Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Upper Dolpo to Upper Mustang Trek - 30 Days

UPPER DOLPO TO MUSTANG TREK – 30 DAYS ADVENTURE ACROSS HIDDEN VALLEYS OF NEPAL

The Upper Dolpo to Mustang Trek is one of Nepal's most remote and rewarding high-altitude adventures. This epic 30-day journey takes you through the mystical landscapes of Dolpo and Mustang—two of Nepal's least explored regions—blending untouched natural beauty with ancient Tibetan Buddhist culture.

Starting from Nepalgunj and reaching the heart of Upper Dolpo, you'll cross rugged high passes, visit sacred monasteries like Shey Gompa, walk beside the turquoise Phoksundo Lake, and traverse wild terrain that few trekkers ever see. The trail continues into Upper Mustang, ending at the ancient walled city of Lo Manthang, offering a breathtaking fusion of desert beauty, spiritual heritage, and mountain grandeur.

Why Trek with Trek Mania Nepal

At Trek Mania Nepal, we specialize in authentic Himalayan experiences led by expert local guides. Our Dolpo-to-Mustang trek packages include all necessary permits, logistics, and safety support. We ensure small group sizes for a more personal, flexible adventure while contributing to local communities through responsible tourism.

Best Time to Go

The best time to trek from Upper Dolpo to Mustang is between April and October, when the weather is dry and clear. Dolpo lies in the rain shadow of the Himalayas, making it ideal even during the summer monsoon months when other regions of Nepal are wet.

Permits & Restricted Area Information

This trek requires special permits for both Upper Dolpo and Upper Mustang, along with the Shey Phoksundo National Park permit. Trek Mania Nepal arranges all necessary paperwork and logistics on your behalf.

Who Can Join

This trek is best suited for experienced trekkers seeking a challenging adventure through remote, high-altitude terrain. Physical fitness, mental endurance, and prior trekking experience above 4,000 meters are recommended.

Join the Adventure

Embark on this once-in-a-lifetime expedition across Nepal's wild west. The Upper Dolpo to Mustang Trek is not just a trail—it's a spiritual and cultural journey through some of the most isolated and captivating landscapes on earth.

Book your trek now with Trek Mania Nepal and experience the Himalayas beyond the ordinary!

Trek Mania Nepal Pvt. Ltd.

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

PRICE INCLUDES

- All domestic flights as per the itinerary
  (Kathmandu–Nepalgunj–Jhupal and Jomsom–Pokhara–Kathmandu)
- Airport pick-up and drop in a private vehicle
- All necessary trekking permits and fees, including:
  - Upper Dolpo Restricted Area Permit
  - Upper Mustang Restricted Area Permit
  - Shey Phoksundo National Park Entry Permit
- Government-licensed, English-speaking trekking guide and support staff
- Porters to carry luggage (1 porter for every 2 trekkers)
- Full board meals (Breakfast, Lunch, Dinner) during the trek
- Tented accommodation and teahouse stays as per route
- Camping equipment: sleeping tents, dining tent, kitchen tent, tables, and chairs
- Professional cook and kitchen crew during camping days
- All necessary camping logistics and fuel for cooking
- Down jacket and sleeping bag (to be returned after the trek)
- Insurance and salary for guide, porters, and crew
- First aid medical kit
- All ground transportation as mentioned in the itinerary
- Company service charge and government taxes

PRICE EXCLUDES

- International airfare to and from Nepal
- Nepal entry visa fee (available on arrival)
- Travel and medical insurance (mandatory)
- Meals and accommodation in Kathmandu and Nepalgunj
- Personal trekking gear and clothing
- Bottled or boiled water, soft drinks, and alcoholic beverages
- Battery charging, Wi-Fi, and hot showers in teahouses
- Tips for guide, porters, and crew (customary)
- Emergency evacuation or helicopter rescue if required
- Any other expenses not mentioned in the “Cost Includes” section

Trek Mania Nepal Pvt. Ltd.

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

ITINERARY IN DETAIL

Day 1: Fly from Kathmandu to Nepalgunj (150 m / 492 ft)

Take a scenic flight from Kathmandu to Nepalgunj, a vibrant city in the western Terai of Nepal. The flight offers panoramic views of the Himalayas and the diverse landscapes below. Upon arrival, explore the local market or relax at your hotel in preparation for the next day's mountain flight. You can also opt-in for a Trekkers' Massage or sound healing sessions to rejuvenate from the jet-lag and prepare for the trek.

Day 2: Fly from Nepalgunj to Jhupal (2,475 m / 8,120 ft) and Trek to Dunai (2,850 m / 9,350 ft)

A short but thrilling flight takes you from Nepalgunj to Jhupal, the gateway to Dolpo. After meeting your trekking team and organizing gear, begin your trek with a gradual descent to Dunai, the district headquarters of Dolpa. Overnight at a local teahouse.

Day 3: Dunai to Ankhe (2,896 m / 9,501 ft)

The trail follows the Phoksundo River through pine forests and small villages. Enjoy views of terraced fields and traditional stone houses as you reach Ankhe, a small settlement surrounded by greenery.

Day 4: Ankhe to Renje (3,104 m / 10,183 ft)

Today's walk involves several ups and downs through forested ridges. The route passes waterfalls and narrow gorges, with glimpses of the high mountains above. Camp overnight near the village of Renje.

Day 5: Renje to Phoksundo Lake (3,612 m / 11,850 ft)

A memorable day as you reach Phoksundo Lake, one of Nepal's most beautiful alpine lakes. The trail climbs steadily through juniper forests, then descends to the turquoise lake surrounded by cliffs. Explore the nearby Ringmo village and witness the culture of the Dolpo-pa people.

Day 6: Rest Day at Phoksundo Lake / Explore Ringmo Village (3,612 m)

Spend a day exploring the serene Phoksundo Lake area, visit Tshowa Monastery (Bon Monastery), and interact with locals in Ringmo village. The rest day helps with acclimatization before crossing high passes.

Day 7: Phoksundo Lake to Chunemba (3,639 m / 11,938 ft)

Leaving the lake behind, the trail ascends along the upper valley. The path is rugged and wild, offering majestic views of Kanjirowa Himal. Overnight at Chunemba, surrounded by alpine meadows.

Day 8: Chunemba to Snowfield Camp (4,400 m / 14,435 ft)

A tough climb today as the trail leads toward the high mountains. Camp at the Snowfield Base Camp, named for its snowy surroundings. This is one of the most isolated sections of the trek.

Day 9: Snowfield Camp to Shey Gompa (4,360 m / 14,304 ft)

Cross the Kang La Pass (5,360 m) — the highest point so far. Descend to the mystical Shey Gompa, also known as the Crystal Monastery, nestled beneath Crystal Mountain. This area is deeply spiritual and one of the highlights of the Dolpo region.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Day 10: Rest Day at Shey Gompa – Explore the Monastery and Surroundings

Spend the day exploring Shey Gompa and its surroundings. Learn about the ancient Bon and Buddhist traditions, visit local hermit caves, and enjoy peaceful meditation in the Himalayas.

Day 11: Shey Gompa to Nam Gaun Gompa (4,360 m / 14,304 ft)

Descend through beautiful canyons and yak pastures. The trail follows a pleasant river valley before reaching Nam Gaun Gompa, a small monastic village.

Day 12: Nam Gaun Gompa to Marang (4,350 m / 14,271 ft)

A relatively easy day trekking through scenic valleys. Pass yak herders' settlements and mani walls before reaching Marang.

Day 13: Marang to Dora Sumna (3,670 m / 12,040 ft)

Descend gradually to lower altitudes, following the Saldang River. The trail passes through barley fields and typical Dolpo villages.

Day 14: Dora Sumna to Misha Gaun (4,200 m / 13,779 ft)

Climb toward Misha Gaun, a high-altitude village that reflects ancient Tibetan culture. You'll see prayer flags fluttering and stone houses perched against rugged cliffs.

Day 15: Misha Gaun to Shimen Gaun (3,850 m / 12,631 ft)

Today's trek follows an easy trail along the Shimen River, passing remote hamlets and grazing lands. Overnight in Shimen Gaun.

Day 16: Shimen Gaun to Tinje (4,110 m / 13,484 ft)

The valley opens wide with views of high ridges and glaciers. Reach **Tinje**, one of the largest villages in Upper Dolpo, known for its ancient monastery and wide plains.

Day 17: Tinje to Rapka (4,535 m / 14,878 ft)

The trail leads through barren terrain surrounded by snow peaks. Few settlements are found here, emphasizing the wild remoteness of Dolpo.

Day 18: Rapka to Chharka (4,302 m / 14,114 ft)

Crossing the **Chharka La Pass**, descend to **Chharka Bhot**, a charming medieval village with a small monastery and stone houses built in traditional Tibetan style.

Day 19: Chharka to Tulsi Khola (4,935 m / 16,190 ft)

A demanding day with high-altitude ascents. The route climbs to open yak pastures near Tulsi Khola. Camp under the stars in this wild, untouched region.

Day 20: Tulsi Khola to Nakhkem Khola (5,066 m / 16,620 ft)

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Continue your journey across the upper passes. The landscape is dramatic and windswept, offering grand views of the Dhaulagiri range.

Day 21: Nakhkem Khola to Kharka (5,445 m / 17,864 ft)

One of the highest camps of the trek, today's route crosses rugged ridges before reaching Kharka. This is a challenging day but rewards with spectacular scenery.

Day 22: Kharka to Ghami Phedi (3,680 m / 12,073 ft)

Descend into the Mustang region, entering a more arid landscape. The culture and architecture change as you approach the Upper Mustang trails.

Day 23: Ghami Phedi to Ghami (3,520 m / 11,548 ft)

Reach **Ghami**, one of the ancient settlements of Upper Mustang. Visit the monastery and explore the colorful cliffs and ancient cave dwellings nearby.

Day 24: Ghami to Marang (3,540 m / 11,614 ft)

A scenic walk through barren hills and canyons brings you to Marang. The region's ochre-colored cliffs and ancient chortens make for a photographer's delight.

Day 25: Marang to Lo Manthang (3,810 m / 12,500 ft)

Enter the legendary walled city of **Lo Manthang**, the capital of the ancient Kingdom of Mustang. Explore royal palaces, monasteries, and narrow streets lined with traditional houses.

Day 26: Day Trip to Jhong Cave and Surroundings (3,810 m)

Visit **Jhong Cave**, an ancient multi-story cave system once used for meditation and refuge. Explore the surrounding high cliffs and enjoy sweeping views of the Lo Manthang valley.

Day 27: Lo Manthang to Yara Gaun (3,900 m / 12,795 ft)

Trek southward to Yara, following a beautiful trail along canyons and rocky ridges. Visit small local monasteries and experience rural Mustang life.

Day 28: Yara Gaun to Tange (3,240 m / 10,629 ft)

Descend through barren hills and cross the Dhechyang Khola River before reaching Tange, a picturesque village known for its whitewashed houses and long mani walls.

Day 29: Tange to Muktinath (3,700 m / 12,139 ft)

The final leg of your trek crosses several small passes before descending to **Muktinath**, one of Nepal's most sacred pilgrimage sites for Hindus and Buddhists. Visit the temple complex and enjoy views of Nilgiri and Dhaulagiri peaks.

Day 30: Fly from Jomsom to Pokhara to Kathmandu (1,300 m / 4,265 ft)

A scenic morning flight from Jomsom to Pokhara and then to Kathmandu marks the end of your incredible journey from Dolpo to Mustang. Celebrate your achievement and reflect on the unforgettable experiences of this trans-Himalayan trek. After arriving in Kathmandu, you may like to go for a post-trekking Massage, sound healing, or any

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

other spa services for a rejuvenating session.

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

FAQ

1. Where is the Upper Dolpo to Mustang Trek located?

The Upper Dolpo to Mustang Trek lies in western Nepal, between the remote Dolpo and Mustang regions. The route begins in Jhupal (Dolpo) and ends in Muktinath (Mustang), crossing several high Himalayan passes and isolated valleys.

2. How difficult is the Upper Dolpo to Mustang Trek?

This is one of Nepal's most challenging treks, suitable for experienced trekkers. It involves high-altitude walking (up to 5,445 m), long trekking days, and basic camping in remote regions. Good physical fitness, mental endurance, and prior multi-day trekking experience are essential.

3. What is the best season for the Dolpo to Mustang Trek?

The best time is from April to October, when Dolpo and Mustang are dry and accessible. Since both regions lie in the rain shadow of the Himalayas, the summer monsoon months (June–August) are also suitable for trekking here — unlike most other regions in Nepal.

4. Do I need special permits for this trek?

Yes. This route crosses two restricted regions and requires:

- **Upper Dolpo Restricted Area Permit**
- **Upper Mustang Restricted Area Permit**
- **Shey Phoksundo National Park Entry Permit**

Trek Mania Nepal will arrange all the necessary permits and logistics for you.

5. What kind of accommodation is available during the trek?

Accommodation varies from teahouses in lower villages to tented camps in remote sections. Trek Mania Nepal provides all camping gear, kitchen staff, and meals during camping nights to ensure comfort and safety.

6. How long is the trek, and how many days do we walk?

The full journey lasts 30 days, including flights and rest days. You'll spend around 25–26 days on the trail, walking between 5 to 8 hours per day, depending on terrain and altitude.

7. What are the main highlights of this trek?

Some of the key highlights include:

- **Phoksundo Lake** – Nepal's deepest and most beautiful alpine lake.
- **Shey Gompa** – the famous Crystal Monastery.
- **Crossing high passes** over 5,000 meters.
- **Lo Manthang**, the walled city of Mustang.

Trek Mania Nepal Pvt. Ltd

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

- Breathtaking mountain views and authentic Tibetan Buddhist culture.

8. How do we get to the starting point of the trek?

The trek starts with a flight from Kathmandu to Nepalgunj, followed by another flight to Jhupal in Dolpo. From there, the trekking begins towards Dunai, the Dolpo district headquarters.

9. What fitness level is required for this trek?

You should be in good physical shape, able to walk 6–8 hours a day with a backpack. Prior experience of high-altitude trekking (above 4,000 m) is recommended. Training with regular hiking, cardio, and endurance exercises for at least 2 months before departure is ideal.

10. Is altitude sickness a concern on this trek?

Yes, since the route crosses several passes above 5,000 meters, altitude sickness can be a concern. Trek Mania Nepal designs the itinerary with proper acclimatization days and trained guides who monitor your health and provide necessary first-aid support.

11. What kind of meals are provided during the trek?

You'll enjoy freshly prepared meals cooked by our experienced trekking chefs. Meals include Nepali, Tibetan, and continental dishes — such as dal bhat, noodles, soups, rice, vegetables, and tea/coffee. All food is hygienically prepared.

12. Is it possible to customize or shorten the itinerary?

Yes. Trek Mania Nepal can customize the itinerary according to your schedule, interest, and fitness level. You can also combine this trek with other adventures like Lower Dolpo Trek or Annapurna Circuit.

13. What is included in the trek package?

Our Dolpo to Mustang Trek package includes:

- Domestic flights (Kathmandu–Nepalgunj–Jhupal–Jomsom–Pokhara–Kathmandu)
- Trekking permits and park fees
- Professional English-speaking guide and support staff
- Tented accommodation and meals during the trek
- All camping and cooking equipment
- Ground transfers as per itinerary

(A full list of inclusions and exclusions is available on the booking page.)

14. How can I book this trek?

You can book directly via our website Trek Mania Nepal or contact us through email or WhatsApp. A 20% advance deposit confirms your booking, with the balance payable upon arrival in Kathmandu

15. Why choose Trek Mania Nepal for this trek?

Trek Mania Nepal Pvt. Ltd.

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

We are a local, government-licensed trekking agency specializing in remote treks like Dolpo and Mustang. Our team ensures safety, professionalism, and personalized service — offering authentic Himalayan experiences with sustainable and responsible tourism practices.

Trek Mania Nepal Pvt. Ltd.