

## Upper Mustang via Ghorepaani Poonhill Trek - 23 Days



Immerse on the isolated and virgin culture of the rare Lo community entering on the different world **Lomanthang** which is part of **restricted region Upper Mustang** with antique villages made up of stone house on traditional style with archaic attachment.

Trek to **Upper Mustang** is like putting foot on the unique and new land that boasts the art, culture, architecture, artisans, religion which has aura and charm that you have never experienced and ever experience in coming future on the any parts of the world except **Upper Mustang**.

Trek to **Upper Mustang** takes on the Lo- Manthang fortified capital city which holds the historical legacy that dates back to 1300 and crafted with artistic monasteries, stupas, chortens which local inhabitants revere. Apart from the cultural exploration with perception on Lo culture, incredible trek also lands at the viewpoint **Poonhill** nestled at the elevation of the 3210 meters on dawn for the sparkling sunrise views above spectacular peaks **Annapurna, Manaslu, Dhaulagiri and Machhapuchhre**.

Duration: 24 days

Price: \$2299

Group Size: 2

Grade: Moderate

Destination: Nepal

Activity: Trekking

### Equipment Lists:

**Recommended equipment list:** Trekkers need to provide their own personal clothing and equipment. Some items of equipment are available for hire from us as like Down Jacket

**Footwear :** Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

**Clothing :** Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

**Other equipment:** Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

**Other items:** Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit.

## Itinerary:

### Day 1: Your Arrival in Kathmandu

Langtang Ri Trekking & Expedition representative will greet you in an airport & transfer you to your Hotel, after refreshment you will be picked from hotel lobby to office where you will be formally introduced to your Guide and the activities to be enjoyed over the next few days. We will also ask for your passport photographs and any other details required for your trek permits.

### Day 2: Sightseeing in Kathmandu

After breakfast, we start an interesting tour around Kathmandu. Escorting by an English speaking guide (can be provide any language speaking guide on request) be, try to give them a full taste of our vivid culture image and an enchanting manner of its people. In our sightseeing tour we go to Monkey temple Swayambhunath, Pashupatinath, Bouddhanath and Kathmandu Durbar square.

**Bouddhanath:** Bouddhanath is a Buddhist religious complex with a history dating back over 500 years. Located on the eastern edge of Kathmandu it is now a site of great pilgrimage for Buddhist followers who circle its massive stupa, spin its many prayer wheels and visit its beautiful monastery. The main feature of Bouddhanath is its huge hemispherical white stupa with central golden tower and the all-seeing eyes of the Buddha. Visitors should circle the stupa in a clockwise direction and spin prayer wheels for good fortune and a good life. Visitors may also enjoy visiting the Thangka painting school within the complex to see highly skilled artists at work on religious mandala paintings.

**Pashupatinath:** Hindu Temple is a very large and complex and focal point for the Hindu religion. This old and very revered complex of buildings and shrines is dedicated to the Lord Shiva, one of the main deities of Hinduism. While Lord Shiva has multiple forms he is often seen as the destroyer. This has great significance for the Pashupatinath temple as it is the site of many Hindu ritual cremations each day. Pashupatinath is considered by Hindus to be an auspicious site for passing from one stage of life to the next through the purifying and destroying flames of cremation. However, on a happier note, visitors may also get to see the temple in a buoyant festival mode with one of the many Hindu festivals celebrated here through the year.

**Swayambhunath:** You will first visit the Swayambhunath temple complex that sits atop a high hill overlooking Kathmandu and the entire Kathmandu Valley. Swayambhunath is perhaps the most sacred Buddhist pilgrimage site in Nepal. It consists of a very large white stupa with the all-seeing-eye of Lord Buddha plus many small stupa and beautifully carved stone shrines. This is a wonderful place to catch your breath and start to understand and appreciate the deep importance of Buddhist belief to the people of Nepal and the Himalaya region. Make sure you ring the many bells to awaken the gods and let them know you are in Nepal. Take the time to enjoy the view over Kathmandu and have your guide point the many other highlights of the city. In the far distance to the east you may also be able to see the hills of Nagarkot where your hotel for tonight is located. If you feel energetic you might also like to try

some or all of the 350 steps that lead all the way from Kathmandu city up to your Swayambhunath temple vantage point.

**Kathmandu Durbar Square:** The next stop today is the beautiful Kathmandu Durbar Square, or the royal palace square of the ancient Malla kings of the Kathmandu Valley. This square and all its architectural treasures are a UNESCO World Heritage Site. While some damage to buildings occurred in the 2015 earthquake the site still contains many stunning architectural gems. The original royal palace courtyards are open to visitors and you will marvel at the intricate timber carving and beautifully crafted brickwork of the palace. The open square outside the palace has many beautiful multi-storey pagodas and temples with ornate carving and carpentry artwork that tells some of the story of the ancient kings and their mystical time and beliefs. The square also contains many important Hindu temples and statues such as to Vishnu and Lord Shiva. Durbar Square also contains the unique and intriguing Kumari Chok. This is an ancient and ornate house where resides the Raj Kumari – the Living Goddess. She is a young girl chosen through an ancient and mystical selection process to become the human incarnation of the Hindu mother goddess, Durga. If you are in the courtyard of the home at the right time in the afternoon you may see a brief glimpse of the Goddess at her window.

**Day 3:** Drive from Kathmandu to Pokhara

Drive or fly to Pokhara. Pokhara is situated on the side of Lake Fewa, it is a beautiful area with Fishtail mountain (Machhapuchchhre) rising not far behind within the Annapurna range. Only 200km from Kathmandu it can take 6/8 hours by road depending on the season.

**Day 4:** Drive from Pokhara to Birethati (1050m) and trek to Ulleri

You will begin with a 90 minute drive to Nayapul where you will begin you walk through the lush, green Modi river valley, past waterfalls with plunge pools that invite you to swim. You will soon begin your ascent where you will be introduced to the lovely stone paths and stair cases immaculately cared for by the local people. After 4 hours of walking you will reach Ulleri where you will be rewarded with breathtaking views of the valley below and the peaks of Annapurna South and Hiunchuli.

**Day 5:** Trek from Ulleri to Ghorepani

A gentle climb through pasture and cultivated fields. As the trail climbs higher, you walk up beside the cascading river through refreshingly cool oak and rhododendron forest to Ghorepani.

**Day 6:** Ghorepani to Tatopani

Early morning trip to Poon Hill (3232m). This day you can enjoy the sunrise view over Mt. Dhaulagiri (8167m), Tukucho Peak (6920m), Nilgiri (6940m), Varaha Shikhar (7847m), Mt. Annapurna I (8091m), Annapurna South (7219m), Annapurna III (7855m), Machhapuchchhre (6993m), Annapurna IV (7525m), Annapurna II (7937m), Lamjung Himal (6931m) and other numerous snowcapped mountain peaks. After breakfast trek from Ghorepani to Tatopani [Natural Hot Spring] (1189m). day at Tatopani to enjoy the natural hot spring bath. It is believed that one who takes bath get rids of skin diseases. After several days trekking, it is a great idea to take bath at hot spring and relax.

**Day 7:** Trek from Tatopani to Ghasa

Trek from Tatopani to Ghasa (2013m) and it takes about five hours. The followed route ascends gently up the Kali Gandaki Gorge, the deepest gorge in the world, towards the village of Dana, which is surrounded by orange groves. From autumn to winter, baskets of these oranges are offered for sale to passing travelers. Just beyond the small hamlet of Rupse, a thundering waterfall cascades down beside the trail. From here, the trail enters the steepest and narrowest section of the gorge, but the layered stone path is well-

constructed and wide. When the rock cliffs end, we descend to the river before making the short climb back up to Ghasa. This is the first Thakali village we come across and the houses here are all built in the flat-roofed Tibetan style

#### **Day 8:** Trek from Ghasa to Tukuche

Trek from Ghasa to Tukuche (2591m) which takes about six hours. The trail goes gentle uphill until you reach Lete (2480m) crossing suspension bridge over Lete Khola (stream). On the way you find small towns with local shops and lodges and tea shops. From Lete you follow quite flat path all the way and cross suspension bridge, few tea shops, lodges, small streams and villages. For some distance you walk along the bank of Kali Gandaki river. Tukuche is a Thakali village. There are apple distillery, apple orchard, chortens, prayer flags, mani walls and farming terraces.

#### **Day 9:** Walk Tukuche to Kagbeni

Trek from Tukuche to Kagbeni (2895m) via Jomsom (2713m) and it takes about seven hours. The trails move through flat land till Jomsom. Jomsom is the headquarter of Mustang and it is split into two towns and between these two towns passes through Kali Gandaki river. There is access of internet and banking facilities. From Jomsom, you can enjoy the magnificent views of Nilgiri and Tilicho peak. Some part of your trek goes along the bank of Kali Gandaki river. En route you find farming terraces, apple orchard, monasteries, chortens, mani walls and prayer flags. You can enjoy the spectacular views of Dhaulagiri, Nilgiri, Tukuche peak and many other unnamed peaks and mountains. Now your trail again passes through the bank of Kali Gandaki passing through the Eklebhatti. The trail is windy after late morning. The river flows through broader course. Finally you reach Kagbeni following flat path. This is a small village mainly inhabited by Gurung. Here you find monastery, apple orchard, chortens, mani walls, prayer flags and farming terraces. From here Upper Mustang begins and it is known as restricted area for trekking. The trekkers need to receive special permit to trek in this area.

#### **Day 10:** Trek from Kagbeni to Chuksang

Beginning by following the Kagbeni today, keep an eye out for the caves on the west hand side you will also see the Gompa Kang. You have a good climb to 3060m at Tangebe, a labyrinth of narrow alleyways, here you will find the typical Mustang chortens painted in black white and red. An hour on from here is Chuksang. With its 3 separate parts and ruined castle walls on the nearby cliffs it is an atmospheric stop.

#### **Day 11:** Trek from Chuksang to Samar

Villages become more scattered as you enter deeper into the region, life becomes more basic and the landscape more arid. You leave the valley today and climb steeply up to Chele home to a number of ferocious Tibetan Mastiffs, thankfully chained to the village houses. You continue up on the side of a steep canyon to a pass after which you then descend on a pleasant trail to Samar, situated in a grove of Poplar trees.

#### **Day 12:** Trek from Samar to Geling

Climbing above Samar you come to a ridge which leads you into a large gorge and another valley filled with juniper trees, after crossing the stream near the bottom you climb again to another pass and along the ridge to Shyangmochen, a tiny settlement with a few local facilities. Nearby is Rangbyung Cave containing stalagmites formed in the shape of chortens, an extremely sacred place in Mustang. You soon begin your descent into Geling a traditional settlement with mud built houses and roofs made of twigs and straw.

**Day 13: Trek from Geling to Tsarang**

You have a good climb today, beginning steadily to the centre of the valley you then head round to the head of the valley, to the Nyi La pass (3840m), the descent from here is quite gentle until you reach Ghami a large white-washed village sheltered by the overhanging cliffs.

the driest part of Mustang, the trails are loose and tiring. However the magnificent views will keep you going. On reaching Charang, a large spread out village at the top of the canyon you will see at the eastern end a huge Dzong (fortress) and red gumpa home to a great collection of statues and thankas. Both perched on the edge of the Kali Ghandaki Gorge.

**Day 14: Trek from Tsarang to Lo Manthang**

It is worth exploring Charang this morning if you haven't already done so. When the time comes to leave the village you will head up the valley to the boundary between Charang and Lo, the trail here broadens and soon you will catch sight of Lo Manthang, with only one entrance you will walk round to the North East corner to get in.

**Day 15: Explore Lo Manthang**

Home to only 150 houses and a number of Lama residences Lo Manthang is interesting to walk around. There is a blood drinking festival held, worth a look for the less squeamish.

**Day 16: Trek from Lo Manthang to Ghami**

You will return the way you came back down the valley, there are some slight alternatives on routes.

**Day 17: Trek from Ghami to Samar**

From Ghami climb to Nyi La and descend to Samar through the same route.

**Day 18: Trek down Samar to Kagbeni**

Return trek to Kagbeni.

**Day 19: Trek from Kagbeni to Jomsom**

Return trek to Jomsom.

**Day 20: Fly from Jomsom to Pokhara**

Your morning flight this morning will return you to Pokhara where you will be taken to your hotel.

**Day 21: Drive/fly Pokhara to Kathmandu**

It is possible to fly this route, taking just 20 minutes. On arriving in Kathmandu you will be taken to your

**Day 22:** Kathmandu free day on your own

Enjoy a day exploring some of the quieter streets of Kathmandu, stocking up on souvenirs and presents for those back home. This evening you have a farewell dinner, you will be picked up in good time.

**Day 23:** International Departure

You will be met at your hotel and taken to the airport in good time to meet your flight home.

**Cost Include:**

- Airport pick-up & drop-off transportation by private vehicle
- Twin /Double sharing Accommodation in 2- 3 stars hotel in Kathmandu & Pokhara with breakfast as per itinerary
- Sightseeing in Kathmandu. Escorted with English speaking guide. Private transportation. Entrance fees
- Kathmandu / Pokhara / Kathmandu Tourist Bus
- Pokhara Nayapul private transportation
- Jomsom / Pokhara flight ticket for member and nepali guide
- Accommodation in Normal tea house during trek
- Meals - Breakfast with 2 cups of tea/ coffee, lunch, dinner - during trek
- Sleeping bag
- Trekking map for group
- All necessary paper work & permits
- A First Aid and Eco trained & government licensed English speaking guide
- One porter between each two members during trek
- Accommodation, meals, salary, equipment, transportation & Insurance of trekking staff
- Travel & rescue arrangement
- Annapurna Conservation permit fee and Mustang permit
- All government taxes
- First Aid Kits
- Farewell dinner

**Cost exclude:**

- International Airfare
- Nepal Entry Visa fee (US\$ 40 per person for 30 days)
- Lunch/Dinner in Kathmandu & Pokhara
- Drinking Water, Hot shower & Electricity bills
- Medical evacuation in case of emergency
- Personal gear & clothing - these may be available for hire
- Tips, any expenses of personal nature, client's insurance
- Soft/hard drinks
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything not specified in the Cost Include section