurna and Dhaulagiri.
- Discover sky caves with hidden histories and relics.
- Feel the fusion of Tibetan and Nepali cultures.
- Stand at the edge of the Tibetan Plateau.
- **Total 16 nights and 15 days package**

Entire trip price

Total trip cost: Pounds £1699 or USA dollars \$2299

Cost includes:

- One professional guide

- One dedicated porter
- Bed, breakfast and morning wake-up tea
- Related trekking permits
- Arrival, departure and related trekking transportation

Does not include:

- Lunch, dinner and any drinks are self-paid and optional activities
- International flight
- Trekking Insurance covers above 5200 mts.

Trek Itinerary

Day 1: Kathmandu- Gele Trekking ensures a smooth start to your adventure. We'll pick you up from the airport and take you to your hotel—simply share your flight details if required. Check-in will be at the hotel lobby, either individually or as a group. Updates will be posted on a notice board, and at 5 PM, you'll meet your group leader for a pre-trek briefing covering trip details and preparations. An optional group dinner will also be organized for the evening.

A: Includes a room share and breakfast (pay extra for a separate room)

B: Elevation 1,250 mt/4,101 ft.

Day 2. TatoPani- Begin the day after breakfast with a short morning flight to Pokhara, then continue by the team reserve four-wheel drive to an overnight stop near a natural hot spring

A. Flight time 30 minutes, Travel by four-wheel jeep 4 to 5 hrs.

B. Includes teahouse room and breakfast.

C. Elevation: 1,250 meters/4,101 feet.

D. Cover flight 146 km/90.9 miles and drive 97 km/60 miles.

Day 3. Kakgbeni- After a late-morning breakfast, continue the journey by the team reserve four-wheel drive through the world's deepest gorge. Pass through the historic village of Marpha, famous for producing Nepal's best apples and its connection to Japanese apple cultivation. The day's drive ends at the gateway between Lower and Upper Mustang.

A. Drive 3 to 4 hours.

B. Includes teahouse room and breakfast.

C. Elevation: 2,810 meters/9,217 feet.

D. Ascent: 1,640 meters/5,380 feet.

E. Cover of the day 72 km/44.7 miles.

Day 4. Chaile- We begin the day by taking our first steps into the legendary landscape of Upper Mustang. As you walk, keep your camera ready — every moment offers a frame of raw natural beauty that surrounds you. Be prepared to follow riverbeds and, at times, walk along rough roads, as the trail weaves through this remote and awe-inspiring terrain.

Trek for 7 to 8 hours.

- A. Includes teahouse room and breakfast.
- B. Elevation: 3,050 meters/10,004 feet.
- C. Ascent: 240 meters/787 feet.
- D. Cover of the day 12 km/7.7 miles

Day 5. Syangbochen- The next beautiful day begins with a gentle uphill climb, but every step rewards you with views that nourish both body and soul. Along the way, we pass through charming villages and encounter sacred Buddhist monuments known as chortens, each adding depth and meaning to the journey.

- A. Trek for 7 to 8 hours.
- B. Includes teahouse room and breakfast.
- C. Elevation: 3,475 meters/11,398 feet.
- D. Ascent: 525 meters/1722 feet.
- E. Cover of the day 11.7km/7.2 miles

Day 6. Ghami- The morning begins with your eyes captivated by ever-changing scenery that feels like it's been painted across the sky. Today's journey takes you over Nyi La Pass, the highest point of the trek at 4,010 meters (13,156 feet). Crossing this pass is both a physical and emotional high, guiding you onward toward a dreamlike destination where the overnight stay brings a deep sense of joy and fulfilment.

- A. Trek for 4 to 5 hours.
- B. Includes teahouse room and breakfast.
- C. Elevation: 3,520 meters/11,546 feet.
- D. Ascent: 45 meters/135 feet.
- E. Cover of the day 9.3 km/5.8 miles.

Day 7. Tsarang- After reaching the dreamlike landmark, you step into a place where the spirit of Mustang blossoms like a lotus in full bloom. This sacred valley fills both body and soul with a deep sense of peace and purpose, drawing you closer to your final destination. Tonight's stay is in one of the most captivating places in the region — where nature and human craftsmanship blend seamlessly into a living work of art, leaving a lasting impression on every visitor.

- A. Trek for 4 to 5 hours.
- B. Includes teahouse room and breakfast.
- C. Elevation: 3,620 meters/11,874 feet.
- D. Ascent: 100 meters/328 feet.
- E. Cover of the day 9 km/5.5 miles.

Day 8. Lo-Manthang- Receiving the fragrance of untouched nature, we arrive at the final and most soul-stirring destination of this journey — a place steeped in ancient history, where a once-small kingdom thrived within the vast embrace of Nepal. Words fall short of capturing its essence; only by standing still and letting your eyes absorb its quiet majesty can you begin to understand. To reach this sacred land, we must walk beyond limits, crossing the highest point of our trek at 4,230 meters (13,877 feet).

- A. Trek for 4 to 5 hours.
- B. Includes teahouse room and breakfast.
- C. Elevation: 3,730 meters/12,235 feet
- D. Ascent; 110 meters/360 feet.
- E. Cover of the day 9.3 km/5.8 miles.

Day 9. Lo Manthang- After breakfast in the walled city of Lo-Manthang, we set out for a peaceful exploration of its upper reaches — visiting ancient palaces, monasteries, caves, and a quiet museum. We pause at local shops, not to buy, but to absorb the culture. For some, there's a chance to walk near the border of Tibet, brushing close to a land once veiled in mystery. The day ends with wonder and quiet joy, returning to rest where we began.

Trek for 4 to 5 hours.

- A. Includes teahouse room and breakfast.
- B. Elevation; 3,730 meters/12,235 feet.
- C. Ascent: 200 meters/656 feet.
- D. Cover of the day 9.3 km/5.8 miles.

Day 10. Yara- The journey now unfolds into a deeper, more treasured side of Mustang — a land more remote and removed from the main trading routes. Here, echoes of ancient life still linger, offering a glimpse into centuries-old traditions untouched by time. Our path winds gently through a desert landscape,

rising and falling across trails that share the same rugged beauty, yet shift subtly in character with every step

- A. Trek for 7 to 8 hours.
- B. Includes teahouse room and breakfast.
- C. Elevation: 3,838 meters/12,589 feet.
- D. Ascent: 108 meters/354 feet.
- E. Cover of the day 17 km/10.5 miles.

Day 11. Tangbe- We begin the day with a nourishing local breakfast before setting out on a trail that rises and falls through ancient, untouched landscapes — a side of the mountains we haven't seen before. Every step reveals nature's raw architecture, carved over centuries. Don't blink — you might miss the layered beauty etched into the cliffs. Along the way, we gain a new experience as we cross a local mountain stream, known to the people here as a Khola.

Trek for 7 to 8 hours.

- A. Includes teahouse room and breakfast.
- B. Elevation; 3,240 meters/10,628 feet.
- C. Descent: 600 meters/1968 feet.
- D. Cover of the day 15 km/9 miles.

Day 12. Tetang- After breakfast, we continue our life-changing journey, venturing into a trail that challenges both body and spirit. The path rises and falls, revealing even more breathtaking views—each step a reward of its own. Today, we will cross the second high pass of the trek, Paha Pass, standing at 4,210 meters (13,812 feet). From there, the trail gently descends, guiding us into a new chapter of the landscape.

- A. Trek for 7 to 8 hours.
- B. Includes teahouse room and breakfast.
- C. Elevation; 3,067 meters/10,060 feet.
- D. Descent; 200 meters/656 feet.
- E. Cover of the day 19 km/11.8 miles.

Day 13. Muktinath- The day marks the conclusion of our trek, bringing together the very best moments from each step of the journey. As we walk, familiar landscapes give way to surprising beauty, and we merge with the renowned Annapurna Circuit — one of the world's most iconic trekking routes. We also arrive at a sacred Hindu landmark, where the spiritual and natural worlds meet.

Trek for 6 to 7 hours.

- A. Includes teahouse room and breakfast.
- B. Elevation: 3,800 meters/12,464 feet.
- C. Ascent; 735 meters//2411 feet.
- D. Cover of the day 15 km 9 miles.

Day 14. Pokhara- From our teahouse, we begin the next chapter of the journey by reserved four-wheel drive. At Gele Trekking, we prioritize safety and reliability, choosing not to risk the unpredictable flights from Jomsom, where sudden weather changes often lead to cancellations. The drive is split into two parts — with a stop for lunch at Tatopani or another convenient location — before continuing onward to our final destination.

- A. Travel by four-wheel jeep 5 to 6 hrs.
- B. Includes teahouse room and breakfast.
- C. Elevation: 800 meters/2,625 feet.
- D. Cover of the day 174 km/108 miles.

Day 15: Kathmandu - The day begins with a chill morning. Soon, the leader will find the exact time to leave the hotel for the airport. At midday, we'll have a flight from Pokhara to Kathmandu.

Flight time 30 to 35 minutes.

- A. Includes a hotel bedroom and breakfast.
- B. Elevation: 1,250 meters/4,101 feet.
- C. Cover 90.9 miles (146 km)

Day 16: End of the trip - After a final breakfast the trip ends at noon.

The entire trip covers the following distances and durations:

Flight and Travel distances: 508.3 km/315.9 miles

- A. Physical walk and Hike distances: 126.6 km/81.1 miles.
- B. Total Hours travel and trekking Covered: 78 hours and 5 minutes

There is an option for a jeep drive which if you want added includes additional cost which the guide will tell you.

Trip information and preparation

At Gele Trekking, we believe preparation is key to a safe, rewarding, and enjoyable trek. Share your itinerary, trekking route, and emergency contacts with family or friends before departing. While your group leader will carry emergency communication tools, having personal contact information is always helpful. Inform your bank about your travel plans to ensure ATM functionality in Nepal.

If you have pre-existing health conditions, consult your doctor beforehand and share relevant details with your guide for added precautions. Be ready for unpredictable weather and remain flexible, as conditions in remote areas may lead to changes or delays. Your safety and satisfaction are our top priorities.

Supporting local communities is integral to trekking with Gele Trekking. By purchasing locally made goods and showing respect for the places you visit, you contribute directly to sustaining the local economy while fostering meaningful connections along the journey.

Keep in mind to bring your camera—but for this journey, special permits are required for using professional video cameras and drones. These must be registered with the Civil Aviation Authority of Nepal. If you plan to use such equipment, please inform us in advance so we can assist with the registration process. Permit costs are the responsibility of the individual.

Communication, Accommodation, Toiletries Facilities

At Gele Trekking, we prioritize your comfort and safety, ensuring a seamless trekking experience. All accommodations along the route, including the first and last nights, are pre-booked. While most rooms are twin-sharing, adjustments may be necessary in remote areas and will be handled with care and flexibility. Toilets and showers may vary in quality, with some offering excellent facilities and others being more basic. Bringing your toiletries and checking the equipment list is highly recommended to stay prepared.

Communication during the trek can be challenging, with limited or no phone reception and internet access in remote areas. Some teahouses may provide Wi-Fi, but it's often slow, unreliable, and comes at an additional cost. In emergencies, your guide will assist with communication, including access to satellite phones if needed. Our experienced team is dedicated to managing any challenges and ensuring your safety, comfort, and enjoyment every step of the way.

At the moment Gele Trekking holds the booking in the Hotel Mulberry. It is located inside the tourist hub in Thamel.

Food and Drink Options

At Gele Trekking, we proudly introduce our guests to the rich, healthy flavours of the Himalayan region. Our meals feature organic, locally sourced ingredients such as rice, noodles, potatoes, and the renowned Yak cheese. Fresh seasonal vegetables like spinach, cabbage, carrots, and spring onions add vibrant

nutrition to every dish. Though simple, our food is crafted to fuel your trek with essential energy and flavour.

Beyond traditional dishes, we offer select foreign items, such as cereals, for variety. To keep you warm and energized, enjoy hot drinks like Nepali tea, hot chocolate, or instant coffee.

For cold refreshments, we provide mineral water, soft drinks, and local beverages. Alcohol options include local brews like Everest beer, spirits, and wine in some areas. However, our experienced trip leaders carefully monitor altitude safety, ensuring your health is prioritized. Every bite and sip on your journey reflects the care and hospitality of the Himalayas, offering nourishment and comfort as you explore these grand landscapes.

Prices vary depending on the elevation

Low-elevation hot drinks are priced at around \$3 to \$4 per cup in the USA. Cold drinks, such as mineral water and fizzy drinks, cost approximately \$3 to \$4. A single lunch is about \$10, while dinner costs around \$12 in the USA.

Hot drinks at higher elevations cost around \$4 to \$5 per cup in the USA. Cold drinks, such as mineral water and fizzy drinks, cost approximately \$3 to \$4. A meal, such as lunch, is about \$10, while dinner is around \$15 in the USA.



Tips guideline

Tipping is not mandatory, but it is a meaningful way to express gratitude for the services provided, in line with trekking traditions. It typically occurs on the final night of the trek, often accompanied by a celebration with the team. During this time, the support team shares their joy and emotions. The leader will guide the group in collecting the tips, which are then distributed by one of the group members to the team. The recommended tip for each Sherpa is \$ 70 to \$ 80, or an amount of your choice, excluding the trip leader. For the trip leader, depending on the group size, the suggested amount is \$ 35 to \$ 40 per person, or as you see fit.

Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

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