

Incredible Indian Tours Upper Mustang Trek

18 Days ex Kathmandu

4 - 21 November 2017

May 2018 (TBC) - Tiji Festival



Maximum Group Size 10

Fully Escorted by Deb Kindness, who has been travelling and leading tours to the Indian Subcontinent since 1993 with local Nepalese tour leader and porters (1 per 2 trekkers)

Accommodation 17 nights hotels/trekking lodges

Transport Airport Transfers, Domestic flight Pokhara-Jomsom-Pokhara, Tourist bus Kathmandu-Pokhara-Kathmandu, Jeep

Meals 17 breakfasts, 11 lunches, 13 dinners

Entrance Fees Included for all sites visited as part of the itinerary

Permit Fees Included for ACAP and Upper Mustang areas.

Gratuities Included for all guides/porters/drivers

Starts and finishes in Kathmandu

Cost twin share from USD2490 per person (8-10 pax) USD2790 per

person (5-7 pax) USD2990 per person (4 pax). **Optional** Single

Supplement USD350 per person.

Have you ever dreamt of visiting one of the last hidden kingdoms - a Shangri La in the Himalayas? Upper Mustang was a separate kingdom until 2008 and opened to foreigners in only 1992 and still retains its unique Tibetan culture bred over millennia. The high desert rain shadow of Himalayas receives very little rainfall making this region dry and parched, similar to the bordering Tibetan Plateau. With an amazing culture, stark and stunning landscape, nomadic communities and more to experience, this trek will offer you the rare privilege to visit the exotic land beyond the Himalayas.

ITINERARY

Day 1 Kathmandu (D)

Arrival Day. We meet at 6pm to have a brief chat about our trek before heading out to dinner (included).

Day 2 Kathmandu (B)

We spend the day sightseeing in the Kathmandu Valley and ensuring we have everything necessary for our trek.

Day 3 Pokhara (B)

We travel 7-8 hours on a tourist bus to Nepal's second city - Pokhara, gateway to the Annapurna and Mustang regions.

Day 4 Kagbeni (B L D) (2810m)

An early morning flight to Jomsom, a spectacular 20 min flight between the Annapurna and Dhauligiri mountain ranges. We then walk 3-4 hours to Kagbeni, the entrance point to Upper Mustang.

Day 5 Chele (B L D) (3050m)

5-6 hours trek via Tangbe/Chhusang.

Day 6 Syangboche (B L D) (3800)

6-7 hours trek. Explore monasteries and villages.

Day 7 Ghami (B L D) (3460m)

5-6 hours trek. Explore monasteries and villages.

Day 8 Charang (B L D) (3560m)

4-5 hours trek. Explore monasteries and villages.

Day 9 Lo Manthang (B L D) (3730m)

5-6 hours trek. Explore monasteries, Kings palace and museum.

Day 10 Lo Manthang (B L D)

Sightseeing/rest day. Options to visit nearby villages, caves and monasteries.

Day 11 Drakmar (B L D) (3820m)

6-7 hours trek. Explore monasteries and villages.

Day 12 Ghiling (B L D) (3570m)

5-6 hours trek. Explore monasteries and villages.

Day 13 Chuksang (B L D) (2920m)

5-6 hours trek. Explore monasteries and villages.

Day 14 Jomsom (B L D) (2713m)

6-7 hours trek (option of taking a jeep Kagbeni to Jomsom).

Day 15 Pokhara (B)

We take an early morning flight back to Pokhara, with the afternoon free to relax, sightsee or shop.

Day 16 Pokhara (B)

We have a half day sightseeing tour of Pokhara, with the afternoon free to relax, sightsee or shop.

Day 17 Kathmandu (B D)

We travel 7-8 hours on a tourist bus back to Kathmandu. We finish the trip with a farewell dinner at a Newari restaurant serving traditional Nepali food.

Day 18 Departure Day

There are no organised activities today. You are free to depart at any time.

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