



Upper Mustang Overlanding Tour

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Tour Highlights

Explore one of the most beautiful restricted regions in Nepal, Upper Mustang.

Experience the valley scene and beautiful mountain views from the top of Sarangkot Peak.

Stroll around the formally forbidden kingdom in Lo-Manthang.

Pay your respect to one of the vital sacred sites for Hindus and Buddhists in Muktinath.

During your trek, you will get amazing views of mountains like Annapurna II, Annapurna South, Dhaulagiri, Fishtail, Nilgiri, and Hiunchuli.

Explore the local markets in Pokhara, Jomsom, and Kagbeni.

Upper Mustang Overlanding Tour Overview

Upper Mustang Overland Tour is a quick and easy way to explore the forbidden kingdom of [Upper Mustang](#). It is one of Nepal's most beautiful and well-liked trekking destinations but equally challenging. So many people of a certain age cannot go on this arduous trek, which is why the Upper Mustang Overlanding tour has become very popular. During your overland tour, you will visit several unique places important to trekkers and pilgrims, such as Jomsom, Kagbeni, Manang, Lo-Mangthang, and Muktinath. Among them, Muktinath is very special for religious purposes for both Hindus and Buddhists. *Muktinath is a temple devoted to lord Bishnu and an important religious site for both Hindus and Buddhists.* The temple is located in the Himalayas' rain shadow, making it a one-of-a-kind terrain. It lies on the lap of Annapurna and Dhaulagiri, two 8000-metered giants, making the place's location a visual delight. You can find an eternal flame glowing from natural gas, believed to have been lit by the Hindu

lord Brahma. You can also find 108 water spouts where you can see pilgrims taking a bath. A bath from these water spouts is believed to clear your sin and sorrow.

We also tour the forbidden kingdom of Mustang, also known as **Lo-Manthang**. Historically, the region was cut off from the outside world until 1992. People with Tibetan influence inhabit it. You can see artificial sky caves, monasteries, chortens, and praying flags.

The upper Mustang overland tour amalgamates adventure, cultural immersion, and natural scenery. This trip combines an overland self-drive through the narrow trails and challenging sections of Mustang with beautiful scenery along the drive. On this trip, you stop in the famous tourist hub of Pokhara, a city renowned for having several lakes, including the famous Phewa Lake.

Overall, this tour is for someone who doesn't have time to spare several weeks for trekking days and wants a quick excursion in the [Mustang region](#). Furthermore, it is also for families with tiny babies and old parents who want to experience an adventure and strength time with each other. In this blog, we will provide in-depth details on why you should choose this tour, so let's get into it.

Preparation for Upper Mustang Overland Tour

Preparation for any trek to Nepal is essential. You must prepare for this tour just like you do for all the other tours and trek programs you visit. Here are some ways to organize your tour.

Research about Trek Destination: The first step in preparing for the trek is researching the destination. Learning as much as possible about the history, culture, people, and trek route of the Upper Mustang is essential. Remember that the Upper Mustang lies in a restricted region of Nepal, so you must be careful about what you can and can't do during your trek.

Obtain Permits: Now that you have researched the destination, you might have discovered that the Upperland Tour in Mustang needs several permits to enter the region. For this region, you will need three permits: the Trekking Information Management System, the Annapurna Conservation Area permit, and the Restricted Area permit. It is also essential to know and understand how and who can issue these permits for you.

Get Physical Training: Although you will explore most of the region in the vehicle on the Upper Mustang Overland Tour, you will still have to climb some altitude and indulge in minimal walking and trekking. So be sure to improve your physical fitness by exercising daily and even going on a minor trek every day.

Prepare for bumpy rides: On an overland tour, you will travel long distances and visit remote areas. Be prepared for long, rough rides and take precautions for motion sickness. Remember to pack enough snacks and water for the journey.

Understand Your Risk: Although this tour is more accessible than any trekking package in the region, tourists still face specific risks. The upper Mustang is very high, so the risk of altitude sickness will always be there. Some of the factors that increase your risk are dynamic weather and freezing temperatures. So take necessary items, pack essential clothing, and issue [travel insurance](#).

People and Culture

People of the Upper Mustang region are separated from the Western world, so they have different cultures and ideologies. Most people in the Upper Mustang are Buddhist and mostly speak the Tibetan language. Most of the Mustang region's people are involved in occupations like animal rearing, trading, and tourism. After the commercial success of the Everest and [Annapurna Base Camp Trek](#), recent trekkers are warming up to the idea of the fantastic trek in the Upper Mustang area, which is why tourism is steadily flourishing.

Despite the influence of the Western world, the people of the Upper Mustang region still embrace their culture. Only physical infrastructure, modes of communication, and tourism have been actively up due to the touch of the Western world. Gradually, Upper Mustang is getting the exposure it needs and deserves to be one of the best trekking destinations in Nepal.

Trip Itinerary

Day : Day 01: Arrival in Kathmandu

Upon arriving at Tribhuvan International Airport, Kathmandu, a representative will give you a card bearing your name at the airport terminal. They will then transfer you to your hotel. After resting for a while, we travel to the Naat Trek and Tours office, where you will meet your tour leader and be briefed about your trip ahead. After the end of the meeting, you can take a short stroll in the streets of Kathmandu or go back to your hotel room to rest.

Accommodation

Hotel

Day 8-9 Hrs : Day 02: Drive from Kathmandu to Pokhara

After our early morning breakfast, we will head out on a scenic 8-9-hour drive to the popular tourist hub of Pokhara. You will pass through Prithvi Highway first as you go through the bustling city of Kathmandu and eventually reach the peaceful village side in your drive. After about a seven-hour drive from Kathmandu, you will ultimately reach Pokhara. We can spend the evening strolling along the lakeside and enjoying some drinks at the various pubs on the banks.

Day : Day 03: Photographers and city sightseeing

We get up early to see the sun shining on the mighty Hyas. We admire the beauty and then head back to our hotel. After breakfast, we go sightseeing in Pokhara. We will see Tal Barahi, Bindabasini, the Mountain Museum, Davis Falls, and Gupteswor Cave. There are many unique places of attraction in Pokhara where you can click as many photos as you want. You will return to your hotel room for an overnight stay in the evening.

Accommodation

Hotel

Meals:

Breakfast

Day 6 Hrs: Day 04: Drive from Pokhara to Jomsom via Beni

After breakfast, we start our drive from Pokhara to Beni. The drive is rather scenic because of the district's capital. The backdrop of mountains like Annapurna and Dhaulagiri throughout your drive makes the tour even more special. You will reach Jomsom in the evening after eight to ten hours of driving. Keep in mind that the road is primarily suitable for 4WD Jeeps.

Jomsom district is a popular tourist hub known for its views of mountains and strong gusts of wind. The trip includes views of the majestic mountains most of the time. Overnight stay in a hotel in Jomsom.

Accommodation

Hotel In Jomson

Meals:

Breakfast

Day 4-5Hrs: Day 05: Explore Muktinath and drive to Upper Mustang

Our Upperland tour will take us to Muktinath on the fifth day of the trek. The journey begins with a drive to Kagbeni, followed by a visit to Muktinath for the day. The sacred temple of Muktinath is a key attraction, drawing both Hindus and Buddhists. The temple holds great historical significance and welcomes visitors and pilgrims from all over the world. As we head towards Lo-Manthang, the drive is estimated to take around 4 to 5 hours. Along the way, it's common to encounter pilgrims making their way to Muktinath, adding to the spiritual atmosphere of the journey.

Day : Day 06: Upper Mustang exploration

On the sixth day, we visit the forbidden kingdom of Mustang in Lo-Manthang. Lo Manthang used to be the capital of the Forbidden Kingdom and was only accessible to emperors and kings of the country. You will explore monasteries and artificial caves on the cliffs in the kingdom. We see Namgyal Gompa, the sky caves of Chhoser, and the ancient Shija Jhong cave, which is 3,000 years old. After exploring, we will spend the night in a popular tourist hub in Chhoser village.

Day : Day 07: Drive to Tatopani

We will have a hearty breakfast early in the morning, retrace our track, and drive back to Tatopani. The village of Tatopani is well known for its natural hot springs. We can rest our aching muscles from all the drive-by dipping into the natural hot spring. Some elders even believe bathing in hot springs cures skin diseases and heals mental health issues. You will feel rested, rejuvenated, and ready to continue your jeep tour.

Day : Day 08: Drive to Pokhara

We have breakfast and drive back to Pokhara today; like before, the drive takes almost seven to eight hours. After reaching Pokhara, check into your hotel to rest and clean. In the evening, We can spend the time boating on the lakeside or take a side trip to Begnas Lake, the second biggest lake in Pokhara. You will return to your Pokhara hotel for an overnight stay.

Accommodation

Hotel

Meals:

Breakfast

Day : Day 09: Drive back to Kathmandu

After having our breakfast, we start our drive back to Kathmandu. You can spend the evening strolling around Thamel and buying some souvenirs to return home. In the evening, we will have a farewell dinner with authentic Nepalese cuisine organized by Naata Trek and Tours.

Day : Day 10: Departure

Our adventurous trip ends today as a representative from Naata Trek, and Tours will escort you to the international airport for your departure.

Additional Trip Information

Road Trip to Upper Mustang

The road trip to **Upper Mustang** is an unparalleled adventure, where you'll delve into the restricted region of the road. Unlike trekking, you'll spend more time in the vehicle traveling from one remote village to another. This road trip offers a fantastic opportunity to explore the once-forbidden kingdom of Lo-Manthang and immerse yourself in the unique culture and traditions of the region you are visiting.

The road trip of the Upper Mustang jeep tour starts with arrival in Kathmandu and then a drive from Kathmandu to Pokhara. The second day's drive takes you to Sarangkot, after which you will return to prepare for the next day's trip from Pokhara to Jomsom. During this jeep trip, you will also explore Beni Market, and the next day, the majestic jeep tour to Muktinath will be engraved in your memory for a long time.

The next day, you will continue your Overland Jeep tour by traveling to Upper Mustang. You will explore all the remote areas of the place and eventually reach the forbidden kingdom in Lo-Mangthang. You will spend a night in the fantastic place and continue your drive towards Tatopani the next day. After that, you will enjoy a drive back to Pokhara and finally end your tour by driving back to Kathmandu.

Beautiful View of the Himalayas and Landscapes

The Mustang region is trendy for providing adventure and pristine views of the Himalayas, mountains, peaks, valleys, and barren landscapes. Since the tour starts in Pokhara, you will glimpse mountains like Annapurna, Dhaulagiri, and Fishtail. As you climb altitude and get closer to Mustang and Muktinath, you can see a few more mountains like Thokuche, Nilgiri, Hiunchuli, Thorung, etc. The magnificent view of the Chure range with the floating Kaligandaki River from below will surely melt your heart.

As you trek forward, you will reach the peaks and valleys you saw from Pokhara. During your excursion to Muktinath Temple, the fantastic backdrop of tall mountain ranges allows every photographer to click some amazing photos. Hence, the Upper Mustang Overlanding tour is still one of the best for those who like the beautiful views and want to explore all the terrains, from barren landscapes to snowy peaks and mountain ranges.

Places and Festivals to Observe During Overlanding Tour

Upper Mustang is one of the most beautiful regions in Nepal. It is a trekking and tourist paradise mainly because there are many places to observe. Some of the places you visit during this trek are equally popular for some of their custom festivals and rituals. The places and festivals you will be observing on this tour are:

Muktinath Temple

Muktinath is one of the significant religious places for Hindus and Buddhists that you will explore in the Annapurna region. For Hindus, the Muktinath is sacred because of Lord Shiva, and for Buddhists, it is the holy place for Guru Rinpoche's mediation. Thousands of trekkers and pilgrims from Nepal, India, China, and other countries visit Muktinath annually in a particular season to get the best experience. Foreign trekkers visit Muktinath to explore one of the most beautiful places, whereas Nepal, India, and China trekkers visit it for spirituality. The 108 water spouts on the temple make a pond, and elders believe bathing in the pond heals you and cures you of skin diseases.

Lo Manthang

Lo-Manthang is one of the most remote places in the Annapurna region. During the time of emperors, Lo Manthang was an [ancient kingdom](#) and the capital of Mustang. The place was previously restricted and only available for kings and queens, which is why it is among the most untouched areas in Nepal. Lo Manthang was opened to tourists very late, so many trekkers have yet to visit it. A visit to the royal palace of Lo Manthang will teach you about the culture and traditions of the ancient tribes who lived there. During their visit to the kingdom, many archeologists found mummified bodies of several hundred years old.

Kaligandaki and Shaligram

The Kaligandaki River is famous for its beautiful scenery and is home to the Shaligram, a unique black-and-gold stone. The Kaligandaki River flows from the Chure mountain range's base, allowing the photographers to click one of the best pictures. In Hindu tradition, this stone is vital and is worshiped as Lord Vishnu. People believe that worshipping the Shaligram can help them find peace and happiness.

Jomsom

Jomsom is one of the best places for trekkers to trek and enjoy the majestic Annapurna region. It is one of the famous tourist hubs in Mustang before reaching Muktinath. Trekkers who go from Pokhara to Muktinath often enjoy their acclimatization in Jomsom. It's the same case with tourists who tour a jeep as well. They usually reach Jomsom during their Overland tour and stay the night in the town. Jomsom is a vibrant town where most people follow the Buddhist religion. The lifestyle and culture of the people are unique, and sometimes, you can even participate in their unique rituals.

Tiji Festival

Tiji Festival is among the most important festivals celebrated in the Mustang region. It holds a special place in the heart of the ethnic people living in the Upper Mustang region. Tiji festival has been celebrated in the area for a long time. As a past myth suggests, the demon was destroying the Mustang region. The demon was also spreading diseases and taking away clean water, which was ruining the lives of the civilians. Famous monk Dorje Jano came to the rescue, fought with the demon, and defeated it. He took back the water and gave back life to the people of Manang. After the victory over evil, the people of Manag joined forces to celebrate the festival, which was named Tiji. The festival of Tiji is celebrated with prayers and colorful dances to honor an important day. As a lunar festival, the dates of Tiji vary in different years.

Best seasons for Upper-Mustang overland tour

Upper Mustang Overland Tour is a fun way to adventure with your family, children, and parents and spend time with them. Since the adventurous tour is in the Himalayas, it is ideal for traveling during the best season for the Upper Mustang.

Spring

Spring (march to May) and Autumn (September to November) are the best seasons. If you want more comfortable weather with clear and vivid views, March to May is the best month to visit the Upper Mustang tour. During Spring, the trails get beautiful as you drive alongside the blooming rhododendrons and magnolias flowers. One drawback of touring in the Spring season is that trails and teahouses are overcrowded. So make sure to book early if you want good services in the teahouses; however, during spring, you can also tent in the large meadows, which will be a different adventure.

Autumn

Autumn is another good season for the Mustang Overland tour. It lasts from September to November. Like the Spring season, during Autumn, the trials are dry and easy to scale, the views of skies and mountains are clear, and there are fewer chances of rainfall and snowfall. Autumn is the best time for overland tours in the Mustang region's mountains. Some people think it's even better than spring.

Winter and Monsoon season

However, this trip can also be done in winter and the summer. If you want more adventure in your tour and like offroading on muddy trails, you can do it in the summer, as monsoons coincide with this season. However, you ought to be wary of the trail and check on the road conditions with the local authorities. Winter is also possible, although be prepared for the freezing and harsh weather that comes with this

season.

For whom the tour suits the best

This tour is fascinating, but it might suit specific demographics of tourists and trekkers. So, let's take a look at who the tour best suits.

Interest in Tibet Culture: If you are interested in Tibetan culture, history, and tradition, then the Tour is for you. The Mustang is filled with Tibetan inhabitants who have long followed Buddhist culture and tradition. The tour will allow you to explore all the ancient monasteries, gompas, and meditating places for monks.

Comfortable adventure: It is quite comfortable for anyone who doesn't want any stress or toughness. Unlike the trek, in this tour, you won't have to climb high altitude all the time, you don't have to hike for 6-7 hours every day, and the tour duration is about ten days compared to 20 days in other treks. So, if you want to experience an adventure in the Himalayas but with a bit of comfort, then this tour is for you.

Moderate Fitness: It is perfect for your low to moderate fitness level. This tour does not include a hike, but you will spend more time in a jeep with bumpy rides and may have to trek for at least half an hour here and there. So, you don't need to be in peak physical condition for this tour.

Short time: If you plan to trek to Upper Mustang, the adventure might take about two weeks. However, on this Overland tour, you can reach every nook and cranny of the region from your jeep. Moreover, completing the tour and returning to Kathmandu only takes about one week to 10 days. So, if you want a quick adventure with your family, this Upperland tour is ideally suited.

Best Scenery: There are many trekking or touring spots in Nepal with fantastic mountainous scenery. However, nothing comes close to the stunning view of the mountains in the Upper Mustang region. So, if you are addicted to majestic mountain views, the Upper Mustang Overland Tour is perfect for you.

Visiting Monasteries in Upper Mustang

There are several monasteries in Upper Mustang that you can explore if you are enthusiastic about learning Buddhist culture and tradition. Some of the culturally essential monasteries that you will explore during your visit to monasteries in Upper Mustang.

Lo Ghyekar Gompa

One of the most popular Gompas in the Mustang region is Lo Ghyekar Gompa. The Gompa is located in a small mountain village at an altitude of 3934 meters. Ghar Gompa is the only monastery representing the pure teachings of the Lo Nyingma sect in Upper Mustang. It was constructed in the 8th century, before the Samya Gompa in Tibet.

Jampa Lhakang Monastery

Jampa Lhakang Monastery is another monastery you can explore in the Upper Mustang region during your excursion. The monastery is carved with the ancient culture of Tibetans, carved in the walls of malachite, turquoise, cinnamon, and gold hues paintings. Initially, natural disasters demolished this monastery, but in late 1999, it was rebuilt by the King Mahendra Trust for Nature and Conservation and

the American Himalayan Foundation.

Thumpchen Gompa

Thumpchen Gompa is one of the oldest monasteries, built in the 15th century. The monastery is inside the Lo Manthang. Many emperors of the kingdom, like Dhristarastra, Baishnawan, Birudhak Birupaksya, Chen Tejik, Jampalyang Guru Rinpoche, Namgyal, and Thumpchen, lived there. Thupchen Gompa is the Sakyapa Sect monastery, so next time you explore the Upper Mustang area, be sure to visit the amazing Thumpchen Gompa.

Chhyode Gompa

Chhyode Gompa, a monastery of the Sakyapa Sect, was built in the 18th century in Mustang Lo Manthang's walled city. The monastery is decorated with Dorje Sonnu, Dorje Dhang, and Sange Thukpa. It is one of the most underrated monasteries, popular only among Buddhists and Tibetans.

Upper Mustang Overlanding Tour Permits

The upper Mustang Overland tour is in a restricted area of Nepal, so you need a couple of special permits. You are only eligible for the tour if you have these permits. Just like in trekking, you also need three permits for your tour.

Annapurna Conservation Area Permit

To reach Upper Mustang, you must go through the Annapurna Conservation Area. Therefore, you must have a permit to enter the Annapurna Conservation Area. You can get the license for Annapurna Conservation Area either from the Nepal Tourism Board in Kathmandu or the ACAP counter in Pokhara. The cost of the Annapurna Conservation Area Permit is Nrs 3,000.

Restricted Area Permit

Since the Upper Mustang is in Nepal's restricted area, you need a special restricted area permit. You can't issue this permit as an individual; in fact, it must be issued by the registered [travel agency of Nepal](#) on your behalf. The Department of Immigration can issue the restricted area permit. Furthermore, for the restricted area permit, you need at least two foreign trekkers and a guide, so unless the application for two foreign trekkers is submitted together, you will not receive this permit. The Restricted Area Permit costs \$500 for the first ten days; for each extra day, you must pay an additional \$50.

TIMS card

TIMS card is a permit that every trekker must issue regardless of the region in which they are trekking in Nepal. This is also one of the mandatory permits you must issue before trekking in Nepal. Compared to other permits, TIMS is relatively easy to issue in Nepal. A TIMS card in Nepal costs \$10 for group trekkers and \$20 for individual trekkers.

Overlanding Tour Difficulty Level

The Upper Mustang Overland Tour is an easy-to-moderate-level tour for anyone who wants to explore Nepal's forbidden kingdom. It is undoubtedly more accessible than the overall Upper Mustang trek.

However, certain difficulty factors still arise during the jeep tour.

One significant difficulty during the tour is the high altitude. Even if you are touring the Upper Mustang region, you must reach an altitude of at least 3840m. The high altitude means there is a risk of altitude sickness.

Another challenge that tourists often face during their Upper Mustang Jeep Tour is the long, bumpy rides for several days. Even if you are not trekking, you have to hike for minimal hours at least once daily, and the roads are still bumpy throughout your off-beaten tour. Riding in the jeep on these offbeat roads for ten days will take a toll on your body.

Dynamic weather can sometimes make your Overland tour more difficult, especially if you are trekking at a high altitude in an inappropriate season. The monsoon and winter seasons are the least appropriate for either trekking or touring, as the weather constantly changes, and there is a high chance of rainfall, snowfall, snowstorms, and blizzards.

Travel Insurance For Upper Mustang Overlanding

When planning a 4WD jeep tour in Upper Mustang, Nepal, it's essential to have travel insurance that fully covers your trip. Your insurance should include helicopter evacuation, trip cancellation, accidents, lost baggage, theft, liability, and medical costs. Make sure your insurance policy covers all the activities you plan to do in Upper Mustang. If you need a rescue helicopter from a remote location, you must show that you have the funds to cover the expenses for injury and inability to travel. If your coverage doesn't specifically include medical and mountain rescue costs, it might be challenging to make a claim.

Altitude Sickness and Remedies

Altitude Sickness is a significant difficulty for any trek, and it is also the case in your Upper Mustang Overland Tour. On this tour, you will be at an elevation of over 3840, so the chance of altitude sickness is minimal, as the risk of sickness usually increases after an altitude of 4000m. However, there is no hurt in preparing for altitude sickness as there is still minimal chance. Altitude sickness in trekkers arises when they fail to adjust to the altitude, weather, temperature, and the low level of oxygens. The Symptoms of altitude sickness are fever, nausea, shortness of breath, dizziness, and joint and bone ache. There are some easy remedial measures for altitude sickness.

Here are some of the remedies for Altitude sickness:

- Acclimatization is the most significant remedy for preventing altitude sickness. Trek high, sleep slowly and don't rush to the higher altitude quickly.
- The best way to trek and tour is to climb gradually and lower the altitude, especially in Upper Mustang.
- Stay hydrated and maintain a balanced, nutritious diet.
- Always carry medicines like Diamox for instant relief.
- Lower altitude immediately if your symptoms start worsening.

Tour Guide and Safety

Hiring a tour guide is always a wise move, even if it is for your Upper Mustang Overland Tour. Here are a few reasons to hire a tour guide:

- Safety- A qualified guide is crucial if you want your Overland tour to be safe and secure.
- The Upper Mustang trek is only eligible with permits and required documents, so a proper, knowledgeable guide will help you get all the licenses, including the restricted area permit.
- If you hire a well-qualified local guide, you won't have to worry about the language barrier with the people of Upper Mustang, who have a unique dialect.
- Guides are very proactive in emergency cases, like altitude sickness, block of a touring path, and if you need helicopter rescue.

Accommodations

The teahouse trek is one of the primary accommodation options during your Upper Mustang Overlanding tour. This means moving from teahouse to teahouse in a remote area at a higher altitude. But when you first arrive in major cities like [Kathmandu](#), Pokhara, Jomsom, etc., you can stay in a standard hotel or budgeted teahouse.

However, since this is an over-landing tour, you can add some spice to it by staying in tent camps wherever the location is feasible. Staying in a tent in the middle of a large meadow and stargazing at night is one of the most unique activities foreign trekkers like. In the regions where camping looks to be difficult, we will be staying in local lodges and tea houses. The local lodges and tea houses are essential amenities, with shared rooms and bathrooms. However, the locals compensate for the lack of amenities with warm hospitality. We will bring food that suits our diet best when we stay in tent camps.

Meals

Meals are still one of the significant components you must focus on during your Mustang Overland Tour. This Mustang district offers you a wide range of meal options. Unlike treks in Nepal, this region has options for the best meal menus, mainly due to the access to roads in this region. You will have a choice of local Nepali meals, typical thakali meals, and some Western offerings.

The meals you will find during your Mustang tour will be primarily Tibetan-inspired dishes and Nepalese dishes such as Dal bhat tarkari (rice, lentil, and curry) and momo (dumplings), which are the staple food of Nepal. The Tibetan-inspired dishes will be Gurung bread with potato curry, Thenthuk (hand-pulled noodle soup), rikikur (potato pancake), yak steak, etc. Nevertheless, you will have options for a few Western offerings, such as pasta spaghetti, pizza, pancakes, porridge, oatmeal, noodles, sandwiches, etc. We will offer three hearty meals during the day (breakfast, lunch, and dinner) throughout the trek

Packing List and Gear

Although the Upper Mustang Overland Tour is more accessible than trekking, you must still pack certain vital items. Some clothing items, gear, and equipment are essential in the high-altitude tour, regardless of whether they are moving from one place to another in a jeep. Furthermore, since the tour is in a restricted region, the surrounding area is remote, so you won't find many shops to buy essential items. Hence, it is wise to list all the items you need and prioritize them based on necessity. Here are some ideas on what your packing list might look like.

Clothing Item

- Waterproof, warm, breathable jacket,
- Waterproof warm hiking pants,
- Waterproof warm hiking shorts,
- A sun cap with a knitted hat,
- Usual undergarments,
- A full-sleeved shirt made of cotton and wool: Carry a few flexible shirts to wear,
- Lightweight daypack and a medium rucksack,
- UV-protective eyewear,
- Waterproof hiking boots,
- Big backpack,
- Shoes,
- Trekking sticks,
- A head scarf or handkerchief,
- A flashlight,
- Sleeping bag,
- Gloves,
- Woolen and cotton socks.

Gears and Items

- Wet wipes and toilet paper.
- Water bottle
- Camera and batteries
- Flashlight
- Sunscreen and lip balm
- Sleeping bag
- Power bank
- First aid kit
- Quick-dry towel
- Trekking poles
- Sunglasses

Frequently Asked Questions

Where does Upper Mustang start?

The upper Mustang region starts from Kagbeni, at an elevation of 2804m. This fascinating village is on an old trade route to Tibet and filled with old monasteries.

Is altitude sickness a difficulty at the Upper Mustang Overland Tour?

Altitude sickness might be a slight problem during your trek because you will be touring at an altitude of 3000m, and the risk starts after the altitude of 4000m. You must be mentally prepared for the difficulties of the trip.

Do you need a special permit for touring the Upper Mustang?

Yes, you need a special restricted area permit for the Upper Mustang tour because it is in a restricted area of Nepal. Three essential permits, RAP, ACAP, and TIMS Card, are required to explore the Upper Mustang region.

How difficult is the Upper Mustang Tour?

The upper Mustang jeep tour is leisurely to moderately tricky since you don't have to trek for several days and hours daily. However, specific challenges, like altitude and constant bumpy roads, will take a toll on your body.

What is the accommodation like on the Upper Mustang Overland Tour?

Accommodation on the Upper Mustang tour is generally lodges and teahouses in the high altitudes and three-star hotels in the low altitude city areas. The teahouses provide amenities such as beds, blankets, and shared bathrooms.

What can I anticipate from the Nepal?

During your Upper Mustang Overland jeep tour, you can look forward to seeing the beautiful city of Pokhara and driving through the scenic Mustang Valley and Annapurna region. You can visit charming towns like Kagbeni, Lo Manthang, and Muktinath and explore ancient monasteries.

How long is the Upper Mustang Trek?

The Upper Mustang trek takes around 18 days. It is an adventurous route to the hidden Forbidden Kingdom of Mustang, known as Lo. This trek takes you through amazing semi-desert landscapes with colorful rocks, deep gorges, and stunning views.

Which is the best month to visit Mustang?

The best months to visit Mustang are from June to September. The warmer weather then makes it easier to enjoy the beautiful scenery. During this time, you can also go on tours and hikes in this area, which would be tough to do in the colder months.

Is it easy for non- Nepalese to enter the Upper Mustang?

It is not easy for non-Nepalese to enter Upper Mustang. It is a restricted area in Nepal, and all visitors need a special permit to enter. A Restricted Area Permit (RAP) permit is required for all foreigners to help manage tourism and protect the region's cultural heritage.

Why is Upper Mustang expensive?

Upper Mustang is expensive in Nepal because it is remote and has restricted access. Being in a remote part of the country makes arranging transportation and supplies harder and more costly.

Why is Mustang famous in Nepal?

Mustang is famous for its exceptional culture, history, and landscape. Most people there follow Tibetan Buddhism, and there are many monasteries and Buddhist stupas throughout the area. The most well-known is the Lo Gekar Monastery, which is said to be the oldest in Nepal.

How long is Mustang from Kathmandu?

The distance from Kathmandu to Mustang is about 462 kilometers (287 miles). Due to its remote location in the north-central part of Nepal, near the Tibet border, traveling to Upper Mustang requires careful planning and preparation.

Who is the king of Mustang Nepal?

The current unofficial king is Jigme Dorje Palbar Bista (born 1933). He is the descendant of Ama Pal, the warrior who founded this Buddhist kingdom in 1380.

Which mountain is seen from Mustang Nepal?

In Mustang, Nepal, you can see mountains like Tukuiche (6920m), Nilgiri South (6839m), Yakwakang (6462m), and Damodar Himal (6004m). Thorung Pass (5416m), one of the world's highest and busiest passes, is also located here.

Can you drive to Mustang, Nepal?

Yes, you can drive to Mustang, Nepal. However, the roads can be rugged and challenging, especially in certain seasons or weather conditions. If you plan to drive there, it is advisable to use a sturdy vehicle suitable for rough terrain.

Address

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