

Upper Mustang Heli Trek

Duration: 13 Days

Itinerary (Plan)

Day 1 Day 01: Arrival in Kathmandu

- **Time :** N/A
- **Max Altitude :** 1400m

Accommodation: Hotel / Teahouse

Meal: BLD

Your journey begins as you land at Tribhuvan International Airport, the gateway to Nepal. After clearing arrival formalities, you are welcomed and transferred to your hotel in Kathmandu. The bustling capital offers a fascinating blend of ancient temples, vibrant streets, and modern comforts. In the evening, you'll meet your trekking team for a briefing, where you'll go over the itinerary, permits, and final preparations for your Upper Mustang adventure.

Day 2 Day 02: Fly from Kathmandu to Pokhara

- **Time :** Full Day
- **Max Altitude :** 822m

Accommodation: Hotel / Teahouse

Meal: BLD

After breakfast, you take a scenic flight to Pokhara, a serene lakeside city known for its stunning mountain backdrop. As you fly, you'll enjoy views of the Himalayan range stretching across the horizon. Upon arrival, you transfer to your hotel near Phewa Lake. The rest of the day is yours to explore Pokhara's relaxed atmosphere—walk along the lakeside, enjoy cafes, or simply unwind while taking in views of the Annapurna massif reflected in the water.

Day 3 Day 03: Fly to Jomsom & Trek to Kagbeni

- **Time :** 4-5 Hours
- **Max Altitude :** 2800m

Accommodation: Hotel / Teahouse

Meal: BLD

Early in the morning, you board a short but spectacular flight to Jomsom, flying between dramatic mountain valleys. Upon landing in this windswept town, you begin your trek toward Kagbeni, following the Kali Gandaki River. The trail passes through a dry, rugged landscape shaped by wind and time. Kagbeni welcomes you with its narrow alleys, mud-brick houses, and ancient monasteries, offering a glimpse into the unique culture of Mustang.

Day 4 Day 04: Trek from Kagbeni to Chhuksang

- **Time** : 5-6 Hours
- **Max Altitude** : 2980m

Accommodation: Hotel / Teahouse

Meal: BLD

Today marks your entry into the restricted region of Upper Mustang. Leaving Kagbeni, you follow a trail along the Kali Gandaki River, surrounded by striking cliffs and eroded rock formations. The terrain feels almost otherworldly, with shades of red, brown, and ochre dominating the landscape. As you reach Chhuksang, you'll notice the peaceful setting and traditional lifestyle that define this remote Himalayan region.

Day 5 Day 05: Trek from Chhuksang to Samar

- **Time** : 4-5 Hours
- **Max Altitude** : 3660m

Accommodation: Hotel / Teahouse

Meal: BLD

The trail today takes you through narrow canyons and across dramatic terrain, gradually climbing toward Samar. Along the way, you'll see fascinating rock formations and possibly ancient cave dwellings carved into cliffs. As you ascend, the views open up to vast valleys and distant snow-capped peaks. Samar is a beautiful village surrounded by greenery—a surprising contrast to the otherwise arid Mustang landscape.

Day 6 Day 06: Trek from Samar to Geling

- **Time** : 5-6 Hours
- **Max Altitude** : 3700m

Accommodation: Hotel / Teahouse

Meal: BLD

Leaving Samar, the trail leads you across high ridges and open landscapes typical of Upper Mustang's desert-like environment. You pass through small settlements, prayer flags fluttering in the wind, and ancient trade routes once used for commerce between Nepal and Tibet. Eventually, you arrive at Geling, a quiet village with traditional houses and a peaceful atmosphere.

Day 7 Day 07: Trek from Geling to Ghami

- **Time** : 5-6 Hours
- **Max Altitude** : 3770m

Accommodation: Hotel / Teahouse

Meal: BLD

Today's trek offers a deeper cultural experience as you pass long mani walls, chortens, and prayer wheels—important elements of Tibetan Buddhism. The landscape continues to impress with its dramatic cliffs and wide valleys. Arriving in Ghami, you'll find one of the region's larger settlements, rich in tradition and surrounded by beautiful natural scenery.

Day 8 Day 08: Trek from Ghami to Tsarang

- **Time** : 5-6 Hours
- **Max Altitude** : 3870m

Accommodation: Hotel / Teahouse

Meal: BLD

The trail from Ghami to Tsarang is filled with visual highlights, including deep canyons, striking rock formations, and ancient monasteries perched on hillsides. As you approach Tsarang, the landscape becomes more expansive. The village itself is known for its impressive monastery and historical significance, offering a deeper connection to Mustang's heritage.

Day 9 Day 09: Trek from Tsarang to Lo Manthang

- **Time** : 3-4 hrs
- **Max Altitude** : 3840m

Accommodation: Hotel / Teahouse

Meal: BLD

This is one of the most anticipated days of the trek as you make your way to Lo Manthang. The trail gradually opens up to reveal the legendary walled city, once the capital of the Kingdom of Mustang. Entering Lo Manthang feels like stepping back in time, with its ancient walls, royal palace, and closely clustered houses preserving centuries-old traditions.

Day 10 Day 10: Exploration Day in Lo Manthang

- **Time** : 4-5 Hours
- **Max Altitude** : 4000m

Accommodation: Hotel / Teahouse

Meal: BLD

You spend a full day exploring Lo Manthang and its surroundings. Visits include ancient monasteries, the royal palace, and nearby villages that offer insight into the Tibetan-influenced culture of the region. You may also take short excursions to explore caves, interact with locals, and learn about their way of life. This day provides a rich cultural experience in one of Nepal's most unique destinations.

Day 11 Day 11: Helicopter Flight to Pokhara

- **Time** : 1-2 hrs
- **Max Altitude** : 4000m

Accommodation: Hotel / Teahouse

Meal: BLD

After days of trekking through remote landscapes, you conclude your journey with a scenic helicopter flight back to Pokhara. The flight offers breathtaking aerial views of Upper Mustang's dramatic terrain—deep valleys, rugged cliffs, and distant Himalayan peaks. It's a comfortable and unforgettable way to end your trekking adventure.

Day 12 Day 12: Fly from Pokhara to Kathmandu

- **Time** : 25 min flight
- **Max Altitude** : 1400m

Accommodation: Hotel / Teahouse

Meal: BLD

You return to Kathmandu with a short flight from Pokhara. Upon arrival, you are transferred to your hotel. The rest of the day is free for relaxation, souvenir shopping, or exploring cultural sites around the city.

Day 13 Day 13: Departure

- **Time** : N/A
- **Max Altitude** : N/A

Accommodation: Hotel / Teahouse

Meal: BLD

Your journey concludes with a transfer to Tribhuvan International Airport for your departure. As you leave Nepal, you carry with you unforgettable memories of the Upper Mustang region—its landscapes, culture, and the unique experience of combining trekking with a helicopter return.

Cost Include

- Pre-trek briefing in Kathmandu
- Airport pick-up and drop-off services in Kathmandu
- 2 nights' accommodation in a 4-star category hotel in Kathmandu on a twin-sharing basis, including daily breakfast
- 1 night's accommodation in Pokhara on a twin-sharing basis
- Flight from Kathmandu to Pokhara
- Flight from Pokhara to Jomsom
- Scenic helicopter flight from Upper Mustang (Lo Manthang area) to Pokhara
- Experienced, government-licensed English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers)
- All guide and porter expenses, including salary, insurance, meals, accommodation, and equipment
- Twin-sharing accommodation in the best available deluxe teahouses/lodges throughout the trek
- Three meals per day (breakfast, lunch, and dinner) during the trek
- Fresh seasonal fruit during the trek
- Upper Mustang Restricted Area Permit (RAP)
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (if applicable)
- Sleeping bag and duffel bag for use during the trek (returnable after the trip)
- First Aid Medical Kit (Carried by the guide) Aarogya PC-303 Portable Vital Signs Monitor Device
- Government taxes and office service charges
- Emergency evacuation coordination assistance (evacuation costs covered by the traveler's travel insurance)
- Welcome or farewell dinner in Kathmandu at a cultural restaurant (complimentary)

Cost Exclude

- Nepal entry visa fee
- International airfare to and from Nepal
- Travel insurance (mandatory, including high-altitude trekking and helicopter evacuation coverage)
- Lunch and dinner in Kathmandu and Pokhara

- Personal trekking equipment and clothing
- Personal expenses (laundry, Wi-Fi, battery charging, hot showers, telephone calls, etc.)
- Alcoholic beverages, soft drinks, bottled water, and snacks not included in the itinerary
- Extra hotel nights in Kathmandu or Pokhara due to weather delays or early arrival
- Tips and gratuities for guides, porters, and helicopter crew (optional but appreciated)
- Emergency evacuation or rescue costs not covered by insurance
- Any services or expenses not specifically mentioned under Package Includes

