

TREKKING

UPPER MUSTANG TREK

Hidden kingdoms of the Himalayas.



B4Experience

NEPAL



Traverse steep gorges, vast arid plateaus, and beneath towering snow-capped peaks in Mustang, Nepal. Explore Lo Manthang, an ancient walled city frozen in time, and experience the rare privilege of accessing this remote and exclusive region of the Himalayas.

[View Web Program](#)

<https://b4experience.com/upper-mustang-trek>



RECOMMENDED MONTHS

MARCH, APRIL, MAY, JUNE, JULY, AUGUST, SEPTEMBER,
OCTOBER, NOVEMBER



PRICE

From 2.390€ /person

Group discounts

Trekking

info@b4experience.com / +34 613 03 77 00





Highlights

- IDEAL TREKKING FOR SUMMER.
- EXCLUSIVE AND LESS CROWDED.
- RICH TIBETAN CULTURE.
- SMALL GROUP EXPERIENCE.

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
5	Standard	01 Mar 2026 - 01 Nov 2026	18	2.390€
2	Standard	01 Mar 2026 - 01 Nov 2026	18	3.050€

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
✕ No open group events available, only private groups					

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

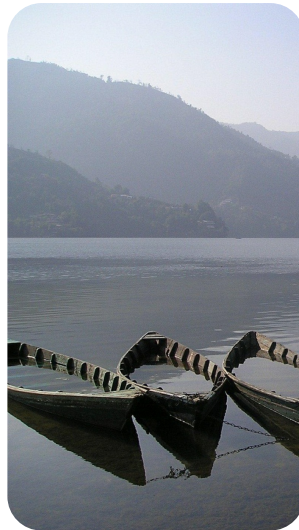


Included

- All transfers in a private vehicle.
- Hotel in Kathmandu on a bed and breakfast basis.
- Hotel in Pokhara on a bed and breakfast basis.
- Trekking based on tea houses, with meals and accommodation in available lodges.
- National park fees and special permits for Mustang (US\$ 500 per person for 10 days).
- An English-speaking guide (Sirdar).
- Porters (1 porter for every 2 members). A porter can carry a maximum of 25 kg total weight.
- 1 Sherpa (assistant guide) for every 5 members.
- Daily wages for Nepalese staff, meals, and accommodation.
- Insurance for guide and porter.
- 1 jeep for 2-4 people from Kathmandu to Jomsom and back.
- 2 jeeps for 5-9 people from Kathmandu to Jomsom and back.
- 3 jeeps for 10-11 people from Kathmandu to Jomsom and back.

Not Included

- Flights and visas for Nepal (we can arrange them)
- Sightseeing tours in Kathmandu and Pokhara
- Lunch/dinner in Kathmandu and Pokhara
- Boiled/bottled mineral water, soft drinks, and alcoholic beverages during the trek
- Laundry, phone calls, emergency evacuation if necessary, donations, tips
- Additional expenses due to roadblocks/landslides/natural disasters/strikes
- All personal expenses due to natural causes
- Sleeping bag
- Note: Clients are advised to give a maximum of 12 kg of personal luggage to the porter.
- Anything not included in the "INCLUDED" section



Itinerary

DAY 1: Arrival in Kathmandu

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be transferred to the International Guest House Hotel (or similar) to rest and acclimate.

This hotel is located in the heart of the Thamel tourist district, known for its shops and restaurants.

Accommodation: Hotel.

DAY 2: Free day in Kathmandu. Permit issuance preparation.

This day is dedicated to obtaining the necessary permits to enter the restricted region of Upper Mustang.

Take the opportunity to explore Kathmandu's historical sites, such as Durbar Square and Swayambhunath. Accommodation at Thamel.

Accommodation: Hotel

Meals: Breakfast.

DAY 3: Jeep ride from Kathmandu to Pokhara

A jeep ride of approximately 6 to 7 hours will take you to Pokhara, a beautiful city by the lake. Enjoy an afternoon by Phewa Lake and get ready for the adventure ahead. Accommodation at the Splendid View Hotel.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 4: Jeep drive from Pokhara to Jomsom and Kagbeni

An early morning jeep ride will take you through the Kali Gandaki valley to Jomsom and then to Kagbeni.

Kagbeni, a picturesque village, marks the entry point to Upper Mustang and offers stunning views of the Himalayas. Overnight in Kagbeni.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 5: Kagbeni - Chhuksang (2950m)

About a 6-hour hike, covering approximately 14 km.

The trek follows the Kali Gandaki River, passing through desert landscapes and unique rock formations. Chhuksang is a small settlement with traditional Tibetan-style houses and impressive red cliffs.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 6: Chhuksang - Samar (3540m)

A hike of about 4 hours and 30 minutes covering around 13 km.

The trail crosses several suspension bridges and passes through the narrow Kali Gandaki gorge. Samar, a beautiful village with whitewashed houses, offers the first true glimpse of Mustang's unique culture.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 7: Samar - Geling (3520m)

A hike of about 3 hours and 30 minutes covering approximately 12 km.

The trail steadily ascends through arid landscapes, offering panoramic views of Nilgiri and Annapurna.

Geling is known for its ancient Buddhist monasteries and barley fields.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 8: Geling - Tragmar (3800m)

This is a hike of approximately 5 hours covering about 15 km.

This section includes crossing the Nyi La Pass (4,010 m), which offers stunning mountain views.

Tragmar is famous for its impressive red cliffs and ancient Mani walls.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 9: Tragmar - Lo Gekar - Lo Manthang (3750m)

8 to 9 hour hike, covering about 20 km.

Visit Ghar Gumpa, one of the oldest monasteries in Nepal, before arriving at Lo Manthang.

Lo Manthang, the walled capital of Upper Mustang, is rich in history, culture, and impressive architecture.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 10: Lo Manthang and around

Spend the day exploring the monasteries, caves, and the King's Palace of Lo Manthang.

The narrow alleys of the town and its Tibetan-influenced culture make it a fascinating place to stroll.

Accommodation in a guesthouse.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 11: Return along the trail to Tsarang (3580 m)

About a 6-hour walk covering around 19 km.

Descent to Tsarang, passing through arid hills and isolated monasteries.

Tsarang is known for its large white and red monastery and an ancient fortress.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 12: Retreat to Syangbochen or Ghiling

A walk of about 6 hours and 30 minutes covering around 20 km.

Retrace your steps through Mustang's unique landscapes, passing prayer flags and Mani walls. The route offers spectacular views of the Himalayas and insight into Mustang's remote lifestyle.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 13: Trek to Chuksang

A hike of about 6 hours, covering approximately 20 km. The trail gradually descends through deep gorges and rugged terrain. Enjoy the spectacular landscape changes as you leave Upper Mustang.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 14: Hike to Kagbeni and drive to Jomsom. Visit to Muktinath en route.

A short hike will take you back to Kagbeni, where you will take a jeep to Jomsom. Visit the sacred site of Muktinath, an important pilgrimage destination for Hindus and Buddhists. Accommodation in a guesthouse.

Accommodation: Tea house

Meals: Breakfast + Lunch + Dinner.

DAY 15: Jeep drive to Pokhara

Drive along the Kali Gandaki River, passing Marpha and Tatopani. Enjoy a relaxing afternoon in Pokhara, possibly taking a boat ride on Lake Phewa. Accommodation at Hotel Splendid View.

Accommodation: Hotel

Meals: Breakfast + Lunch.

DAY 16: Jeep ride to Kathmandu

A full day by car will take you back to Kathmandu, ending your Mustang adventure. Spend the afternoon shopping for souvenirs or relaxing in Thamel. Accommodation in Thamel.

Meals: Breakfast.

Day 17: Free day in Kathmandu

Use this day to explore more of Kathmandu, visit Patan or Bhaktapur, or simply relax.

Optional activities include a visit to Pashupatinath Temple or Boudhanath Stupa.

Day 18: Final Departure, transfer to the airport

Depending on your flight schedule, we will transfer you to Tribhuvan International Airport.

Say goodbye to Nepal and take away unforgettable memories of your trek through Mustang.

Payment and cancellation policy

Initial Reservation: To secure your place, an initial payment of 30% of the total trip cost is required at the time of booking.

Final Payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs such as insurance, flights, and other optional services must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase trip cancellation insurance to recover the full amount paid (subject to the insurance terms).

The end user may cancel the contracted trip, having the right to a refund of amounts paid, except for the penalties indicated, but must also pay the Agency the amounts listed below once the trip is confirmed. If the trip does not take place due to not reaching the minimum required participants, the client may keep the credit for future trips or request a full refund of the booking.

Cancellation Policy 3:**FULL REFUND UP TO 24 HOURS AFTER PURCHASE**

Up to 60 days before the trip: 100% refund of the trip cost.

Up to 45 days before the trip: 50% refund of the trip cost.

For periods shorter than those described in the cancellation policy, no refund of amounts already paid will be made.

*Management fees of €250 apply.

*No cancellation fees for already issued bookings will be refunded. If there are other non-refundable fees already issued, these will not be refunded and will be deducted from the refundable amount.

*The cancellation cost of issued flights is 100% of the amount.

Packing List

FUNCTIONAL CLOTHING:

- Gore-Tex or waterproof breathable jacket
- Waterproof rain pants
- Warm jacket: down or preferably primaloft (as they are water resistant)
- Lightweight fleece
- Breathable, quick-dry short sleeve shirts
- Elastic pants, slightly thicker, for colder days or nights
- Trekking pants
- Shorts
- Thermal shirt and pants set
- Underwear (recommended non-cotton)
- Swimsuits

HEAD

- Lightweight running cap
- Wool hat
- Neck gaiter
- Sunglasses

HANDS

- Thin fleece gloves
- Trekking poles (recommended)

FEET

- Thin socks (non-cotton)
- Thick, warm socks for night (non-cotton)
- Lightweight trail running shoes or hiking boots (usual mountain footwear)
- Mountain sandals with heel strap (optional)

BACKPACKS

- Mountain backpack 20/35 liters
- Rain cover for backpack
- Small travel bag (for documents and wallet)
- Travel bag (better than suitcase)

ACCOMMODATION GEAR

- Sleeping bag (3 season)
- Silk-cabin style sleeping bag liner (optional)
- Earplugs

ACCESSORIES

- Headlamp and spare batteries
- Sunscreen, lip balm, and after sun
- Mosquito repellent

EAT/DRINK

- Hydration system minimum 1l (Camelbak, water bottle, or flexible bottle)
- Thermos (optional)
- Snacks, nuts, gels, hydration and enough energy bars, protein bars, nut mixes, magnesium tablets and recovery supplements

TRAVEL EQUIPMENT

- Casual clothing
- Passport, visa, cash, insurance documentation, vaccination card
- Microfiber towel
- First aid kit and medication
- Thermal blanket
- Mobile phone and watch with route track
- Powerbank, camera, charging cables, headphones, selfie stick

FAQs

What physical and technical level is required?

A minimum level is required that allows hiking a mountain route with an 800 m elevation gain in one day. It is a demanding route, but there are days with short walks interspersed to ensure good acclimatization and recovery from the trekking days. During the route, we can carry a small backpack with the things we will use during the day. Porters will transport our backpacks to the next lodge.

How to organize the bag with the material the porter will carry?

The porter carries the equipment for 2 people (maximum 12 kg per person). You should share one bag between every two people and give it to the porter. Ideally, this is a duffel bag of about 80 L. The other suitcase will stay at the hotel in Kathmandu.

Backpack during the trek:

Carry a small backpack that allows you to bring a jacket, water bottle, and some energy bars or nuts. All the equipment you don't use during the day will be carried by the porters.

Crampons

In the high areas of the trek, there may be snow or ice, although this is not common. Conditions can change rapidly, especially at passes over 5,000 meters. Some people use chain crampons to improve grip on slippery surfaces; for trekking, pointed crampons are not necessary.

Cash money

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops... but it's not common). Beyond that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival.

Recommended amount of cash:

It is recommended to carry a minimum of 250€ in cash for expenses not included, such as drinks or meals in Kathmandu and for tips.

Tips

Tips are usually given at the end of the trip (not mandatory but highly recommended), in cash (they do not have card readers). Guides: 5 to 10 USD per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips may increase to 10-15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, you might consider increasing to 5-7 USD.

Hygiene conditions in the lodges:

As you gain altitude, the accommodations become much more basic. It is recommended to bring wet wipes and a sleeping bag to avoid using the blankets.

Showers and hot water:

In the higher areas, hot water showers are very scarce. It is VERY easy to catch a cold, which worsens altitude sickness problems. WE RECOMMEND avoiding showers. Wet wipes are a good alternative to maintain hygiene.

Which hotel will we be staying at?

It appears in the offer information.

Altitude medications:

The routes are progressive to avoid (as much as possible) altitude sickness. Guides carry a complete first aid kit, including an oxygen saturation meter. For medications like Edemox or similar, consult your doctor, although they are not necessary.

Mobile and SIM:

You can purchase a SIM card upon arrival. Each area in Nepal has a different operator. Check with our team which one works in each area. With a recharge of €15-20, you will have enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

Supplements and Recovery Aids: Is it necessary to bring any type of supplement or recovery aid?

Supplements can be helpful but are not essential. It is advisable to take iron in the days leading up to high-altitude activity. You may want to consult your doctor or nutritionist.

Water purification tablets

Always buy bottled or boiled water at the lodges.

Mosquito repellent

The repellent can be useful in the first few days, but it is not necessary in high-altitude areas (optional).

Vaccination card:

There are no mandatory vaccinations required to travel to Nepal.

Plug adapters

They are the same as those in Europe.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months of validity. Nepal offers visa on arrival for most countries; you can speed up the process and avoid queues upon landing by submitting your application online through this official web link. Upon arrival, go to the bank counter at Tribhuvan International Airport with the submission ID (confirmation page) received when completing the Nepal visa application form. Pay the applicable fee in cash and, after payment, proceed to the immigration officer's counter with your original passport to process the visa. For visa requirements, stay updated as immigration policies often change. Therefore, it is advisable to check the information close to your planned travel date. As of February 2025, the tourist visa fees for Nepal are: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.



Contact us!

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[View web Program](#)

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