

Upper Mustang Horse Riding - 15 Days

UNVEILING THE ENCHANTMENT OF UPPER MUSTANG: A SOUL-STIRRING HORSEBACK ADVENTURE

Upper Mustang, nestled within the [Annapurna Circuit](#), beckons with an aura of timeless mystique. Once a secluded "Forbidden Kingdom," it meticulously preserved its ancient Tibetan culture and dramatic high-altitude desert landscape.

Embark on a transformative horse riding trek through [Upper Mustang](#), a journey that transcends the physical and delves into the heart of this extraordinary realm. Imagine yourself cantering through valleys adorned with vibrant prayer flags, navigating winding paths through timeworn villages perched precariously on cliffsides, and reaching secluded monasteries – all while forging a bond with your trusty equine companion.

Horseback Riding: A Traditional Mode of Exploring Upper Mustang:

Horses have been instrumental to Mustang's history for centuries. Local communities relied on them for transportation and trade, traversing the sometimes-rugged terrain with ease. Still in 21st Century, horses and horse riding holds a significant role in the history and culture of Upper Mustang.

Our Upper Mustang Horse Riding Trek revives this tradition, offering you a chance to experience the region in the same way.

Perks of Upper Mustang Horseback Exploration:

Accessibility: Explore hidden trails and remote settlements that remain inaccessible on foot, venturing deeper into the heart of Upper Mustang and discovering its hidden gems.

Unique Perspective: Gain a panoramic view of the captivating landscape, spotting hidden wonders and soaking in the vastness of the Himalayas from a higher vantage point. Witness dramatic shifts in elevation and the interplay between valleys, glaciers, and snow-capped peaks.

Deeper Connection: Forge a bond with your trusty equine companion. Learn basic riding techniques, build confidence, and create a unique and unforgettable experience unlike any other trekking adventure. The experience fosters a sense of respect and appreciation for these surefooted and gentle animals.

Relaxed Pace: Travel comfortably and cover more ground without strenuous exertion, allowing you to fully appreciate the breathtaking scenery and immerse yourself in cultural encounters with the local people. The relaxed pace allows for ample time to capture photographs, take in the fresh mountain air, and truly connect with the environment.

Is Upper Mustang Horse Riding Trek Right for You?

Fitness Level: While prior riding experience is not mandatory, a basic level of fitness is recommended. The daily riding duration can vary depending on the itinerary, but expect to be in the saddle for several hours each day. The terrain can be uneven at times, and you'll be navigating some inclines. Building some stamina beforehand will

enhance your enjoyment of the trek and allow you to acclimatize to the higher altitude.

Age: Most trekking companies set a minimum age limit of 16 years old for Upper Mustang horse riding treks. Consult with your doctor if you have any pre-existing medical conditions to ensure a safe and enjoyable journey.

Riding Experience: As mentioned earlier, experience is not essential for Upper Mustang Horse Riding Trek. Our meticulously selected Tibetan ponies are known for their surefootedness, calm temperament, and gentle gait. Experienced guides will provide comprehensive training, ensuring your comfort and safety throughout the trek. Learn basic horsemanship skills, build confidence, and embrace the thrill of exploring Upper Mustang on horseback.

A Journey Through Time: Unveiling Upper Mustang's Treasures:

Upper Mustang is a captivating blend of dramatic landscapes carved by glaciers and a rich Tibetan heritage preserved for centuries. As you horse ride through Mustang valleys adorned with colorful prayer flags fluttering in the mountain breeze, you'll encounter the warm and welcoming Bhote people. Explore ancient gompas (monasteries) like the renowned Thubuche Gompa, seemingly defying gravity as they cling to cliffsides. Witness vibrant festivals where masked dances and age-old rituals unfold, offering a glimpse into a timeless culture.

Unforgettable Highlights of Upper Mustang Horse Riding Trek:

Lo Manthang: Explore the walled city, the ancient capital of Upper Mustang on a horseback ride. Wander through its labyrinthine streets lined with traditional houses, visit the Raja's (King's) Palace – a testament to the region's rich history – and admire the unique architectural style. Immerse yourself in the local way of life and soak up the atmosphere of this historic city.

Hidden Valleys: Traverse secluded valleys adorned with wildflowers, a kaleidoscope of color against the backdrop of snow-capped peaks. Discover hidden gems off the beaten path and experience the serenity of the Himalayas on a more intimate level. Encounter unique flora and fauna along the way, and witness the changing landscape with each turn.

Cultural Encounters: Interact with local artisans who create exquisite [Thangka paintings](#) and intricate silver jewelry, learning about their craft and heritage passed down through generations. These interactions offer a window into the soul of Upper Mustang and a deeper appreciation for the local way of life.

Upper Mustang Horse Riding Trek 2025/2026 based on group size: (Private Trip Cost)

01Pax: USD 4085 per person

02Pax: USD 2785 per person

03Pax: USD 2650 per person

04Pax: USD 2585 per person

05Pax: USD 2410 per person

Booking is now open for Spring/Autumn 2025/2026: Join us on a Horse-Riding Trek to Upper Mustang.

Customize Your Riding Trek: This is a general itinerary that can be tailored to your preferences. The trek package can be customized or modified according to your taste. For more information, please email us at



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NOTE: In case of an emergency during the trip, a helicopter will be arranged by Trek Mania Nepal (TMN). The clients themselves are responsible for paying the charges.



PRICE INCLUDES

- Airport pickup and drop service
- Hotel in Kathmandu (2nights5*).
- All food and accommodation during the trek.
- Transportation costs: Comfortable Drive from Hotel to trek start and ends.
- Experienced Government license holder English speaking trekking guide.
- Trekking permits: Upper Mustang Restricted Area Permit, Annapurna conservation area fees & TIMS.
- Horses and Horse Riding Guide
- First aid medical box.
- T-shirt, Duffel Bag and Trekking Map.
- Rescue Management Service.
- All Tax.
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets and extra baggage charges.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs.
- All personal expenses (laundry, electronic device. charging cost).
- All required trekking gears like sleeping bags and down jackets (available on rent).
- Tip for guide and porters.
- Hot and cold Shower.

ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu and Transfer to Hotel

Upon your arrival at Tribhuvan International Airport in Kathmandu, you'll be greeted by our representative and transferred to your hotel. After settling in, you'll meet with your trekking guide for a detailed orientation session about your upcoming adventure. This session will cover essential information about the Upper Mustang Horse Riding Trek, including safety protocols, itinerary overview, and equipment preparation. You'll also have the opportunity to ask any questions and address any concerns before embarking on your journey. The remainder of the day can be spent exploring the bustling streets of Kathmandu or resting in preparation for the trek ahead.

Day 2: Kathmandu to Pokhara (By Flight) and Pokhara Exploration

Early in the morning, you'll catch a scenic flight from Kathmandu to Pokhara, where majestic views of the Himalayas await you. Upon arrival in Pokhara, you'll be transferred to your hotel, where you can freshen up and enjoy breakfast. The day is yours to explore the enchanting lakeside city of Pokhara at your leisure. You may choose to take a relaxing boat ride on Phewa Lake, visit the sacred Bindhyabasini Temple, or simply stroll along the lakeshore and soak in the serene ambiance. In the evening, you can indulge in delicious local cuisine at one of Pokhara's many restaurants before retiring for the night.

Day 3: Pokhara to Jomsom (By Flight) and Horse Riding to Kagbeni

After an early morning flight from Pokhara to Jomsom, the gateway to Upper Mustang, you'll meet your trekking crew and horses. Your horse riding adventure begins as you set off towards Kagbeni, a charming village situated at the junction of the Kali Gandaki and Mustang rivers. Riding on horseback allows you to cover the rugged terrain comfortably while enjoying panoramic views of the surrounding landscapes. Upon reaching Kagbeni, you'll have the opportunity to explore the village and its ancient monastery, immersing yourself in the rich cultural heritage of Upper Mustang. Tonight's accommodation will be in Kagbeni, where you can relax and rejuvenate after your first day of riding.

Day 4: Kagbeni to Chele via Tangbe and Chhusang

Today's horse riding journey takes you from Kagbeni to Chele, passing through the picturesque villages of Tangbe and Chhusang along the way. As you ride through the barren landscapes and rocky trails, you'll be surrounded by stunning vistas of the Himalayas and traditional Tibetan-style villages. Make a stop in Tangbe to admire its whitewashed houses and labyrinthine alleyways before continuing onwards to Chele. Upon arrival in Chele, you'll be greeted with warm hospitality and breathtaking views of the surrounding mountains. Spend the evening relaxing and soaking in the tranquility of this remote Himalayan village.

Day 5: Chele to Syanbochen via Taklam La Pass and Dajori La Pass

Leaving Chele behind, you'll embark on an exhilarating horseback ride towards Syanbochen, traversing across high mountain passes and rugged terrain. Your journey will take you over the Taklam La Pass and Dajori La Pass, offering spectacular views of the Himalayan landscape. Along the way, you'll have the opportunity to interact with local villagers and learn about their traditional way of life. Arriving in Syanbochen, you'll be greeted with warm hospitality and breathtaking views of the surrounding mountains. Tonight, you'll rest in Syanbochen, nestled amidst the pristine

beauty of the Himalayas.

Day 6: Syanbochen to Ghaymi via Yamda La Pass

Today's horse riding adventure continues as you make your way from Syanbochen to Ghaymi, traversing across rugged terrain and picturesque landscapes. Riding over the Yamda La Pass, you'll be rewarded with panoramic views of the surrounding mountains and valleys. Along the way, you'll pass through quaint villages and barley fields, immersing yourself in the rural charm of Upper Mustang. Upon reaching Ghaymi, you'll be welcomed by the friendly locals and stunning views of the surrounding landscapes. Tonight's accommodation will be in Ghaymi, where you can relax and unwind after a day of riding.

Day 7: Ghaymi to Charang via Marang La Pass

Your horse riding journey continues as you depart from Ghaymi and head towards Charang, a historic village steeped in Tibetan Buddhist culture and tradition. Riding over the Marang La Pass, you'll be treated to breathtaking views of the surrounding mountains and valleys. Along the way, you'll pass by ancient monasteries and chortens, immersing yourself in the spiritual ambiance of the region. Upon reaching Charang, you'll have the opportunity to explore its ancient monasteries and royal palaces, gaining insight into the rich cultural heritage of Upper Mustang. Tonight, you'll stay in Charang, where you can relax and rejuvenate after a day of riding.

Day 8: Charang to Lo-Manthang via Lo La Pass

Embark on a scenic trek from Ghaymi to Charang, traversing through rugged terrain and picturesque valleys. En route, marvel at the breathtaking vistas of snow-capped peaks and expansive landscapes that unfold before you. Arrive in Charang, home to the iconic Red Gumpa and a treasure trove of ancient Buddhist artifacts, where you'll spend the night.

Day 9: Explore Lo-Manthang and Surroundings

Today is dedicated to exploring the cultural and historical landmarks of Lo-Manthang and its surroundings. You'll have the opportunity to visit ancient monasteries, including the Jampa Lhakhang, Thubchen Gumpa, and Chode Monastery, each offering unique insights into Tibetan Buddhist architecture and art. Explore the narrow alleyways and bustling marketplaces of Lo-Manthang, interacting with local artisans and traders. You can also embark on short horseback excursions to nearby villages and scenic viewpoints, immersing yourself in the natural beauty of the region. Tonight, you'll stay in Lo-Manthang, where you can reflect on the highlights of your journey and cherish the memories made along the way.

Day 10: Lo-Manthang to Dhakmar via Dhakmar Monastery

Leaving Lo-Manthang behind, you'll embark on your return journey towards Dhakmar, retracing your steps along the trail. Enjoy one last look at the majestic landscapes of Upper Mustang as you ride through barren valleys and ancient cave dwellings. Make a stop at the historic Dhakmar Monastery, nestled amidst the rugged cliffs and red rock formations of the region. Take some time to explore the monastery and soak in the spiritual ambiance before continuing onwards to Dhakmar. Upon reaching Dhakmar, you'll be welcomed by the friendly locals and stunning views of the surrounding landscapes. Tonight's accommodation will be in Dhakmar, where you can relax and reminisce about your unforgettable journey through Upper Mustang.

Day 11: Dhakmar to Ghiling via Ghemi

Today's horse riding adventure takes you from Dhakmar to Ghiling, passing through picturesque villages and breathtaking landscapes. Ride through the charming village of Ghemi, with its traditional Tibetan-style houses and barley fields. Along the way, you'll cross high mountain passes and traverse rugged terrain, offering panoramic views of the surrounding mountains and valleys. Upon reaching Ghiling, you'll be greeted by the warm hospitality of the locals and stunning vistas of the surrounding landscapes. Spend the evening relaxing and savoring the tranquility of this remote Himalayan village.

Day 12: Ghiling to Chhusang via Rugged Trails

Your journey through Upper Mustang continues as you ride from Ghiling to Chhusang, navigating through rugged trails and ancient cave dwellings. Enjoy the scenic beauty of the region as you pass by colorful prayer flags and traditional chortens. Ride along the banks of the Kali Gandaki River, with its turquoise waters and towering cliffs. Upon reaching Chhusang, you'll have the opportunity to explore the village and interact with the friendly locals. Tonight's accommodation will be in Chhusang, where you can relax and reflect on the incredible experiences of your horse riding trek through Upper Mustang.

Day 13: Chhusang to Jomsom and Flight to Pokhara

Bid farewell to the enchanting landscapes of Upper Mustang as you ride from Chhusang to Jomsom, where your horse riding adventure comes to an end. Upon reaching Jomsom, you'll board a scenic flight back to Pokhara, offering one last glimpse of the majestic Himalayas from the air. Upon arrival in Pokhara, transfer to your hotel and relax after the exhilarating trek. Spend the evening exploring Pokhara and reminiscing about your unforgettable adventure in Upper Mustang. Overnight stay in Pokhara.

Day 14: Pokhara to Kathmandu (By Flight)

Take a morning flight from Pokhara to Kathmandu, marking the end of your trekking adventure in Nepal. Upon arrival in Kathmandu, transfer to your hotel and enjoy the remainder of the day at your leisure. You can explore the vibrant streets of Kathmandu, visit local markets, or simply relax and unwind after your journey. In the evening, indulge in a farewell dinner featuring traditional Nepali cuisine and cultural performances.

Day 15: Departure Day

Finally, a representative from Trek Mania Nepal will transfer you to Tribhuvan International Airport for your onward journey, bidding farewell to Nepal with cherished memories of your Upper Mustang Horse Riding Trek.