



DETAILED ITINERARY

Day 01: Arrive in Kathmandu (1,400 m)

Upon your arrival, you will be met by representative and transfer to your hotel.

Note: Please bring your passport and a readable copy of your travel insurance policy.

Overnight at [Nepali Ghar Hotel](#)

Meals: Bed & Breakfast basis

Day 02: Fly to Pokhara

We will spend the morning processing our permits and then in the afternoon will take the 25-minute flight to Pokhara. Pokhara is located west of Kathmandu and has a tranquil beauty that has been the subject of inspiration for many travel writers. Its pristine air, spectacular backdrop of snowy peaks, blue lakes and surrounding greenery make it 'the jewel in the Himalaya', a place of remarkable natural disposition. With the magnificent Annapurna range forming the backdrop and the serenity of the cluster of 9 Lakes with three major ones - Phewa, Rupa and Begnas – Pokhara is a great destination for a weekend getaway as well as a long relaxing holiday. Pokhara Valley, gateway to the Annapurna region where many a trekker finds their Shangri-la!



Overnight in [Atithi Resort Spa Hotel](#).

Meals: Bed & Breakfast basis

Day 03: Drive to Kalopani 1750m

We begin our overland journey, boarding your Jeep, drive via the Kali Gandaki Valley. Around Beni, Reaching Tatopani the road now climbs and climbs and climbs as dust gives way to cobbles. First you get views of the Nilgiri Himal and as you ascend further the mesmerising peak of Dhaulagiri and the Annapurnas come into view. Things then begin to level out finally as the Kali Gandaki Valley broadens out. We will overnight in Kalopani.

Annapurnas. Altitude 1750m approx., Driving time approx. 5-6hrs.

Overnight in the See you lodge or similar

Meals: Breakfast, Lunch, Dinner

Day 04: Drive to Kagbeni 2810m

Today we drive towards Kagbeni, and as you approach Jomsom virtually all vegetation disappears abruptly, marking the furthest extent of the Himalayan rain shadow. On your right the sharp peak of Nilgiri South is more spectacular than ever before and you have now crossed through the Himalayas. The arid landscape of the Mustang region is stretched out before you in the form of the upper reaches of the Kali Gandaki. Not only has the landscape changed, but the culture has also changed too and the villages from now on have a distinctly Tibetan flavor to them. An hour or so beyond Jomsom, we will be in Kagbeni. Typical of villages in the Mustang region in terms of architecture, along with Tibetan Buddhist monuments and symbols, Kagbeni is where Upper Mustang begins and to venture further special permits are required.



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Altitude 2810m, Driving time approx. 3 hrs.

Overnight in the Annapurna Lodge or similar (Private bathrooms with proper beds)

Meals: Breakfast, Lunch, Dinner

Day 05: Kagbeni to Charang c. 4000m

Journey starts today to Upper Mustang. After the permits are checked at the police post in Kagbeni, the jeep track today pretty much skirts the side of the Kali Gandaki River Valley. Whether there is any water in the river rather depends on what time of year you're undertaking the journey. Usually from October to mid-May the broad river floor looks more like a level boulder field. Take a walk onto the riverbed and you may just hear water flowing underneath. Along the way you can take a halt and explore the small villages and see how their carefully tended terraced fields are irrigated in a landscape that is otherwise dry and barren wilderness. At Chusang there is a river tributary to cross and shortly thereafter the Kali Gandaki Riverbed itself. After crossing the Kali Gandaki the jeep track now climbs away from the valley and there are a couple of high passes (approx. 4000m) to cross before dropping down into Charang.



Altitude 3560m, Driving time approx. 5-6 hrs.

Overnight at Lumbini Guest house. (Private bathrooms with proper beds)

Meals: Breakfast, Lunch, Dinner

Day 06: Acclimatization Day

Today is acclimatization day to get used to with altitude. Charang itself is the second largest village (Lo Manthang the largest village) of the Upper Mustang area and is worthy of some on foot exploration. To give the legs a good stretch, you could take a hike up to the fascinating Ghar Gompa. Like many Buddhist monasteries, Ghar Gompa sits atop a hill and affords some good views of the Mustang region.

Overnight at Lumbini Guest house. (Private bathrooms with proper beds)

Meals: Breakfast, Lunch, Dinner

Day 07: To Lo Manthang c.4000m

Finally, we drive to Lomthang today. Up and over another mountain pass of around 4000m and then a slight descent and in around 2 hours you've arrived at the Lo Manthang. It is a large village really of less than 200 homes. If progress has been good, then you should have the entire afternoon to explore Lo Manthang. Altitude 3840m, Driving time approx. 2-3 hrs.

Overnight at Lotus Holiday Inn ((Private bathrooms with proper beds)

Meals: Breakfast, Lunch, Dinner



Day 08: At Lomangthang

Today we get to explore some of the mysteries of Upper Mustang. A short trek to the area of Chhoser is the beginning of a day. We can explore some of caves, taking a packed lunch with us so we can enjoy the atmosphere of the caves, lunar-like landscape and mountains while relaxing also. Then we head back to Lo Manthang.



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Overnight at Lotus Holiday Inn (Private bathrooms with proper beds)

Meals: Breakfast, Lunch, Dinner

Day 09: To Chhusang 3100m

Today we drive back to Chhusang. The way back is the way in, but now the Himalayas form your far horizon, getting closer and closer as you progress. So, it's anything but repetitive in many respects. Today we recommend travelling as far as Chhusang (approx. 3100m). You should arrive here mid-afternoon and thus be able to give the legs a good stretch and take a hike to the fascinating and rather picturesque ancient village of Tetang. Driving time approx. 5-6hrs.

Overnight at Hotel Chhusang Grand (Private bathrooms with proper beds)

Meals: Breakfast, Lunch, Dinner

Day 10: To Jomsom 2700m

Drive to Jomsom along the side of the Kali Gandaki Valley the Himalayan peaks get closer and closer. Nilgiri South Peak becomes even more impressive and the bulk of Dhaulagiri comes into view and with luck you should be in Jomsom (2700m) for lunch! Driving time approx. 3-4hrs.

Overnight at Oms Home (Private bathrooms with proper beds)

Meals: Breakfast, Lunch, Dinner



Day 11: To Kathmandu via Pokhara (Connecting flight to Kathmandu.)

This morning we travel back to Pokhara which is either:

A 5hr 45min drive to Pokhara and overnight there:

Overnight in Atithi Resort Spa Hotel.

Meals: Bed & Breakfast basis

Or if weather permits, a 25-minute flight:

Overnight in Kathmandu at Nepali Ghar.

Meals: Breakfast

and then take a connecting flight to Kathmandu.

Day 12: Departure

Transfer to airport for flight to home.

Meals: Breakfast

PRICES

These prices are indicative for the arrangements from Kathmandu and are based upon 2 people travelling and in double or twin rooms. Prices are subject to confirmation at the time of booking. Single person supplements may apply and we can quote for larger or family groups.

- 1. MUSTANG OVERLAND TREK – price for 12 days**
Standard accommodation – UK£2900 per person.

Ground price includes:

- Airport transfers from/to Kathmandu Airport

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- Local 3-star hotel in Kathmandu.
- Guesthouse accommodation in mustang.
- Breakfast only in Kathmandu and full board in the Mustang region.
- Arrival and departure transfers in Kathmandu by a Sedan car or van or minibus
- All transportation in Mustang by Indian made Mahindra Scorpio Jeep. Max 3 Person in one Jeep.
- Mustang Area Special Permit (\$500 per person)
- Annapurna Area Conservation fee.
- An English-speaking certified guide, including his accident insurance.
- Kathmandu to Pokhara, Jomsom to Pokhara to Kathmandu flight fares, If the flight (Jomsom-Pokhara) gets cancelled, the cost of the flight will be used to rent the jeep for the road trip.
- Sleeping bag and a duffel bag for use during the trip.

Excludes:

- International flight airfare
- Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuwan International Airport- (15 days - \$30, 30 days- \$50)
- Meals in Kathmandu, Pokhara.
- Drinks, tipping, laundry, phone, and other personal expenses.
- Excess baggage charges (Limit is 9kg per Person)
- Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, telephone call, battery re-charge fee), extra porters etc
- Personal clothing and gear
- Travel insurance which has to cover emergency high-altitude rescue and evacuation - compulsory
- Tips for guide and porters (Recommended by the Culture)
- Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.

ACCOMMODATION

Hotel/Accommodation	Location	Quality	Meal basis	
Nepali Ghar 	Kathmandu	Premium	B&B	 



Altithi Resort & Spa	Pokhara	Premium	B&B	 
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Trekking Lodges	Location	Quality	Meal basis	
Lodges/Guest Houses	On the Trek	Lodge	Full board	 <p>Image – Oms Home Jomsom</p>

FLIGHTS

International flights are not included, but we can arrange these or advise as required. We will need to know your flight details (arrival/departure times) to be able to advise on the ground itinerary.

Internal domestic flights operate early morning, but are subject to weather, change and confirmation at time of booking.



OTHER INFORMATION:

ALTITUDE SICKNESS

It is important that you consider this and prepare correctly. Your medical practice can advise you and it is worth researching. Milder symptoms of headache and fatigue are more common, particularly above 4/5000m.

Our guides are experienced in identifying symptoms and taking the right action and our itineraries build in acclimatization days and can be flexible to take a slower pace. However, it is your personal responsibility, and you should have the appropriate insurance for up to 6000m to cover any emergency evacuations by helicopter just in case.

You can get altitude sickness if you travel to a high altitude too quickly. Altitude sickness does not only affect mountain climbers. Visitors travelling to areas that are 2,500m above sea level or higher, can also get altitude sickness. Breathing becomes difficult because you're not able to take in as much oxygen.

Altitude sickness, also called acute mountain sickness (AMS), can become a medical emergency if ignored. AMS can lead to more extreme problems - HACE and HAPE – High Altitude Cerebral Edema and Pulmonary Edema – which are not as common, but need to be respected. Your age, sex or physical fitness do not affect your likelihood of getting altitude sickness. Also, just because you may not have had it before, this does not mean you will not get it on another trip. It is a fickle ailment that can strike anywhere and can be very serious – just respect it.

Symptoms of altitude sickness usually develop between 6 and 24 hours after reaching altitudes more than 2,500m above sea level. AMS symptoms are similar to those of a bad hangover and include:

- headache
- feeling and being sick
- dizziness
- tiredness
- loss of appetite
- shortness of breath

The symptoms are usually worse at night and lying down.

VISAS AND PERMITS

Please bring the passport, two copies of passport-size photos and a readable copy of your travel insurance policy. You will need the mentioned documents for trekking permits and related documentation during the trek.

Your passport must be valid 6 months beyond on the last day of your travel. Make sure there are enough blank pages for visa stickers, entry and departure seals. Tourist visas are available on arrival in Nepal and Trekking Permits will be sourced by our team (passport photos are required by us for that purpose).

CLIMATE

We offer this programme in the key good weather months of October to early December, or March to early May. However, it can be taken in the adjoining months if it is accepted that the weather can be more changeable.

CLOTHING FOR TREKKING

- Backpack
- Hiking Boots
- Down Jacket
- Rain (wind proof) Jacket
- Socks (3-4 pairs)
- Trousers (Pants)
- Thermal wear
- Shirts (T-Shirts)



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- Gloves
 - Hat
 - Sunglasses
 - Sleeping bag (we will provide)
 - Water bottle
 - Map
 - Medical Kit bag (we will provide)
 - Lip Balm
 - Air plugs
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- Hand Sanitizer – This is essential to keep your hands clean on the trail.
 - Wet Wipes/Baby Wipes (recommended) – While there are options to shower along the trail, we recommend always bringing a pack of Baby Wipes to keep yourself clean in the wilderness.
 - Snacks, lightweight, high calorie (optional) – Bring a few of your favorites: chocolates, nuts, sweets, etc. You can buy some of these items on the trail as well.

ELECTRICITY

Nepal has electricity of 230 Volts, alternating at 50 cycles per second. If you do have electronics that does not support these systems, please bring electrical adapter. Nepal uses the plugs and sockets of C, D and M Type.