



Mustang Lo-Manthang Trek - 20 days

Go on 20 days trip for

\$ per person

The tour begins with a flight from Kathmandu to Jomsom via the beautiful lakeside town of Pokhara. We commence our trek in Jomosom (lower Mustang) passing along the banks of the Kali Gandaki River towards Kagbeni. On route to Lo Manthang in upper Mustang we pass through the extraordinary village of Tsarang. In this village (around 800 years old) a set of human hands, said to belong to the site's master builder, still remain. According to legend, the king cut the builder's hands off to prevent him from constructing any other place to rival it.

The forbidden Kingdom

Situated North of the Annapurna Himal on the Tibetan border, Mustang is a rugged mysterious arid and haunting wilderness region set amid a lunar landscape of wind eroded hills and cliffs.

A Kingdom within a Kingdom, Mustang's wealth was derived from its position on the Kali Gandaki / Thak Khola trade route to Tibet, the region still retains its own King.

Forbidden to foreigners until 1992 Mustang remains a controlled region which very few people visit, a deliberate policy of cultural and environmental preservation. Our destination is the exotic walled city of Lo Manthang the seat of the King. The Kings Palace is surrounded by a maize of gompas and private houses all enshrined within the city boundary walls. Unmolested Mustang is frozen in time it remains one of the ultimate journeys ever likely to be made in one lifetime. The trek allows us to visit all the major villages on route.

Day by Day Itinerary:

Day 01: Arrive Kathmandu in International Airport meet and transfer to overnight Hotel

Day 02: Kathmandu to Pokhara by air or by privat transportations.

Day 03: Pokhara to Jomsom (2770m) by Air and trek to Kagbeni (2800m) 3 hours walk.

Day 04: Kagbeni to Chele (3100m) 6 hours walk.

Day 05: Chele to Giling 6 hours walk.

Day 6: Giling to Charang 6 hours walk.

Day 07: Charang to Lomanthang 5 hours walk.

Day 08: Lomanthang Rest day or Sightseeing tour.

Day 09: Lomanthang Excoration around the remote village.

Day 10: Lomanthang to Ghami.

Day 11: Ghami to Temple.

Day 12: Around Temple Excoration day.

Day 13:

Temple to Kagbeni.

Day 14: Kagbeni to Tukche (2590m) 6 hours walk.

Day 15: Tukche to Kalapani (2530m) 6 hours walk.

Day 16: Kalapani to Tatopani (1190m) 7 hours walk.

Day 17: Tatopani to Ghaleshowr (850m) 6 hours walk.

Day 18: Ghaleshowr to Beni 2 hours walk and 4 hours drive back to Pokhara.

Day 19: Pokhara rest or sightseeing day.

Day 20: Transfer to the airport for your onward flight, or continue your travels with an extension in Nepal.

What is Trekking?

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote region to see the truth of your dream.

Trekking Styles:

There are very various ways of trekking on foot through Himalayan range of Nepal. Whey is planning a trek you need to think carefully about deferent styles of trekking available. Remember that when hiking in any major renege of the mountains, it makes seems to go with at list on while chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

Typical Trekking Days:

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is a lot of leisured time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and exploration days are build in to the ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

Private Groups:

Every year, Samrat Tours & Travels operates a tangle of private groups. They may be a small or a big groups, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

School & Collage:

Samrat Groups , which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions)as the camping trek and tea house trek. The company operates specially family as well as student groups

. The mentioned regions are suitable to the families for going trek, no trouble on the route.. Departure dates are fixed. of both groups. The company allows families with younger children to travel together.

General Information:

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way ,come across Sherpa yak drivers transporting goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

What is included in the price?

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary
- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes
- Official expense

What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

Trip Fact

- **Trip code**EHCS-86125
- **Destination**Nepal

- **Duration**20 days / 19 nights
- **Season**February to October
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Hiking and Trekking