DESTINATION: NEPAL

Upper Mustang *Tour*

6 Days

Kathmandu	Kathmandu	Best: Mar–Nov (rain-shadow; open in monsoon)
Starts at	Ends at	Season

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Drive all the way to Lo Manthang, the walled capital of the old Kingdom of Lo
- The multi-storey Chhoser sky caves cut into the cliffs
- Jampa, Thubchen and Chodey monasteries and the royal palace
- Ochre canyons and eroded badlands of the high desert beyond Kagbeni
- A night in Lo Manthang and the drive to the Nepal-China border viewpoint
- The Kali Gandaki gorge, Jomsom and the apple orchards of Marpha en route

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

DAY 1 — Kathmandu to Pokhara

Drive from Kathmandu to Pokhara along the Prithvi Highway (~6-7 hours). Check in and enjoy leisure time exploring lakeside Pokhara. Travel time: ~6-7 hours by road Distance: ~200 km Meals: Lunch Overnight: Pokhara, Lakeside

DAY 2 — Pokhara to Jomsom (Mustang), explore Marpha

Drive by private 4WD from Pokhara up the Kali Gandaki gorge to Jomsom. On the way, explore Marpha, the whitewashed Thakali apple village. Travel time: full day by 4WD Meals: Breakfast, Lunch, Dinner Overnight: Jomsom / Marpha Accommodation: Lodge

DAY 3 — Jomsom to Lo Manthang via Muktinath & Kagbeni

Early morning darshan at the sacred Muktinath Temple, then drive on through Kagbeni and cross into the restricted Upper Mustang region, following the Kali Gandaki north to Lo Manthang, the walled capital of the old Kingdom of Lo. Meals: Breakfast, Lunch, Dinner Activities: Muktinath, Kagbeni Overnight: Lo Manthang Accommodation: Lodge

DAY 4 — Upper Mustang exploration, back to Jomsom

Early drive to the Nepal-China border viewpoint at Korala, then explore the multi-storey Chhoser sky caves and the monasteries and royal palace of Lo Manthang. In the afternoon, drive back down to Jomsom. Meals: Breakfast, Lunch, Dinner Activities: Nepal-China border, Chhoser sky caves Overnight: Jomsom Accommodation: Lodge

DAY 5 — Back to Pokhara - Dumba Lake, Tatopani & Baglung Kalika

Drive back down the gorge to Pokhara. On the way, visit the turquoise Dumba Lake, soak at the Tatopani hot springs and stop at the Baglung Kalika temple. Evening free at lakeside. Meals: Breakfast, Lunch Activities: Dumba Lake, Tatopani, Baglung Kalika Overnight: Pokhara, Lakeside

DAY 6 — Pokhara to Kathmandu

After breakfast, drive back to Kathmandu with a lunch stop en route. Drop-off in Kathmandu, where the tour ends. Travel time: ~6-7 hours by road Meals: Breakfast, Lunch

PACKAGE PRICING

Package pricing

The more travellers in your group, the lower the price per person.

FROM

NRs 53,500 /person

✓ Tour · ✕ Flight · ✕ Visa

2 pax	NRs 74,500 /person
3 pax	NRs 57,500 /person
4 pax STARTS FROM	NRs 53,500 /person
5 pax	NRs 47,500 /person
6+ pax	NRs 46,500 /person

GOOD TO KNOW

- Prices vary with your travel dates, season and group size.

Prices are per person, land package only. International flights are billed separately, and we arrange them on request.

INCLUSIONS

What's included

Items	This package
3/4-star hotel & village lodges Twin-sharing 3/4 star hotel in Pokhara and hygienic, standard local lodges in Jomsom and Lo Manthang (with breakfast).	✓
Private 4WD transport Scorpio/Jeep for the whole Kathmandu-Pokhara-Upper Mustang-Kathmandu route, including fuel and the driver's food and lodging.	✓
Meals in the itinerary 6 lunches and 3 dinners as listed, plus daily breakfast with your stay.	✓
Conservation area & monument entries Annapurna Conservation Area entry fee and all listed entry fees at Nepali rates, including the Lo Manthang monasteries and Chhoser caves.	✓
A night in Lo Manthang A night in the walled capital, with the monasteries, palace and Chhoser caves explored on Day 4.	✓
Restricted-area permit (non-Nepali citizens) Nepali citizens are exempt. Only non-Nepali citizens (foreign passport holders, including NRNs) need the Upper Mustang permit, charged per day in the zone, plus a licensed guide, quoted separately.	✕
Full-trip guide For Nepali guests a guide travelling the whole trip is optional - available on request for an extra cost.	✕
Pokhara-Jomsom flights This is a by-road tour; the short flight can be arranged on request to save a day.	✕
Travel & personal expenses Travel and medical insurance, tips, drinks, snacks, laundry and shopping.	✕

Anything not listed here is not included.

PACKING

Things to carry

- ✓ Warm layers and a windproof jacket — Upper Mustang is cold and very windy, and nights are freezing
- ✓ Comfortable walking shoes for exploring caves, monasteries and the old city
- ✓ Sunscreen, sunglasses, a sun hat, lip balm and moisturiser for the strong sun and dry air
- ✓ Any personal medication and basic altitude awareness (Lo Manthang ~ 3,800 m)
- ✓ A reusable water bottle
- ✓ A power bank — charging is limited in remote lodges
- ✓ A light daypack, your citizenship or ID, and cash (there are no ATMs beyond Jomsom)

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **70% or above advance — at booking confirmation**
   A minimum 70% advance payment is required to confirm your booking and begin visa applications and ticketing.
2. **Remaining balance — after visa & tickets**
   The remaining balance is due after visa approval and ticket issuance.
3. **Full payment — before departure**
   Full payment must be completed before your departure date.

REFUND TIMELINE (CANCELLATION)

15+ days	FULL REFUND
8-14 days	PARTIAL REFUND
7 days or less	NO REFUND
No-show	NO REFUND

Introduction

At **Gomayu**, operated by **Zeta Tours and Travels Pvt. Ltd.**, we believe travel should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Special hotel rates** and **Maldives resort bookings**.
- **Cruise packages** and pre-paid activities.
- **Issued flight tickets**, subject to airline fare rules.
- **Visa service fees** in case of delay or rejection.
- Unused services, early departures and voluntary trip curtailments.

Visa & flights

Visa services

- Visa approval is at the discretion of the respective embassy or consulate.
- Visa service fees are non-refundable in case of delay or rejection.
- Gomayu is not liable for any loss due to visa delay or rejection

Flight tickets

- All cancellations and changes are subject to airline fare rules.
- Gomayu is not liable for flight delays, cancellations or schedule changes.

No-show policy

- No refund will be issued for no-shows under any circumstances.

Liability & disclaimer

Gomayu is not liable for delays or cancellations caused by events beyond our control, including natural disasters, government actions, strikes or pandemics.

Talk to us

Questions about a booking or cancellation? Email info@gomayu.com or call +977 9768558250.

gomayu

Ready to book this trip?

Share your dates and group size. A Gomayu travel expert will build the best plan for you — free, no pressure.

View tour on web → · WhatsApp us

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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours & Travels Pvt. Ltd.