

JOIN OUR ALL FEMALE ADVENTURE TO UPPER MUSTANG

GENERAL DETAILS

Category: Treks for Women
Sub Category: Annapurna Region

GROUP DISCOUNTS

1 pax : \$ 1795.00

* The above price resembles price per person.

TRIP OVERVIEW

This June from 10th to 24th, join our all-female journey to **Upper Mustang (Lo Manthang)** and experience one of the Himalayas' most breathtaking and culturally rich destinations in a safe, supportive, and empowering environment. Traveling with all-female groups creates a unique sense of comfort, connection, and confidence whether you're a solo traveler, a first-time traveler, or an experienced traveler. Together, we will explore ancient Tibetan villages, ancient hidden monasteries, desert landscapes, and the timeless beauty of the forbidden kingdom while building unforgettable friendships along the way.

Guided by experienced female guides in Nepal who understand mountains and the needs of women travelers, this trip is organized and designed to help you feel secure and inspired.

Upper Mustang is a remote Himalayan region in northern Nepal near the Tibet border. It's often called the last forbidden kingdom, as the majestic kingdom of Upper Mustang was closed to Westerners/foreigners until 1992, which helped preserve its Tibetan culture, ancient monasteries, cliffs, and centuries-old cave settlements.

The ancient capital, Lo Manthang, is a cultural heart of the region and also the final destination of the trek that is bordered by the Tibetan region. The residents of Upper Mustang

closely follow Tibetan Buddhism.

ITINERARY

Day 1: Drive to Pokhara from Kathmandu (7 Hours drive)

A ride down hills from Kathmandu to the 900 m lake city of Pokhara comes packed with a scenic drive from river-trailing highways. Green Rolling Hills, local motel-like eatery towns along the way to pick snacks, and a hospitable team of visitors—it's a drive like none other. Cross the multiple bridges conjoining hills to reach peaceful lakes and mountain views in Pokhara. Stroll and enjoy the best touristy location of Nepal before the journey begins.

Day 2: Drive to Kagbeni (2810m)\10 hrs drive

After an early breakfast begin a long but incredibly scenic drive towards Mustang. The trail is mostly in the riverbed, thus sandy and with pebbles. It is not that difficult part of the trek, but wind sometimes makes your walk almost impossible. This very easy and enjoyable start is at the same time picturesque with rewarding views of tall mountain peaks, including Dhaulagiri (8167 m / 26,794 ft), Tukucho (6920 m / 22,703 ft), and in the west, the awesome mountain above Kagbeni – Nilgiri (6940 m / 22,769 ft). Upon reaching Kagbeni, check in to your hotel and enjoy the lunch. And in the evening, walk around the town, which is mystic and mysterious. You can explore the Red Gumpa (Monastery). At the checkpoint at the north end of the village there is a sign saying, 'Restricted area, tourists, please do not go beyond this point.' Here you will complete your paperwork formalities for you to enter this long-forbidden region of Nepal. Overnight at local lodge.

Day 3: Trek from Kagbeni to Chele (3050m)\ 7 hrs walk

After breakfast, you enter the dramatic landscape of Upper Mustang, a dry rain-shadow region shaped by the Kali Gandaki River. The trail follows the valley, sometimes running above the river and at times along its sandy bed, with mule caravans frequently passing by.

Along the way, you pass caves and Gumpa Kang Monastery, linked to the Nyingma tradition of Tibetan Buddhism. Lunch is at Tangbe Village, known for its colorful chortens, narrow alleys, and fields of barley and buckwheat.

The route continues to Chhusang Village near the confluence of the Narshing Khola and the Kali Gandaki River. After crossing the river, a steep climb leads to Chele Village, where you stay overnight in a mountain lodge.

Day 4: Trek Chele to Syangboche (3475m)\ 6 hrs walk

From Chele Village, you climb a steep spur and continue along a dramatic canyon trail to a high pass. Beyond it, you descend on a pleasant path to Samar Village.

The route then rises to a ridge, drops into a gorge past a chorten, and continues into another valley. After crossing a stream and climbing another pass, you descend along a ridge to Shyangmochen, a small settlement with a few tea houses where you stay overnight.

Day 5: Trek Syangboche to Ghami 8 (3520m)\ 6 hrs walk

From Shyangmochen, the trail climbs gently into a vast valley before descending to Geling Village, surrounded by extensive barley fields and traditional mud-and-stone houses with flat roofs made of twigs, straw, mud, and pebbles.

The journey continues with steady ascents and descents through similar landscapes and small settlements before reaching Ghami La Pass (3,520 m). You then cross another high point, Nyi La Pass (3,840 m), followed by a gradual descent to a junction where one trail leads toward Charang and the other to Ghami Village.

Ghami Village is one of the largest whitewashed settlements in Upper Mustang, where you stay overnight in a local lodge.

Day 6: Trek Ghami to Tsarang (Charang) (3570m)\ 5 hrs walk

After breakfast, you continue trekking through one of the driest sections of Mustang. The trail is mostly loose sand and scree, which can be tiring and demanding, but the surrounding mountain views make the journey rewarding.

It is a relatively short walk of about four hours to reach Charang Village, a large, spread-out settlement situated at the top of the Charang Chu canyon.

At the eastern end of the village stands a large dzong (fortress) and a red Charang Monastery, known for its impressive collection of statues and thangka paintings. You spend the night in a local lodge.

Day 7: Trek Tsarang (Charang) to Lo Manthang (3810m)\ 3.5 hrs walk

In the morning, you can explore the village of Charang Village and its large monastery before breakfast.

Afterwards, the trek continues toward Lo Manthang. The trail climbs gently above the valley to a solitary chorten marking the boundary between Charang and Lo. From here, the path opens up and you get your first view of the walled city. You then walk around the outer wall to the north eastern gate and enter the historic city of Lo Manthang, where you stay overnight in a local lodge.

Day 8: Rest and Explore Lo Manthang (3810m)

Today is a special day of the trip as you explore the historic and mystical city of Lo Manthang, the former capital of the Upper Mustang kingdom before 2008.

The city has around 150 houses, along with residences for many lamas (Tibetan Buddhist monks). Inside the walls are four main temples, including Champa Lhakang Monastery, known for its large clay Buddha statue and detailed mandala wall paintings.

At the center of the city stands the former royal palace, once home to the local king before Nepal's monarchy ended in 2008. Though largely ceremonial, the king was traditionally highly respected and consulted by villagers across the region.

If you wish, you can also take an optional day trip to the upper valley on foot or horseback. Overnight stay at a local lodge.

Day 9: Trek Dhakmar from Lo Manthang (3820m)\ 7hrs walk

Comparatively long day with the high Himalayan pass at 4300 m/14107 ft altitude. As soon as you leave Lo Manthang, you climb to Marang-la (4,300 m/14,107 ft). You continue with your walk on the highland route fairly flat and fair climb to Ghar Gompa – pure virtue of Lo and the practicing Nyingma Sect along with the scripture of Padmasambhava. You will spend some time exploring this beautiful monastery and then climb steeply down to Dhakmar. Overnight at local lodge.

Day 10: Trek Dhakmar to Gelling (3570m)\ 4 hrs walk

After breakfast, take a walk through the beautiful valley, enjoying the scenery as you gradually ascend to a ridge before descending toward Ghami. From Ghami, continue along a wider, gentle trail with a series of short ascents and descents until you reach the large village of

Gelling. Gelling is surrounded by beautiful barley fields.

Like other settlements in Mustang, the village is characterized by white and ochre-painted houses built from mud and stone, with roofs made of twigs, straw, and a mixture of mud and pebbles. Spend time exploring the rich local culture and visit the historic Buddhist monastery that reflects the deep spiritual heritage of the region.

Day 11: Trek Gelling to Chele (3050m)\ 7 hrs walk

After breakfast, begin your return journey following the same trail back towards Chele. The route includes a series of gradual ascents and descents across familiar ridges, passes, and valleys, offering a different perspective of the landscape you encountered earlier.

Day 12: Trek back Chele to Kagbeni (2800m)\ 6 hrs walk

Return the same way as you walk on the way up. The trail is descending continuously in altitude, but you may ascend multiple places. Overnight local lodge.

Day 13: Trek back from Kagbeni to Jomsom (2720m)\ 3 hrs walk

Enjoy the mystic view of the Himalayan peaks—Nilgiri particularly dominates the front view. After breakfast, walk along the wide, sandy, and windy valley of the Kali Gandaki riverbed. Arrive in Jomsom and enjoy the rest of the day relaxing. Overnight local lodge.

Day 14: Drive back from Jomsom to Pokhara (822m)\ 8hrs walk

Early in the morning, fly back to Pokhara from Jomsom, enjoying views of the Annapurna range, Dhaulagiri, Nilgiri, and other peaks. After arrival, check into your hotel and rest.

Later, explore Pokhara around Phewa Lake and enjoy boating with mountain reflections. You can also visit the Mountain Museum, Devi's Fall, Peace Stupa, and Gupteshwar Cave.

Overnight stay in Pokhara.

Day 15: Drive from Pokhara to Kathmandu (7 hrs drive)

Drive from Pokhara to Kathmandu after breakfast, enjoying a scenic journey through rivers, hills, small towns, and countryside landscapes of Nepal. The road follows the Trishuli River for much of the way, offering beautiful views along the route.

The drive takes around 6–8 hours depending on traffic and road conditions. On arrival in Kathmandu, transfer to your hotel and relax after the journey.

** Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.*

For for information regarding this package, please click on this [link](#). You can also give us a call at +977 9841290101 or email us at info@womanadventures.com for further information.

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