



# Mustang the hidden kingdom 16 Days

This is, arguably, the most popular and fascinating trekking in Nepal. Mustang opened to trekkers only in 1992. The ancient kingdom is located in the very north of Nepal, close to the Tibetan border, amidst Himalayan snow peaks. A vast expanse of rock, wilderness of huge proportions, the region formerly belonged to Tibet and the area remains are strongly influenced by Tibetan culture. Mustang offers a truly exceptional opportunity to explore an area rich in ancient tradition and mythology. Mustang is one of the oldest kingdoms in the Himalayas and its capital, Lo Manthang, has been a major trading site for many centuries. Experience one of the last ancient places of Tibetan Buddhist culture – the culture of the Lopas, who still practice ancient daemon rituals. The trek is wonderful and diverse, yet also very demanding. It requires good fitness and endurance. The route is startling, through almost treeless barren landscape with steep rocky trails up and down inclines. The countryside is very similar to the Tibetan plateau. The trek passes through villages which appear to be still medieval. The eye-catching panoramic views of Mt. Dhaulagiri, Annapurna, Nilgiri and many other beautiful peaks make this trek a lifelong memory.



### Private Departure Cost (Per Person):

- 2 People- Euro 1380.00
- 3 People- Euro 1436.00
- 4 People- Euro 1312.00
- 5 People- Euro 1308.00
- 6 People- Euro 1268.00
- 7 People- Euro 1272.00
- 8 People- Euro 1230.00
- 9 People- Euro 1236.00
- Single Supplement: Euro 78.00 per person

### Itinerary

- 01 Drive Kathmandu-Beni-Galeshwar by bus/ **Basic Lodge**
- 02 Drive to Jomsom by Local Jeep/ **Basic Lodge**
- 03 Trek to Kagbeni/ **Basic Lodge**
- 04 Trek to Chhuksang/ **Basic Lodge**
- 05 Trek to Samar/ **Basic Lodge**
- 06 Trek to Ghiling/ **Basic Lodge**
- 07 Trek to Charang; Visit Chunsi cave/ **Basic Lodge**
- 08 Trek to Lo Manthang/ **Basic Lodge**
- 09 Rest Day-Lo Manthang/ **Basic Lodge**
- 10 Full day excursion by horse /**Basic Lodge**
- 11 Trek to Ghami/ **Basic Lodge**
- 12 Trek to Chele/ **Basic Lodge**
- 13 Trek to Muktinath/ **Basic Lodge**
- 14 Trek to Jomson/ **Basic Lodge**
- 15 Flight Jomsom-Pokhara/ **Tourist Standard Hotel**
- 16 Drive to Kathmandu by **Bus** or extend Pokhara on your own.

### Trek Cost Includes:

- English speaking Trekking Guide
- Porter to Carry Luggage (Jomsom-Jomsom)
- National park permits & 10 Days Mustang Special permit
- Private transfer Kathmandu-Beni  
**(02-05 pax Jeep; 5+ pax Minibus)**
- Local jeep transfer (Galeshwor-Ghasa-Jomsom)
- Accommodation while on trek-Twin sharing
- Taxi transfer (Pokhara airport-Pokhara Hotel)
- 1 Night Accommodation in tourist standard hotel-PKR
- Guest Flight ticket (Jomsom-Pokhara)
- Guide flight ticket (Jomsom-Pokhara)
- Tourist Bus ticket (Pokhara-Kathmandu)/ **Discuss with Trekking guide.**

### Not Included on Trek Cost:

- Personal expenses such as drinks, postage, laundry
- All Meals
- Horse Rent in Lo Manthang excursion (Day 10)
- International flights and departure taxes
- Visa and passport fees
- Travel insurance
- Emergency evacuation
- Tips and gratuities
- Costs arising from unforeseen events outside control of Snow Jewel such as Landslides and extra expenses to carry luggage in transit due to Landside upto Jomsom.
- Kathmandu-Pokhara flight (opt) **USD 100.00 p/p** one-way.



## Note

Please note that the published itinerary is a statement of intent and to be used as a guide only. The guide in charge of your trip will alter the schedule if conditions necessitate and any/all such

### Detailed Day to Day Itinerary:

**Day 01:** Early drive from Kathmandu-Beni t-Galeshwor by private transport. **O/N Basic Lodge**

**Day 02:** We are already on the well-known Annapurna Circuit. We drive to Jomsom (2720m). Our route leads through the worldwide deepest gorge between the two giants Dhaulagiri and Annapurna (both over 8000m). We will have a great view of Mt. Nilgiri (over 6000m) and enjoy waterfall scenery. **O/N Basic Lodge**

**Day 03:** Trek 4-hours along the Kali Gandaki to Kagbeni (2810m), gateway to Mustang. Here houses are flat-roofed in the Tibetan style and it is not uncommon to find ammonite fossils along the river.

**O/N Basic Lodge**

**Day 04:** In Kagbeni we will make the permit registration of the exclusive permission for trekking through this unique area. The check post has an interesting little museum. Afterwards we ascend slightly to Tangbe (3250m) and follow the Kali-Kandaki river until we reach Chuksang (2980m). Total walking time 4-5h. **O/N Basic Lodge**

**Day 05:** The trek leads up to Chele (3050m) and then further on to Samar (3660m). While upper Mustang is rather barren and treeless, Samar is a real surprise with its green trees and magnificent views of the white giants Dhaulagiri and Annapurna. Walking time 4-5h. **O/N Basic Lodge**

**Day 06:** Today, we choose the easier route via the holy Chungsi Caves and Syangmochen (3818m) to Gheling (3570m). Gheling has an interesting little Gumpa. Total walking time 5-6h. **O/N Basic Lodge**

**Day 07:** From Gheling we ascend to the Nyi-La pass (4010m) with good views of Nilgiri and Annapurna. Then we descend along colourful rock formations to Ghami (3520m). We pass a little hospital and a 308m long mani-wall before we ascend to the Chingye-La pass (3870m). On the other side of the pass is Charang (3560m), where we can see the remainders of the former king's castle as well as a monastery with thankas, statues and wall paintings. **O/N Basic Lodge**

**Days 08:** Of the two routes that connect Charang and Mustang's capital Lo Manthang, we choose the easier one, which takes about 4-5h. Along this ancient trading route, we see beautiful chörtens. Lo Manthang means 'place of prayer'. This ancient city on 3800m, built in 1380 by Mustang's first king, is surrounded by an impressive wall of 725m length, 8m height, and 14 watch-towers of 12m height. This well-preserved wall is quite unique. Probably even more impressing are the narrow alleys and rows of medieval houses. **O/N Basic Lodge**

**Day 9:** On this rest and sightseeing day, we will visit the king's four-storey palace (Monkhar) and the three monasteries (Jhamba, Thupchen, and Chode Gumpa). Sometimes, it is possible to have an audience with the king! We have time to roam around and experience the life of Lo Manthang with its 1100 inhabitants and 180 clay houses. The day will pass too quickly in this beautiful place, which still holds magnificent medieval character and flair.

**Day 10:** Today we make an excursion on horse to Northern Mustang. We will visit Garphu, famous for its caves. In the past, a whole community live in a huge cave. The Jhong cave has five floors and over 40 rooms. The temple Garphu is half way build into the caves. **(Horse Rent is not included in the trip cost).**

**O/N Basic Lodge**

**Days 11-12:** Follow irrigated fields out of the city, taking a last look back at Manthang from the pass. Ghar Gumpa, situated in a grove of trees by a stream, probably dates from the same time as Tibet's first monastic institution, Samye (built 775-87) and contains a self-emanating statue as well as hundreds of painted carved stones, paintings and several large prayer wheels. **O/N Basic Lodge**

**Days 13:** We trek 6-7h via Kagbeni to Muktinath (3800m), another highlight of this trip. For both Hindus and Buddhists, this is a very important pilgrimage place. In Muktinath are the 108 wells for ritual baths as well as a natural gas flame, right next to each other, which is very unique in nature. **O/N Basic Lodge**

**Days 14:** The last stage of the trek leads us in 3½-4h via Jharkot (3550m) with its interesting fort, Khingar and Ekle Bhatti back to Jomsom. **O/N Basic Lodge**

**Day 15:** In the morning fly from Jomsom to Pokhara. Wake up early and line-up for flight to Pokhara; rest of the day at leisure. **O/N Tourist Standard Hotel**

**Day 16: Tourist Bus transfer** from Pokhara to Kathmandu End of Service. Optional flight back to Kathmandu USD 100.00 per person one way.

## Accommodation

Accommodation in Pokhara is on a twin share basis with private facilities.

Whilst trekking, accommodation is in lodges and teahouses and is of a basic standard. Rooms may be twin or multi share with basic shared toilet

## Food

No meals are included.

In Kathmandu and Pokhara restaurants offer food of every style and price-range.

On the trek meals are available in tea houses, lodges and bhattis with limited menus. Meals are generally simple, but filling, but you may wish to stock up on 'trail munchies' before leaving Kathmandu.

### Trekking Staff

The **Guide** is in overall charge of the trek and looking after you. This is the person you should go to with all problems, concerns and questions. All our guides are highly trained in all aspects of trekking, conservation, high altitude medicine, first-aid and emergency procedures. However they are local guides and their English may be basic and limited to trek-related topics.

**Porters** transport your duffelbags – one porter for every two trekkers.

### Currency Exchange

Most major currencies can be changed into Nepalese Rupees (NPR) at Kathmandu Airport (bad rate!) and at Bank and Exchange Counters throughout the city. ATM withdrawals are in NPR only.

### MONEY

It is best to bring cash in major currencies - USD, CAD, EUR, HKD, AUD. Everyone's spending is different, but as a guide we suggest E10-15 per day (if you drink or smoke this could be higher). Shopping is difficult to predict, but most people buy more than they intended.

### Tipping

Tipping is a personal and voluntary matter and tips are not included in the trip price. If you wish to reward the efforts of those who have worked to make your trip the best they can we suggest the following: - Euro 40-60 guide, Euro 25-50 for the porter.

### The Trekking Day

Some people have the idea that trekking is all sweat and hard work with no fun. This is far from the truth. Days are designed to be challenging, but not exhausting.

Obviously each day is different depending on terrain, distance to be covered, trail conditions and the pace of the group. However, as a guide, most days begin with breakfast at 7am. You will then need to pack up your duffel bags before breakfast, as porters will set off early. Most days you will be on the trail by 8am to

take advantage of the cool morning. Stop for a leisurely lunch around noon. This is generally about 2 hours, allowing plenty of time to explore the village or relax. The afternoon walk is shorter and you usually arrive around 4pm leaving time for excursions to nearby sites, exploration of the village or simply relaxing with a book and catching up on your diary. Dinner is generally around 7pm..

### Trek Grading

It is impossible to have a 'foolproof' grading system as everyone has different expectations and perceptions of their own fitness level. Remember that no trek in the Himalaya is a stroll as all involve going up and down at altitude and that altitude affects everyone differently. Regardless of age or fitness, preparation before you arrive is essential. Aerobic activity, swimming, cycling or brisk walking is recommended or, at the very least, walk up and down stairs in your trekking boots.

Mustang is a **Grade 3** trek involving altitudes around 4000m and involves days of 6 hours walking.



### What you carry

Your duffelbag is restricted to 15kgs! The duffel bag is carried by porters and is not available to you during the day. Your daypack should contain all that you need during the day. This generally consists of warm clothing, water bottle, camera gear, sunscreen, lip salve etc. Your guide will let you know each evening of any extra items you will need for the following day. If you

### Climate

Nepal has a generally moderate temperatures which makes a nice climate, however altitude makes distinct variations. Mustang is largely dry and arid with annual precipitation in the range of 250–400 mm due to its position in the rain shadow of the Annapurna massif and the Dhaulagiri Range towards the south. Changing global weather patterns have had their effect on the Himalayan climate and mountain weather is changeable. Always be prepared for a shift in conditions.



## Health

There are no specific health requirements for entry into Nepal. However, you should consult your doctor for up-to-date information regarding vaccinations, high altitude medication and medications for any reasonably foreseeable illnesses whilst traveling in Nepal.

Please be aware that we are in remote areas and away from medical facilities for some time during this trip. We strongly recommend that you carry a personal First Aid kit as well as sufficient quantities of any personal medical requirements (including a spare pair of glasses).

## Altitude

AMS (acute mountain sickness) is a serious issue. It is the result of the failure of the body to adapt to high altitude and can affect anyone, regardless of age or fitness. It usually occurs above 1,800 meters and the likelihood of being affected increases as you ascend. The way to reduce the affects of altitude is to ascend slowly, 300 meters per day above 3,000 meters until you have acclimatized. Poor acclimatization results in headache, nausea, sleeplessness,

## For Further Details Please Contact:

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## Insurance

It is good if you take out comprehensive travel insurance prior to your trek. Your travel insurance should provide cover against personal accident, medical expenses, emergency evacuation and repatriation (including helicopter evacuation) and personal liability. It should cover cancellation, curtailment and loss of luggage and personal effects.

## Price

The price is in Euro based on 1,35 EURO to the US\$ if the currency depreciates more than 3% we will have to adjust the price accordingly.

## Visas and Permits

Nepalese Visa: Single entry visas for Nepal are available on arrival at Kathmandu airport and all land borders. The visa is valid 15-30-90 days costs varies from 25-40-100 USD per person. One photo is required. In order to apply for your permit you need to provide **Snow Jewel** with a photocopy of the details page of your passport 21 days prior to your trip. The permit will be issued once you arrive in Kathmandu – it takes one full day.

## Packing for your Trip:

- Sleepingbag or liner
- Rain jacket or poncho
- Water bottle - minimum 1 liter,
- Walking boots - lightweight, well worn in.
- Sandals for evening
- Lightweight wool sweater
- Fleece jacket
- T-shirts - 2 or 3
- Shirt - longsleeved
- trekking Pants
- Hats with neck protection/Gloves /Scarf /Sunglasses
- Thermal Underwear
- Swimsuit
- Sarong - a multitude of uses
- Bag liners - large, thick garbage bags to line and water/dust proof your duffle bag.
- Towel
- Torch / flashlight - headlamp
- Lighter - for burning toilet paper and rubbish
- Swiss Knife
- First Aid Kit
- Walking stick if needed

