

NAAR TO UPPER MUSTANG GHT



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Strenuous

TRIP STYLE: Camping

5 Based On 3 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 12 people

NEXT DEPARTURE: 17 May 2025

9 Trees Planted for each Booking

Naar to Upper Mustang GHT is a remote trek in Nepal along The Great Himalaya Trail. We cross Teri La at an altitude of 5,595m to Upper Mustang near the Tibet border.

After leaving the [Annapurna Circuit](#) at Chame/ Koto we walk to the isolated village of Naar. The Naar trek is a scenic section of the trail following a narrow gorge. The twin village in the Phu valley is nearby. From Naar village we walk up the remote Lapse Khola river towards the pass. At the end head of this valley we cross the rarely trekked Teri La at a height of 5,595m.

After the pass we enter the Upper Mustang. This region is arid with colourful rock formations. There are many cave dwellings high up in the cliffs. The first trekking parties went into Upper Mustang in 1992. It is one of the few places left where one can see undisturbed Tibetan culture.

There are steep sections on the descent from Teri La pass. Anyone joining this trek must have accurate foot placement while walking. Plus confidence in walking on loose, rocky terrain without a defined trail. There is a fresh landslide area with larger rocks and boulders to cross.

Naar to Upper Mustang GHT is a rarely trekked area in a remote region of [Nepal](#) along [The Great Himalaya Trail](#). Robin Boustead hiked and then mapped the GHT itinerary across Nepal. There are only a few other trekking groups each season attempting to cross Teri La pass. This is a camping style trekking expedition

where you sleep in tents and our cooks provide the meals.

REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- We have organised two successful Naar to Upper Mustang GHT treks. For more information on how these treks went please take a look at our Trip Reports (see our Reports and Reviews tab).
- Our [AITO Traveller Reviews for Naar to Upper Mustang GHT](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We have included a gradual ascent profile in our itinerary for this trekking holiday. This will help you acclimatise to the high altitude.
- We use Mountain Hardwear Trango 3 tents for our camping treks in Nepal. These are high-quality three-person tents with space for two people plus gear.
- We review weather forecasts for the Annapurna and Upper Mustang regions throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety. We use GPS to upload your location daily onto Google Maps to track your progress during the trek.
- We provide the porters with windproof jackets & trousers, crampons, and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We provide a range of tasty meals for breakfast, lunch, and supper. We give everyone in the group a chocolate or muesli bar per day. For breakfast, we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive medical aid kit. There will also be a portable altitude chamber (PAC or Gamow bag).
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are from Jomsom to Pokhara & Kathmandu.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share rooms at Hotel Tibet or Hotel Ambassador in Kathmandu.
- Breakfast only in Kathmandu, all meals are included while on the trek.
- Twin share tents while on trek using our Mountain Hardwear Trango 3 tents.
- Trekking arrangements. Including permits and fees, tents, International and Sherpa guides, porters, and cooks. The Upper Mustang Restricted Area Permit costs US\$500.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for Annapurna and Upper Mustang regions during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.
- A trekking map is given to you on arrival in Kathmandu.
- UK-registered charity, Pipal Tree, will plant 9 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom, or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$40 (approx £25).

- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment. Take a look at the kit list.
- Entrance to the monasteries in Lo Manthang (US\$10)
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 21,000 Nepalese rupees (approx. £130 or US\$160)
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No Meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal. After transferring to your hotel you have the rest of the day free. You can rest after your long journey or get out to explore Kathmandu. You can also make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: BRIEFING, PERMITS AND PREPARATIONS IN KATHMANDU

Breakfast

Hotel Ambassador in Kathmandu

This morning your leader will give the trek briefing and check your gear. We will collect your passports from you so that we can apply for the trekking permits. The rest of the day is free to explore Kathmandu and to pack your bags. You can leave a bag at the hotel with items not needed on trek.

DAY 3: DRIVE TO JAGAT (930M)

Bus to Jagat (10 hours)

B,L,D

Camping

We leave Kathmandu early in the morning by private bus. It is a scenic drive with occasional glimpses of mountain peaks. At Dumre we turn off the Pokhara highway. We drive north following Marsyangdi River to Besisahar. We drive beyond this town passing a new hydro-plant built at Bhulbule by the Chinese. We arrive at Ngadi and change vehicles from our bus to local jeeps. We continue the drive to Jagat where we camp in the garden of a lodge.

During the months of April, May and October it will be very hot and humid. The temperatures can be more than 30 Degrees Celsius for the first few days of the trek. We have chosen to organise this trek in April/ May and October. These months are likely to have optimal conditions for crossing the Teri La pass. It is

important to bring plenty of water, wear a sun hat and apply sun cream.

DAY 4: TREK TO DHARAPANI (1,940M)

Walking for 16km (7 hours)

Walking ascent 950m

Walking descent 330m

B,L,D

Camping

Shortly after leaving Jagat there are views of a 200m waterfall at Chamje. We descend to the river and cross over a bridge to return to the quieter East side of the valley. There is a new walking trail called NATT around the Annapurna Circuit away from the jeep track. Along the way we see small farms and terraced fields. We follow a path of stone steps climbing up and descending the spurs along the valley. The trail passes through huge boulders fallen from the mountains above.

There is a steep ascent on a good trail to the beautiful and colourful village of Tal. After about four hours walking we stop for lunch at Tal. After lunch there is a section of the trail along the base of a cliff next to the Marsyangdi River. After about a three hours walk we arrive at Dharapani at an altitude of 1,940m. There are several shops and lodges in this village.

DAY 5: TREK TO KOTO (2,700M)

Walking for 13km (6 hours)

Walking ascent 900m

Walking descent 300m

B,L,D

Camping

There is a permit checkpoint leaving Dharapani. We leave the Annapurna Circuit to enter the Naar Khola valley. This trail is much quieter and less frequented by trekkers. We pass through the picturesque villages of Bagarchapp and Timang. We start to get views of the Annapurnas and Lamjung Himal. If it is clear, Mount Manaslu appears on the left skyline looking back down the valley and Peak 29 is on the right. On this day, we hike for 5 to 6 hours to Koto located at 2,600m.

DAY 6: TREK TO CHHONGCHE CAVES CAMP (2,960M)

Walking for 9km (4 hours)

Walking ascent 600m

Walking descent 250m

B,L,D

Camping

The trail is excellent and wanders through pine forests. The valley narrows to a spectacular gorge with the river a torrent running through it. The path follows around pine-clad spurs, crossing the Naar Khola after a short descent to a bridge. There is a hot spring some 50 metres downstream of this bridge. The path can be slippery, the spring is natural is worth the 5-minute detour.

After about four hours of walking we stop in a small clearing in the pine forests where there are a few tea houses. We stay here for the night for acclimatisation to high altitude. Otherwise if one pushes on there is a rapid ascent profile to Naar village located at 4,100m.

DAY 7: TREK TO META OR METHANG (3,500M)

Walking for 8km (5 hours)

Walking ascent 840m

Walking descent 185m

B,L,D

Camping

After breakfast we continue to ascend the valley. We cross behind a waterfall near a clearing in the forest at 3,250m called Dharmasala. There is a short but steep section for a further hour into the terraced village of Meta (also known as Methang). This place used by some people from Naar as a winter retreat. Meta is above the tree line and here the valley begins to open out. There are superb views of the surrounding area, including a view of Mount Kang Garu.

DAY 8: TREK TO NAAR VILLAGE (4,100M)

Walking for 10km (5 hours)

Walking ascent 840m

Walking descent 225m

B,L,D

Camping

This is a shorter day to allow for some rest and acclimatisation. Leaving camp we contour along the valley until we reach Naar Phedi. This is the junction of the Naar and Phu Khola rivers. There are two very impressive bridges above the Lapse Khola gorge about 80m below. One bridge is stone and wood built for yaks. It is then a short hike up to the monastery where we will stop and visit the Gumpa. The views up the Phu Khola valley are impressive. We are likely to see Himalayan Griffons circling on the cliff above.

It is only a 3 hour walk from here to the village of Naar. This place has Tibetan houses and also field systems built by the villagers. They grow barley and potatoes in these high altitude fertile soils. After a steep climb from the monastery, we pass through the wall which encloses the community of Naar. There are some impressive chortens in yak pastures with wonderful views of Kang Garu. Shortly after the chorten, Naar comes into view beyond a flat area of open fields. We camp at a guesthouse. There is ample opportunity to explore the village during the afternoon.

DAY 9: ACCLIMATISATION WALKS AROUND NAAR VILLAGE (4,100M)

B,L,D

Camping

This is an essential day for acclimatisation. We will do a short walk in the morning up the Kang La valley towards the Kang La pass. This will help with adaption to high altitude by "climbing high, sleep low". Blue sheep are often seen along the valley sides, as well as many domestic yaks.

DAY 10: TREK TO LAPSE KHOLA CAMP (4,500M)

Walking for 11km (7 to 8 hours)

Walking ascent 950m

Walking descent 700m

B,L,D

Camping

After a short climb out of Naar, we descend down a zig-zag path for some 300m to the Lapse Khola river. This takes around an hour. We follow the Lapse Khola river along an impressive path. We cross on a Himalayan bridge and then make the steep climb to Chaungseng Kharka. This is a yak kharka (meadow) on the opposite side of the valley. This can be a windy place and the villagers from Naar have built yak dung drying walls. This takes advantage of the wind to dry the dung before carrying it back to Naar or Meta.

We have lunch at the kharka after 3 to 4 hours hiking. After we continue traversing high above the Lapse Khola. There are expansive views of the surrounding area as we are now well above the treeline. The trail undulates along the side of the valley and ascends and descends spurs. The trail drops down to a small yak kharka camp near the valley bottom. Before there is a short section where the trail is narrow and above a series of steep scree slopes. You should take care here.

It is possible to camp at the yak kharka. We continue alongside the river for a further 30 minutes to an open grassy area set above the river. This is much better for camping about 4 hours walking in total during the afternoon.

DAY 11: TREK TO LUNGRE (4,600M)

Walking for 8km (6 hours)

Walking ascent 650m

Walking descent 400m

B,L,D

Camping

After a short walk along the valley we climb and descend a rocky spur on a good path. Shortly after we cross the Lapse Khola river. We then walk along and up the valley close to the river for around 2 hours. After we climb the west bank opposite Jomsom khola which enters the Lapse Khola from the north. The trail then contours along the valley side with occasional rocky steps. We pass small yak kharka where we will have lunch before descending again to the Lapse Khola river. We camp at another unnamed place at 4,600m. Previous Mountain Company treks saw snow leopard tracks here.

DAY 12: TREK TO TERI LA BASE CAMP (4,900M)

Walking for 6km (4 hours)

Walking ascent 300m

Walking descent 0m

B,L,D

Camping

This is a shorter day taking about 4 hours. As we are now walking at high altitude it can be a tough section of the trail as we ascend to Teri La Base Camp at 4,900m. We ascend the left valley side for a short distance until the trail levels out. We then traverse the valley through sparse vegetation. There are excellent views both back down the Lapse Khola and ahead towards the Teri La. Eagles may circle above and along the valley sides.

After a couple of hours, we pass a small camp area as the Lapse Khola valley turns northwards. In another hour, we head west, leaving the Lapse Khola valley; there is a camp here, called 'Base Camp' on some maps.

DAY 13: TREK TO TERI LA HIGH CAMP (5,200M)

Walking for 3km (3 hours)

Walking ascent 350m

Walking descent 50m

B,L,D

Camping

This is another shorter day but this will set us up well for crossing the pass for the following day. We ascend 300m from Teri La Base Camp to Teri La High Camp so this is excellent for our acclimatisation. Today the trail follows a side valley on easy terrain for about 3 hours until the valley opens up. There are spectacular views from Teri La High Camp. You can spend the afternoon relaxing and preparing for tomorrow's crossing of the Teri La.

DAY 14: CROSS TERI LA (5,595M) AND DESCEND TO PASPHU KHOLA CAMP (4,750M)

Walking for 14km (8 hours)

Walking ascent 600m

Walking descent 950m

B,L,D

Camping

From camp we ascend for about 3 hours to the summit of Teri La at an elevation of 5,595m. There are superb views over to Annapurnas and Chulus. From the pass we descend to our camp next to the Pasphu Khola. We drop below 5,000m to cross the Rijung Chwa Khola before climbing back up. We cross several ridges and descend to our camp on the banks of the Rijung Prama Khola.

There steep sections on the descent from Teri La pass on rocky terrain and in places without a defined trail. There are also several fresh landslide areas with larger rocks and boulders to cross. This is a long but very satisfying day.

DAY 15: TREK TO YAKPA (4,300M)

Walking for 12km (7 to 8 hours)

Walking ascent 500m

Walking descent 950m

B,L,D

Camping

Today we follow the trail on a high traverse. We start from camp with a steep start to gain the high shoulder, then a series of ridge traverses. There are spectacular views of the Annapurnas, Chulus and Himlung and Kang Guru behind us.

We descend to the river and the fields of Yakpa Kharka. We ascend again to a rocky ridge before a few more high contour traverses. We descend into the Samena Khola Valley where we cross the river via an impressive gorge. We camp in the ruins of the old Kampa (Tibetan Army) village of Yakpa.

DAY 16: TREK TO TANGGA (3,300M)

Walking for 13km (7 to 8 hours)

Walking ascent 500m

Walking descent 1,500m

B,L,D

Camping

Today follows another wonderful trail in Upper Mustang. From Yakpa we ascend for about 2 hours and 500m to reach a high path with spectacular views of Dhaulagiri. This view of Dhaulagiri is rarely seen on other treks. After about another 2 hours walking along a series of ridges we have lunch on a rocky col. This place has a large rock chorten and pray flags.

The splendour of Upper Mustang opens up and with views of the Tibetan Plateau. After lunch we have two large river valleys to cross. We follow the traditional trade route through Makar Valley into Tangga. We

camp in the village of Tangga.

DAY 17: TREK TO DHYE THANGCHUNG (3,400M)

Walking for 8km (4 to 5 hours)

Walking ascent 720m

Walking descent 560m

B,L,D

Camping

This morning we walk through the historic village of Tangga. We ascend up through the moraine of the valley to gain a high plateau. There are more stunning mountains views as we cross the plateau. We enter the red earth hills with the twisting and winding path in the rock flutings. After a few hours we drop down in to the Dhechyang Khola river valley to Dhye Thangchung. Here we camp in the grounds of a very basic tea house.

This is a new village and an apple farm formed by 26 families and supported by international NGOs. The original village of Dhey about 10km away is struggling to grow crops due to lack of water.

DAY 18: TREK TO YARA GAON (3,600M)

Walking for 6km (4 hours)

Walking ascent 525m

Walking descent 300m

B,L,D

Camping

After crossing the river we climb a steep trail on to the valley shoulder. We traverse with more weird and wonderful rock formations. As we approach the village of Yara Gaon we cross the river. It is worth looking out for fossils in the river bed.

DAY 19: TREK TO LO MANTHANG (3,770M)

Walking for 15km (7 hours)

Walking ascent 900m

Walking descent 700m

B,L,D

Camping

We have a pleasant walk down the river valley as we leave Yara and arrive at the village of Dhi. After a look around the village, we climb up through more rock formations to cross the Dhi La. There are several

false summits to this pass which takes about 3 hours to reach the top of. There is a high and airy trail along the Udi Danda. Then there is a descent taking an hour to arrive into the ancient walled city of Lo Manthang.

DAY 20: JEEP TO JOMSOM (2,670M)

Jeep to Jomsom (8 hours)

B,L,D

Lodge in Jomsom

Today we travel by jeep as the new road has taken over from the trekking route. We drive through Ghemi, Chele, and then change jeeps at Chusang. We continue driving through Tangbe to Jomsom. We stay in a lodge near the airport and then in the evening, we will have a party with our amazing crew. We will also hand out tips to our crew as a thank-you for all their hard work throughout the trek.

DAY 21: FLY TO POKHARA & KATHMANDU

Flight to Pokhara & Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

We take an early morning flight to Pokhara then onto Kathmandu. Our minibus and driver will meet us at the airport. Then after transferring to our hotel in Kathmandu you can then spend the rest of the day doing what you please.

Important note: there is a significant safety risk when flying on airlines in Nepal. If you would like to avoid the STOL flight from Jomsom to Pokhara there is an option to extend your trek by walking out. The hike to Beni takes three days followed by a 4 hour's drive to Pokhara. A public bus from Jomsom to Pokhara takes one day if there are no delays along the way. If you would like to avoid the flight from Pokhara to Kathmandu there is an option to drive and this takes about 6 to 7 hours (depending on the traffic). There are also safety considerations with driving in Nepal and road traffic accidents happened from time to time. For information about the flight risk in Nepal read our Trip Dossier. The relevant sections are "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 22: SIGHTSEEING DAY IN KATHMANDU

Sightseeing day in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square. Then drive to the Buddhist stupa at Boudhanath. Our last stop of the day is at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan and Bhaktapur. Each place has a great artistic and

architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu there is a bustle of activity especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings.

DAY 23: FLY BACK HOME

Flight home

B

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
17 May 2025 to 08 Jun 2025	Local Leader	US\$4,795pp	US\$250pp / US\$350pp	2 Left to Guarantee
11 Oct 2025 to 02 Nov 2025	Local Leader	US\$4,795pp	US\$250pp / US\$350pp	2 Left to Guarantee

2026

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
16 May 2026 to 07 Jun 2026	Local Leader	US\$4,795pp	US\$250pp / US\$400pp	2 Left to Guarantee
10 Oct 2026 to 01 Nov 2026	Local Leader	US\$4,795pp	US\$250pp / US\$400pp	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON CAMPING TREK IN NEPAL

We provide a comfortable experience on our camping style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight.

There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

You can read more about our [Camping Treks in Nepal](#) on our Blog. This article explains the advantages of camping versus teahouse lodge treks. It also describes what the campsite set up is like and more about the food provided by our cooks.

Food provided on Camping Trek

FOOD PROVIDED ON CAMPING TREK IN NEPAL

While on a camping style trek in Nepal we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with. Also in 2015 we purchased two food dehydrators with a vacuum sealing machine. We dehydrate a large number of different vegetables in Kathmandu before departure. This has transformed the quality of food especially on longer treks to remote areas.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR NAAR TO UPPER MUSTANG GHT

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Teri La trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher

elevations. At the start of the trek you will experience hot conditions with temperatures up to 25 Celsius. You experience the coldest temperatures in Teri La High Camp at an altitude of 4,900m. Overnight lows here will be down to around -12°C

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years we have had several boots fall apart so you should also bring trail shoes as a backup.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Heads and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

For crossing the passes

- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

Personal equipment

- Sleeping bag. Overnight lows down to -12 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.

- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold- dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek (carried by a porter). Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR NAAR TO UPPER MUSTANG GHT

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Naar to Upper Mustang GHT over the Teri La trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be very hot and humid at the start of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS IN NEPAL

Flights from Nepal's Short Take-Off & Landing ("STOL") airstrips are dependent on weather. Delays often happen if there is poor visibility or high winds. For our itineraries with flights to or from STOL, we include one extra day in Kathmandu at the end of the trip. This is in case of delays flying back. If the delays are longer we will help reschedule your international flights. There is likely to be a fee charged by the airline for this. You also have to pay for costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

You should read the Foreign, Commonwealth, and Development Office ("FCDO") travel advice for Nepal. For their latest advice take a look at their [Safety & Security section under Air Travel](#). There have been some recent air accidents in Nepal. The European Union has banned Nepalese airlines from flying to Europe. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CONDITIONS FOR NAAR TO UPPER MUSTANG GHT

We have chosen the dates for optimal conditions to cross Teri La high pass. By late April in the Spring season the weather is warmer and the snowline is higher. This decreases the chance of snow blocking the pass. In the Autumn season we organise the trek during October. The conditions on the trail over the passes should be favourable with only small amounts of snow.

The Teri La trek has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 1,000m and 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -12 Celsius.

The trekking season in Nepal is late September to May. October is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the

differences between the trekking regions of Nepal.

Suggested reading

SUGGESTED READING AND MAPS FOR UPPER MUSTANG

Maps

Upper Mustang The Last Forbidden Kingdom High Route by Nepa Maps Scale: 1:80,000 *This map will be included in your welcome pack when you arrive in Nepal.*

Books

East of Lo Manthang: In the land of Mustang by Peter Matthiessen and Thomas Laird.

Mustang, a Lost Tibetan Kingdom by Michel Peissel.

ACCOMMODATION

CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

HOTEL AMBASSADOR IN KATHMANDU



We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

TRIP REPORTS

To read our trip report please click on the link below to our blog:

[Naar to Upper Mustang GHT in October 2018 led by Jo Clark and Gopal Tamang](#)

[Naar to Upper Mustang GHT in October 2017 led by Ade Summers and Gopal Tamang](#)

[Naar to Upper Mustang GHT in November 2015 led by Tom Lawson and Gopal Tamang](#)

TRIP REVIEWS

REVIEW BY SNOMO 11/12/2017

Challenging but amazing trek from Naar to Upper Mustang. This was a challenging trek with lots of ups and downs and a few long days. However, it is worth the physical challenge. Got to meet local villagers and learned about their way of life. The colour and stratification of the mountains and rock formations in the Mustang region are just amazing and very unique. The Mountain Company (TMC) is a first-class tour operator. This is my second trek with them. There are three main factors that are important to me when I am selecting a trekking tour operator and they are: 1) safety, 2) environmentally friendly, and 3) ethical treatment of trekking crew. TMC ensures the safety of its clients by having a guide at the front and one bringing up the rear. This is important to me as I am slow on descending. During the many descends, a

crew member was always there to lend a hand and I never felt pressured to keep up with others. TMC participates in a project called PROTECT ... People/ Resources/ Outreach/ Tourism/Environment/ Conservation/ Tomorrow. This project promotes sustainable tourism and helps clean up the garbage found on trails in the Himalayas and Karakoram mountains. TMC encourages its crew and clients to pick up garbage during the trek. We did and felt great to be able to help. Though what we did maybe insignificant, but every little bit helps. I believe in the long run that this will help bring awareness and change the behaviour of those using the trails. I am very pleased that TMC takes on this project. Ethical treatment of the crew involves TMC enforcing the weight limit of how much the crew carries. As well, the English guides on the treks are monitoring the well-being of the crew. I witnessed this first-hand on the Naar to Upper Mustang trek. Our English guide, Ade Summers, changed the itinerary to allow time for the crew to rest and hired horses when down on lower elevation to help out. A young crew member was not feeling well, he ensured the young man rested and provided the necessary medical treatment. My entire experience from start to finish has been a positive one. Roland Hunter, the owner of TMC, was very helpful and responsive. He provided all the necessary information and answers all inquiries on a timely manner. He is hands-on in managing the treks and ensures all the details are looked after. He is also very proactive in accepting feedbacks at the end of the treks from his guides and clients, and makes the necessary changes if required. ...

REVIEW BY CT ON 06/11/2018

Naar to Upper Mustang 2018. This camping trek is a stunning trek through the different landscapes of Nepal. It really is a trek that keeps on giving. Many treks can lose interest after the high pass crossing however with this trek the interest stayed right until the final day walking - significant scenery and cultural changes every few days: deep river gorges, then glacial valleys, the wind-eroded and arid landscapes of Mustang, then views of big mountains, and the rolling plains of the plateau. We have travelled on a number of occasions with the Mountain Company and even as they have grown the personal level of service and the attention to detail has been maintained. ...

REVIEW BY JERRY ON 22/11/2018

Trek in Nepal to Mustang, a spectacular setting in alpine and subalpine terrain and high altitude desert-type conditions. Superb days in several villages along the way. Fantastic service from the very beginning to the end. Amazingly prompt responses by email during my preparation and a very helpful dossier that covers every conceivable detail. The best food I have ever had on a camping trek. Very attentive service during the trek with a lot of effort to continually tune the daily details to maximize our experience. ...

Notes downloaded on: 03-12-2024

