



# Marvel Treks & Expedition Pvt. Ltd.

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**The Hidden Kingdom of Nepal**

## ***Lower Mustang Tour***

**Duration:** 5 Days

**Max Altitude:** 3,800 m (Muktinath)

**Trek Grade:** Easy to Moderate

**Start / End:** Pokhara

**Accommodation:** Lodge | Hotel in Pokhara

**Best Season:** March–May | September–November

**Group Type:** Private or Group Joining



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## Overview

The **Lower Mustang Trek** takes you into the **arid and mystical landscape of Mustang**, known as the “**Hidden Kingdom**”. This short trek follows jeep-accessible routes through **rugged hills, desert-like valleys, and traditional Tibetan-influenced villages**, culminating at the **sacred Muktinath Temple**, an important pilgrimage site for both Hindus and Buddhists.

Ideal for travelers seeking **cultural exploration with minimal trekking**, this trek is accessible year-round and requires **light to moderate physical effort**.

## Trip Highlights

- Explore the **ancient kingdom of Mustang**, rich in Tibetan culture and monasteries
- Visit the **sacred Muktinath Temple** at 3,800 m
- Enjoy **stunning landscapes of desert-like hills, deep gorges, and the Kali Gandaki valley**
- Short, manageable days make it **suitable for families and travelers with limited time**
- Experience **jeep-supported trekking**, blending adventure and comfort

## Itinerary

### Day 1: Drive Pokhara → Jomsom (2,720 m)

Morning drive from Pokhara to Jomsom (10-12 hours by jeep) through scenic valleys, terraced fields, and river gorges. Enjoy views of the Annapurna and Dhaulagiri ranges along the way. Overnight stay in a lodge.

### Day 2: Drive Jomsom → Muktinath (3,800 m)

Short drive (2-3 hours) to Muktinath, a sacred pilgrimage site for Hindus and Buddhists. Explore Muktinath Temple and the surrounding area. Overnight stay in a lodge.

### Day 3: Drive Muktinath → Jomsom (2,720 m)

Return drive to Jomsom (2-3 hours). Take time to explore the town or relax after the journey. Overnight in a lodge.

### Day 4: Drive Jomsom → Tatopani (1,190 m)

Drive through scenic canyons and terraced fields (5-6 hours). Arrive at Tatopani, known for its natural hot springs. Overnight stay in a lodge.



## Day 5: Drive Tatopani → Pokhara (822 m)

Drive back to Pokhara (6-7 hours), completing the Lower Mustang trek. End of journey.

## All You Need to Know

### 1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

### 2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

### 3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

### 4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

### 5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.



- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

**Fees vary by nationality and trekking region.**

## 6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

## 7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

## 8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

## 9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

## 10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.



Respect local traditions and festivals.  
Ask permission before taking photos of people.

### **11. Responsible & Sustainable Travel**

Avoid single-use plastics and use refillable bottles.  
Respect wildlife and natural environments.  
Support local communities by using local guides, porters, and accommodations.  
Follow “Leave No Trace” principles during treks.

### **Important Information**

**Fitness Level:** This trek is easy to moderate, primarily involving jeep-supported travel with short walking sections. It is suitable for beginners, families, and travelers with limited time. Daily walking is optional but recommended to explore villages and viewpoints.

**Altitude Sickness:** The trek reaches a maximum altitude of 3,800 m at Muktinath, so the risk of mild altitude sickness exists. Travelers should acclimatize properly, stay hydrated, and follow guide instructions. Descending is necessary if symptoms worsen.

**Weather Conditions:** Lower Mustang is a rain-shadow region, meaning it is generally dry and sunny. Temperatures can be cold at night, especially at Muktinath, and dust may be present along jeep tracks. Spring and autumn are the best seasons.

**Luggage Limits:** Travel is mostly by jeep, so light luggage is recommended. Lodges have basic storage facilities, and trekkers should pack essentials only.

**Cultural & Environmental Guidelines:** Lower Mustang is a culturally rich Tibetan-influenced region. Visitors are expected to respect local traditions and religious sites, and avoid littering.

