



INCREDIBLE HIMALAYAN SHERPA ADVENTURE P. LTD.

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

UPPER MUSTANG Jiti Festival Trek

Duration: 17 days
Difficulty: Medium

DoT No. 1888
NRB No. 1573/021
PAN No. 601340433
Govt. Regd No. 115217
NMA. AM#1171, TAAN 1273

Travel time: Can be freely chosen
Tour Type: Private and Group Tour

Quick Trip Facts

Trip Duration: 17 days

Altitude: 823m - 4330m

Physical Difficulty: Medium

starts/ ends point: Kathmandu

Festival Time: May-June

Accommodation: Hotel, Teahouse/Lodge

Transport: Sharing, Private vehicle & Flight

Permits: First 10 days per person US\$500 and After 10 days per day per person USD50, Annapurna Conservation Area Entrance Permit, Trekker's Information management System [TIMSA] Card

17 days Trip, S/Seeing, Hike activity in English by Best Mountain Leader

Certificate
of Excellence

2019 WINNER



The **Upper Mustang Tiji Festival Trek** is one of our favourite treks and colourful festival and we'd be delighted to help you explore this impressive region in Nepal.

Overview

The Forbidden Kingdom of Mustang is one of Nepal's greatest national treasures. Surrounded by mountainous plateaus in the east and west, Upper Mustang is renowned for its contrasting natural beauty. An arid land with bare hills, imposing silver vistas of snow-capped mountains and rich seasonal colours. It is a luscious green during harvest months and crimson throughout Autumn.

People believe that the celebration of the Tiji festival began in the 15th century. During the three-day masked dance, the beating of drums and Buddhist chants fills the air. Also, during the festival, they display an ancient Thangka painting of Guru Rimpoche Padmasambhava. Tiji festival is celebrated in the memory of this event, based on this myth in the main square of Lo Manthang for three days. Over the festival time monks dressed in elaborate costumes and masks perform dances and rituals that are supposed to drive away evil spirits. The early history of Lo Manthang is

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UPPER MUSTANG

Jiti Festival Trek

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Difficulty: Medium

embellished in myth and legend rather than the recorded fact. Mustang has maintained its status as a separate principality until 1951.

The king of Lo Monthang still retains his title and he has been given the honorary rank of Colonel in the Nepal army. Tiji comes from the words ten che meaning the hope of Buddha Dharma prevailing in all worlds and is a spring renewal festival that also celebrates the triumph of good over evil. The festival is not only popular among the Nepali people but also with lots of foreigners who want to have the experience of local culture and tradition accompanying trekking in high Himalayan Region of Nepal.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape but you'll also have the chance to observe the traditions and rituals of the local Sherpa people. We put great emphasis on authentic experiences and our professional local guides will introduce you to their culture.

All our treks are often set-aside as non-public journeys - no massive, impersonal teams however tiny, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Upper Mustang.

Highlights

- ✓ You will be a live participant in the whole proceeding of the festival
- ✓ You get to dance and sing the traditional music which has a great influence on Tibetan Buddhism
- ✓ You will traverse through many ridges, walk through boulders and cross different boulders to reach Upper Mustang
- ✓ You will get to explore the historical palaces, its courtyard, and the alleys of Upper Mustang during the festival
- ✓ You can walk in the dry, arid surrounding on the trans-Himalayan Tibetan border.



UPPER MUSTANG

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Itinerary

Day 01: Arrive **Kathmandu** (1350m/4429 ft.)

Flying into KTM is a memorable experience with the Himalaya spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a host family for welcome dinner.

[Included meals: welcome drink

Overnight at hotel

Day 02: Scenic drive to **Pokhara** (823m/2,700ft), 6hr drive

We drive to Pokhara. From Kathmandu we follow the Prithivi Highway that leads to Galchi and Mugling Bazaar. After a pleasant drive (6hr) we reach our destination Pokhara (823m).

[Included meals: Breakfast]

Overnight at hotel

Day 03: Scenic flight to **Jomsom** (2720m/8923.885 ft.) and trek to **Kagbeni** (2810m/9219 ft.), 25min fly+3-4hr walk

We fly to Jomsom. We will enjoy the spectacular view of Fishtail Mountain, Mt. Dhaulagiri and Annapurna Ranges with its some popular peaks on both side from the plane. We will experience the distinct changes in the geographical appearance as the plane approach higher to the northern side. After 30min of flight, the chilling weather will welcome us to Jomsom airport. Here we meet with the rest of the trekking staffs and we follow the Kali Ghandaki valley to Kabbeni. We will enjoy the majestic view of Mt. Dhaulagiri, Mt. Nilgiri and Tukche peak while walking against the direction. 3-4hr of walk, the gate way to restricted area of Lo Manthang (Kagbeni).

[Included meals: Lunch+Dinner]

Overnight at teahouse

Day 04: Trek to **Chele** (3100m/10171 ft.), 5-6hr walk

We start our trail from the east side of Kaligadaki river bank with the spectacular morning sunrise. Our journey passing the high ridges, we will observe some remarkable caves and Gompa Kang on the west side of the Kali Gandaki River. Soon we arrive picturesque at Tangbe village by passing the trio of black, white and red Chorten that represents the Upper Mustang. The village is the labyrinth of narrow alleys among whitewashed houses, field of buckwheat, barley, wheat and apple orchards. It manifests the conspicuous view of Mt Nilgiri on the southern part of skyline. The typical village of Chugsang is half an hour beyond Tangbe situated at the

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confluence of the Kaligadaki River and Narshing khola. Up the Narshing khola is Tetang where there is a Gompa and salt mine. After crossing the river of Chugsang, we see some spectacular sight of red eroded cave. The vast Kali Gandi valley gradually narrowed and more meditative caves are perceived over the high cliff where there is a tunnel through which Kaligadaki river flow out under the steel bridge. Further short ascend walk on rocky gully trail bring us to Chele. Chele is one of the pretty village offer us comfort accommodation.

Day 05: Trek to **Geling** (3, 570m/ 11713 ft.), 7-8hr walk

Our next journey starts with climb on loose rocky slope from where gradient ease. By leaving Chele, we have a wonderful sight of Gyakar village with its fields surrounded by the stone with mud covered wall which lies far away across the deep canyon. The trail continues to climb on the long, steep, treeless and waterless reach at the pass. After a long descends leads to some chorten and further more walk will reach at Samar Village. The resting point for all travelers and the horse caravans where it provides horse stables and camping space. Next we climb above the summer village to the ridge and after sometimes we descend from thick junipers trees and reach to Bhena. The trail climb slightly up to Yamda, further climb some ridges and descends with emerging spectacular view of landscape reaches at Sangpoche. We will again slightly climb to a pass and reach to another valley. There is a junction of trail in the valley, from which left trail leads to Nyi la by passing Geling and other descends to the beautiful village Geling. [Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06: Trek to **Tsarang** (3, 575m/ 11729 ft.), 6-7hr walk

We start our walk gently through the field by passing the typical village of Tama Gaon and its imposing chorten. The trail regions the main route to the Nyi la after continuous climb to the pass. This pass is the southern boundary of the Lo itself. We will have a wonderful and gentle descends from the Nyi la pass and after half an hour is a junction, the right trial is the direct route to Charang, the left trial lead to Ghami. The Charang trial descends to the Tangmar Chu River and it passes the steel bridge over there. After gentle climb is the long stretched red wall called Mani (the longest Mani wall in Nepal) is observed on the way. The red colored cliff to the northeast part from the Mani wall has a spectacular sight with its beautifully eroded shapes. Another pass has to be ascend and the gently descends of the routes lead to Charang village.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

UPPER MUSTANG

Jiti Festival Trek

Duration: 17 days

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Day 07: Trek to **Lo Manthang (3840m/12598.43 ft.)**, 4-5hr walk

Our initial section of the walk commences with gentle ascend and far ascends to the steep rocky trail to the cairn at ridges opposite to the Charang village. Further we climb towards north and passing the giant isolated chorten which marks a boundary between Tsarang and Lo-Manthang. Then the trail passes the stream and desert like landscape with hue of grey and yellow is crossed. The giant cliff with several caves on it is perceived on the right side while heading towards Lo la (pass). Following the trail for sometimes reaches Lo la from where it views the spectacular sight of Lo Manthang city and the neighboring villages. The muddy trail then descends from the Lo la reaches to the stream and climb up to Lo-Manthang plateau we have marvelous site of giant wall which encircle the city. The main entrance of the walled city exists to the northeast side. Inside the walled city, it contains the five storied royal palace, three large monasteries. Himalayan Amchi Museum and local houses.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08/09/10: Engage in Jiji festival ritual activities and along with this visit to following stated major attraction sites:

Choedey Monastery - is the main Gumpa of the city which is located to the northwest part of the walled city. This Gumpa carries all the monastic activities like Buddhist text schooling, Buddhist rituals performance, teaching Buddhist philosophy and so on. It also takes care of the preservation of the Buddhist ancient thanka paintings, precious religious text, and antiquity of monastics belongings etc. This monastery belongs to the Igor Sakya clan of Tibetan Buddhism. There is a saying that in 17th century, the king Sabdung Rapten invited his religious teacher Jamgong Ngawang Kunga Sonam to Lo-manthag and later during his stayed in Lo Manthang (in the Choedey Monastery) he introduced the popular festivals of Tiji (rituals dance perform by the Lama). The monastery also features the museum where one can visit the antique collection of art, sculptures, scriptures and copper wares related to ancient civilization of Lo-Manthang as well as the whole Lo kingdom.

Jampa Lhakhang monastery - is located on the Jampa Thang area which lies within the Lo-Manthang city. It is the oldest Buddhist temple inside the Walled city which is dated between 1447 and 1449. The monastery was built by the Agon Zangpo (the son of the king Ama Pal) and consecrated by the Ngorchon Kunga Zangpo (the founder of Ngor sub school) during his third visit to Lo-Manthang. The three storied complex which is highly decorated with the Mandala paintings on the wall depicting the masterpiece of wall

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UPPER MUSTANG

Jiti Festival Trek

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painting arts of great artists from Kathmandu and Dolpo. The temple manifests the Newari art and architecture on its surrounding courtyard and paintings on wall. This temple is also belonging to the Ngor clan of Sakyapa school of Tibetan Buddhism. As there lies the throne of the Maitreya Buddha (future Buddha) inside the temple, it is also known by Maitreya Bihar.

Thubchen Lhakhang - is one of the major temple of the Lo Manthang city which is located to the southwest of Jampa Lhakhang. It is a one storied temple supported by 49 well painted pillars. The building of this monastery was built during the time of the 3rd king of Lo-Manthang (Tashi Gon) in 1470. The arts, scriptures and sculptures inside the temple has huge influence of Newari art. Huge reddish colored hall with magnificent paintings of Kalachakra and various Mantras are portrayed on the wall. The temple also features the old wooden carving. This Lhakhang accommodates a huge hall and some small rooms for the purpose of large gathering of Lamas for the ritual activities held during the occasion. It also carries daily puja inside the temple. One can experience the clear combination of tangible and intangible culture from this temple.

Tashi Lhundupling Palace - is the main palace of the king of Lo Manthang as there are several other palaces around the region. This palace was built by Ama Pal (the 1st king of Lo-Manthang) in 1440 AD after the declaration of independent kingdom from the great kingdom of Ngari. Before the construction of this palace, the capital city of Lo was in Tsarang. Later on, the capital transfer to Lo-Manthang and constructed the Tashi Lhundupling Palace. The physical structure of the palace building is mostly resembling to the local houses (two storied rectangular shape with white mud colored). Exception to that, the palace building has five storied and the roof colored with black mud to indicate it as palace. The royal family resides on the fifth floor and the fourth floor is used to keep the religious text, images and other relevant artefacts. The fourth floor is also used during the popular Teji festivals. The palace building is decorated with huge windows and it is faced towards the east. Tashi Lhundupling Palace is very important monuments for the Lo-Manthang as well as the whole Lo to symbolize the unique cultural heritage of Lo.

Visit to **Amchi Museum** is the collection of Tibetan Medicinal Herbs that found from the environment of Himalayas. The museum also features the traditional method to cure the diseases with the special techniques followed from the generation. Amchi Gyatso, who established this museum in 2008 with the objectives to preserve the traditional medical treatment which has unique features of side affectless cure to patients. The origin of the Tibetan

UPPER MUSTANG

Jiti Festival Trek

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Medical treatment is connected with the Medicinal Buddha (Buddha holding fruit of arura on his right hand side) who is believed to be taught the root of this method. This method of treatment mostly focuses on the people's spiritual factors while curing any illness. The medicine is also preparing with the proper ritual performance. It is not a new practice for the people of Himalayas to connect every activity with the religion. However, one can experience the unique ancient method of treatment from this museum.

Dzong Phug Cave is one of the major cultural heritage sites of Chhoser village. The term Dzong Phug is the local name of the cave which sense to "fort cave". The cave manifests the ancient civilization of the dwellers which is dated about 25,000 years ago. The construction of the cave based settlement can be assumed as the protection from other tribes. It has its own myth and stories among the local people. The residential area within the cave size is equal to five storied building in height which is clearly assumed from outside the cave by observing the holes. Inside the cave, there are more than 40 cabins which are well designed for different purposes as bedroom, kitchen and bathroom. The dust of the smoke is still on the wall and ceiling. There is a long corridor in every floor of the cave and the floors are connected with the ladder to pass up the next floor. The holes of the cave which work like window has spectacular view of Chhoser and surrounding village with their landscape. The management of the cave activities is done by the local Youth club of Chhoser village.

Nub Phug Ling monastery is also one of the main cultural heritage sites of the Chhoser village. The construction of the monastery is unique from other monasteries around the region. The term Nub Phug means "west cave" as the monastery lies to the west side cave of Chhoser village. The monastery is partially constructed with the cave base and half part gave a building structure. Entrance to the monastery is led by the straight up steps from where it views the magnificent sight of the surroundings. Inside the monastery, one can observe the Mandala paintings and the images of thousands Buddha but unfortunately those are in a deteriorating condition due to lack of proper conservation. The flower decoration of the Mandala paintings on the ceiling reflects the date of 12th and 13th century. The paintings of the walls are done in two different ways according to the nature of the wall (cave wall and the mud wall) which can be distinctly perceive. Nevertheless, Nub Phug Ling monastery manifest the gradual development of art in human civilization from its inclusive glance.

Gar Phug Gonpa is also one of the sacred monasteries in Chhoser village which has its own unique historical and cultural importance. The construction of the monastery was done by the series of Lamas. According

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to the scripture of the monastery, it was first built by the Lama Siji Gyatso who came from the Kham of Tibet in 17th century. Subsequently, it was completed by the third Lama Rigzin Tsewang Norbu during the throne of King Tenzin Wangyal of Lo-Manthang. Present state of the monastery was completely reconstructed and also shifted from its original location during the period of Lama Tenzin Nurbu. Previously the monastery was belonging to the Kagyu clan of Tibetan Buddhism and now it is associated with both the Kagyu and Nyingmapa School. The art, architecture and sculpture which decorates the interior part of the monastery are from different time frame. The sculptures found here can be dated to 12th or 13th century. The statues of Buddha in this Gomba reflect the Newari style. Present physical structures of the building and the paintings can be date only to 180 to 200 years.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 11: Trek to **Drakmar** (3820m/12533 ft.), 5-6 1/2hr walk

With indelible memory of Lo-Manthang we return to southwest avoiding the route to Tsarang which go down towards the south. We follow the trail which leads through the fields of Lo -Manthang city and following the irrigated canal. The trial to Lo Gekar is not a main trading route as it follows the indistinct trail of herders which makes crisscrossed on the hills. We have to climb up straight to the cairn of pass from where it gives a final glimpse to Lo Manthang, the trial climbs the ridges, reaches another huge cairn making a pass and further more climb will arrive the highest peak of the trek Cho Go La (4270m). Then we will enter the grassy valley where trials lead to a long ridge, furthermore descends from a short steep gully arrives Charang Khola and by passing some Chorten arrived Ghar Gompa. After visiting the Gompa (8th century, oldest Gompa of whole Himalayas including Tibet), we climb the ridges to cross the pass and enter the alpine meadow and steep town to the gully which is over shaded on the top with red color. There is a myth on red cliff that the red colour is the blood of Ogress which once vanquished by Guru Rinpoche. Now soon our journey brings us to a beautiful village of Drakmar.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12: Trek to **Shyangboche** (3850m/12631 ft.), 5-6hr walk

With astonishing site of landscape intensify by the morning sunrise we start our trek which goes down with the stream passing the stone walls and the fields of Drakmar. The trial then climbs the ridge to the chorten and again descend to another stream is small climb and we follow the trial till Ghami la which contouring to the Nyi la. Descending the steep trial to the Geling

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UPPER MUSTANG

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valley but stay high by passing the Geling village and later gently walk down the Chungar, a large Chorten, house and camp sites. The trail passes the Mani wall and the three typical houses of Tama Gaon, which later leads down to the rocky canyon to the stream and turn up to the Shyangboche La. We will see huge painted Chorten before re-joining with Geling trail. Our trek of the day end after descending the Shyangboche la and reach to the village of Shyangboche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 13/14: Shyangboche to **Chhuksang** (3050m/10007 ft.) & **Jomsom** (2720m/8923.885 ft.), 5-6hr walk

We start our trek after breakfast by retracing the upwards trail through Yamdo and Bheni to Samar. We will enjoy the downwards trail which are of less ascends. It is an hour of descends from Samar to Chele and still an hour to follow the bank of Kaligadaki River

Day 15/16: Scenic flight to **Pokhara** (823m/2,700ft) and drive to **Kathmandu** (1350m/4429 ft.), 25min fly+ 6hr drive

From Jomsom to Pokhara, retrace our fly to Pokhara and next day drive to Kathmandu

[Included meals: Bed & Breakfast]

Day 17: Departure from Kathmandu (1350m/4429ft.)

A representative of IHSA will drop off you at the airport by private vehicle

[Included meal: Breakfast]



Trek Duration:

Standard itinerary – 17 days. Can be shortened or extended depending on time and fitness.

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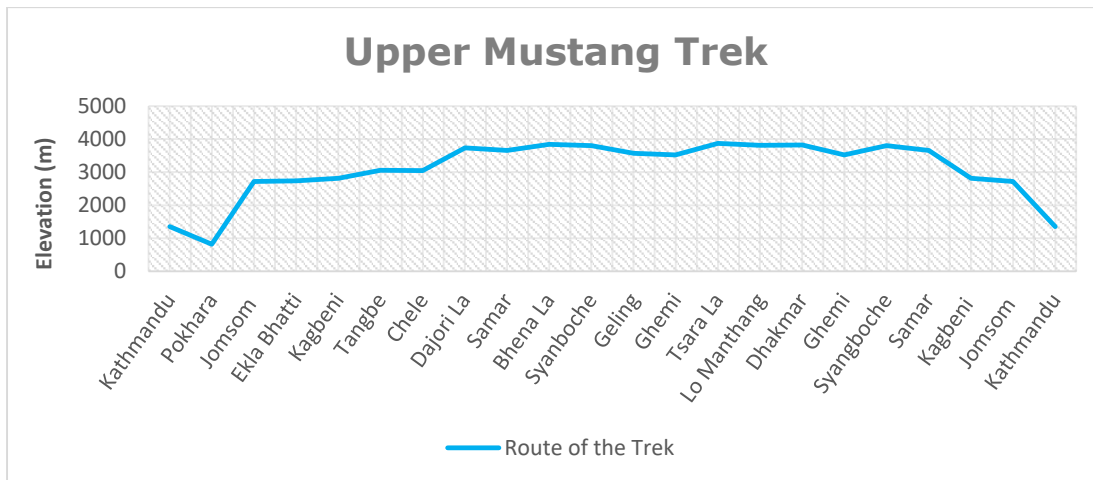


UPPER MUSTANG

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Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu. Both can be flexibly adjusted to your requirements.

Basic Package:



- + 17 days Upper Mustang Tiji Festival Trek
- + Guides and porter services
- + Daily Full Board meals during the trek
- + Round trip flight tickets
- + Airport pick up & drop off personally. For details see below.

Price: ~~€1995~~ / **€1895** per person with group size of 2



Comfort Package:

As Basic and

- + 3* hotel accommodation for 3 nights in Kathmandu with Breakfast
- + Experience a cultural city tour in KTM with guide. For details see below.

Price: ~~€2292~~ **€2185** per person with group size of 2



Group Discount:

There is a further discount for larger groups. Please contact us for details.

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Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu and Pokhara as per the itinerary [upgrade possible]
- + Private trek with an English speaking govt licensed, ministry of tourism trained trekking with food, travel accommodation, salary and insurance
- + 1 porter (between two clients) to carry your luggage during the trek (max 22 kg; i.e. 11kg pP) all with meals, accommodation, salary and insurance
- + Flight ticket (from PKR-Jomsom-PKR, tourist bus ticket from KTM-PKR-KTM)
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses and tented as per the itinerary
- + USD500 permit for 10 days, Annapurna Conservation Area Entry permit and Trekking Information Management System [TIMS Card]
- + Duffel bag and trekking
- + First aid medical kit carried by the guide
- + Trip achievement certificate
- + Necessary paper works, all government and local taxes
- + Complimentary welcome or farewell dinner in Kathmandu with host family



Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Gratuities for Guides & Porters
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.



UPPER MUSTANG

Jiti Festival Trek

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Accommodation

For this trip, you will be staying comfortable Accommodation in a quality 3* hotel with breakfast in Kathmandu as per the itinerary [upgrade possible]. Throughout the trek you will be accommodated in lodges/teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charge



Location

This Ghorepani Poon Hill trip will take place at Kathmandu and Annapurna Conservation Area in Nepal.



On your stay in Kathmandu, you will be given a welcome drink upon your arrival and daily breakfast will be provided to you. On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

The following meals are included:

Breakfast

Lunch

Dinner

If you have special dietary requirements it's a good idea to communicate it to the organizer when making a reservation

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Why Book With IHSA?

- ✓ Provide Best Valued Services
- ✓ Local & Authentic Himalayan People
- ✓ Zero Compromise on quality and service delivery
- ✓ The team of Cultural & Sherpa People
- ✓ Well experienced and professional support staff
- ✓ Support and implement eco-friendly trip packages
- ✓ Prepare customized trips
- ✓ Better satisfaction to the individual in small groups
- ✓ Best verified clients reviews and Free Cancellation



Trip Booking Policy

when booking a trip with us, we kindly request you to provide;

- ✓ a valid passport copy
- ✓ a recent passport sized photo
- ✓ your contact details
- ✓ complete documents of travel and health insurance(can attach 14 days before the arrival)
- ✓ Your Arrival Details and Departure flight Details(can attach 14 days before the arrival)
- ✓ An advance payment of 30% of total trip cost must be deposited at the time of booking the trip to uphold the reservation and cover any initial expenses.
- ✓ The due amount of the trip must be cleared 14 days before the arrival.

Note: All the extra charges incurred during the transfer of your money will be bear by yourself.

Payment Procedures



Have a pay us though **any of one of these Three cards**

<https://www.himalayansherpaadventure.com/make-payment.html>

What you received after advance deposited

- ✓ Trip Confirmation Letter
- ✓ Invoice

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Free Cancellation Policy

- Free cancellation up to 60 days prior departure, after the deposited advance payment becomes non-refundable. But it is transferable to your friends or family with obligation of the same date of the trip.
- Make sure that you have the right travel insurance to cover your trip cancellation expense.
- Such as sudden strikes, changes of permit policy or tightening of restriction to foreign tourists all fall under the non-refundable policy and are therefore not valid causes for any refund.
- The company will not issue any refund if clients leave a trip after the commencement for any reason, either voluntarily or involuntarily. Meals, accommodation or services not used are not refunded.



Verified Reviews

Upper Mustang Tiji Festival Trek

Easy review... Perfect! Amazing experience! Tsering and his guys did the best of this trip. Service was perfect and I felt the whole time being with the best people to support a trek like this. At the end all great and Upper Mustang Tiji Festival Trek completed thanks to the team! So I totally recommend Tsering services for any trekking/climbing experiences at Himalayas... Excellence in service provided!

Angel Sarrion

Milton Keynes, United Kingdom

For the more reviews, have a kindly go with the this link:

https://www.tripadvisor.com/Attraction_Review-g293890-d10022019-Reviews-Incredible_Himalayan_Sherpa_Adventure_Pvt_Ltd-Kathmandu_Kathmandu_Valley_Bagmati.html

Incredible Himalayan Sherpa Adventure Pvt. L.

Thamel, KTM, Nepal, T: +977-1-4411641, +977-9841071023

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UPPER MUSTANG

Jiti Festival Trek

Duration: 17 days

Difficulty: Medium

Additional Options:

+ Hotel upgrade in Ktm: [65 USD for 4* hotel, 95 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category

Trip Related Information

Trekking Day

The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides

The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation

Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Your luggage

Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.



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Money and gratuities

It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 15 - 20 per meal in Kathmandu (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price.

Insurance

while you do trips through Incredible Himalayan Sherpa Adventure, you must submit copy of your insurance certificate and it is excluded in the trip price. Your insurance policy must coverage accidents, medical expenses, emergency evacuation including helicopter rescue and then personal liability. At the time of you do Insurance you should read the policy carefully whether your requirements are included or not. Incredible Himalayan Sherpa also advocated your Insurance policy coverage cancellation curtailment, loss of luggage and personal effects. If you have must proof of the Insurance receipt, you will do initiative otherwise you can't get any compensation. Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues

Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude and affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

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Altitude Issues

AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.



Climate and Temperature

At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Nepal Visas

You need visa for Nepal, which can be obtained in advance or on entry. If you wish to apply before departure the current visa cost is £20 for a 15 day visa and £35 for a 30 day visa for UK passport holders. The current cost of a visa on arrival is US\$25 for 15 days, US\$40 for 30 days or if extending your stay \$100 for 90 days. All are multiple entry. The visa on arrival fee can be paid for in cash in US Dollars, Pounds Sterling or Euros. You will also need a passport photo. Application forms are available in the immigration

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hall (or for electronic passports there are visa registration machines which, after inserting your passport, automatically fill out a form for you). You must firstly join the queue to pay the visa fee, and then go to the relevant immigration desk to obtain your 15, 30 or 90 day visa stamp. There can be long queues for visas on arrival.

Trekking Equipment

Have a kindly bring following stated equipment for the camping/tented trek. The equipment you can buy in Kathmandu with different quality in good price.

Luggage:

01 large duffel bag: The Luggage is for to carry all your personal gear on the trekking and this duffel bag company will provide you but duffel to be returned after trip. As well as you can also bring backpack with 65-70L in the place of the duffel bag too.

Head and Face Gear:

- ✓ Sunhat
- ✓ Sunglasses
- ✓ Warm hat
- ✓ Sunscreen with a very high SPF factor
- ✓ Lip balm with a high SPF factor
- ✓ An emergency light

Hands:

- ✓ Lightweight gloves

Inner Clothing:

- ✓ T-shirts
- ✓ Thermal underwear- Top and bottom. Synthetic is best
- ✓ Underwear
- ✓ 2 shorts
- ✓ 2 Trousers- (comfortable) One thin, one thick and warm

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Outer Clothing:

- ✓ down Jacket
- ✓ Fleece Jacket (or a windproof jacket)
- ✓ Waterproof jacket with a hood (or a poncho)
- ✓ Waterproof pants
- ✓ 2 pairs of gloves/mittens (1 thin and 1 thick)
- ✓ 1 sweater to be worn under the fleece jacket

Footwear:

- ✓ Light weight walking boots
- ✓ Spare laces
- ✓ 2 pairs of thick woollen socks
- ✓ 2 pairs of thin socks to be worn under the woollen socks
- ✓ One pc of sandal

Drinking Equipment:

- ✓ Water Bottle
- ✓ Purification equipment iodine or purification tablets is highly recommended.

Sleeping and Carrying Equipment:

- ✓ 30-40 litter daypack
- ✓ Water Proof Bag-A water proof bag to cover the rucksack
- ✓ Sleeping Bag- Please bring a bag that can resist temperatures as low as -15 degrees Celsius

Personal Medical Kit:

- ✓ Bandage for sprains
- ✓ Plasters/Band-Aids
- ✓ Iodine or water filters
- ✓ Moleskin/Second skin - for blisters
- ✓ Antiseptic ointment for cuts
- ✓ Anti-bacterial throat lozenges (with antiseptic)
- ✓ Aspirin/paracetamol - general painkiller

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- ✓ Oral rehydration salts
- ✓ Broad-spectrum antibiotic (norfloxacin or ciprofloxin)
- ✓ Anti-diarrhea medication (antibiotic)
- ✓ Diarrhea stopper (Imodium - optional)
- ✓ Diamox (altitude sickness - can be bought in Kathmandu)
- ✓ Sterile Syringe set (anti-AIDS precaution)

Extras/Luxuries:

- ✓ Binoculars
- ✓ Reading book
- ✓ Journal & Pens
- ✓ Travel game i.e. chess, backgammon, scrabble

Toiletries:

- ✓ 1 medium sized quick drying towel
- ✓ Toothbrush/paste (preferably biodegradable)
- ✓ Multipurpose soap (preferably biodegradable)
- ✓ Deodorant
- ✓ Nail clippers
- ✓ Face and body moisturize
- ✓ Feminine hygiene products
- ✓ Small mirror

Have a good trip...

