

Lower Mustang Trekking

The [Lower Mustang Trek](#), or as it is mostly called, **Jomsom Muktinath Trek** is a cultural trekking trip mixed with a religious one. The trekking package offers not only an opportunity to explore the historical and cultural importance of the region but also its religious beliefs.

As the **Upper Mustang Trek** this package also commences with a drive to the Cherrapunji of Nepal, Pokhara. The next morning, fly off to Dzong-Sampa AKA Jomsom and parade towards the village of Kagbeni via the Kali Gandaki gorge. This canyon is the deepest in the whole world at 2520 meters. The next day sees us hike uphill and downhill via different villages to arrive at the place of salvation, Muktinath. When in Muktinath, show your religious side and roam around the temple and the gompas. There's the Jwala Mai temple and the Mharme Lha Khang, Narsingh, and Sangdo Gompas. Furthermore, the place also offers an endless flame right in front of the temple.

From **Muktinath**, the trail leads us to Jomsom and then to Marpha, the apple capital of the country. However, before that, a side trip takes us to an emerald green lake, Dhumba Lake. **Marpha** is not only famous for just the apples, but the town is also popular for its apple brandy, Marpha. Do try it, while there! Up and about from Marpha marks our arrival at Tukuche and a downhill hike leads us to another village Larjung. Explore the village and locate several fossils and holy stones called Saligram. Next day is a drive to the village with hot springs, Tatopani. Dip in the warm waters to soothe pain and relax muscles. Trek along the **Kali Gandaki River** bank followed by a climb, later on, to get to **Ghorepani**, the place famous as the traditional rest stop for traders. Early morning, our steps find us at Poonhill for a delightful sunrise panorama of the snow-peaked mountains. Hike towards Tadapani and just a day after; we opt for the Gurung village of Ghandruk. Now it's just tracing trails back to Pokhara before finally traveling to Kathmandu.

Experience the true beauty of the Mustang Region in this **Lower Mustang Trek**.

Duration: 13 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

Itinerary:

Day 01: Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

Day 02: Drive to Pokhara (1400 meters)

200 kilometers long stretch covered in 7 hours! Though long, the drive from the capital city of the country, Kathmandu to the city of eight lakes, Pokhara along the Prithvi Highway is more than enough to shower you with a dramatic scenery comprising of rivers, valleys, rocky gorges, and more. Check in at the hotel and boat at the Fewa Lake with serene Annapurna Range and Machhapuchhre peak's reflections on the water.

Day 03: Flight to Jomsom (2734 meters) and Trek to Kagbeni (2804 meters)

Panoramic views of the Annapurna and Dhaulagiri peaks spellbinds us during our early morning flight to Jomsom. Jomsom AKA Dzong Sampa sits at the banks of the Kali Gandaki River. Parade along the river bank to set foot at the deepest gorge of the world, the Kali Gandaki Gorge or Andha Galchi. The canyon is squeezed between the two eight-thousanders Annapurna and Dhaulagiri peaks and has a floor elevation of 2520 meters. Further climb uphill takes us to Ekle Bhatti and then to Kagbeni.

Day 04: Trek to Muktinath (3710 meters)

Today's trek sees us at the land of liberation, Muktinath. Parade along the dry land to arrive at the village of Khingar. Keep on hiking to get to Jharkot, and then an uphill hike sees us at Ranipauwa. Pass streams and sparse vegetation en-route to mark our arrival at the place of salvation or as the name suggests Mukti Kshetra. Explore the temples and monasteries and don't forget to bathe in the 108 bull-head shaped waterspouts to rinse your sins. Do you know this place has an endless flame right in front of the temple?

Day 05: Drive back to Jomsom and Trek to Marpha

Rise and Shine! Wake up early and visit the Jwala Mai Temple and the Mharme Lha Khang Monastery. Also, explore the Narshingh and the Sangdo Gompas in and around the Muktinath temple. Back to the hotel for breakfast and following that, drive back to Jomsom. En-route, take a side trip to the emerald green Dhumba Lake. From Jomsom, a short hike along the Kali Gandaki River sees us at Marpha, the apple capital of Nepal. While here, don't forget to taste the local apple brandy, Marpha.

Day 06: Trek to Larjung 'Fossing Hunting'

Climb up along the narrow trails to arrive at the typical Tibetan influenced village of Tukuche. This village was a salt trading hub for ancient Tibetan traders. From here, it's a descent to the village of Larjung, which sits atop the Kali Gandaki riverbank. Enjoy the serene beauty of the Kali Gandaki and moreover, take some time off looking for fossils.

Day 07: Drive to Tatopani (1190 meters)

The most relaxing day of the whole trekking package! It's a couple of hours drive to the village of Tatopani. As the name suggests, the town is full of natural hot springs. Hence, while here, dip in warm waters and soothe your tired muscles.

Day 08: Trek to Ghorepani (2874 meters)

Today, we'll follow the Kali Gandaki riverbank along the jeep trails. Somewhere later, cross the river and hike uphill via rocky ridges to arrive at Ghorepani. This place stayed as a resting place for traders, and as they found water (pani) for their horses (ghore/ghode) here, this place was thus, called, Ghorepani. This village sits as a resting place for trekkers opting for the Annapurna Base Camp and many other treks in the region.

Day 09: Hike to Poonhill (3210 meters) to Tadapani (2610 meters)

Be an early bird and hike up the hill towards the famous viewpoint of Poonhill at 3210 meters. Delight in the panorama of Annapurna I, Hiunchuli, Dhaulagiri, Machhapuchhre, Nilgiri, and such other peaks. Parade back to Ghorepani and then again walk up to the village of Deurali. Descend through rhododendron and pine forest from here along the stone slabs to arrive at Banthanti. Across the river and uphill climb makes way for Tadapani.

Day 10: Trek to Ghandruk (1940 meters)

Down a steep trail through rhododendron, oak, and sal forests as it takes us along the Kimrung Khola. A short uphill climb from here takes us to the Gurung settlement of Ghandruk. While here, explore the Gurung Museum and also relish in the views of the Annapurna South, Hiuchuli, Gangapurna, and Machhapuchhre peaks.

Day 11: Trek to Nayapul and Drive back to Pokhara

An easy hike downhill takes us to Birenthanti and then another downhill hike along the stone slabs make way for Nayapul. From here, it's an hour's drive to the Cherafunji of Nepal.

Day 12: Drive back to Kathmandu (1440 meters)

Get the last look at the Annapurna Mountain Range and bid farewell to them! Early drive along the Trishuli River will see us back at the capital city of Nepal, Kathmandu.

Day 13: Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

Highlights:

- Unique Local Culture, Tradition, and Lifestyle
- Kali Gandaki Gorge, Deepest Gorge in the World
- Fossil Hunting Day
- Marpha, Local Apple Brandy
- Lower Mustang Region
- Muktinath, the Land of Liberation
- Annapurna, Mustang, and Other Annapurna Region Peaks

Cost Include:

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and ACAP
- Government Taxes and Office Service Charge

Cost exclude:

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa