

Mustang Overland Jeep Tour

URL: <https://himalayan360.com/trip/upper-mustang-overland-jeep-tour/>

Destination

Nepal Treks & Tours

Activity

Adventure Treks In Nepal

Start / End Point

Kathmandu / Kathmandu

Trip Type

Jeep tour

Route

Ktm-Pkr-Jomsom-Mustang-Ktm

Duration

11

Destination

Nepal, Mustang Region

Language

Nepal, Mustang Region

Per Person From

USD 1,699

Region

Mustang Region Treks

Max. Altitude

3,840m/12,598ft

Group Size

2 - 20

Best Season

Mar, Apr, May, Aug, Sept, Oct, Nov & Dec

Trek Distance

Pokhara to Pokhara (525.8km/327miles)

Transportation

Flight, 4WD Land-cruiser/Mahindra Scorpio

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Easy The trip is easy and suitable for everyone, including children and older people. It does not require any skills in mountain climbing or traversing difficult terrain.

Upper Mustang Overland Jeep Tour Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu and

transfer to hotel

On the first day of the Upper Mustang Overland Jeep Tour, you will arrive at the Tribhuvan International Airport in Kathmandu. Our representative will meet you at the airport and escort you to the hotel. They will also assist you in transferring and then provide a trek briefing. Later in the evening, you will meet your guide and trekking crew.

If you have time, you can explore Thamel to make the most of the day. Thamel is a colorful hub of shops, cafes, and culture right in the heart of the city. The nighttime in Thamel is even more lively.

Highest Altitude:

1,400m/4,593ft | KTM

Meals:

N/A

Accommodations:

3 Star Hotel

Day 02: Mustang permit preparation and flight to Pokhara

The second day of the Upper Mustang 4WD Jeep tour starts with a delicious breakfast in Kathmandu. After having breakfast, we'll collect the necessary permits. Since Upper Mustang is a restricted area, you'll need three permits to enter the region: the Mustang Special Region permit, the Annapurna Conservation Area Permit (ACAP), and the Trekkers' Information Management System (TIMS) card.

Once the paperwork is sorted, you'll have some time to relax. After that, we will head to the Kathmandu domestic airport for a scenic 25-minute flight to Pokhara. Upon arrival, we'll check into a cozy 3-star hotel near the peaceful Lakeside area. In the afternoon, you can enjoy a leisurely walk by Fewa Lake, maybe even go for a short boat ride while soaking in the views of the surrounding hills. Overnight stay in Pokhara.

Highest Altitude:

1,400m/4,593ft | KTM

Meals:

Breakfast

Accommodations:

3 star hotel in Pokhara

Flight Hours:

25 mins

Daily Note:

Saturday and Public holiday cant make permit
so please make sure your day -2 shouldn't be
saturday.

Day 03: Drive from Pokhara to Tatopani

On day 3, after breakfast at the hotel in Pokhara, we will begin our journey toward Tatopani. The first stretch of the drive takes us west along a smooth blacktop road to Beni. But after we cross Beni, the road becomes rougher as we head into more remote terrain.

We will continue driving along the Kali Gandaki River to reach our destination for the day, Tatopani. Tatopani is a charming village known for its natural hot springs. After a long day's drive, you can enjoy a

soak in the warm waters and observe the quiet rhythm of village life. Dinner and overnight stay at a local lodge in Tatopani.

Highest Altitude:

1,190m/3,904ft | Tatopani

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge in Tatopani

Day 04: Drive from Tatopani to Kagbeni and visit Muktinath Temple

Attraction of the Day: Muktinath temple, Kagbeni village

Following the Upper Mustang Overland Jeep tour itinerary, after an early breakfast, we will continue our exciting drive from Tatopani toward Kagbeni. Kagbeni is known as the gateway to Upper Mustang. The 4th day is when the adventure truly begins. The route climbs gradually through dramatic landscapes, and today we'll finally drive through the famous Kali Gandaki Gorge, the world's deepest gorge, nestled between Dhaulagiri (8,167m) and Annapurna I (8,091m).

We first reach the windy town of Jomsom, where our ACAP and TIMS permits will be checked. After that, we will head toward the village of Kagbeni. After a short break, we continue the drive uphill to Muktinath Temple. Muktinath Temple is one of the most sacred pilgrimage sites for both Hindus and Buddhists. Here, you can walk through the 108 water taps, believed to cleanse sins, and see the eternal flame at Jwala Mai Temple, which burns naturally from underground gas. In the late afternoon, we will return to Kagbeni for a relaxed evening and overnight stay in a local tea house.

Highest Altitude:

3,790m/12,434ft | Muktinath Temple

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Local Lodge in Kagbeni

Day 05: Drive to Ghami Village Via Syangboche Pass

Attraction of the Day: Kagbeni monastery, local villages, Syangboche pass

We will begin the day with a visit to Kagbeni Monastery. After that, we will drive towards Ghami village. We will encounter an official permit check-in at the restricted area checkpoint immediately after Kagbeni. This is where we present our Mustang Special Region permit, as the region ahead is highly regulated to preserve its unique culture and environment. Once the formalities are completed, our jeep journey continues along a rugged trail that slowly climbs up to the Syangboche Pass (3,850m).

As we descend from the pass, we will make our way to Ghami Village. Ghami is known for its ancient mani walls, Buddhist culture, and peaceful setting. Colorful cliffs and barley fields surround the village. We will settle in here for the night at a cozy tea house.

Highest Altitude:

3,850m/12,631ft | Synagboche Pass

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 06: Drive to Lo-Manthang**Attraction of the Day: local villages, Lo-man thang**

Today marks a special milestone in our Upper Mustang Jeep Tour as we will finally arrive at Lo Manthang, the ancient walled city known as the “Last Forbidden Kingdom of Upper Mustang”. Along the way, we’ll have the chance to explore some incredible sites like the Ghar Gompa Monastery, the mysterious Jhong Cave, and the historic Charang Monastery, each of which carries centuries of Tibetan Buddhist heritage.

As we get closer to Lo Manthang, we’ll also pass by the longest mani wall in Upper Mustang. Soon after, the ancient walled city of Lo Manthang comes into view, with its whitewashed houses, narrow alleys, and desert-like surroundings. Once in Lo Manthang, we’ll have the rest of the day to soak in its unique atmosphere. You can wander through its narrow alleys, watch yaks and cattle caravans pass by, and explore the royal palace, local art shops, and a Buddhist school. Experience the traditional lifestyle that has remained unchanged for generations.

Highest Altitude:

3,840m/12,598ft | Lo-Manthang

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Local Lodge in Lo-Manthang

Day 07: Explore around Lo-Manthang and Choser**Attraction of the Day: local villages, Lo-Man thang**

Lo Manthang has so much to offer. That’s why today is set aside for a full day of sightseeing tour. After a light breakfast, we will explore old monasteries, temples, and heritage sites that are very special to the local people. One of them is **Jampa Champa Lhakang**, which features a large clay statue of the Buddha and colorful paintings on the walls. Another one is **Namgyal Gompa**, which is also used as a local court.

We will also visit the King’s Palace in the center of the town. It’s a large white building with five floors and was built over 600 years ago. The streets of Lo Manthang are quiet and beautiful. Walking around on foot is the best way to enjoy the views and visit local shops, prayer wheels, and old buildings. Also, if we happen to come in spring, we might see the Tiji Festival. This is the biggest event in Lo Manthang, with people wearing colorful clothes and dancing in masks.

Highest Altitude:

3,840m/12,598ft | Lo-Manthang

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Day 08: Drive back to Jomsom

Attraction of the Day: local villages, Jomsom

After exploring the incredible walled city of Lo-Manthang and soaking in its rich culture, it's time to begin the return journey. Today, we leave the ancient kingdom behind and drive back to Jomsom. The scenic 4WD ride takes about seven hours.

As we travel along the Kaligandaki River, you'll pass through quiet villages, prayer flags, stone stupas, and a changing landscape. By late afternoon, we'll reach Jomsom, where you can relax and enjoy your evening at a cozy lodge or teahouse.

Highest Altitude:

3,840m/12,598ft | Lo-Manthang

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Local Lodge in Jomsom

Day 09: Drive back to Pokhara

Attraction of the Day: local villages, lakeside

After an early breakfast, we begin our drive to Pokhara. On your way back to Pokhara, you'll be treated to beautiful views of the Dhaulagiri and Annapurna mountain ranges. Once you reach the city, you'll head straight to your hotel, where you can rest and stretch after the long drive.

Later in the evening, you can explore Pokhara. Pokhara comes alive with cozy lakeside restaurants, live music, and buzzing bars in the evening. It's the perfect place to relax and soak in the laid-back vibe.

Highest Altitude:

2,720m/8,924ft | Jomsom

Meals:

Breakfast, Lunch

Accommodations:

3-Star hotel in Lakeside

Day 10: Drive back to Kathmandu

Attraction of the Day: Thamel tourist market

On the tenth day of the Jeep Upper Mustang Tour, you will return to Kathmandu from Pokhara. After having a lovely breakfast, you will board your jeep at around 8 a.m. Reaching Kathmandu via private

vehicle, takes about Six hours, so you should arrive around 2 p.m.

Once in Kathmandu, you can go shopping in the local area or enjoy Kathmandu's nightlife. If you are exhausted, you can rest in your hotel as well. In the evening, you will celebrate the success of your completed tour before retiring for the night.

Highest Altitude:

1,400m/4,593ft | KTM

Meals:

Breakfast, and Dinner

Accommodations:

3 Star Hotel in Thamel

Daily Note:

There is flight options from pokhara to kathmandu Please kindly contact our team for details.

Day 11: Transfer to the International Airport for your Final Departure

Today is your final day in Nepal. Our representative will take you to the airport, where you will board a flight to your home country, concluding the 11-day Upper Mustang Tour. We hope you enjoyed your stay in Nepal.

Meals:

Breakfast

Trip Includes/Excludes

Included

- Airport Transfer
- Kathmandu to Pokhara by Flight
- From Pokhara to pokhara 4WD jeep
- Pokhara to Kathmandu by Private Vehicle
- 2 Night Kathmandu in a 3-star hotel (sharing basis)
- 2 Night in Pokhara 3 Star hotel (sharing basis)
- 6 nights in Mountain Tea House Lodge (sharing basis)
- **Food:** 9 Breakfast, 7 lunch, 7 Dinner
- Government-licensed English-speaking local tour leader
- Mustang Special region permit
- Annapurna Conservation Area permit

- Gov. and local tax and agency service charges
- Snacks (cookies) and seasonal fresh fruits every day
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful tour
- Free consulting services before & after tour book
- Farewell dinner at the end of the tour
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during tour (should return after tour)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded

- International flight
- Domestic flights (ie: Jomsom to Pokhara and Pokhara to Kathmandu)
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra nights in Pokhara
- Extra night during Tour
- Helper For the trip to manage your back pack
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 1,999
3 - 3	USD 1,855
4 - 4	USD 1,820
5 - 8	USD 1,799
9 - 20	USD 1,699

FAQ's of Upper Mustang Overland Jeep Tour

How many days does it take on average for the Upper Mustang Overland Tour?

The Upper Mustang Overland Tour typically lasts between 7 and 12 days. The trek duration depends on the itinerary package and the condition of the vehicle, among other factors.

Why is the Upper Mustang restricted?

The Upper Mustang is restricted to protect the ancient culture of the Tibetan Buddhist people. This region is renowned for its rich ancient culture, traditions, and rituals, as well as its rare species of endangered animals and birds.

What do tourists need for the Upper Mustang tour?

Since the Upper Mustang Trek lies in a restricted region, tourists must obtain a restricted area permit, a TIMS card, and an Annapurna Conservation Area Permit. They must submit relevant documents, passport-size photos, and some cash to be issued these permits.

Is the Upper Mustang region crowded?

The crowd level in Upper Mustang depends on the time or the season. For example, in the ideal trekking season, spring and autumn, the number of jeep tours to Upper Mustang increases considerably. On the other hand, in the winter season, the region is less crowded.

What is the overall average cost of the Upper Mustang Overland Tour?

The overall average cost of the Upper Mustang Overland tour is from \$800 to \$1600 per person. The cost of an Upper Mustang Overland Tour varies depending on the length of the tour, the group size, and the amenities included. However, tourists can apply for the group tour to get a discount.

What is the difficulty level of the Upper Mustang Overland Tour?

Compared to the strenuous Upper Mustang trek, the Overland Tour is relatively easy. If anyone is looking for adventure in the mountains but wants a more accessible experience, then Overland Tour is the package to choose from.

How can I travel from Kathmandu to Pokhara for my Overland Tour?

You can travel from Kathmandu to Pokhara either via road or by flight. The flight from Kathmandu to Pokhara takes about 20 to 25 minutes, whereas it takes about seven to eight hours to reach via bus.

What kinds of Jeep are used in the Upper Mustang Overland Tour?

Some shared jeeps used for the Upper Mustang Overland Tour are Mahindra Scorpio, Bulero, Pajero, 4WD Land Cruiser, etc. These jeeps are designed and suitable for the Upper Mustang region's off-road.

How is the Tiji Festival celebrated in the Upper Mustang?

The Tiji festival in Lo Manthang celebrates the legacy of Dorje Jono and Padmasambhava. This festival lasts three days, where monks and Gurus feature long rituals with colorful masked dances and prayer chants. The dance and ritual symbolize the battle where Dorje Jono defeated evil forces.

Can I customize the Upper Mustang Overland Tour itinerary?

Yes, you can always customize the Upper Mustang Overland Tour. You can check all the tour packages related to the Mustang Jeep tour and choose the best or most affordable package you are looking for. You can also curate the itinerary based on the duration.

What is the highest elevation of the Upper Mustang Tour?

The Upper Mustang Tour's highest elevation is Lo-Manthang, at 3840m. Tourists must be wary of getting altitude sickness at such high altitudes. The whole of Upper Mustang spreads from 3000m to 6000m.

When did Lo-Manthang become accessible to the general public?

Lo-Manthang became accessible to the general public after 1992. Till then, it was restricted, so only kings and queens were allowed to enter the region. This is also the reason it is called—the Last Forbidden Kingdom.

How long does the flight from Pokhara to Jomsom take?

A flight from Pokhara to Jomsom takes 20 minutes and covers a distance of 68 kilometers. Jomsom is at 2,743 meters, while Pokhara is at 827 meters. The flight is the most convenient means of transport, but it is also the most expensive compared to Jeep or the Bus.

Is the Jeep drive from Pokhara to Upper Mustang budget-friendly?

Yes, the Jeep Drive from Pokhara to Upper Mustang is budget-friendly compared to trekking and the flight tour. The Jeep tour takes less duration than the normal trek.

What are the major attractions of Pokhara?

Some of the major attractions of Pokhara are Phewa Lake, Mahendra Cave, Davis Falls, Gupteshwor Cave, etc. The stroll around the Fewa Lake and the city's nightlife are significant attractions in Pokhara.

Packing Essentials

Although Upper Mustang becomes moderate when you explore it via Jeep and not plain trekking, you still need to pack essential items. During your Mustang Jeep Tour, you might want to leave the less-important items behind and only take the more critical items.

Clothing Items

- Warm, waterproof, breathable jacket
- Hiking pants
- Hiking shorts
- Thermal pants
- Long-sleeved shirts
- T-shirts
- Underwear
- Head scarf or bandana
- Woolen hat
- Sun hat
- Gloves
- Trekking boots

- Woolen and cotton socks
- Sandals

Essential Items

- Sleeping bag
- Trekking poles
- Flashlight or headlamp
- Sunglasses
- Sunscreen
- Lip balm
- Water bottle
- First-aid kit
- Water purification tablets
- Earplugs
- Sewing-repair kit
- Camera
- Power bank or portable charger
- Trekking map
- Notebook and pen

Toiletries

- Toothbrush and toothpaste
- Multi-purpose soap
- Shampoo and conditioner
- Razor and shaving cream
- Deodorant
- Face and body moisturizer

Miscellaneous Items

- Daypack
- Hat or cap
- Sunglasses
- Trekking gloves
- Insect repellent
- Book or e-reader
- Journal and pen
- Snacks and energy bars
- Dry snacks

History of Lo Manthang: Forbidden Kingdom

Lo-Man Thang is the forbidden kingdom in Nepal's Upper Mustang area. In 1380, the Tibetan Emperor Ame Pal founded the Lo-Manthang. It was a walled city, like a fortress, prepared for war. Ordinary citizens or people were not permitted to enter the Upper Mustang region. In the Tibetan language, Lo Means South. For 25 years, the lineage of Ame Pal continued to rule the city.

Around 1795, Mustang became part of Nepal but remained a separate principality until the 1950s, when it was fully incorporated into Nepal. British Tibetologist David Snellgrove visited Mustang to study its temples and monasteries in 1956, 1960-61, and 1978. In 1950, Tibet became part of China, against the wishes of the Tibetan people, who regarded it as the Chinese Invasion of Tibet.

Due to the rebellion between the two countries, the Upper Mustang became a hub for the CIA for a long time. Then, the President of the USA started supporting China, which made Lo-Man Thang a fortress for the rebellious guerrillas. This is the reason Upper Mustang became the Last Forbidden Kingdom.

Upper Mustang Overland Tour Difficulty Level

The Upper Mustang Overland Jeep Tour is easy and doesn't require intense physical effort. You will be traveling by jeep, so you don't need to walk much. However, you should be in good physical health to enjoy the trip.

There are no technical climbs or tough hiking. You'll explore monasteries, caves, and villages with some easy walking on gentle slopes. The altitude isn't too high, so the chances of getting altitude sickness are very low. This tour is perfect if you want adventure without the hard trekking. But if you are an adventure lover and want a challenging trip then [Upper Mustang Trek](#) is more suitable for you.

When is the Ideal time for the Mustang Overland Jeep Tour?

Although a Jeep tour to Upper Mustang is possible in any season, the ideal season is spring and autumn. Nonetheless, tourists can also visit the Upper Mustang area during the monsoon season, as the region falls within the Rain Shadow Area. Apart from the ideal season, there are off-seasons, when trekking activities are less than usual. So, let's get into some of the seasons you can go for the Upper Mustang Overland Jeep Tour.

Spring

Spring is one of the best seasons for the Overland Tour of the Upper Mustang. One of the major attractions of the Spring season is the ideal conditions for the Upper Mustang Jeep Tour. The weather is clear, and the temperature is mild, suitable for trekking or touring. Furthermore, tourists can participate in and enjoy the iconic Tiji festivals that last three days during the spring. Tiji festivals are often celebrated in April and May.

Autumn

Autumn is also one of the best seasons for the Jeep Tour of Upper Mustang. This season begins in September and ends in November when the month feels somewhat cold. It is the ideal season for sightseeing the beautiful natural beauty of the region, with clear skies, incredible weather, and mild to chilly temperatures, which are suitable for any tour and trek.

Monsoon season

Although the Monsoon season falls during the off-season for trekking, it does not affect the Upper Mustang overland tour including Muktinath. The lower section of the region suffers from continuous rainfall, which can affect the tour's path and increase the probability of natural disasters, such as floods and Landslides. However, when you reach the high altitude of Upper Mustang, the monsoon season doesn't affect you as the region falls in the rain shadow area. It becomes even prettier for the Jeep Tour.

Winter Season

Winter is the off-season for the Jeep tour in Upper Mustang. The weather gets very cold, and snowstorms and blizzards can make travel risky. Still, taking a jeep is much easier and safer than doing a long two-week trek in the snow. You need to be careful as the weather can change quickly, and temperatures can drop suddenly. If you plan to travel in winter, be sure to prepare well and stay informed about the weather conditions.

Accommodation Facilities During the Upper Mustang Overland Jeep Tour

During the upper Mustang 4WD jeep tour, you will stay in three-star hotels in Kathmandu and Pokhara and guesthouses in Mustang. The rooms are set up for two people. You can request one for an extra fee if you prefer a single room. Most rooms will have private bathrooms, but some teahouses only have shared sinks and toilets.

Single rooms are easy to find in Kathmandu and lower-altitude areas but may be hard to get at higher elevations. Until Kagbeni, the accommodations are also of good quality. After Kagbeni, the teahouses are standard grade. Most teahouses offer Wi-Fi. To keep warm, there are nice dining rooms with traditional heaters.

Food Options during the Tour

Just like accommodation, food is also an essential component that you must be careful about during your Mustang overland jeep tour. Despite being in the restricted and remote portion of the country, you will still enjoy some delicious local cuisine and food from Western countries. The restaurants, hotels, and teahouses in Upper Mustang offer a variety of cuisines, including Indian, Italian, Chinese, and more. You have the option of both vegetarian and non-vegetarian meals.

For breakfast, you can enjoy French Toast, Tibetan bread, Eggs, Chapatis, Rotis, Pancakes, Porridge, Vegetable Dishes, Muesli, and more. The lunch plan includes sandwiches, rice with curry, burgers, pizza, Sherpa stew, Tibetan chapati bread, momos (dumplings), macaroni, spaghetti, potatoes, dal and bhat, yak steak, spring rolls, and steaks. Likewise, the dinner options include Local Nepali Dal Bhat, Pizzas, Burgers, Dumplings, sandwiches, Steaks, Stews, Spaghetti, Macaroni, and other beverages and desserts.

Why Mustang Overland Jeep Tour

Upper Mustang is one of the most famous regions in Nepal for touring and trekking purposes. It is a rare opportunity that combines the pleasure of adventure with the chance for cultural immersion. The remote beauty of the Upper Mustang region has rugged landscapes, towering mountain peaks, and deep canyons. Due to the restrictive nature of the region, the Upper Mustang has been successfully conserving the ancient Tibetan culture and religion. There are several major attractions that the trekkers or tourists

can explore during the Upper Mustang Overland Jeep Tour. These include;

Ghar Gumba (oldest Buddhist Monastery)

Lo Gekar Monastery, also known as Ghar Gumba, is located in Marang, which is part of the Lo Ghekar Damodar Kunda Rural Municipality in Upper Mustang. It was built in the 8th century, making it older than the Samya Monastery in Tibet. It is among the oldest monasteries in the world, which is why thousands of Buddhist pilgrims and tourists visit Upper Mustang to pay their respects to Ghar Gumba. One of the primary reasons this monastery is renowned is that it was the first meditation retreat for Padmasambhava, also known as Guru Rinpoche.

Shija Jong cave

Shija Jong Cave is another major attraction of the Upper Mustang region. It is located over 20 km from the capital of Upper Mustang, Lo-Man Thang. This cave is five stories high and is an unmissable must-see attraction. This cave was first inhabited by Khampa rebels, who terrorized the locals. However, when the Nepal army seized the Mustang region, they killed the rebel leaders and established peace, after which the cave became another attraction.

Muktinath Temple

Muktinath is an ancient temple dedicated to Vishnu, located in Mustang, Nepal. This temple is worshipped by both Buddhists and Hindus worldwide. Hindus regard it as the home of Vishnu, while Buddhists venerate it as a place of Avalokiteshvara, their deity. Muktinath is known as “the lord of liberation.” Located in the Muktinath valley at the foot of the Thorong La mountain pass, this temple is one of the highest in the world, sitting at 3,800 meters above sea level. It is known as one of the 108 Divya Desams in Hinduism and is the only one located outside India. Additionally, it is one of the 51 Shakta pithas linked to the goddess Sati.

Marpha Apple Farm

Marpha Apple Farm is another major attraction of the Upper Mustang Trek. Many trekkers and tourists visit the Marpha Apple Farm for the valley’s prestigious views and the delicious Apple delicacies, such as apple pie and apple-made drinks like Apple Marpha. This place is also ideal for clicking some of the best and most picturesque photos of the mountains and valleys.

Monasteries and Cultural Heritage

The Upper Mustang Jeep Tour is a chance to experience mountainous adventure and cultural immersion in ancient Buddhist traditions and rituals. After Guru Rinpoche arrived at Upper Mustang, he meditated in several caves. His influence began spreading the prophecies of ancient Tibetan civilization, which helped build monasteries and promoted the culture, as the Buddhist people of Upper Mustang worked hard to preserve these traditions.

Rain shadow area

Upper Mustang lies in Nepal’s unique Rain Shadow Area. A rain shadow happens when a mountain range blocks winds that carry moisture. As this moist air rises over the mountains, it cools down and creates rain on the side facing the wind, known as the windward side. When the air moves down on the other

side, called the leeward side, it has lost much of its moisture, making that area dry. This makes Upper Mustang dry and perfect for travel, even during the rainy season in other parts of Nepal.

Upper Mustang Trek vs. Mustang Overland Jeep Tour

This section provides a quick and easy comparison for travelers deciding between a [Mustang jeep tour vs trekking](#). It outlines the key differences in duration, comfort level, and overall experience, helping you choose the option that best matches your travel preferences and style.

Feature	Upper Mustang Trek	Mustang Overland Jeep Tour
Difficulty	Moderate to Challenging	Easy to Moderate
Physical Fitness	Requires good physical fitness and endurance	Requires basic fitness
Duration	Typically 10-12 days	Typically 7-10 days
Accommodation	Teahouses and camping	Hotels and lodges
Transportation	Hiking on foot	4WD Jeep
Scenic Views	Immersive experience, close-up views	Panoramic views from the jeep
Cultural Experience	Deeper cultural immersion	Cultural exposure through visits to villages and monasteries
Cost	More budget-friendly	More expensive due to jeep rental and fuel costs
Flexibility	More flexibility to explore off-the-beaten-path	Less flexibility, itinerary-based
Best for	Adventurous travelers seeking a challenging experience	Travelers who prefer a comfortable and convenient way to explore

Do we need permits for this Tour?

Outline Item ListYes, you need three permits for the Upper Mustang Trek: the Annapurna Conservation Area Permit, the Trekker’s Information Management System, and a special restricted area permit called the Upper Mustang Restricted Area Permit (RAP).

Restrictive Area Permit

One of the unique trekking permits that you need to obtain for the Upper Mustang Overland Jeep Tour is the restricted area permit. An individual cannot issue the restrictive area permit, so they must hire a trekking agency that can issue this permit on their behalf. The permit costs \$500 for the first 10 days. After that, the cost is \$50 for each additional day.

Annapurna Conservation Area Permit

The Annapurna Conservation Area Permit (ACAP) helps protect and promote the conservation of the Annapurna region. Having this permit to visit the Annapurna region would be best. It costs NRs 3000 or USD 25. Tourists can obtain this permit from the Nepal Tourism Board in Kathmandu or the TAAN office in Pokhara.

TIMS Card

TIMS Card stands for Trekkers Information Management System. This permit is essential for the government to monitor the number of trekkers or tourists visiting the country and which region they visit. A solo trek TIMS permit (without a tour guide) costs about NRs 2000 or USD 18, while a group trek permit (with a guide) costs about NRs 1000 or USD 9.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal