



**ADVENTURE**  
INTERNATIONAL



Mustang Exploration

*Adventures for a Lifetime*

# Mustang Exploration

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*Within the political boundary of present Nepal a part of ancient Tibet exists in its rare, beautiful and unspoiled state. This is the Kingdom of Mustang. A Forbidden Place that only recently opened its doors to the outside world and where it's King and the people still live in their ancient and rich ways. The land can be inhospitable and desolate yet the human spirit is seen here overcoming the odds and turning wastelands into green arable land. From the warm valley of Pokhara the journey begins with a spectacular mountain flight, through the deepest gorge in the world to the arid landscapes of Jomsom. From here it is a 5 days walk through beautiful and dramatic landscapes created by the hot Indian wind and over many passes to the capital of Lo-manthang. Villages perched on cliffs with their regal looking prayer flags and grand monasteries, people doing their daily agrarian or animal husbandry chores and visits to ancient cave monasteries are some of the activities that make your trek unforgettable and personable.*

## In more detail...

### **Day 1 ~ Kathmandu**

Upon arrival into Kathmandu you are personally met and transferred to your hotel. There is a briefing and welcome dinner. *Overnight Dwarika's Hotel (D) \*\*other options available\*\**

### **Day 2 ~ Kathmandu**

Full day guided tour of the biggest stupa in Nepal, Baudhanath. Then continue tour of the ancient palace squares of Patan. *Overnight Dwarika's Hotel (B,L)*

### **Day 3 ~ Pokhara**

A morning flight from Kathmandu enjoying the splendid views of Langtang, Ganesh, Boudha, Himalchuli, Manaslu and the Annapurnas takes us to Pokhara (2,900 ft). From the airport it is a short drive to your hotel. The afternoon is free for you to sit and relax, shop or catch up on your reading. *Overnight Temple Tree Resort & Spa (B)*

### **Day 4 ~ Kagbeni**

Very early in the morning with our packed breakfasts we head to the familiar Pokhara Airport for our next flight to Jomsom (9,200 ft). It is a 20 minutes flight over one of the most beautiful and dramatic terrain in the Himalayas flying not very far from the huge massifs and over the famous Salt Trade route to the high desert airstrip of Jomsom. Once you disembark from the aircraft you will very quickly notice the huge Nilgiri looming above you and the clean and crispy mountain air. We meet our trek crew outside the airport who have been waiting for us from the day before, hand them our

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baggage and follow them to a teashop which will be our base for several hours while the necessary documentation for Mustang will be done. We will also have lunch here. After that we will start walking up the valley to the Gateway of Upper Mustang – Kagbeni (9,400 ft). A huddle of houses built to withstand the every blowing wind and create a fortress like design to protect the village from the assault of the bands of Tibetan thugs which was quite prevalent many years ago. There is also a monastery and a network of irrigation canals that flow through the settlement.

*Overnight Camp (B,L,D)*

### **Day 5 ~ Chele**

At this point you are further north than the Annapurnas and looking back it is a grand view of the Nilgiri looming in the South presenting a spectacular backdrop. Your permits are checked again here at the Annapurna Conservation Area Project (ACAP) Post and you enter Upper Mustang. The path starts to climb the east slope of the valley and on to a flat bit, climbing and descending at several places before finally climbing to the apple orchards of Tebang. Lunch is enjoyed on the dried mud plastered courtyards of a local house. Leaving the village by the path along the irrigation system it is 1½ hours to Chuksang (9,600 ft) right at the confluence of the Narsingh Khola and the Kali Gandaki with old willow trees and herds of yaks. Back on the Kali Gandaki river bed we leave Chuksang under the shadow of the beautiful red wind sculptured cliffs. Heading straight for the point where the river disappears under a hill. Turning sharp left to cross the river on a metal bridge we climb the west bank through recently reforested area to arrive at Chele (9,840 ft). *Overnight Camp (B,L,D)*

### **Day 6 ~ Samar**

Beyond Chele the trail climbs higher to where the irrigation for the village starts and then looking at a very scenic village Gyagar across a huge canyon with the Nilgiri for a backdrop we walk on a trail cut into the steep red pipe organ cliffs. We have spotted Tibetan snowcocks, pikkas, blue rock pigeons, choughs, Lammegiers and Griffon vultures at this point. This halfday walk ends with a final ascent to the pass - Dozong La from where the view of Samar is a very welcoming one. Samar (10,300 ft) is only 25 minutes away. *Overnight Camp (B,L,D)*

### **Day 7 ~ Geling**

Today there are two optional trails to get to Geling. The higher one going via Bheni, also the most used one and the other, the lower and the off the beaten trail that goes right down to the river and gives us the opportunity to visit the Chungsi Rock Shrine. A cave with self-emanating statues of Guru Rimpoche and Padmasambhava. It is believed that if any part of a statue is broken off it will grow back by itself. A local lama who is looked after by the local villagers lives here all alone looking after the place. The lower trail: After leaving Samar through its Northern Gateway with a huge prayer wheel above we have to cross two streams which involves several ups and downs. Thereafter we are on a pasture which leads to a slope with juniper shrubs and then we get to a pass. The trail beyond

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this point seems unending but it isn't as bad as it looks. It's steep down 500 ft, traversing left to the trail below towering cliffs on scree and then we drop to cross the river. The experience of going deep into the bottom of these canyons is wonderful. We have lunch below the rock shrine and then it is a gradual climb out of the dry river bed to the meadows of Samokchen (12,169 ft). The trail climbs gently to a Samokchen La at 12,365 ft and enters another huge east – west valley. There is a trail junction here. The left trail is the direct route to the Nyi La by passing Geling. We take the right fork and descend to Geling with its extensive fields of barley at 11,808 ft. *Overnight Camp (B,L,D)*

### Day 8 ~ Charang

On a clear day the kitchen team will lay out an al fresco breakfast for us and what an appropriate place for it. The day begins with us heading North West up to Nyi La the southern border of the land of Lo. After the pass the dry arid landscape becomes so pronounced. We descend to the Tangmar river besides which there is a green patch, right below the village of Gami, where we have lunch below the old Poplar trees. After lunch we cross the river to climb to the world's highest rice growing area, an experimental site, Gami hospital, vegetable farm and the longest prayer wall in Nepal. Climb steadily to a pass to thereafter descend gently to the magnificent Red Gate of Charang. Charang (11,800 ft) is a maze of fields, willow trees and traditional houses on top of the large Charang Chu (river) canyon. A huge 5 storied white dzong and a red gumpa (monastery) dominate the eastern sky line. Many of the fields of Charang are owned by the King of Mustang and his relatives. If available we will camp in the camping grounds of the King's sister – Ms. Maya Bista's. *Overnight Camp (B,L,D)*

### Day 9 ~ Lo Manthang

Breakfast in the lodge dining room and a chance to buy the locally woven woollen cloth from the master weaver of Charang. The day starts with a descent to the water mills near the river where the locals make flour from various grains. We cross the river here to climb to the other side of the valley from where Charang becomes a grand foreground for a photograph with Nilgiri in the distance. Continue up to the pass and then we trek up a wide plain that further climbs to Lo La the last pass before Lo Manthang. To acclimatize properly we take the day very slowly and thus make good use of a tea break. After tea it is about 40 minutes to Lo La from where we are rewarded our first views of the ancient walled capital. It is a wide and winding path that takes about 45 minutes to lead us to the gates of Lo Manthang (12,800 ft). We will camp in the camping grounds outside the capital wall. *Overnight Camp (B,L,D)*

### Day 10 ~ Lo Manthang

Today is the first day of the annual Teeji Festival which involves horse racing outside the city wall and masked dances within the walled city near the King's Palace. Depending on what time the local officials want to start the festival and various events we will have to adapt our day's program likewise. As all the important sites in this area is located within the capital wall it is very convenient to look around and will not take much time or effort. During the course of the days we will be in Lo –

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Manthang we will visit the 2 buddhist shrines and a monastery, the Tibetan Medicine School, a local boarding school and if we are lucky the King of Mustang – Jigme Parbal Bista, at his Palace. *Overnight Camp (B,L,D)*

### **Day 11 ~ Lo Manthang (optional day trip to Western Valley)**

The Teeji festival will continue throughout the time we will be in Lo – Manthang so one can stay at the capital and witness the events or go for an optional horse back tour of the western valley and visit Tingkhar – summer palace of the present King of Mustang and Namgyal – the newest and the most active gompa (monastery) in Lo. *Overnight Camp (B,L,D)*

### **Day 12 ~ Lo Manthang (optional day trip to Eastern Valley)**

The Teeji festival will continue throughout the time we will be in Lo – Manthang so one can stay at the capital and witness the events or go for an optional horse back tour of Graphu & Nyphu with its gompas and cave dwellings. *Overnight Camp (B,L,D)*

### **Day 13 ~ Dhakmar**

Leaving Lo – Manthang we return by the higher path i.e. different to the one we came up. It is a not so well used path that travels above all settlements but very scenic and leads us to the oldest Buddhist shrine in this area – Lo Gekar. We head south west, climbing to a pass and then find ourselves on an open plain with signs of an old abandoned settlement. Still heading in a south westerly direction we ascend up a gully to the Chogo La (13,500 ft), the highest pass on this trek and then descend gradually. A narrow valley leads us towards the valley head and soon we can see the higher fields of Lo-Gekar (13,350 ft). Down a stony trail, cross the river and climb up to a chorten. The 700 year old shrine is very close under the shadows of giant poplar trees – a rare sight in such a landscape. Lunch is served in one of the outhouses of the shrine complex which is also the residence of the monk in charge of the shrine. Here you can also see Yaks grazing in the quiet meadows encompassing this temple. Following lunch we visit this sacred site constructed by and dedicated to Padma Sambavha the saint that introduced Buddhism to Tibet and beyond. The trail from the temple traverses and crosses 2 passes – the Marang La and the Mui La, before descending steeply down a very dramatic wind eroded section of magnificent red cliffs. Our camp for the night lies below these huge walls with signs of abandoned rock dwellings – Dhakmar (12,500 ft) meaning red crag. *Overnight Camp (B,L,D)*

### **Day 14 ~ Tamagau**

Begin by descending to the main village of Dhakmar and through fields to a pass then drop to a small stream. On our descent we can see the path to Gami hospital that we had gone up and some beautiful and old chortens. From the river we climb up to the village of Gami which has a Buddhist Shrine and a nunnery. Leaving the village we climb up to a pass after which the path contours and descends to join the lower path. Just before the final climb to Nyi La we stop for lunch by a stream.

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It is an hour climb to Nyi La following which is steep and then gradual descent to a chorten on the trail. The trail then traverses to the village of Chumsang and then it is half an hour to Tamagau (12,300 ft). The village of Geling can be seen below us. *Overnight Camp (B,L,D)*

### **Day 15 ~ Chele**

Drop down to a river to climb up to a path that leads us to Samokchen La and eventually to Samokchen. From here we take the higher trail that crosses two passes i.e. Yamdo La and Baga La and then after crossing a river to the huddle of houses at Bheni. After lunch here we stay high above the canyon and descend twice before finally descending to the river below Samar (10,300 ft) and then the final climb to the village. From Samar it is the same way back to Chuksang but the scenery will be different as you will be looking at it from a different perspective. Head first to the southern pass while the sun lights up the North Face of Nilgiri and then descend slowly until we come to the very impressive trail carved into the red pipe organ cliffs. Chele (9,840 ft) is 45 minutes away. *Overnight Camp (B,L,D)*

### **Day 16 ~ Kagbeni**

When we are down at the Kali Gandaki Valley it all looks familiar again and it seems ages ago that we had plodded up these slopes. After traveling through the village of Chuksang depending on the water level in the river we will either go along the river bed or climb to the apple orchards of Tebang for lunch. If horses are available a horse ride along the windy valley is a better option provided you are ready for the wind and dust. *Overnight Camp (B,L,D)*

### **Day 17 ~ Jomsom**

We head south before the winds pick up observing the massive folding of the rocks on either side of the valley and pilgrims, locals and tourists ambling along on this once very crucial salt trade route. Tonight you will be staying at a local lodge while the catering will be done by the trek kitchen team. *Overnight Local Lodge (B,L,D)*

### **Day 18 ~ Pokhara**

An early morning flight out of Jomsom is an experience by itself. Mountains loom on the east as well as the west as we soar out of the Deepest Gorge in the World. Once at Pokhara we transfer to our hotel and then the afternoon is free for your final shopping or even boating. *Overnight Temple Tree Resort & Spa (B)*

### **Day 19 ~ Kathmandu**

Arrive Kathmandu and transfer to Hotel. Afternoon free to rest or shop. Option to do more sightseeing tour. Tonight there is a farewell dinner. *Overnight Dwarika's Hotel (B,D)*

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### **Day 20 ~ Depart**

After breakfast you are transferred to Kathmandu airport for departures. (B)

### **END OF SERVICES**

*~ This is a sample itinerary that can be adjusted to suit your needs.  
For more info about pricing, set departures, custom trips, etc ---  
Please call +1 888 664 3865 or email us [info@adventure-international.com](mailto:info@adventure-international.com) ~*

