



# Nepal Mystical Mustang Trekking

14 Days

---



*The Adventure Company* | EST. 1969

**MT+SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Nepal Mystical Mustang Trekking

Tucked behind the legendary Himalayan peaks of Dhaulagiri and Annapurna, the forbidden kingdom of Lo was isolated for centuries. This region of Nepal, now called Mustang, is the off-the-beaten-track getaway of your dreams. Our trek journeys through this remote land, where vast monasteries stand guard over pocket-sized villages and every ridge offers another arresting vista. With two days in the walled city of Lo Manthang, nearly untouched since the 14th century, you'll be one of the few to discover this magnificent, well-preserved treasure. Enjoy comfortable camps in the heart of Mustang and a five-star hotel experience in Kathmandu.

---

## Details

Arrive:	Kathmandu, Nepal
Depart:	Kathmandu, Nepal
Duration:	14 Days
Group Size:	4-12 Guests
Minimum Age:	16 Years Old
Activity Level:	

## Testimonials

*"I just completed the amazing Mystical Mustang trek with the best guides imaginable. Sanjeev Chhetri and Sirish Bhatt provided extraordinary insight into the area."*

Dick S.

*"This was the trip of a lifetime! A spectacular, active, and challenging trek combined with great scenery, amazing monasteries, and insight into the changing Buddhist culture of Upper Mustang. I would absolutely recommend MT Sobek!"*

Sandy S.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

 1-800-974-0300

 [info@mtsobek.com](mailto:info@mtsobek.com)

## Why Take This Trip With Us?

### REASON #01

MT Sobek is a legendary outfitter in Nepal, pioneering unique and exploratory adventures for nearly 50 years.

### REASON #02

Our expert MT Sobek Mustang guide Sanjeev Chhetri has been leading treks in the Upper Mustang since 1992.

### REASON #03

Only MT Sobek combines our tenured trekking guide with an architectural restoration expert—both with years of experience in Mustang—  
.....for a winning combination.....

## What to Expect



### ACTIVITIES

Strenuous hiking on mountain and valley paths, covering 4.5-10 miles per day on rugged terrain at a maximum elevation of 14,038'.



### LODGING

Eight nights camping, one night at a comfortable guesthouse and four nights at hotels in Kathmandu and Pokhara.



### CLIMATE

Daytime temperatures: 50°F - 85°F. Night time temperatures 20°F - 35°F. High winds and dust are common. Rain or snow possible.

## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Sanjeev Chhetri is a graduate of Delhi University, India, and has been leading treks in Nepal, Tibet, India, and the Alps since 1990. He is a top MT Sobek guide on many of our most popular Himalayan adventures, and is very knowledgeable of the cultures, religions, and traditions of each region. Sanjeev has a deep affection for Mustang (he got married in Lo Manthang) and recommends it for the absence of trekkers, stunning scenery, and authentic Tibetan culture. Sanjeev loves being outdoors and meeting people from different walks of life. He lives with wife and son in Kathmandu.

### Sanjeev Chhetri

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

 1-800-974-0300

 [info@mtsobek.com](mailto:info@mtsobek.com)

# Itinerary

## DAY 1

### ARRIVE IN NEPAL

Welcome to Kathmandu! Meet your MT Sobek representative and transfer to your hotel. In the afternoon, your trip guide will hold a short briefing and orientation, including information on trekking and other important information. In the evening we will gather for a welcome dinner.

Meals: D

---

## DAY 2

### CULTURE IN KATHMANDU, FLIGHT TO POKHARA

Enjoy a morning tour of the Pashupatinath Hindu temple complex on the Bagmati River and Bodhnath's enormous Buddhist stupa — the largest in Asia and the center of Tibetan Buddhist culture in the UNESCO-listed Kathmandu Valley. Later in the afternoon, transfer to the airport and fly to Pokhara, a lively town set beside Phewa Lake with fantastic views of the Annapurna Range.

Meals: B, D

---

## DAY 3

### FLY TO JOMSOM AND DRIVE TO GHEMI

Board a flight from Pokhara to Jomsom (8,922') and embark on a Jeep ride to the village of Ghemi along the rocky trails of the Kali Gandaki River. At Kagbeni village, cross the checkpoint and enter the forbidden kingdom of Mustang. Drive through the villages of beautiful red, yellow, and brown sandstone pillars, cross famed Chele La Pass (12,251'), and descend to the village of Samar (12,005') with its views of the Annapurna. Continue ever higher over passes and through tiny settlements before descending to camp in the village of Ghemi.

Meals: B, L, D

---

## DAY 4

### HIKE TO GHAR GOMPA

From Ghemi, follow the trail across the valley, across a suspension bridge over the Dhakmar Chu River, then past the most impressive and longest stretch of *mani* wall (boulders inscribed with carved Buddhist prayers) in Upper Mustang. Descend to the secluded village of Dhakmar, situated under magnificent red sandstone cliffs dotted with cave openings. Climb up a rocky gully to Muila pass and your first view of famous Ghar Gompa, an eighth-century monastery.

**Activity:** 5–6 hours/6.5 miles hiking with 2,165' elevation gain & 725' elevation loss

Meals: B, L, D

---

## DAY 5

### DESCEND TO LO MANTHANG

Depart Ghar Gompa and, after crossing several valleys, reach the Chago La pass — at 14,038', it's the highest pass on the trek through Mustang. After a long, gradual descent, you finally get your first view of the walled city of Lo Manthang in the distance, set amongst fields and poplar trees. From here, a steady downhill leads you to camp.

**Activity:** 5–6 hours/5.5 miles hiking with 1,085' elevation gain & 1,595' elevation loss

**Meals:** B, L, D

---

## DAY 6

### ENJOY LO MANTHANG

Rest your legs and tour Lo Manthang, starting with its two 15th-century monasteries, Thubchen Gompa and Champa Gompa. Atmospheric with burning incense, flickering yak-butter lamps, Buddhist murals, intricate mandalas, and chanting monks, entering these buildings — so remote they've been untouched by modernity for centuries — is a sensorial and spiritual experience. A team of conservation architects has gently restored both monasteries with funding provided by the American Himalayan Foundation. Also here, visit the monastic school at Choede Gompa, the only monastery in Lo Manthang that houses monks.

**Meals:** B, L, D

---

## DAY 7

### DEPART LO MANTHANG FOR YARA

Leaving Lo Manthang, the trail leads south towards Charang, climbs a pass overlooking Lo Manthang, and then heads down toward the Kali Gandaki Gorge. The final section of the dry, dusty trail drops sharply to the village of Dhi, marked by a patchwork of fertile fields and trees. After a well-deserved break at Dhi, hike up to the village of Yara. Just before reaching Yara, behold an incredible series of 300-foot-high, wind-scoured cliffs resembling giant organ pipes. The cliffs are dotted with numerous cave openings — one of Upper Mustang's most spectacular sights!

**Activity:** 7–8 hours/10 miles hiking with 1,930' elevation gain & 2,600' elevation loss

**Meals:** B, L, D

---

## DAY 8

### DAY TRIP TO LURI GOMPA

Take an excursion from Yara to Luri Gompa, one of the world's few remaining cave monasteries. Luri is also the most important in Upper Mustang, as it is one of the only monasteries in the region belonging to the Kagyu sect of Tibetan Buddhism. The monastery comprises a series of interconnected chapels covering various

levels, all carved out of the cliff. The inner room contains a large chorten painted with deities. Kashmiri-style paintings of exquisite flowers, deities, and various figures of Indian origin adorn the dome-shaped roof and the west wall.

**Activity:** 5–6 hours/6.5 miles hiking with 1,330' elevation gain & loss

**Meals:** B, L, D

---

## DAY 9 HIKE TO TANGGE

From Yara, the trail leads south to Dhechyang Khola, winding steeply uphill before opening to magnificent views of landscape below. Continue downhill into the village of Tangge, a small hamlet whose homes form a fort nestled below cliffs eroded into massive columns. The view of the settlement, with its groups of chortens and *mani* walls of various shapes and sizes, is simply stunning! Tonight's camp is constructed in a walled compound to protect guests from the dry Mustang winds.

**Activity:** 7–8 hours/10 miles hiking with 2,660' elevation gain & 3,600' elevation loss

**Meals:** B, L, D

---

## DAY 10 CROSS RIVERS TO BEHOLD DHAULAGIRI

On your way out of Tangge, enjoy an atmospheric walk through town to the trail leading down to the Tangge Khola, where you'll cross a wooden bridge. Hike above the village, then descend to the wide, rocky Yak Khola plain. After another river crossing, ascend steeply as the horizon widens between Charang, Lo Manthang, and Nepal's northern border. From the prayer flag-adorned summit of Pha, revel in your first awe-inspiring view of Dhaulagiri. Tonight, camp near the only water source on this part of the trek.

**Activity:** 5–6 hours/6 miles hiking with 3,200' elevation gain & 660' elevation loss

**Meals:** B, L, D

---

## DAY 11 JOURNEY ON TO JOMSOM

Today the trail winds uphill, opening to exceptional views of the entire Mustang Valley. Admire them, but then refocus on the trail, which is narrow and, on one side, drops 3,000 feet! Soon the trail veers away from the rim and reveals the extraordinary Kali Gandaki Valley, with myriad peaks surrounding the famous Thorang La pass (17,764'). Begin your descent of a steep, rough trail that leads to Chhuksang where our jeep will be waiting for us. From Chhuksang transfer back to Jomsom enjoying wonderful views of Mt. Nilgiris (23,166'). After many nights of camping, enjoy a night at a cozy guesthouse.

**Activity:** 6–7 hours/9.5 miles hiking with 710' elevation gain & 4,280' elevation loss

**Meals:** B, L, D

---

## DAY 12 RETURN TO KATHMANDU

Bid farewell to the Upper Mustang as you fly from Jomsom to Kathmandu via Pokhara. If weather affects your flight (always possible in Nepal), you'll spend another day in Jomsom. Flights in and out of Jomsom are commonly delayed or cancelled due to unpredictable weather. If delayed, all meals at Jomsom are included while you wait. An extra day at the end of the trek ensures connections to your homeward-bound flight. Without delays, spend the day exploring in Kathmandu!

Meals: B

---

## DAY 13 EXPLORE KATHMANDU

Begin today in Kathmandu Valley with a morning tour of Bhaktapur, an enchanting medieval Nepalese town. A highlight is Durbar Square, with its temples, ancient palace ruins, and exquisite Sun Dhoka — a gilded gate crafted in 1753. This afternoon you're free to roam, relax, or do some last-minute shopping or sightseeing in Kathmandu on your own. In the evening, join the group for a farewell dinner at a local restaurant.

Meals: B, D

---

## DAY 14 DEPART FOR HOME

After breakfast, transfer from your hotel to the airport and depart Kathmandu on your homeward-bound flight. Please note that most flights require an overnight en route to your destination.

Meals: B

---

## Dates

Sep 25 - Oct 8, 2023

Apr 22 - May 5, 2024

May 13 - 26, 2024

Sep 23 - Oct 6, 2024

Oct 14 - 27, 2024

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

 1-800-974-0300

 [info@mtsobek.com](mailto:info@mtsobek.com)

## Inclusions & Exclusions

### PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

### PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries are subject to change.

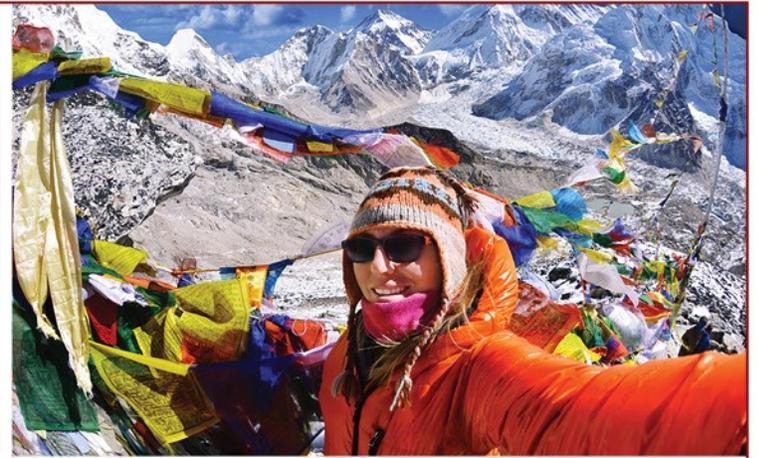
**GOT QUESTIONS? SPEAK WITH AN EXPERT.**



1-800-974-0300



[info@mtsobek.com](mailto:info@mtsobek.com)



## ➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

---

### **Awards**



**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

☎ 1-800-974-0300

✉ [info@mtsobek.com](mailto:info@mtsobek.com)



**TWO HUNDRED ADVENTURES.**

**SEVEN CONTINENTS.**

**A WORLD OF DISCOVERY.**

*Where's Your Next Adventure?*



*The Adventure Company* | EST. 1969

**MT · SOBEK**™

**MOUNTAIN TRAVEL SOBEK**

**1-800-974-0300 | MTSOBEK.COM**

1266 66TH STREET, SUITE 4, EMERYVILLE, CALIFORNIA 94608-1117

FOLLOW US ONLINE @**MTSOBEK**