



Upper Mustang Trek – 14 Days

Trip fact:

Destination: Annapurna Region, Nepal

Duration: 13 Nights/14 Days

Maximum Altitude: 3,860m (Ghiling)

Activity Per Day: Apprx. 4-6 hours walking

Itinerary:

Day 01: Drive From Kathmandu to Pokhara

Day 02: Flight from Pokhara to Jomsom, and Jomsom to Kagbeni , stay at a hotel

Day 03: Trek from Kagbeni to Chele, Chele – 3050 m / 10006 ft – approximate time: 6 hrs

Day 04: Trek from Chele to Syangmoche, Syangmoche – 3475 m / 11400 ft – 6 hrs

Day 05: Hike from Syangmoche to Ghami, Ghami – 3500 m / 11482 ft – 5 hrs

Day 06: Ghami to Charang, Charang – 3560 m / 11679 ft – 6 hrs

Day 07: Charang to Lo Manthang, Lo Manthang – 3840 m / 12926 ft – 5 hrs

Day 08: Trip to Chhoser cave, Lo Manthang – 3840 m / 12926 ft – 5 hrs

Day 09: Lo Manthang to Dhakmar, Dhakmar – 3800 m / 12467 ft – 7 hrs

Day 10: Dhakmar to Ghiling , Ghiling – 3860 m / 12664 ft – 6 hrs

Day 11: Ghiling to Chuksang, Chuksang – 3050 m / 10050 ft – 6 hrs

Day 12: Chuksang to Jomsom, Jomsom – 2715 m / 8907 ft – 5 hrs

Day 13: Flight from Jomson to Pokhara

Day 14: Drive from Pokhara to kathmandu



Cost Include:

- ✔ Luxurious tourist bus from kathmandu-pokhara-kathmandu
- ✔ Two nights in a standard hotel in Pokhara including breakfast.
- ✔ Government taxes, service charge as well as official expenses.
- ✔ You will be provided with the flight ticket from pokhara-jomsom-pokhara, as well as airport pickup and drop including airport tax.
- ✔ Trekking lodge(Tea house) accommodations during the trek.
- ✔ Annapurna Conservation Area Project (ACAP) entry permit & special Upper Mustang permit.
- ✔ Breakfast, Lunch and dinner during the trek.
- ✔ Tims trekker information management system
- ✔ Assistant guide group size above 10+person
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ Taxes and official costs paid to the government.
- ✔ Certificate of completion of the trip
- ✔ Oxymeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are and basic medicines. Note: Don't forget your prescribed medicines.

Cost Exclude:

- ✘ Food that you will eat in Kathmandu and pokhara for lunch and dinner
- ✘ Your accomodation at kathmandu
- ✘ Airport Pickup and drop .
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ You can use a sleeping bag, a down jacket (if you don't have your own you can rent in Thamel)

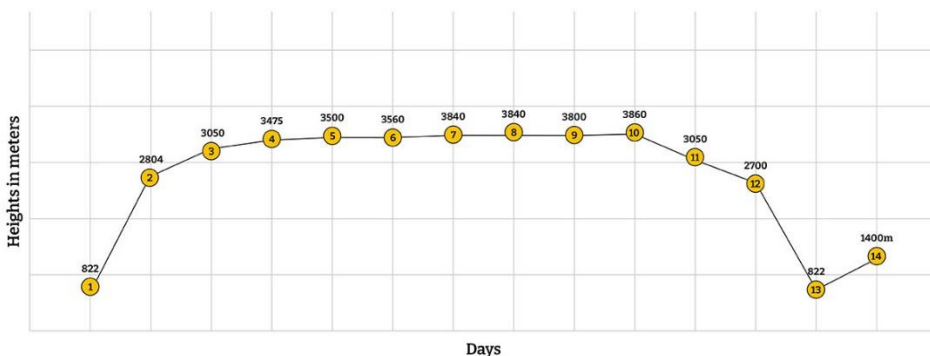
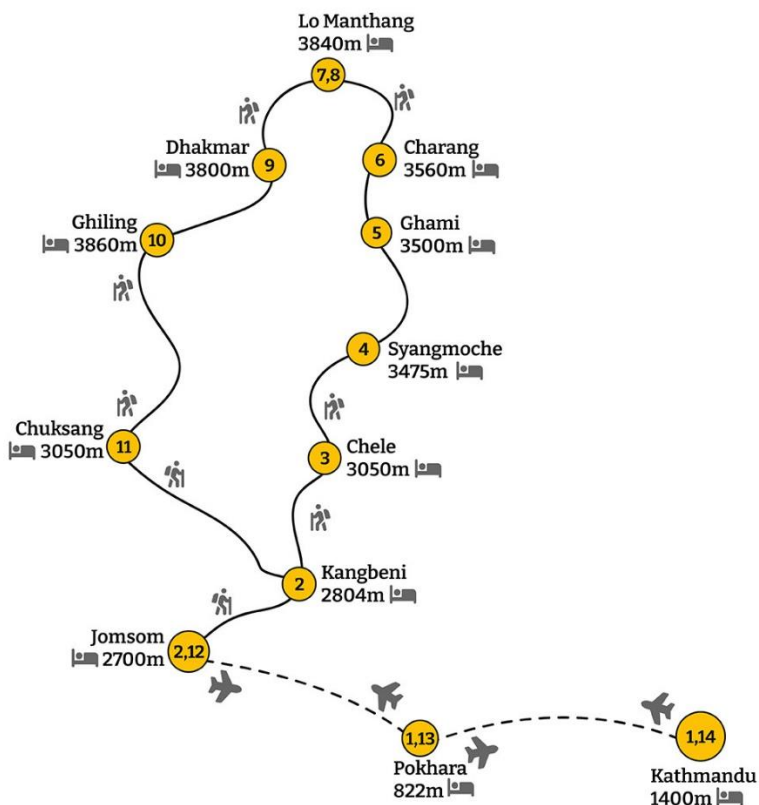


- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ Excess baggage more than 15kg for a Jomsom flight.
- ✘ Hot showers and charging on the tea house may cost you up to \$2-\$4
- ✘ One porter for two people.

Route Map



Manaslu Circuit Trek 14 Days





List of Equipment

Packing list

Head and Hand

1. Balaclava
2. Neck Gaiter/High Neck
3. Sun Cap
4. Wool/Fleece Hat
5. Lightweight Synthetic Liner Glove
6. Wind Stopper Fleece Gloves
7. Heavy Gloves (Mitten)

Upper Body

1. Lightweight Top/Thermo Coat
2. Short-Sleeved Shirts/T-shirts
3. Midweight Top
4. Down Insulated Jacket
5. Synthetic or Fleece Jacket
6. Gore-Tex Jacket

Lower Body

1. Lightweight Long Underpants
2. Midweight Long Underpants
3. Trekking Pants
4. Gore-Tex Pants
5. Synthetic Insulated Pants
6. Underwear
7. Summit Socks
8. Trekking and Climbing Socks

Trekking Devices/Climbing Gears

1. Harness
2. Carabiners (Both Lock & Unlock)
3. Ascenders/Jumar
4. Climbing Helmet
5. Headlamp with Spare Batteries (Petzl/BD)
6. Ice Axe Semi-technical
7. Crampons
8. 1 Sleeping Bag: -30 +C to -40 +C
9. Thermarest Cell Foam Mattress
10. Belay Device (ATC Guide/Figure of 8)
11. Assistant Rope
12. Tape Sling



13. Ice Screw
14. Summit Boot/G2SM
15. Snow Goggle UV Protection
16. Sun/Glacier Glasses UV Protection
17. Extendable Trekking Poles (BD Alpine Flz)

First Aid Kit

1. Water Purification Tablets
2. Sunscreen (-50 Spf)
3. Lips Guard (-20/-50 Spf)
4. Zip-Lock Bags
5. Baby Wipes or Wet Towels
6. Handy Plaster
7. Crack Bandage
8. Tincture
9. Iodine
10. Aspirin
11. Sinex
12. Strepsils
13. Antibiotic
14. Paracetamol
15. Anti-Diarrhea Capsule/Eldoper
16. Brufen/Ibuprofen
17. Diamox
18. Eye Drops
19. Toiletries
20. Toothpaste
21. Toothbrush Hand Sanitizers & Hand wash
22. Wet Tissues
23. Laundry Soap
24. Garbage Bag
25. Bath Soap
26. Shampoo
27. Moisturizers

Miscellaneous

1. Rucksacks (45 - 55 Ltr.)
2. 1 Duffel Bag
3. Water Bottles
4. Thermos/Flask
5. Swiss Knife
6. Pee Bottle
7. Pack Towel
8. Umbrella/RainCoat
9. Spare batteries
10. Waterproof Stuff Sacks



11. Sandals
12. Lightweight Hiking/Trekking Boots
13. Camp Booties
14. Satellite Phone (if possible)
15. Solar chargeable power bank (optional)
16. Book/Board Game
17. Journal/Pen
18. Bars and Snacks

Travel Document

1. Valid Visa
2. Valid Passport
3. 4 PP Size Photo
4. Family/Company Contact Number & Address
5. Insurance Paper (Medical & Rescue) & Contact Address

Credit Card If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram (**@adventuremastertrek**) or get in touch via **WhatsApp (+9779851033195)**. A member of our team will get back to you as quickly as possible and be happy to assist you further.

We are recommended on



Follow us



ADVENTUREMASTERTREK