



Inquiry

✉ info@gurkhaencounters.com

☎ 977 1 4267882

THE KINGDOM OF MUSTANG

'On the trans-himalayan trade route, between the massif snow capped mountain range'

Introduction

Mustang is the extension of the Tibetan plateau has an average elevation of over 3,000m. Located to the north of the highest mountains Dhaulagiri and Annapurna and to the north of the main Himalayan range and geographically part of the Tibet highlands.

Mustang is the old kingdom of Lo. Officially the capital of the Mustang district is Jomsom, but the natural and original Tibetan customs, which is situated north of Kagbeni and is known as Upper Mustang.

It is a vast high valley, arid and dry, characterized by eroded canyons, colorful rock formations and has a barren, desert like appearance.

One of the most fascinating features of Mustang is literally thousands of cliff dwellings, some of which look completely inaccessible. Mustang was once a much greener land in theory way back 8-10,000 BC.

The most when well known, intrepid explorers such as Professor David Snellgrove and the Italian scholar Guiseppi Tucci visited Mustang in the 1950's and it has largely been their tales of a Tibetan like arid region that has fuelled interest in the area.

Recognizing the special nature of this old, tiny kingdom, the Nepal Government has imposed a surcharge for anyone wishing to trek past Kagbeni, the border of Upper Mustang. Only the organized trekking groups are allowed in for the first time since March 1992, an opportunity for you to be a part of a small privileged minority to visit this remote frontiers of Nepal.

Our Mustang program, gives you an excellent options to visit the main town, Lo Manthang, and one or two of the villages beyond in this harsh, arid beautiful landscapes.

TRIP PROFILE

Total duration

17 to 18 days.

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Trek Grade	Moderate to Adventurous
Season	April-May-September-October
Trekking / Camping	12 to 13 days
Trek Starts	From Jomsom
Trek Ends	At Jomsom.

TRIP DEPARTURES

April-May-September-October (Every Year)	10th April to 27th April
	08th May to 25th May
	25th Sept to 12th October

Deluxe Accommodation in cities	Group Size 2 - 6 people	Group Size 7 - 16 people
Trip cost on camping basis only	UK £ 1857 per person	UK £ 1675 per person
Single Supplement in rooms / tents	UK £ 185 per person	

Standard Accommodation in cities	Group Size 2 - 6 people	Group Size 7 - 16 people
Trip cost on Camping basis only	UK £ 1695 per person	UK £ 1485 per person
Single Supplement in rooms / tents	UK £ 165.00 per person	

OUTLINE ITINERARY:

DAY 01	Arrive at Kathmandu.
DAY 02	In Kathmandu with halfday sightseeing tour
DAY 03	Drive to Pokhara.
DAY 04	Fly to Jomsom 2,713m.begin trek to Kagbeni 2,810m
DAY 05	Trek to Chussang. 2,920m.
DAY 06	Trek to Samar. 3,290m
DAY 07	Trek to Ghiling. 3,600m
DAY 08	Trek to Tsarang 3,520m)
DAY 09	Trek to Lo Manthang 3,780m
DAY10	Rest day at Lo Manthang
DAY 11	Trek to Ghami 3,440m
DAY 12	Trek to Samar. 4-5 hrs.
DAY 13	Trek to Yak Kharka. Approx 3,845m.
DAY14	Trek to Muktinath.3,710m.
DAY 15	Trek to Jomsom. 3-4 hrs.
Day 16	Fly from Jomsom to Kathmandu via Pokhara.
Day 17	In Kathmandu.
DAY 18	International Departure via respective airlines.



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TRIP DOSSIER

DAY 01 Arrive at Kathmandu.

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff and escort you to the Hotel, where our and guide or a staff, will give you a brief orientation of the Hotel, Kathmandu, Trekking, do's and don't and other related information that you might require while in Nepal.

DAY02 In Kathmandu with halfday sightseeing tour

After your first night in Kathmandu, you will be well informed on arrival about the time for your half day or full guided sightseeing tour in Kathmandu at places of interest. Sometime, depending upon your flight arrival if it's late in the night we will do this tour in the afternoon instead of morning to give you a nice rest before you venture out of the Hotel for our interesting tour.

DAY 03 Drive to Pokhara.

As per the flight schedule, transfer to the domestic airport for the flight to Pokhara. Half hour scenic flight brings us to the stunning Pokhara Valley.

On arrival at Pokhara transfer to Hotel. Pokhara is the second largest township in Nepal and enjoys a beautiful setting beside the large lake of Phewa, Rupa and Begnas. From here are magnificent views of Mt. Machhapuchare the famous fishtail peak. We will have time in the late afternoon or evening to have a look around the town which is situated on the mid-west Nepal. Here it is quite hot and tropical in character.

DAY 04 Fly to Jomsom 2,713m.begin trek to Kagbeni 2,810 m

From Jomsom, the trail leads on the Kaligandaki plains in the rainy season the road diverts to the right bank of the river plain, the walk is pleasant with few ups and down most of the way to the place of Ekali Bhatti (lonely inn) where there is three or four tea-houses at present, it used to be one tea-house when its got its name Ekali -Bhatti. From here the path splits into two ways the higher up leads to Muktinath well the other one leads you to upper

Mustang and Tibet via Kagbeni.



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Our trail leads past Eklai-bhatti towards north west, the walking gets much easier on the gradual winding route as the the road widens as you walk further on the river bed towards the windswept village of Kagbeni for the overnight.

DAY 05 **Trek to Chussang. 2,920m.**

After leaving the Kagbeni village, the walk is uphill for half an hour leaving the Kali-Gandaki river behind for a while. The path leads to harsh barren countryside all the way with occasional stop, passing through few small villages as the walk progress coming to the village Tangbe, another hour of good walk brings you to the overnight stop at Chusang line up with few trees amidst the red earth surrounding. Chusang lies at the confluence of the Narsang stream and the Kali Gandaki River.

DAY 06 **Trek to Samar. 3,290m.**

Today's walk leads first to Chele village after crossing the stream through the broken canyons and ruin castle walls on the surrounding cliffs, across the river from Chusang are some spectacular red eroded cliffs above the mouths of inaccessible caves. After crossing the small bridge an uphill walk for 45 minutes brings you to Chele village. From Chele village the walk gets steeper for an hour upto the ridge at 3,130m, from here you can get a good view of Gyagar across a huge canyon. The trek continues with a slow climb on the windswept terrain till the pass is reached at 3,540m. From here a gradual descent leads you to Samar for the overnight stop.

DAY 07 **Trek to Ghiling. 3,600m.**

The walk today leads to a short climb above Samar village to a ridge, with a downhill leading to a large gorge past a chorten painted red, black, yellow and white-all the colors are made from local rocks. The journey continues into another valley with juniper trees, after crossing the stream the walk follows uphill path to a ridge at 3,800m, the trail climbs over to another pass, from here the route descends to Shyangmochen, a small settlement with few tea shops at 3,710m. After a good break here, the trek continues to a gentle climb to a pass at 3,770m entering towards a huge valley, from here taking the right downhill path towards our overnight stop at Geling with its large fields of barley on the outskirts of the village.

DAY 08 **Trek to Tsarang 3,520m.**

From Geling, the route climbs gradually through the fields up the centre of the valley, passing below the Tama Gung settlements, the walk continues a long climb across the head of the valley to the Nyi La pass 3,950m, the highest point of this trek. The pass itself happens to be the southern boundary of Lo. From here a gradual descend for half hour brings to junction; the right path leads direct to Tsarang while the left leads to Ghami village one of the main major of Lo region. Our route drops below the blue, grey and red cliffs across the valley to a steel bridge across the Tangmarchu River, the path climbs past to the long and magnificent stretch of mani wall. Probably the longest one in Nepal. From here the final climb of the day brings to a 3,600m pass, after the last pass a gentle descent leads to the overnight halt at Charang, an interesting village with a maze of fields, willow trees and a huge five storey white Dzong and a red gumpa perched on the edge of the Kali Gandaki gorge. Tsarang has its own electricity system.

DAY 09 **Trek to Lo Manthang 3,780m**

Today's walk leads to our destination at Lo Manthang, the trek begins with a short descend crossing the Charangchu river with a steep climb on a ridge, then passing through the Tholung valley. The trail divert north with gentle climb as the valley ascends to a large chorten, which marks the boundary between Tsarang and Lo, the climb follows to the stream, coming to a great wide windswept landscape, finally reaching the ridge at 3,850m a grand view of the walled large village of Lo Mananthang can be seen from this top. A short descent brings you to the stream that outlines the walled village, form here a short climb on the plateau leads you to the southern wall of Lo Manthang village.

As the only entrance to the village is from the northeast corner, so one has to circumbulate the wall to the main entrance gate sometimes.

DAY 10 **Rest day at Lo Manthang**

This large village contains about 150 houses plus number of resident for the lamas, the houses are closely packed, the palace and monasteries are in the bottom portion in this vertical part of the L shaped houses. The school, health post, police post and several important chortens are located outside the walls to the north of the gate and east of the monastic part of the city. Despite the apparent squalor of Lo Manthang, the village is prosperous and maintains a strong sense of community. Though the people call themselves Lobas, people from Lo, they are very much Tibetan and practice a practical culture economy. Before strong trade with Tibet was disrupted, all of the salt and wool trade on the Kali Gandaki passed through Lo Manthang, and this brought a substantial amount of money



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to this great village town. The Mustang raja's palace stands an imposing 4 storey building in the centre of the city. It is the home of the present raja, Jigme Parbal Bista, and the Rani (queen), who is from the noble family of Shigatse on route Lhasa.

DAY 11 Trek to Ghami 3,440m.

Today's walks is more of a descend with few short climb all the way to Ghami, once outside the walled Lo Manthang village-town the path leads to a steady climb to the pass offering the last glimpse of Lo Manthang, the walk from here on is more or less gradual on the downhill slopes most of the way to Ghami village. Ghami is another important village of this region.

DAY 12 Trek to Samar. 4-5 hrs.

The trek today follows the straight route to the Nyi La, with a climb to the ridge and then contouring upwards and encountering the road from Tsarang. From the top of the ridge a steep descend awaits you all the way to Geling Valley. The trail continues bypassing Geling to a lone teahouse and then a gentle downhill to a small settlement of Tama Gung. A steep switchbacks trail leads to a stream; the trail climbs to a large painted chorten. From here it is straightforward route to the overnight camp at Samar.

DAY 13 Trek to Yak Kharka. Approx 3,845m.

Our route from Samar diverts to the less known area by the westerners, our first portion of the walk leads down hill on the same trail for 2-3 hours through Chele village and then reaching to the Mustang Khola, from here our walk leads uphill for another two hours towards the remote village of Chhomang at 2,940m. Passing through this village our walk climbs further up to the ridge, on leaving the village way down below the walk is more less on the gradual uphill trail, then coming to our overnight camp near the pass at Yak Kharka, depending upon the time of our arrival and the availability of clean water we camp before the pass on the nice grassy field.

DAY 14 Trek to Muktinath.3,710m.

After being in the less frequented upper part of Mustang, you'll be seeing more of fellow trekkers coming from the other region of northern Annapurna via Thorang-la and from Kagbeni onwards, the walk from the camp leads to a slow climb for less than an hour towards the pass at 3,970m, after the pass the trek is on the downhill slope most of the way to Muktinath on much wider trail overlooking superb views of the Mt. Nilgiri and Tukucho peak in the far eastern and the plain of Kali Gandaki Valley, coming closer to Muktinath after 2-3 hours of walk, crossing the stream in the gorge then its uphill walk for an hour or so, till we reach the village of Dzong, from here the path is almost gradual all the way to Muktinath, and the walking gets much easier to the holy place of Muktinath for the overnight camp with ample time to visit the holy premises of Muktinath and its 108 ancient water spouts, believed to be the very source of the Kali-Gandaki River.

DAY 15 **Trek to Jomsom. 3-4 hrs.**

From Muktinath onwards will be one of the most pleasant walk as you will lose altitude day by day. The trek follows an easy descent towards the Kaligandaki River Valley passing through the old village of Jharkot after an hour or more of this good walk. On reaching the river bed at Ekalebhatti a small settlement with 3-4 teahouses. From here onwards can get very windy in the afternoon time, the walk follows the gentle trail for another two hours till the large town village of Jomsom is reached for the overnight camp. Jomsom, a large village town is the headquarter of the Mustang region with a small airstrip just above by the river Kaligandaki. Here you will have ample time to celebrate with the local apple products like cider, brandy and juice this area from Kagbeni to Larjung is famous for its delicious apple and its product.

DAY 16 **Fly from Jomsom to Kathmandu via Pokhara.**

The flight time to Pokhara, are schedule for morning normally because of the wind in the afternoon, sometime the flight time can be delayed due to bad weather and other reason beyond our control. After getting the boarding pass depending upon the flight time enter the terminal for security check, this scenic flight from Jomsom takes about 25 minutes to Pokhara, a panoramic view of the snow capped peaks can be seen from the plane. From Pokhara half hour flight will bring you back to Kathmandu. Arriving at Kathmandu domestic terminal, one of our Office staff will be waiting to receive and escort you back to the Hotel.

DAY 17 **In Kathmandu.**



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A free day in Kathmandu please let our staff or tour officer know if you would like to go on another short tour in and around Kathmandu Valley.

DAY 18 International Departure via respective airlines.

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) and your passport handy. Our Tour Officer will take you to the airport for your final departure from this amazing country, Nepal.

NOTE: The above itinerary should be taken only as a guide line; it could change due to weather, trail or any other unforeseen conditions.

POKHARA VALLEY

Pokhara is one of the most unique sub-tropical valley in the Himalaya and probably in the world, where one can marvel the beauty of the Himalayan landscape and reflection of the Annapurna massif including the towering majestic peak of Mt. Machhapuchare on its beautiful lakes. Pokhara is situated in the mid western Nepal. It is linked by the main highway of 200 km driving distance from Kathmandu, and by air approximately 20 to 30 minutes flight with a sweeping panoramic view of the mid western Himalaya.

Mother Nature has certainly blessed this fertile valley with outstanding scenery of the landscapes, snow capped mountains, moderate tropical climate, and beautiful pristine lakes of Begnas, Rupa and Phewa.

The most stunning of Pokhara's sights is the magnificent panorama of the Annapurna range which forms its backdrop. Annapurna massif includes Annapurna I to IV and Annapurna South. Among these high peaks it is the towering majestic Mt. Machhapuchahre (Fish Tail) which dominates all others in this range Pokhara with its natural beauty is also a starting point of Nepal's most popular adventure destinations. Most of the trekking, mountaineering expeditions begin from this remarkable place and it's an ideal spot for all types of holiday makers.



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SERVICE INCLUDES

Four nights twin sharing hotel accommodation in Kathmandu on bed / breakfast basis; Annapurna conservation entry permit; special Upper Mustang permit; one professional guides & necessary porters, insurance, registered, salary, food and accommodation paid for the staffs and porters; three meals a day (breakfast, lunch and dinner), tea or coffee as well; accommodation in the mountain at tea house/ lodge; one night twin share accommodation in Pokhara; boiled and safe drinking water; Kathmandu-Pokhara-Jomsom-Pokhara-Kathmandu by flight; all pick up/drop by car/ taxi; first aid kit box.

SERVICE DOES NOT INCLUDE

International airfares; airport departure taxes (from Nepal); personal travel insurance (available on request); personal insurance for helicopter evacuation; additional accommodation, activities or transport not included in the itinerary or before/after the dates specified (available on request); expenses of a personal nature such as alcohol, bottled drinks including bottled water, snacks, laundry, excess baggage fees, phone calls; tipping for guides and crew member or drivers; expenses incurred as a result of flight delays, strikes, weather conditions or other events beyond our control.

We hope you have a memorable and good time with us!