
The Kingdom Of Mustang



Highlights

The Kingdom of Mustang is one of the last well preserved Tibetan cultures.

You will begin with sightseeing in Kathmandu. Then we will fly high into the Himalaya to Jomsom. We walk to Upper Mustang, which is located on the Tibetan plateau between the borders of Nepal and Tibet. It has stunning snow capped mountain ranges of the Himalaya and alpine desert.



The Nepal government strictly control trekking permits into Mustang to preserve the environment and culture. This is like stepping back in time. Your tour includes the Mustang permit price of US\$500 plus internal flights costs of approximately \$500 USD.

The trek follows established trails through villages that were once the trade routes between Nepal and Tibet. We will see whitewashed settlements, set amid fields of barley and home to impressive mani walls, chortens and simple monasteries, reflect the Buddhist culture. The terrain is stunning, alpine desert with deep ravines and rock shelves, flanked by snowy peaks.

A highlight is the visit to Lo Manthang a world still culturally closer to the heartland of Tibet than to the markets and temples of Kathmandu.



Come and visit Nepal Mountain Adventures

Mountain Adventure - You will be experiencing the Himalaya led by Mingma Sherpa, a mountain born Sherpa group leader, fully trained as a high altitude guide in wilderness medicine. We will focus on taking in the mountains as well as the history, culture, and community of the indigenous people. The trip includes accommodation, most meals, and your bags carried by mules. Everything is taken care of so you can relax and enjoy.

Donating to Children's Charity – All treks have a percentage of the profits donated to support children in remote communities. This is carefully managed to ensure the money goes to the kids.

Dates

Dates provided on application

Cost:

Special price of \$2990 USD for 2019. Your trekking dollar also goes toward giving staff good wages, helps them to feed their families and supports children in remote communities.

This is a very competitive price, with similar high quality treks costing as much as \$1000+ more.

Itinerary – 14 Days

Day 1	Arrive in Kathmandu (1330m)
Day 2	Katmandu city visit
Day 3	Fly to Pokhara. Sightseeing beautiful Pokhara and lakes district
Day 4	Fly to Jomsom. Drive to Chusang, Walk 1.5 hours to Chile (3100M)
Day 5	Walk to Syangboche 7 hours (3570M)
Day 6	Walk to Ghami, 6 hours (3510M)
Day 7	Walk to Charang, 5 hours (3560M)
Day 8	Lo Manthang, 5 hours (3730).
Day 9	Visit Lo Manthang
Day 10	Walk to Gami, 7 hours (3510M)
Day 11	Walk to Samar, 7 hours (3620M)
Day 12	Walk to Chusang, then travel to Jomsom stopping at Kagbeni, 3 hour walk + 2 hour jeep
Day 13	Fly back to Kathmandu via Pokhara
Day 14	Trip finishes, depart Kathmandu

Before you sign on:

Nepal faces significant challenges and is not Western in living standards. Please be aware that sanitation is very basic with squat toilets and basic showers. Food will be healthy and fresh, but also simple — lots of potato, rice and dhal.

Detailed itinerary

Day 1 Arrive in Kathmandu (1330m)

You will arrive in Kathmandu in the middle of the day. We will collect you from the airport and take you to your hotel. You will have time to refresh and look around Kathmandu a little. In the afternoon, around 5pm, we will talk about the trip. Make your own arrangements for dinner at the many local restaurants. Meals: not provided

Day 2 Kathmandu city tour

After breakfast there will be a sightseeing tour around Kathmandu. Visit heritage listed Boudhanath and then other places in Kathmandu, return to the hotel.



Afternoon is at your leisure, you can explore Kathmandu Durbar Square, Pashupatinath, Patan, Swayambhunath (Monkey Temple) or Bhaktapur. The area has an amazing range of fascinating highlights, whatever your interest. Extensive markets, plus novelty and handicraft shops contrast with imagery of a city full of cultural and spiritual significance. Kathmandu has more world heritage sites than any other city in the world. Meals: breakfast in hotel, lunch and dinner not provided.

Day 3 Fly to Pokhara. Sightseeing around beautiful Pokhara and lakes district

Pokhara is Nepal's second largest town. Set on Lake Fewa it is surrounded by mountain peaks. You will get your first views of the beautiful Machapuchare, fish tail mountain. Spend the afternoon at leisure, wander the lake, enjoy nature, or relax in the outdoor cafes and take in some shopping.

Meals: breakfast, lunch, dinner included.

Day 4 Fly to Jomsom. Jeep drive to Chusang. Walk to Chile (3100M)

We take a spectacular mountain flight to Jomsom, with views of Annapurna, Dhawalagiri, and Machapuchare, and the high Himalaya. Once in Jomsom, we drive to Chusang and you will get your first glimpses of the Alpine desert, and the spectacular rock formations. on the trail to Chile. We enter Mustang and follow the east bank of the river over a series of small ridges. After lunch we walk a short 1.5 hours to the village of Chile. We see our first ancient caves high on the cliffs. An ancient town of white washed houses with intriguing patterns in alleyways, surrounded by fields of wheat, barley, buckwheat and apple orchards. We are now in the land of the Tibetan culture of Lo.

Meals: breakfast, lunch, dinner included.



Day 5 Walk to Syngboche 7 hours, (3440M)

The trail today is characterised by the crossing of a series of crests. At the top of each are chortens and excellent views of this beautiful but harsh countryside. Everywhere you look today, will be taking spectacular views of the Tibetan plateau. The passes are at altitudes of up to 3800m. These altitudes should not present any acclimatisation issues, so we just take our time and enjoy the walk.

Meals: breakfast, lunch, dinner included.

Day 6 Walk to Ghami, 6 hours (3510M)

Today we walk down to the beautiful village of Ghami, as we enter the village we see avenues of poplar trees and fields of barley mark. We visit an ancient monastery, walk past colourful chortens painted with mud and take in Tibetan ways of living. Continuing along the plateau, we cross Nyi La (pass) at 4020 metres, this is our highest pass crossing on the trek and the southern boundary of Lo. Meals: breakfast, lunch, dinner included. Meals: breakfast, lunch, dinner included.



Day 7 Walk to Charang, 5 hours (3560M)

As we leave Ghami, we walk past the longest mani wall in Mustang. Again, we see caves high in the rock face and marvel at how ancient peoples got up there. We continue across the plateau, taking in views of the snow capped mountains and the desert below. The contrast in colours and vastness is breathtaking. We cross another high pass at 3870



metres. Then we descend to the village of Charang, we enter the village through an ancient gateway and chorten. We look around Charang with its huge monastery.

Meals: breakfast, lunch, dinner included.

Day 8 Walk to Lo Manthang, 5 hours (3730).

We continue across the plateau. If we are lucky high up in the hills we will see herds of Himalayan mountain goats. We pass one of the most beautiful chortens, sitting alone on the plateau, approx 300 years old. Eventually we climb the ridge to Lo La at 3960m for our first view of the walled city of Lo Manthang. We walked down to the walled city, with around 150 homes, Gompas and the palace.

Meals: breakfast, lunch, dinner included.

Day 9 Visit Lo Manthang

We have allowed one full days to explore this outstanding historical and cultural centre. There are 4 major Gompas to visit during our stay. The town itself is fascinating, and offers countless opportunities to observe the vibrant Tibetan culture. An optional side trip is also available by jeep to the nearby Chosar valley and the remarkable caves and cave monastery (the cost of the jeep to the caves is paid individually, approx 3500 rupees).



Chosar is a remarkable location with towering red-cliffs with caves that were inhabited as far back as 2,500 years ago.

Meals: breakfast, lunch, dinner included.



Day 10 Walk to Gami, 7 hours

We depart Lo Manthang and head south. Climbing the ridge, we get our last view of the walled city and descend the valley towards Ghami. There are still plenty of spectacular views to see on as we walk down.

Meals: breakfast, lunch, dinner included.

Day 11 Walk to Samar, 7 hours

We continue down the valley to stay in the beautiful village of Samar, with spectacular views of the snow capped mountains.

Meals: breakfast, lunch, dinner included.



Day 12 Walk to Chusang, then travel to Jomsom via Kagbeni, 3 hour walk + 2 hour jeep ride

We walk 3 hours down through to Chusang. Then we take a jeep ride, stopping along the way to look at the historical village of Kagbeni. A village filled with mud walls, historical buddhist and hindu symbols, surrounded by green

farm fields. After this, we continue the jeep ride back to Jomsom.

Meals: breakfast, lunch, dinner included.

Day 13 Fly back to Pokhara and then Kathmandu

We fly back to Kathmandu via Pokhara. Two short mountain flights with stunning views. We spend the evening celebrating in Kathmandu, staying at Ti Se guest house.

Meals : Breakfast at hotel. Lunch and dinner not provided

Day 14 Trip finishes, depart Kathmandu

You will be taken to the airport to catch your flights.

Meals : Breakfast at hotel. Lunch and dinner not provided

Key Information



What is included

- All breakfasts, lunches and dinners while on the trek (regular main meal from teahouse menu, plus either tea, coffee or cordial with the meal).
Afternoon tea on trekking days.
- Boiled drinking water and bowl of washing water on trekking days.
- Airport transfers from Kathmandu.
- Flights to Pokhara and Jomsom, US\$500 approx
- 15kgs luggage allowance on Kathmandu/Jomsom flights
- Accommodation on trek in teahouses
- Park entrance fees and special permit US\$500 Mustang permit
- Jeep rides to and from Jomsom
- Our trek leader will carry a first aid kit for trekking needs.
- Salary for guides and staff and mule train.

What is not included

- Tips for porters or guides – a tradition when visiting the Himalaya to trek is for guest to tip their guides and porters at the end of the trek. You can decide the amount, but expect around \$10 to be an acceptable amount, more if you feel inclined

- Lunch & dinner in Kathmandu
- Kathmandu tourist activities - entrance to historical sites
- Personal drinks or foods - Bottled water, aerated & alcoholic drinks etc
- Items of a personal nature such as phone calls, laundry, etc.
- International flights

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- Visa's into Nepal – visas are easily obtained on arrival and are far cheaper, but do check your country's requirements
 - You will need to take your own travel insurance. With all adventure trekking there are risks, and travel insurance will cover helicopter flights out and medical costs in emergency

Trip cost and how to book

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Cost is listed on the website. You can also book and pay a deposit on the website.

Full payment is required 60 days in advance.

Places are strictly limited.

This is a special price, as a not for profit endeavor. Costs cover salaries for guides and porters. You will find this cost well below trekking companies.

To book, email seehighpeaks@gmail.com

Further information about See High Peaks

Expert Sherpa Guide

You will be led by Mingma Sherpa. He is a Nepal Government Licensed Guide. He has lived his whole life in the mountains, he grew up in a Kanchenjunga mountain village, and has been a High Altitude Sherpa Guide for more than 12 years.

Fitness and Trip Difficulty

Trekking physical activity is between 5 and 7 hours each day. You will carry a day pack, and the mules will carry your luggage. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

Preparation before your trek

To prepare for a trek you should begin training approximately four to five months before your departure. As a guide, an hour of cardio increasing exercise three to four times per week is needed. Try to include a few walks with steep ascents and descents carrying a day pack. Speed is not important, stamina, confidence and continuity are.

Equipment

- Upon booking I will provide you with a list of equipment you need.
- Some equipment can be hired cheaply in Kathmandu if you do not own it.
- Good boots that are worn in are essential.
- You will need a light daypack, and an overnight pack or duffel bag for the porter carry.

A typical day

You will be woken with a cup of tea brought to your room, usually between 6 and 7am. Breakfast will follow this in the teahouse. After breakfast we commence trekking, the idea is to enjoy the trail, not hurry to the next destination, so we will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers. We will stop for lunch at around 11 to 12pm, followed by a short rest. After lunch the walk is usually shorter, and we reach camp by 3 to 4pm. Once we have reached camp you can settle into your teahouse room, have a rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, your diary notes etc. Or you can take in the local village, take

short walks, and enjoy the mountain culture, people, and scenery. Dinner is ordered from the teahouse menu usually around 6 pm to 7 pm. Trekking evenings are spent in the teahouse, and can be great memories of your trek, talking, playing cards, chatting with local people and other trekkers.

Accommodation on the trek

This is adventure trekking so expect basic. Teahouse accommodation includes a basic mountain style room, warm blankets and pillow. You will need to bring your own warm sleeping bag, or you can hire on in Kathmandu quite cheaply. Teahouses usually charge extra for hot water, approximately 150 to 200 rupees. You will need to provide your own toilet paper as this is a western item not used by locals. Electricity is expensive in the mountains; you can charge your electronics for an additional fee, depending on the teahouse.

Climate

Trekking in Nepal goes from September to the end of May (there is typically no trekking during the monsoon).

In trekking time, there are three seasons -- Autumn (September to November), Winter (December to February) and Spring (March to May).

Trekking in Autumn (September to November)

Morning at this time usually has very clear skies, it can become cloudy in the afternoon. Mountain views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen, deciduous trees can be very beautiful as their colours change. The temperature in the morning as we start walking can be quite cold, sometime below zero. During the day the temperature can rise as high as 20 degrees Celsius and you will be quite warm, the sun can be quite hot (hats and sunscreen is needed). In the evenings and night time, it can be very cold, often below zero at higher altitudes. In autumn snow can fall at anytime, but it rarely rains. This is a high season for trekking and the trails can be busy in popular areas like Everest.

Trekking in Winter (December to February)

Skies are very clear for much of the day and you will see beautiful mountain views. It can become cloudy in the afternoon. You will see beautiful snow covered mountains, frozen waterfalls and creeks, deciduous bare trees. It often snows in winter, occasionally we see rain. Although it is very cold, it is a beautiful time to trek and the trails are quiet.

The temperature in the morning as we start walking will be very cold, as low as minus 5 Celsius. We usually warm up quickly with walking. During the day it will be lovely and sunny, as high as 15 degrees Celsius so you can still end up walking in short sleeved t-shirts. A hat and strong sunscreen will be needed for the bright mountain sunshine. In the evenings and night time, it will be very cold, around minutes 10 degrees. You will need a good sleeping bag, and layering clothes is the best way to keep warm. A good jacket will be needed too. A metal drinking bottle can be filled with boiling water and used as a hot water bottle.

Trekking in Spring (March to May)

Morning the skies are clear, and it will become cloudy every afternoon because the monsoon (July) is starting to build. The clouds against the mountains create their own beauty. Spring you will see trees in bud, bright green leaves, rhododendrons flowers, magnolias, peach blossom, and many spring flowers. The Himalaya is home to many of the world's best-known flowering plants and spring is the time to see them. You will also see many birds. The temperature in the morning is pleasant, usually above zero. During the day the temperature can rise as high as 25 degrees Celsius and you can walking in shorts and t-shirts. The sun can be quite hot; hats and sunscreen is needed. In the evenings and night-time, it can be very cold and you will still need a jacket and many layers. In spring it can rain, with occasional snow. This is the busiest trekking season and also the season for expeditions to climb the mountains. You will see hundreds of porters, yaks and donkeys loaded with expedition gear.

Mountain flights

Flights are fairly dependable, however at times mountain flights can be delayed due to weather. This may mean long drives by jeep to Pokhaha or Kathmandu. These are additional expenses to the traveller, so travel insurance that covers such delays is a must.

Acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- headache
- tiredness

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- disturbed sleep
 - loss of appetite/nausea • shortness of breath
 - cough
 - palpitations
 - swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of AMS and if you experience them it does not necessarily mean that you should not continue. I am a wilderness first aid trained and will help you monitor your symptoms. The only cure for acute mountain sickness is to descend.

Staff care

Guides and porters are the backbone of Nepal so we aim to treat them well. All porters are provided with meals, accommodation and insurance.

Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, as well as governmental changes, and natural circumstances beyond our control.