

Upper Mustang

REGION	Trans-Himalaya · Lo Manthang
DURATION	16 days
MAX ALTITUDE	3,840 m
GRADE	Moderate
SEASON	Apr-Oct
FROM	from \$2,900

Overview

The walled city of the old salt road

A high-desert kingdom of ochre cliffs, sky caves and the walled capital of Lo Manthang - a fragment of old Tibet preserved in Nepal's rain shadow, north of the Annapurnas.

Upper Mustang spent centuries as a forbidden Buddhist kingdom on the salt route to Tibet. Wind-carved canyons, cliff-cut cave dwellings and whitewashed gompas lead to Lo Manthang, a still-inhabited walled city of monasteries and a royal palace.

Our 16-day route is moderate underfoot but high and dry, with time in Lo Manthang for the surrounding monasteries and cave complexes. Best walked in summer, when the rest of Nepal is under monsoon.

Highlights

- Walled city of Lo Manthang
- Cliff caves & sky monasteries
- Ancient Tibetan salt road
- Summer rain-shadow trekking

Itinerary

Day 1 - Fly -> Jomsom

Fly to Pokhara and on to windy Jomsom to start.

Day 2 - Up the Kali Gandaki

Climb the ochre canyons toward Lo country.

Day 3 - Lo Manthang

Reach the walled city and explore caves and gompas.

Day 4 - Eastern valleys

Loop back through quieter eastern villages.

Day 5 - Descent & fly out

Return to Jomsom and fly back out.

What's included

- Upper Mustang restricted permits
- Licensed guide + support crew
- Teahouse accommodation
- All ground transport & domestic flights
- Pre-trip briefing & gear check
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026