



## Upper Mustang Lo Manthang



### Introduction

Upper Mustang which is famous for both Buddhist and Hindu religion followers, Situated rain shadow of north of Annapurna range of High Himalayas. The Upper Mustang trek brings you into the hidden world of the old Buddhist kingdom of Mustang, also called Lo. Lo used to be part of the Tibetan empire and is therefore closely tied to Tibet in culture, language and geography. a place different from the rest of the world. The wall city of Lo-manthang used to be a part of Tibetan kingdom of Gungthang until 1830s. The early history of Lo-manthang is embellished in myths and legends rather than the recorded facts. Even though the upper Mustang is changing it still surprises the visitors with its stunning vista and the stubborn way it cling to its unique culture.

It is believed that Guru Rinpoche had fought with demon among the Mustang's snow capped mountain, desert canyons, and grassland. Once Guru Rinpoche killed the demon, it is said he scattered the demon's body parts across Mustang valley. Consequently its blood formed the towering red cliffs and its intestines tumbled near to Ghami where people have later on build the stone prayer wall. Thus the longest prayer wall in Nepal, on top of the demon's intestines.

### Facts

- Altitude: 3840m<
- Duration: 17 days
- Grade: Easy moderate

- Group: 2 - 15
- Country: Nepal
- Best Season: March - June / September-November
- Start/Ends: Jomsom/Jomsom
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

## Highlights

- Explore the Himalayan Kingdom.
- Interesting and picturesque places.
- Buddhist Monastery, Chorten and Mani walls.
- Tibetan life-style in refugee camps and the mystic Landscape.
- Snow capped Himalayan peaks.
- Ancient and isolated villages.
- Mixed culture and purely Tibetan cultural.
- The pilgrimage site of Muktinath.
- Lake valley of Pokhara.

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (TM) Kathmandu
- **Day 2** : Kathmandu: Sightseeing and Trek Preparation. Meal includes: Breakfast
- **Day 3** : Kathmandu (1300m) to Pokhara [900m] by bus, 6 hrs or by fly, 30 min. Meal includes: Breakfast/Lunch/Dinner
- **Day 4** : Fly Pokhara to Jomsom [2720m], then trek to Kagbeni (2800m), 3-4 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 5** : Kagbeni to Chele [3050m] 4-5 Hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 6** : Chele to Syangboche [3475m/11,398ft] 6-7 Hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 7** : Syangboche to Ghaymi [3520m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 8** : Ghaymi to Charang [3500m] 4-5 Hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 9** : Charang to Lo Manthang [3700m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 10** : Exploration Day Lo Manthang [3700m]. Meal includes: Breakfast/Lunch/Dinner
- **Day 11** : Trek to Dhakmar [3800m] 7 - 8 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 12** : Trek to Syangboche. Meal includes: Breakfast/Lunch/Dinner
- **Day 13** : Trek to Chusang (3040m) Meal includes: Breakfast/Lunch/Dinner
- **Day 14** : Trek to Kagbeni (2810m) walk to Jomsom. Meal includes: Breakfast/Lunch/Dinner
- **Day 15** : Trek to Jomsom (2720) Meal includes: Breakfast/Lunch/Dinner
- **Day 16** : Fly to Pokhara. Meal includes: Breakfast
- **Day 17** : Drive or fly back to Kathmandu. Meal includes: Breakfast/Lunch/Dinner
- **Day 18** : Transfer to International Airport Meal includes: Breakfast

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport -Hotel-Airport transfer by private vehicle
- Twin sharing 3\*\*\* accommodation with breakfast in Kathmandu
- Twin Sharing 3\*\*\* accommodation with breakfast in Pokhara
- VE-25 North Face tented accommodation during camping (Two clients get one two men tent)
- Our own cooked meals during the trek (three time a day Veg /Non veg) in Camping
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- A cap entry permit and applicable trekking permits

- Staff (cook, helper, Guide and other supporter porters/donkeys)
- Entire necessary Kitchen, Dining, Toilet Tent's and guide Sherpa tent
- Drinks in campsite (Hot Chocolate, Special Coffee and Tea)
- Government license holder highly experienced trekking guide
- Special Trekking Permit US\$ 500 per person for 10 days
- Guide Air tickets and airport taxes for Pokhara – Jomsom - Pokhara
- Way Expenses to bring food, kitchenware, equipments to Jomsom and back
- Kathmandu/Pokhara/Kathmandu Flight or land transportation by Tourist bus. [As per required]
- Pokhara to Jomsom and Pokhara to Jomsom flight tickets for clients and Guide
- Two days sightseeing tour with English speaking tour guide
- Sightseeing entry fees during the sightseeing
- All local government taxes and our service charge

## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on number of persons joining in group for High expedition or Mountain Climbing including number of climbers, porters, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing is not in the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or

equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Travel insurance.
- International air fare to and from Nepal.
- Nepal Tourist Visa fees.
- Items and expenses of personal nature.
- Any meals in Kathmandu and Pokhara other than breakfast.
- Any kind of alcoholic drinks, cold drinks, snacks, laundry, phone call, internet.
- Personal Trekking Equipments.
- Emergency Evacuation (Helicopter Rescue).
- Any costs which arise due to a change of the itinerary, because of landslides, domestic flight delays, political disturbance, and strikes etc.
- Any other costs that is not mentioned in the cost included.
- Horse renting and additional porters during the trek.
- Tips for guide, porters, driver

