

Detail Itinerary of Upper Mustang Tour (5N-6D)



Lo-Manthang

Lo Manthang (3,800m) is an isolated Tibetan settlement that was founded in 1380 and Capital ancient city of Upper Mustang. It is 90 kilometers from Jomsom. The city was one of the kingdoms when Nepal was in a monarchy system. The village is covered by the wall so that Lo Manthang is also called a walled city of **Upper Mustang**. The area is inhabited by an estimated 900 Lhobas peoples. Further to Korala is about 20 kilometers which are Tibetan boarder. Local peoples are still trading goods via this route from Tibet. Formally this immigration is not yet open.

Muktinath

Muktinath is a Vishnu temple, sacred to both Hindus and Buddhists. It is located in Muktinath Valley at the foot of the Thorong La mountain pass in Mustang, Nepal. It is one of the world's highest temples (altitude 3,800 m).

Jomsom

Located in the Mustang district of Nepal Jomsom is a breathtakingly beautiful town. As this site is located by the Dhaulagiri and Nilgiri mountains' foothills, its beauty is genuinely unparalleled. According to the local Nepalese dialect, this town's name is Dzong-Sampa. Dzong-Sampa in English translates to New Fort. By seeing this village right now, you will not guess about its historical past. Once upon a time, the King of Thini constructed a fort in Jomsom to surveil Nepal, and Tibet's trade-route.

Pokhara

Pokhara is one of the most popular tourist destinations in Nepal. Many tourists visit Pokhara Valley to see the Himalayan range and lakes. Pokhara is also famous for boating, trekking, rafting and extreme sports like rafting, canoeing and bungee jumping.

Outline Itinerary

- Day 1: Kathmandu-Beni
- Day 2: Beni-Marpha-Chhusang
- Day 3: Chhusang-Lo-Manthang-Chhusang
- Day 4: Chhusang-Muktinath-Beni
- Day 5: Beni-Pokhara
- Day 6: Pokhara- Kathmandu

Detail Itinerary

Day 01: Kathmandu to Beni

Today early in the morning at 6am our tour representative will pick up and start our first day of Upper Mustang tour. Following Prithivi highway, passes via gorge of the Trishuli River, Naubise, Kurintar and Cross Bridge than turn west and drive through small town to reach beautiful touristic city Pokhara. Next, drive to Beni via Kushma, where we rest our overnight.

Lunch en-route, Dinner & overnight stay in Beni

Day 02: Drive from Beni to Chhusang

Today early in the morning after breakfast proceeds for short sightseeing around Beni. We will drive through Kaligandhaki gorge and several villages like Tatopani, Lete, Ghasa, will visit Rupse falls and next will reach in Marpha (famous for apple farming and its local brandy) short sightseeing surrounding, Dhuma lake, Jomsom, Kagbeni & next will reach in spectacular Chhusang roam around rest overnight stay in Chhusang.

Breakfast at hotel, Lunch en-route, Dinner and overnight stay in Chhusang

Day 03: Chhusang - Lomanthang - Chhusang

Today morning after breakfast will proceed to Lomanthang via Chhusang, following Kaligandhaki gorge, observing beautiful atmosphere of the area and reach Lomanthang an isolated Tibetan settlement and capital ancient city of Upper Mustang next we will proceed for Korala Border visit Gharhu Lake & beautiful surrounding, roam around next drive back to Chhusang.

Breakfast at hotel, Lunch en-route, Dinner and overnight stay in Chhusang

Day 04: Chhusang – Muktinath - Beni

Today morning after breakfast will proceed to Muktinath we will visit Muktinath; famous place for Hindu & Buddhist, where we purify ourselves with 108 Dhara water and after some refreshment we drive back to Beni via Jomsom, Marpha.

Breakfast at hotel, Lunch en-route, Dinner and overnight stay in Beni

Day 05: Beni to Pokhara

Today we will have breakfast and next will proceed to Pokhara from Beni, Also we will visit various attractions; Baglung Kalika Mandir, Kushma bridge on the way to Pokhara, upon arrival in Pokhara will visit famous Shiva Mandir Pumdikot from where you can view the panoramic view of mountains, Devis falls, Gupteshwor Mahadev and evening time roam around Lakeside, rest overnight stay in Pokhara.

Breakfast at Hotel, Lunch en-route, Dinner and overnight stay in Pokhara

Day 06: Pokhara to Kathmandu

Today is last day of our remarkable tour. Early morning we visit Taal Barahi temple and after breakfast, proceed to drive back to Kathmandu, by observing beautiful landscape of the area, passes via Bandipur, Muglin, Naubise.

Breakfast at Hotel, Lunch en-route

TOUR HIGHLIGHTS

- ☐ **Myagdi:** Tatopani (Hot spring), Rupse Fall and viewpoints on the way.
- ☐ **Kushma Bridge, Baglung Kalika Mandir**
- ☐ **Lower Mustang: Jomsom, Muktinath, Kagbeni, Marpha;** Marpha apple farm, Jerry Gully
- ☐ **Upper Mustang: Chusang Valley, Lomanthang & Korala Border**
- ☐ **Pokhara:** Taal Barahi, Gupteshwor, Devis falls, Pumdikot and surrounding

INCLUDE

- Ground Transportation
- All meals (Breakfast, Lunch(Non-Veg), and Dinner(Non-veg)
- Sightseeing
- Experienced driver
- Hotel accommodation on sharing basis

Meals plan	Cuisine/Items
Lunch	<ul style="list-style-type: none">- Rice- Daal fry- Mix veg curry- Seasonal green vegies- Pickles- Salad
Breakfast	<ul style="list-style-type: none">- Tea/coffee- Bread Toast with jam- Boiled egg or omelet
Dinner	<ul style="list-style-type: none">- Plain rice- Chicken gravy- Mix Veggies

	<ul style="list-style-type: none"> - Saag/Aalu-Kawali - Achar - Green salad
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EXCLUDE

- Personal Expenses
- Extra Bar BQ items
- Travel Insurance
- Entrance fees
- Permit charges
- Any things beyond our control (natural disaster or strike)

Travel essentials you must carry

- Thermal wears; Warm Cap, Jacket, Sweater, Trouser, Gloves and socks
- Regular medicine
- Sunglass, Sun Block Lotion
- Other personal belongings (Towel, Toothpaste, Tooth Brush, Soap, Lip guard)

**Note: Other gadgets such as mobile phone, camera, music system etc.
Can be taken at the risk of students himself/herself.**

Student's Identity Card is Compulsory

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