



# Marvel Treks & Expedition Pvt. Ltd.

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## Upper Mustang Overland Tour

*The Ancient Kingdom of Lo | A Journey into the Hidden Tibetan World and Desert Mountains*

**Duration:** 8 Days

**Max Altitude:** 3840 m (Lo Manthang)

**Tour Grade:** Moderate

**Start / End:** Kathmandu

**Accommodation:** Hotel in Kathmandu | Guest House during tour

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

**Group Type:** Private or Group Joining



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## Overview

The **Upper Mustang Overland Tour** takes you into the remote and mystical land of Mustang, often called the “Last Forbidden Kingdom.” This journey travels through dramatic landscapes of deep canyons, arid deserts, and high mountain plateaus, revealing a unique Tibetan culture that feels untouched by time. You will explore ancient walled cities, monasteries, and cliff-side cave dwellings, while experiencing warm local hospitality and breathtaking views of the Himalayas. This tour is perfect for travelers who want adventure, culture, and true off-the-beaten-path discovery.

## Trip Highlights

- Lo Manthang (3,840 m) is the ancient walled capital of Upper Mustang with rich Tibetan culture.
- Chhoser Caves are cliff-side cave dwellings that reflect ancient Mustang history.
- Dramatic Mustang landscapes feature desert-like terrain, deep canyons, and high mountain plateaus.
- Traditional villages offer a unique experience of local lifestyle and architecture.
- Ancient monasteries and palaces showcase the spiritual and cultural heritage of the region.
- This tour is an off-the-beaten-path adventure in one of the most remote and untouched parts of the Himalayas.

## Itinerary

Day 1: Kathmandu → Pokhara (Drive | 6–7 hrs | 822 m)

Drive from Kathmandu to Pokhara by tourist bus or private vehicle, enjoying scenic views of hills, rivers, and rural landscapes. Arrive in Pokhara, check into your hotel, and relax by the lakeside.

Day 2: Pokhara → Kagbeni (Drive | 8–9 hrs | 2,810 m)

Drive from Pokhara to Kagbeni via Beni and Jomsom, passing through the Kali Gandaki Valley. Enjoy the changing landscapes from green hills to arid Mustang terrain before reaching the ancient village of Kagbeni.

Day 3: Kagbeni → Chele (Drive | 5–6 hrs | 3,050 m)

Today’s drive takes you deeper into Upper Mustang through narrow roads and dramatic



canyon landscapes. Arrive at Chele, a remote village known for its traditional houses and stunning mountain views.

Day 4: Chele → Ghami (Drive | 6–7 hrs | 3,520 m)

Drive from Chele to Ghami, crossing high plateaus and passing through small settlements. The road offers spectacular views of the Mustang desert and the surrounding mountains before reaching Ghami.

Day 5: Ghami → Lo Manthang (Drive | 5–6 hrs | 3,840 m)

Continue the journey to Lo Manthang, the walled capital of Upper Mustang. Explore the landscape of the Trans-Himalayan region and arrive in the ancient town known for its rich Tibetan culture.

Day 6: Explore Lo Manthang & Chhoser Caves (Sightseeing / Short Drive | 3–4 hrs | 3,840 m)

Spend the day exploring the royal city of Lo Manthang, visiting ancient monasteries, palaces, and local markets. Take a short drive to Chhoser Caves to see the famous cliff-side cave dwellings and enjoy the unique desert scenery.

Day 7: Lo Manthang → Jomsom (Drive | 7–8 hrs | 2,720 m)

Drive from Lo Manthang back to Jomsom, descending through the Mustang valley. The road offers dramatic views of deep canyons and snow-capped peaks as you return to the lower altitude region.

Day 8: Jomsom → Pokhara → Kathmandu (Drive | 13–14 hrs | 1,350 m)

Drive from Jomsom to Pokhara and then continue to Kathmandu by private vehicle. Enjoy the changing landscapes as you descend from the high Mustang region to the green hills of Pokhara and finally back to Kathmandu.

## 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.
- A special permit is required in some areas for restricted areas.

**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:** The Himlung Himal Expedition demands excellent physical fitness and prior high-altitude trekking or mountaineering experience. Climbers should be comfortable with long trekking days, steep ascents, snow and ice travel, and using basic mountaineering equipment. Pre-expedition training and endurance conditioning are strongly recommended.

**Altitude Sickness:** This expedition reaches extreme altitudes above 8,000 meters, where acute mountain sickness (AMS), HAPE, and HACE are serious risks. The itinerary includes multiple acclimatization days and rotation climbs, but climbers must closely follow the expedition leader's guidance. Immediate descent is mandatory if symptoms worsen.

**Technical Skills & Experience:** Basic mountaineering skills such as crampon use, ice axe handling, fixed rope climbing, and glacier travel are required. Pre-climb training is provided at Base Camp, but prior experience above 6,000 meters is highly recommended.

**Weather Conditions:** Weather in the high Himalayas is unpredictable and can change rapidly, especially at higher camps. Strong winds, heavy snowfall, and extreme cold are common near the summit. The itinerary includes buffer days to allow flexibility for weather delays.

**Luggage Limits:** Personal gear is usually limited to 20–25 kg per climber for porter or mule transport during the trek. Expedition equipment is carried separately by the logistics team. Excess luggage can be stored in Kathmandu or transported at additional cost.

**Insurance:** All participants must have comprehensive travel and mountaineering insurance covering high-altitude climbing (up to 8,200 m), emergency evacuation, and medical treatment.

**Permits & Regulations:** The expedition requires special climbing permits, Nar Phu Restricted Area permits, and Annapurna Conservation Area permits, all arranged by the expedition organizer.

