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Upper Mustang Trek

- Duration: 17 Days Days
- Max Altitude: 3,840 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Summer, Autumn

Highlights

- **Restricted and Preserved Region:** Upper Mustang is a restricted area, and special permits are required to enter. This has helped preserve the region's unique culture, traditions, and landscapes, making it a unique trekking experience.
- **Tibetan Culture:** Upper Mustang is often called a "living museum" due to its well-preserved Tibetan Buddhist culture. The region was once part of the ancient Kingdom of Lo and has retained its traditional practices, monasteries, and centuries-old cave dwellings. You'll have the opportunity to visit ancient monasteries, explore the labyrinthine caves, and witness the vibrant Tibetan-influenced festivals. The walled city of Lo Manthang trek highlights. It is the capital of the former Kingdom of Lo and offers a glimpse into the region's rich history and unique architecture. You can explore the narrow alleys, visit the royal palace, and interact with the friendly locals.
- **Landscapes and Rock Formations:** The trek takes you through the surreal landscapes of the Mustang region. You'll encounter vast stretches of arid and desert-like terrain, colourful rock formations, and towering cliffs. The unique geological formations and the contrast between the barren landscapes and the snow-capped peaks create a captivating visual spectacle.
- **Kaligandaki Gorge:** The trek follows the ancient salt trade route along the Kaligandaki River, one of the deepest gorges in the world. Walking along the gorge offers stunning views of the dramatic cliffs and the river below. The trek offers breathtaking views of the Himalayan peaks, including Annapurna, Dhaulagiri, and Nilgiri. The backdrop of snow-capped mountains against the barren landscapes creates a striking contrast.
- **Muktinath—a holy temple:** Muktinath temple is situated in the [Muktinath](#) Valley at the Thorong La mountain pass base in Mustang, Nepal. It is a sacred Vishnu temple revered by both Hindus and Buddhists. At an altitude of 3,800 meters, it is one of the world's highest temples.
- **Off-the-Beaten-Path Experience:** Mustang Trek is less crowded than other popular treks in Nepal. The trail takes you through remote and secluded villages, providing a sense of seclusion and tranquillity. It is a great opportunity to immerse yourself in the untouched wilderness and experience the pristine beauty of the Himalayas. Along the trekking route, you'll stay in traditional guesthouses called

teahouses, which offer a glimpse into the local lifestyle. The guesthouses provide basic facilities and warm hospitality, allowing you to rest and rejuvenate after trekking.

Overview

Upper Mustang Trek is a remarkable journey that takes you into the remote and ancient kingdom of Mustang, located in the Trans-Himalayan region of Nepal. Mustang Trek wishes to experience [trekking in Nepal](#). It is a famous and unique journey that has you venturing into the heart of the hidden and mysterious World of the old Buddhist Forbidden Kingdom of Mustang.

This part of the Tibetan empire is tied to Tibet in terms of culture, language, and topography. Lying in the shadow of *Dhaulagiri massif*, the land is surrounded by mysterious rocks, whitewashed houses, barley fields, and prayer flags - a stark contrast to the curiously dry and barren land the trail takes you through on this surreal journey.

The Upper Mustang region of Nepal holds great mythical and natural significance and is designated as a restricted trekking zone. In the past, foreigners were prohibited from entering this area. Today, visitors can explore the Upper Mustang only with a special permit. Trekkers must meet specific requirements to gain access.

You will encounter ancient caves, sacred fossil rocks, barren landscapes, and rugged cliffs. Lo Manthang, the historic capital of Upper Mustang, is a small town with around 150 houses. It also features a palace and a monastery known as Lhakhang, which is around 200 years old. Besides that, You can witness stunning [views of the mountain](#) ranges, including Dhaulagiri (8,167m), Annapurna I (8,091m), and Manaslu (8,163m). Upper Mustang offers breathtaking landscapes and a rich cultural heritage that reflects its long history and unique traditions.

Where is the Upper Mustang Located?

Upper Mustang, formerly known as the *Kingdom of Lo*, is situated in Nepal's northern area of Mustang District. This region is located within the remote and rugged landscapes of the Himalayas. The *elevation of Upper Mustang* starts at 2,750 meters (9,020 feet) above sea level at the Kali Gandaki River, just north of Kagbeni. It reaches up to 6,700 meters (22,000 feet) at Khamjung Himal in southeast Mustang. It is a unique and culturally rich part of the country.

Best Time for Mustang Trek?

We recommend you enjoy this trek between June and October. Or, for the chance to experience the local people's annual migration to lower altitudes for the winter season, join us in November. My Everest Trip is a trusted trekking company in Nepal with a highly experienced team that will support you throughout your trek and help you with your permit.

Spring and autumn are considered the best seasons for trekking in the Upper Mustang, offering breathtaking views of the Himalayas. Spring brings blooming flowers, green fields, and snow-capped peaks. Autumn brings clear skies and stable weather, making it perfect for enjoying the region's natural beauty. The typical temperature ranges from 15°C to 20°C during the day and drops to around 5°C in the evening.

Unlike most of [Nepal](#), which experiences monsoon rains from June to mid-September, Upper Mustang lies in the rain shadow of the Annapurna. With daytime temperatures averaging around 20°C and nighttime temperatures dipping to approximately 5°C, trekkers can enjoy clear skies and dry weather. Even during the monsoon season, Upper Mustang is ideal for trekking. In May, the Tiji Festival takes place in Lo Manthang, the capital of Upper Mustang. This traditional three-day event attracts locals and visitors to experience its rich cultural heritage.

However, trekking in Upper Mustang during winter presents significant challenges due to harsh weather conditions. Temperatures can plummet to as low as -20°C, making exploration difficult. Therefore, winter is generally not recommended for trekking in this region.

So, for more information about the cost or difficulty of the trek, don't hesitate to contact our friendly team. They will also be happy to give you details of any other Annapurna treks we offer. You can also read our blog below for an insight into what it's like to join us on this journey.

Why Upper Mustang Trek?

Several reasons will draw you to the Mustang trek. The trek offers spectacular views of Mt. Annapurna (8,091m), Thorung Peak, Nilgiri (7,061m), Chulu West, [Chulu East](#), and Tukucho Peak. You will also encounter magnificent lakes, glaciers, gorges, and waterfalls along the way. One of the key highlights is the Muktinath temple, a holy site for both Hindus and Buddhists.

Another major attraction is Lo Manthang, the capital of the ancient kingdom of Mustang. This is one of the least explored areas of Nepal and is under special protection. To access this region, you will need an extra permit. This requirement ensures the preservation of its unique cultural and natural heritage, making your journey an exclusive and enriching experience.

Requirements for Mustang Trek?

Trekking Permit

There are two [permits you need for the Mustang trek](#). First, a TIMS card is required for all trekkers. There are two types: a blue card for restricted regions like Upper Mustang and a green card for non-restricted areas. You can get that card from a Tourism Board Office or any Trekking agency in Nepal. Since Upper Mustang is near the Tibet border, it is a restricted area, and the permit costs \$500 per person for 10 days, with an additional \$50 per day after that. Additionally, each trekker must pay \$20 for the Annapurna Conservation Area Project (ACAP) permit, valid for the duration of the trek.

Typical Trek Day

A typical day of trekking in Upper Mustang starts with breakfast at our lodging before we set off on our hike, which usually lasts 6 to 8 hours. We pause at scenic spots throughout the day to enjoy the natural beauty, capture memorable photos, and enjoy the peaceful atmosphere. We also stop at monasteries and temples, exploring the region's rich cultural heritage. For lunch, we refuel at small restaurants along the way, taking a quick break before continuing our journey.

As evening approaches, we reach our lodge or tea house for the night, where we settle in, enjoy a hearty dinner, and rest up for the next day's adventures.

Day 01

Arrival in Kathmandu

Since MyEverestTrip Mustang Trek starts right from Kathmandu, you will not be in any dilemma when you land in Nepal. A driver with a private car will already be standing at the airport gate to receive you. From there, you will drive for about 30 minutes to the Hotel situated in Thamel. Once you are in the Hotel, you will be assisted by the guide in buying and renting some trekking gear for Trekking Upper Mustang Nepal. Then, you have a lot of time to roam around the street of Thamel before we join the screw for an explanatory session and welcome dinner. It's time for celebration.

Day 02

Kathmandu Sightseeing

The day will begin with a tour of some of Kathmandu's top attractions: Swayambhunath, Kathmandu Durbar Square, Pashupatinath Temple, and Boudhanath, where you can explore ancient artifacts, architecture, and history. In the evening, you will meet your fellow trekkers and be given all the details you need for the trek the next day. Overnight at the Hotel.

Day 03

Drive to Pokhara

After breakfast in Kathmandu, we head to Pokhara, about 200 km away, taking around 8 hours by road. The drive along the Trishuli River, with lush green hills, is always exciting. We stop at many places for snacks and lunch. If it's not too late when we arrive, we can enjoy a boat ride on Phewa Lake and visit the peaceful Tal Barahi temple. In the evening, the colorful streets of Lakeside offer a chance to experience Pokhara's lively nightlife.

Alternatively, we can take a 25-minute flight from Kathmandu to Pokhara early in the morning for a quicker journey. With the time saved, we have the whole day to explore Pokhara, including shopping, visiting temples, and exploring caves, before we set off on our drive to Jomsom.

Day 04

Fly to Jomsom and Trek to Kagbeni (2,858m/9,375ft) Duration: 3-4 hours. O/N Guest House

We begin our Upper Mustang trek in Nepal by flying to Jomsom, renowned for its abundant apple and apricot orchards. Our journey starts with a private car ride from our hotel in Pokhara to the Pokhara airport. From there, a short 20-minute flight takes us to Jomsom, where we transition from Pokhara's lush landscape to the arid terrain of the Mustang district.

Upon arrival, we begin our trek along open trails, passing through the charming village of Eaklibatti before reaching Kagbeni. Kagbeni greets us with its picturesque flat-roofed houses and ancient fortress. Here, we explore the fort, suspension bridge, and monastery, immersing ourselves in the region's rich cultural heritage.



Annapurna Circuit Trek

Day 05

Trek to Chele (3,050m, 10,004ft) Duration: 5-6hrs) O/N Guest House

On the 5th day of the trek to Upper Mustang, we hike on a gravel trail alongside Kali Gandaki River before battling solid winds and tackling the steep hill to Tangbe Village.

Prepare to be enchanted as we traverse narrow alleyways, passing by flat houses, picturesque buckwheat fields, and lush apple-apricot orchards. With the Kaligandaki River as our constant companion, flowing alongside us, we make our way to Chhusang village, a mere 2-hour walk from our starting point. Continuing our journey, we pass through more charming towns and cross rivers until we finally arrive at Chele, our next destination.

Tibetan culture is more prominent in the villages of Chele, making the perfect scenario for the Upper Mustang blog. Overnight in Chele.

Day 06

Trek to Syangboche (3,475m/11,398ft) Duration: 6-7hrs) O/N Guest House

Today's trek presents an exciting challenge as we conquer two mountain passes: the Taklam La Pass

(3624m) and the Dajori La Pass (3735m). Along the way, we're treated to awe-inspiring views of towering peaks such as Tilicho Peak (7134m) and Yaskawa Kang (6482m). We also pass the fascinating Ramchung Cave and Samar Village, immersing ourselves in the local culture and scenery.

Continuing our journey, we traverse a ridge after Samar village before descending to a serene stream, eventually reaching the peaceful settlement of Syangboche. Here, we settle in for the night.

Day 07

Trek to Ghaymi (3,520m/11,546ft) Duration: 5-6hrs. O/N Guest House

We begin by ascending the Yamada La pass, passing teahouses and beautiful villages along the way. Following a trek through forests and barley fields, we will reach Nyi Pass and descend to Ghaymi - one of the biggest villages in the Lo region, where we can enjoy the fantastic landscape. We will spend the night in Ghaymi.

Day 08

Trek to Charang (3,500m/11,480ft) Duration: 4-5hrs. O/N Guest House

After descending through a rough, slippery trail, we cross a suspension bridge over the Ghaymi Khola and ascend along the route. On a relaxing day in our Upper Mustang Trek Nepal. Later we will cross the Tsarang La Pass and reach the Tsarang village, which lies in the Charang Chu canyon, with a vast fortress and red Gumba. We will spend the night in Charang.

Day 09

Trek to Lo-Mangthang (3,700m/12,136ft) Duration: 5 - 6hrs, O/N Guest House

The day begins by descending into a canyon, crossing a river, and moving uphill to Lo La pass. Then, we descend to Lo Manthang, the walled capital of the former Kingdom of Lo, rich in Tibetan Buddhist culture. We will also enjoy views of the Himalayas, including Nilgiri (7061m), Tilicho (7134m), Annapurna I (8091m), and Bhrikuti Peak (6364m). We will spend the night in Lo-Manthang.



Day 10

Explore Lo-Mangthang. O/N Guest House

Today, we rest and adjust to the environment. We will spend the day exploring the three major Gumbas of Lo Manthang, Jhumpa, Thupchen, and Chhoeda, and view the Tibetan culture of Lo, considered the best preserved in the world due to its isolated terrain. We end the day with a trek to Tingkhar, a village on the northwest side. We will spend the night in Mangthang.

Day 11

Trek to Drakmar, (3,810 m/12,500ft) Duration: 6-7hrs O/N Guest House

Today, we shall first pass through Gyakar village, another outstanding settlement in Upper Mustang, Nepal. This village contains ancient traditional houses and Ghar Gumba with attractive rock paintings. According to tradition, people who make a wish at the Gumba will have it come true. After exploring the Gumba, we continue to Drakmar. But before that, we must cross Dhi Pass at 4100m, among the final high pass we cross. We will spend the night in Drakmar.

Day 12

Trek to Ghiling (3,806m/12,484ft) Duration: 5-6hrs, O/N Guest House

We start the 12th day of Upper Mustang Trekking by passing over the dry hills before Ghiling. The walk is relatively tricky due to strong winds, but the good views of Dhaulagiri (8167m) and the Nilgiri (7061m) mountains keep us relaxed. On the way, we can visit the Rangchhyung Chorten, which is marked as the most sacred place in Mustang. We will enjoy exploring the village of Chilling in the evening. We will spend the night in Ghiling.

Day 13

Trek to Chhuksang (3,050m/10,004ft) Duration: 5-6hrs O/N Guest House

On the way to Chhuksang, we can enjoy great views of the Himalayas and their small villages. We visit the Chungsi Cave monastery in the morning and then stop at Samar village for lunch. Then, as the sun starts to get dim, we walk down to Tetang and stop at the upper town of Shuksan. Beautifully placed between two hills, staying at Chhuksang gives you some escape from the fierce wind. Overnight in Chhuksang.

Day 14

Trek to Jomsom, (2,700m/8,856ft) Duration: 6-7hrs, O/N Guest House

Today will be the last day of our trek. After trekking for an hour, we finish our Mustang trail and join the tracks of the [Annapurna Circuit](#). After a lunch stop and a break at Kagbeni, we continue our trek to

Jomsom. Walking via the bank of the Kaligandaki River in the colorful landscape of the Mustang will be fun. We will have an excellent hotel in Jomsom. There are also a few bars and restaurants for refreshments. Overnight in Jomsom.

Day 15

Fly back to Pokhara. O/N Guest House

In the morning, we board a 20-minute flight back to Pokhara, where we admire the impressive mountain range from the comfort of the plane. Upon reaching Pokhara, we plan to explore the Pokhara Valley and take some time to relax during the day. Pokhara offers a wealth of attractions, including Phewa Lake, caves, and temples. We enjoy a leisurely boat ride on Phewa Lake, taking in the peaceful atmosphere, before immersing ourselves in the vibrant nightlife of Pokhara. We spend the night in Pokhara, rejuvenating after our trekking adventure.

Day 16

Drive from Pokhara to Kathmandu. O/N Guest House

We will take a bus from Pokhara to Kathmandu, which will take about 8 hours. After a relaxing day in Pokhara, this is another exciting day of trekking. Upon reaching Kathmandu, enjoy the capital's delights until your last night. We shall also gather for the farewell dinner by our team. Overnight in Kathmandu

Day 17

Final Departure

It's the final day of Upper Mustang Nepal Trekking. Now, it's time to bid farewell to the team and Nepal. Our driver takes you to the airport as per your schedule, and you are only left with beautiful memories of the trip.

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- [Kathmandu Pokhara](#) by the drive and Pokhara - Jomsom - Pokhara By flight back and back to Kathmandu up to your request
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Trekking porter/Sherpa who will carry your bags during the trekking.
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal [trekking equipment](#)

FAQs

What is the best season for Mustang Trek?

The best seasons to trek to Upper Mustang are Spring and Autumn, offering the most stunning views of the Himalayas. Unlike most of Nepal, which is affected by monsoon rains from June to mid-September, Upper Mustang lies in the rain shadow of the Annapurna. This means you can enjoy crystal clear days and dry weather even during the monsoon, making it an excellent time for trekking.

How difficult is the Mustang Trek?

The Mustang Trek's difficulty level ranges from moderate to challenging. The trek might be very challenging for beginners, as many factors, like high altitude, distance duration, and rugged terrain, make it difficult. Furthermore, the trek also lies in a restricted area with limited infrastructure and services.

What kind of Hotel do you stay in during the Mustang Trek?

Accommodation during the Mustang trek is simple but comfortable. Along the trek, you can stay in teahouses or guesthouses. These places provide clean and cosy rooms with amenities like a bed, blanket, and pillow. The rooms are small but comprehensive, with twin beds, meaning you must share a room with other trekkers, especially during peak season.

What is the Upper Mustang Temperature Throughout the Year?

Upper Mustang Temperature, on average, is around 11 degrees Celsius throughout the year. During the summer, the temperature naturally increases during the day and decreases at night. It drops way below freezing point in the winter and reaches up to -20 degrees Celsius at night.

What is the culture of the Upper Mustang?

The culture of the Majority of the people living in Upper Mustang is Tibetan Buddhism. According to the stories, Buddhists from Tibet migrated to the Mustang area, where they found a place to stay and meditate, which was enough for them to settle there. Buddhists in Upper Mustang have established many monasteries, ghumbas, and chortens, including the oldest monastery, Lo-Gekhar Monastery.

What is the landscape of Upper Mustang?

The Mustang Trek is in one of the oldest regions in the Himalayas where people have lived. The area has dry, desert-like land with old Buddhist monasteries, deep river canyons, windy areas, and small old-fashioned towns. The terrain varies from place to place, as you can experience rugged terrain, vast grasslands, vibrant valleys, glacial ascents, and snowy mountains.

Why is the Upper Mustang called a rain shadow area?

The upper Mustang region is called the rain shadow area mainly because it is shadowed by the Himalayas, making rainfall challenging. Because of this, Mustang doesn't get adequate rain even during the monsoon.

How many days do you need for the Upper Mustang?

The average number of days for the Mustang trek is 15 to 18. Furthermore, you can easily curate your itinerary and add or remove the side treks during the Upper Mustang trek. You can even add some places like Jhiru Dada, Ghorepani Poon Hill in your Mustang trek to make it longer than 20 days.

What is the highest point in the Upper Mustang?

The highest point of the Upper Mustang is the remote village of Lo-ManThang, at an altitude of 3,840 meters. Lo-ManThang is an exceptional village once the capital of the entire Mustang Kingdom. For several decades, it was restricted, and only kings and queens could enter.

What language do they speak in Upper Mustang?

People in Upper Mustang are called "Lowa." This means they live in the north of Tibet. They speak "loba," which sounds a bit like Tibetan. Often, people also speak Nepali and are familiar with the Sherpa language. The people in restaurants, lodges, or teahouses can also speak basic English.

Which permits are needed for the Upper Mustang trek?

You need three essential permits for your Upper Mustang trek: a Restricted Area Permit, an Annapurna Conservation Area Permit, and a TIMS (Trekker's Information Management System) Card. These three permits can be quickly issued in Kathmandu's Nepal Tourism Board Office.

How much does a restricted area permit cost?

The restricted area permit costs US\$500 per person for ten days and US\$50 per person for each additional day after that. You must have a restricted area permit before entering the Upper Mustang region, and only the authorized trekking agency can issue this permit.

Apart from Upper Mustang, which other regions in Nepal are restricted trekking areas?

Other restricted trekking regions apart from Upper Mustang are the Manaslu Circuit Trek, Tsum Valley Trek, Upper Dolpo Trek, Nar Phu Valley Trek, and Kanchenjunga Trek. You need to issue a restricted

area permit for all these trekking destinations.

What are the significant places to visit during your Mustang Trek?

The prominent places to visit during your Mustang trek are Jomsom, Kagbeni, Muktinath, Lo-Manthang, Marpha village, Sky Caves, and the Tiji Festival. All these places and festivals are unique and will provide you with a different perspective of the trek.

How many trekkers should trek the Upper Mustang region?

To obtain the Upper Mustang restricted area permit, you must have at least two people trekking in your group and arrange it through a trekking organization registered with the government of Nepal.

Accommodation in Mustang Trek

You will be provided with plenty of nutritious food during the trek, though your choices will become more limited as we ascend to higher elevations. For breakfast, options include oatmeal, cornflakes, French toast with jam, butter, cheese, honey, Tibetan bread or chapati, local Tsampa porridge, and eggs. For lunch and dinner, you can enjoy famous Nepali dishes such as daalbhat and tarkari, Tibetan bread, various soups, Sherpa stew, steaks, sandwiches, momo (dumplings), macaroni dishes, tenduk spaghetti noodles, thukpa, pasta, vegetable curry, and potatoes. We recommend consuming fresh vegetables and plenty of liquids, such as hot lemon, green tea, lemon tea, ginger tea, and garlic soup, to stay hydrated and maintain energy.

Since we trek to the remote part of Nepal, you won't find good hotels for your stay. Instead, you will stay at lodges and tea houses during the trek. These places offer you a decent room, but during the peak season, they can be very busy and may not be available everywhere on the route. Most of the lodges and guesthouses in the Upper Mustang area provide accommodation with western toilets and other basic facilities for tourists.

Mustang Trek Package

The Government of Nepal safeguards select regions with unique cultural and historical significance, like Mustang, by labeling them as restricted areas. This policy doesn't merely manage the flow of trekkers to Mustang but primarily preserves its rich heritage. As a result, a special permit issued by the Immigration Department is necessary for the Mustang Trek. This permit is granted in Kathmandu and Pokhara upon submitting a MyEverestTrip-approved itinerary, guide details, and insurance coverage. Furthermore, a minimum group size of two and hiring a licensed guide are prerequisites.

Besides the Upper Mustang restricted area permit, trekkers must also acquire the ACAP permit and the TIMS card. Securing these permits in Pokhara before embarking on your trek is recommended. Interestingly, the permit process remains identical for Indian trekkers and SAARC country citizens, albeit at a marginally lower cost.

Mustang Trek Difficulty

The Mustang Trek, often appraised by Nepal's travel experts as a "Moderate" difficulty trail, provides a

more balanced route than many other steep and rocky base camp treks. Despite this, the trek, involving around 14 days of walking (approximately 6 to 7 hours daily), can present demanding stretches. Notably, Lo-Manthang is designated as the solitary rest day location. Avoiding high passes such as Thorong La Pass, Mesokanto La Pass, and Marang La can ensure a relatively smooth journey, but their inclusion significantly increases the trek's difficulty.

With the highest points at Marang La (4230 meters), Chooser (3900 meters), and Lo Manthang (3810 meters), the Upper Mustang's elevation is less imposing than that of other higher-altitude treks. However, altitude sickness symptoms, such as headaches, nausea, and body aches, might still appear. Sufficient rest, proper acclimatization, and good hydration are critical to prevent such complications.

The trek's difficulty is also seasonally dependent. Trekking in Mustang during the hot summer or snowy winter can be challenging, while autumn and spring offer more comfortable trekking conditions.

Furthermore, many of us are unfamiliar with places with high altitudes like Upper Mustang. Similar to the Sherpas in the Khumbu (Everest) Region, the Tibetan Buddhist locals of Upper Mustang are born into an environment with lower oxygen levels and dry air. As a result, acclimatization is essential for us when visiting these areas to adjust to the altitude and ensure our well-being during the trek.

Cost of Mustang Trek

Priced at \$2050 by MyEverestTrip, the Mustang Trek cost includes expenses for a guide, porter, transportation, permits, food, and accommodation for the 17-day journey. Regarded as a picturesque trek, surpassing even the [Everest Base Camp Trek](#) by some, the Mustang trek warrants its higher price. The Mustang Trek, a journey that promises breathtaking landscapes and a profound cultural experience, comes with a significant financial investment.

The core package for the trek is \$2050, covering essential services and logistics. You should budget around \$500 for travel insurance and \$500 for tips, donations, and personal expenses, which are exclusive to your trekking package. Lodging costs vary between \$400 and \$600 depending on the type of accommodation chosen, while food expenses, particularly in rural areas, can reach up to \$500. Furthermore, \$200-500\$ should be allocated for restricted area permits and other miscellaneous costs such as trekking guides, porters, and necessary kits.

Best Time to Visit Mustang

Autumn is a popular season for Mustang trekking, as it boasts clear vistas and favourable weather conditions. In addition, lively festivals like Dashain and Tihar illuminate Kathmandu and the Mustang Valley. Similarly, spring is an ideal time for trekking, presenting vibrant wildflowers, fresh alpine greenery, stunning mountainous panoramas, and pleasant weather.

Planning a Mustang camping trek is simpler when the weather conditions are stable. However, note that guest houses along the trek route are often fully booked in spring and autumn, so making reservations in advance is wise.

Although summer is often dubbed the off-season for Nepal trekking, the trans-Himalayan region is minimally affected by rain. A flexible itinerary, reliable boots, and waterproof trekking gear are all required. Winter trekking demands a distinct Mustang Trek itinerary due to the heavy snowfall covering regions above 3000 meters. However, the snow-clad landscape and frozen lakes can be a paradise for

winter lovers. MyEverestTrek can also make special arrangements for off-season Mustang Trekking.

Is Acclimatization Day Necessary For Mustang Trek?

Acclimatization is a must for trekkers on the Mustang trek. We reach altitudes above 5000 meters during the trek, which is not ideal for most tourists. There will be an acclimatization day at Lo Manthang, where you will spend the day exploring the three major Gumbas of Lo Manthang: Jhumpa, Thupchen, and Chhoeda. This day will allow you to view the Tibetan culture of Lo while adjusting to the high altitude, ensuring a safer and more enjoyable trekking experience.

Alternative Option for Upper Mustang Overland Tour

If you dream of visiting the Upper Mustang but are looking for an alternative, this Mustang Overland Tour is perfect. The journey begins with a jeep ride from Kathmandu to Pokhara. From Pokhara, we will head to Jomsom, the headquarters of Mustang, which is the face of the Mustang region and its tourism. You will be seated in an overland jeep safari, which will navigate you through Mustang's different cultural and historical villages before reaching the Kingdom of Upper Mustang, "Lo Manthang." The jeep safari will introduce you to Mustang's cultural and natural richness, providing a full-day experience of this ancient city's culture, traditions, and lifestyle. The drive will continue towards Muktinath, another highlight of the trip.

The Mustang Overland Tour includes the most isolated hills and mountains of the Mustang district, between Dhaulagiri (8167m) and Annapurna (8091m). You will witness stunning views of Tilicho Peak, Thorung Peak, Tukucho Peak, Nilgiri, Annapurna I, and Damodar Kunda, all preserved by natural difficulty. This adventure allows you to break away from the usual tourist routes and explore the hidden gems of [Mustang](#), making it an unforgettable experience for any traveller.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

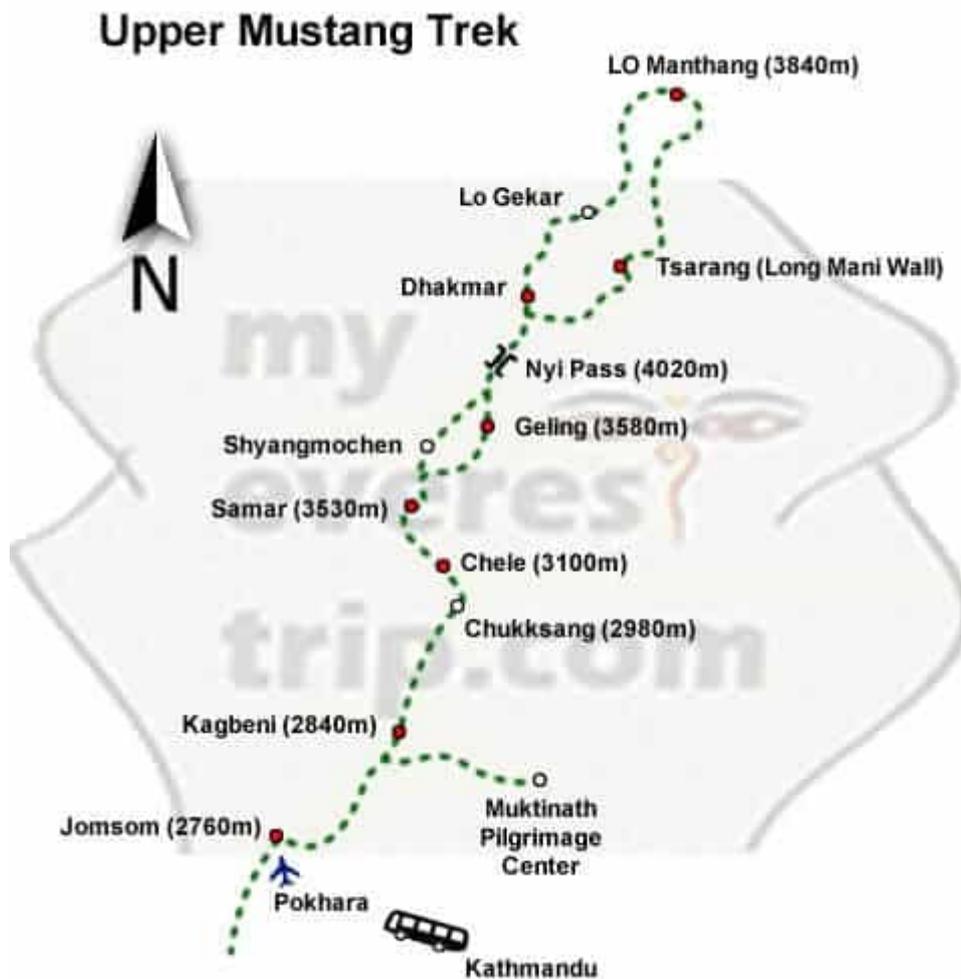
MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the

package has to be discouraged).

- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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