Trekking Itinerary

Upper Mustang Trek 11 Night 12 days.

Date	Departure Time	Program First	Program Second	Program Third
1st day	6:00	Drive to Pokhara Airport	Fly to Jimsom and trek to Kagbeni 2 hr.	Stay overnight in Kagbeni 2800m.
2nd day	7:30, after Breakfast	Area entry	Trek to Chele 5-6 Hr.	Stay overnight in Chele, 3100m
3rd Day	7:30, after Breakfast	Trek to Syangboche 5-6 hr.		Stay overnight In Shyangboche 3800m.
4th Day	7:30, after Breakfast	Trek to Ghami 4-6 hr.		Stay overnight Ghami 3510m)
5th day	7:30, after Breakfast	Trek to Charang 4-5 hr.		Stay overnight In Charang 3560m
6th Day	7:30, after Breakfast	Trek to Lo-manthang 5 hr.		Stay overnight in Lo-manthang 3840m
7th day	7:30, after Breakfast	Expore day at Lo-Manthang	Visit Palace, Gumbas	Stay overnight in Lo-manthang 3840m
8th day	7:30, after Breakfast	Trek back to Ghami 5 hr.	Vist Grar Gumba on the way	Stay overnight in Dhakmar 3820m
9th Day	7:30, after Breakfast.	Trek to Ghiling 5-6 hr.		Stay overnight Ghiling 3570m
10th Day	7:30, after Breakfast	Trek to Samr 5-6 hr.		Stay overnight at Samar 3620m
11 Day	7:30, after Breakfast	Trek to Kagbeni 5 hr.	Trek to Jomsom	Stay overnight in Jomsom 2700m
12th Day	6:00	Report to airport	Fly to Pokhara	END

Important things to carry: Down jackets (wind and water proof), sunglasses and sun-screen cream, 3 to 4 pair of socks, T-shirt & sweater, trekking sticks, some chocolate bars & cookies, raincoat, etc.

Included in package:

1. Guide & porters
2. All Permits
3. Three meals a day
4. Transportation
5. Accommodation

Excluded from package:

1. Bar bill
2. Tips for Guide and porter
3. Donations (where appropriate
4. Trekking Equipment
5. Flight tickets and visas