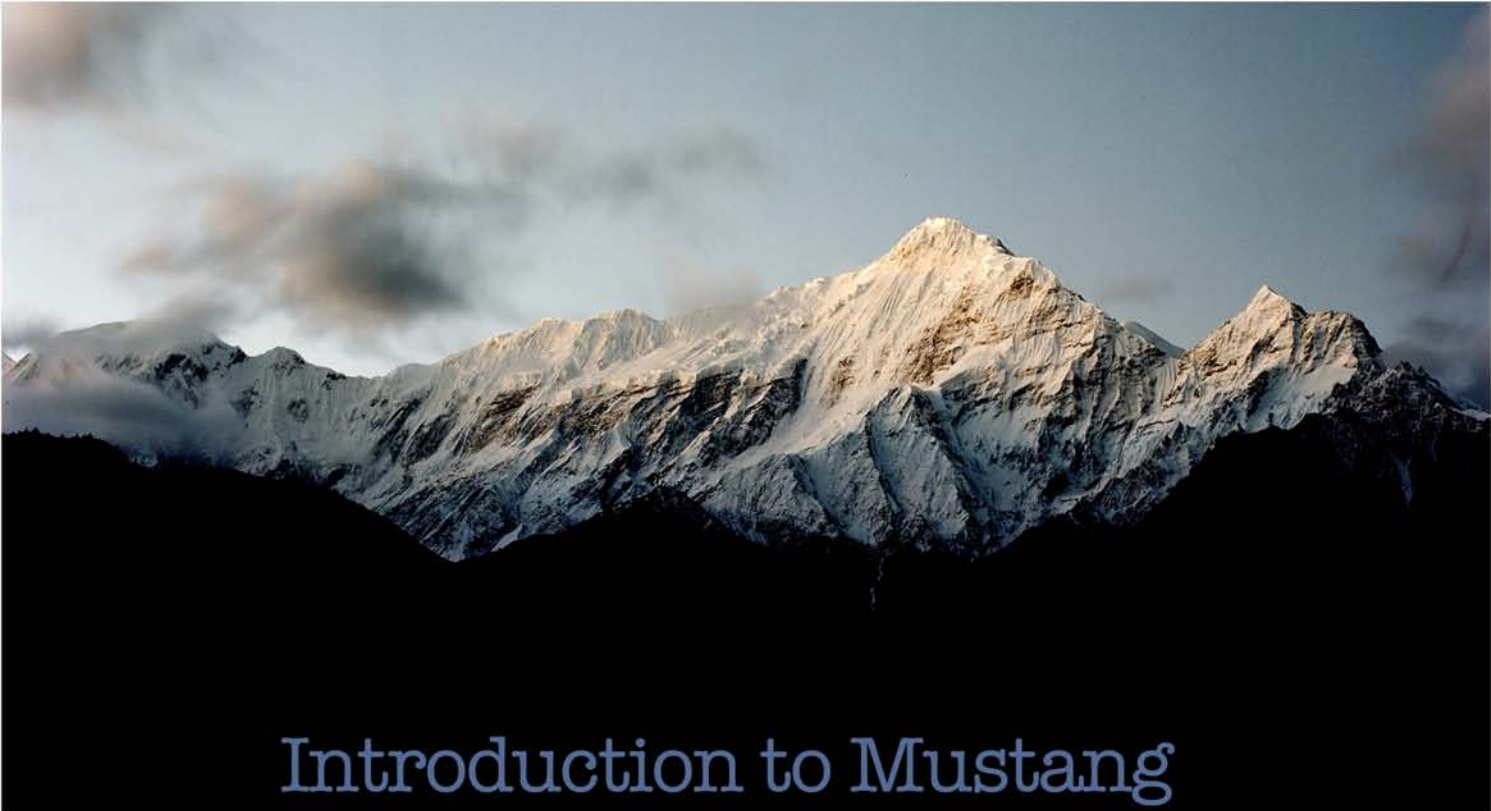


Mustang The Forbidden Kingdom



A mesmerizing journey into an ancient & forbidden Kingdom in Nepal



Introduction to Mustang

Mustang is a remote semi-independent Tibetan Kingdom north of the Annapurna and Dhaulagiri Mountains and is one of the last bastions of undisturbed Tibetan culture in the world. Only opened to Westerners in 1992. Our trek takes us to the capital Lo Manthang in the fascinating Upper Mustang region. Indeed a challenging trek due to high altitude, exposed terrain and continuous strong winds.

Lo-Manthang - a walled city, is the capital of Mustang situated at an elevation of nearly 3800 meters. It lies in the central part of northern Nepal and at the top of the Kali Gandaki River. The entire region is famous for its inaccessible caves, chortens, monasteries and arid desert-like conditions.

Hidden behind the majestic Himalayan ranges, Mustang is a truly beautiful trek zone. Special Area Trekking Permits are required by trekkers when they visit this region.

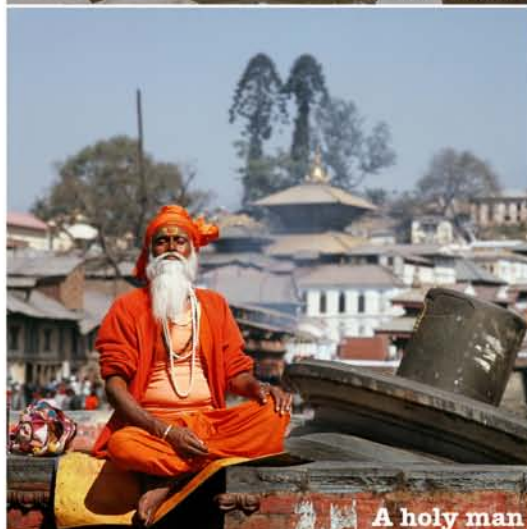
Day 01: Arrival day in Kathmandu (1,300m/4,264 ft).

Welcome to the Himalayan country of Nepal. Upon exiting the Tribhuvan International Airport, the smiling Yeti representative awaits your arrival and greets you with a traditional offering of a Khada (ceremonial scarf used in Tibet and Mongolia, symbolizing purity, goodwill, auspiciousness and compassion)

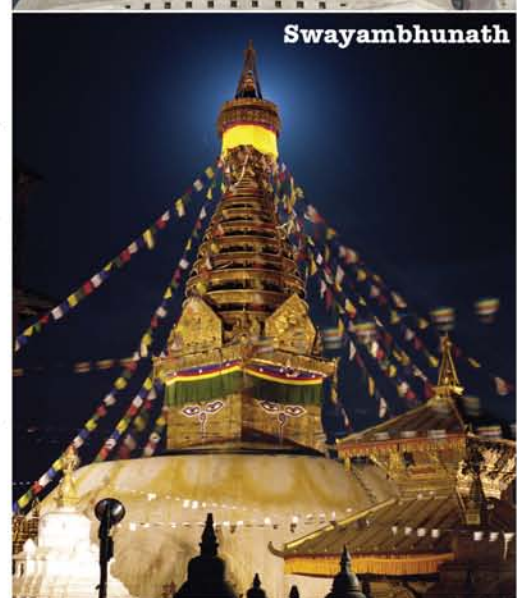
You are transferred to your Hotel in Kathmandu, enroute to your Hotel your Tour Officer shall brief you on Nepal. After time to get refreshed your Tour Officer will meet and take you for a welcome dinner in one of the typical Nepalese restaurants in the heart of Kathmandu. You will also get briefed about your upcoming trip.

Overnight at Hotel.**View from a Mountain Flight****Day 02: Kathmandu sightseeing & trek preparation**

After a sumptuous breakfast we take you on a guided day trip to world heritage sites within the valley and visit the highlights of Kathmandu and the surrounding areas. We then visit the pilgrimage sites of the Hindu temple Pashupatinath, one of the most important shrines of Shiva temples on the subcontinent which is home to thousands of devotees and Sadhus (holy men).

**Pashupatinath****A holy man**

The Bouddhanath stupa is another pilgrimage centre which is a very popular and important place for Buddhists. We explore this stupa going around the prayer wheel amidst fluttering colorful flags and prayers being chanted. After lunch at Bouddha we proceed to Swayambhunath also known as the Monkey temple. Perched on a hilltop on the south western part of Kathmandu, Swayambhunath is one of the most important religious and cultural sites in Nepal and is associated with the birth of the Kathmandu Valley civilization. After exploring the surrounding areas we visit Kathmandu Durbar Square which is an old royal palace of Kathmandu where we see temples, ancient architectures and the Kumari (living goddess). The evening is free and will be spent in preparing for the trek.

**Bouddhanath****Swayambhunath****Durbar square, Basantapur****Overnight at Hotel.****Kumari the living Goddess****Nepal's Architecture**



Fewa lake Pokhara

Day 03: Drive from Kathmandu to Pokhara valley, 7-8 hrs drive

Once you tuck into your breakfast, your Tour officer will pick up you and transfer you to the Airport / Yeti vehicle (incase you are travelling by road). The drive will take approximately seven hours taking you through the beautiful river view & Nepalese countryside and finally reaching Pokhara lakeside (823m/2,700ft). You are then transferred to the hotel and rest of the time is spent exploring the surrounding lakeside areas.

Overnight at Hotel.



Day 04: Fly to Jomsom & trek to Kagbeni, 3-4 hrs walking

Headquarter of Mustang, Jomsom is a large town and also a major village on the Kali Gandaki area linking the age old Trans-Himalayan Salt Trade route to Tibet. From Jomsom onwards we face the strong winds of the Tibetan plateau. The Jomsom trek continues on the gradual path on the Kali Gandaki river bed for about 3 hrs finally reaching the Ekley-bhatti (Lonely Inn) village. After a good stop here, an hours easy walk reaches you to Kagbeni (2,858m/9,375ft), which lies at the bank of two rivers. Kagbeni, an interesting windswept village is situated on the main age old Trans Himalayan salt trade route to Tibet via the Upper Mustang area. On arrival, check in the hotel with afternoon free for a stroll around the village.

Overnight at Hotel

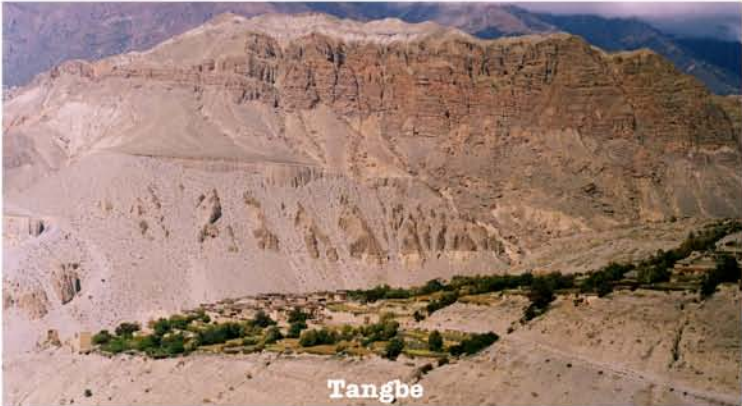


Kagbeni
The Kali Gandaki Corridor

Day 05: Kagbeni to Chele, 5-6 hrs walk

Our journey starts with a check of the Upper Mustang trekking permit. We proceed onwards following the riverbank of the KaliGandaki and continue up river. We start taking in the sights, smells and sounds of this unique region. The first village we lay sight on is Tangbe village surrounded by its green fields. From here we trek forward to Chhusang. After nearly an hour's walk on the riverbed, we find old fossils on the path, cross an old wooden bridge and pass a huge red rock which had fallen from the cliff above, forming a tunnel through which the Kaligandaki river follows. We head on to a small ridge which takes us on to the Chele (3050m/10,004ft) village.

Overnight at Teahouse.



Tangbe



Chuksang



Chele

Day 06: Chele to Syangbochen, 6-7 hrs walk

The trek today gets a bit challenging. From Chele the first part of the trek is an uphill. We climb to Taklam La Pass (3,624m/11,923 ft), through plateaus and narrow stretches with views of the Tilicho Peak, Yakawa Kang, Nilgiri and Damodar Danda. Onwards we descend to the quaint village of Samar for lunch. After a nourishing lunch a 3 hrs similar walk takes us to Syangbochen (3475m/11,398ft) our stop for the night in a Teahouse. We will explore the surrounding area and have a community evening with the locals.

Overnight at Teahouse.



Taklam La Pass



Samar



View tower
in Syangbochen



View from Syangbochen Tower towards Samar

En - Route to Tsarang



The Oasis in the Desert - 'Tsarang

Day 07: Syangbochen to Tsarang 6-7 hrs walk

After breakfast we trek uphill to the Yamda La pass (3,850m /12,667ft) passing teahouses, chortens and small local settlements. We can notice the typical local architecture painted bright red and white. We climb up to the the Nyi Pass (4,010m/13,193ft) and descend to Ghami one of the larger villages in the Upper Mustang region (3520m/11,546ft) for lunch. Post lunch we are on the road again and cross the Ghami Khola (river). From here the trail climbs to a plateau and passes beside one of the longest Mani wall (Buddhist prayer wall made of stone). Barren hills and uncanny rock formations with no greenery or the remotest sign of human life welcome us. From the end of the wall the trail heads east to Tsarang, (derived from the Tibetan word Chaptrun Tsetrang - Cock's

crest), and after 11 kilometers of ascending and descending we reach Tsarang our stop for the night. The eerie silence on route this desert stretch is overpowering and we are glad to reach Tsarang.

Overnight in Teahouse.

Caves En - Route to Lomangthang



Day 8: Destination Lo-Mangthang

The next morning we are on the way to Lo-Manthang, the capital of Mustang. Lo-Manthang was established around 1450 by the son of the legendary Ame Pal, who conquered and united the small kingdoms in Upper Mustang. A wall, 300 meters long and 150 meters wide, has served as protection against bandits, warriors and the ferocious winds. The small community of Lo-Manthang is made up of more than a thousand residents whose houses are connected by narrow cobble stone alleys. The ground floors of most houses have stables where horses of each family are kept and one can see the Mustang Palace towering over the settlement. Lunch is at Lo-Manthang and post lunch we explore this mystical destination.

Day 9 and 10 spent exploring Lo-Mangthang and surroundings. All 3 days in Local Hotel



Sunrise at Lo-Mangthang



Lo-Mangthang Helipad



Cave Gumpa near Choser



Panaromoiic view of Choser Village

Day 11: Lo-Mangthang to Dhi, 4-5 hrs walk

We leave Lo - Manthang with unforgettable memories and new made friends and start the walk to Dhi (3360m) which is also an interesting place to explore. The walk back will allow us plenty of time to think about the sights and people we met. You will wonder how Mustang looked like such an inhospitable and uninhabited place at first, but was actually so charming and unique. Despite the hardships, the people seemed content with their lives.

Overnight in Teahouse.

Day 12: Dhi to Ghami, 7-8 hrs walk

Today we have a challenging walk back to Ghami (3520m/11,546ft) our stop for the night. In Ghami we mingle with the local residents and enjoy an evening with simple companions and good food.

Overnight in Teahouse.

Day 13: Ghami to Samar, 5-6 hrs walk

After a hearty breakfast we get on the road again, passing familiar sights as we make the most of the journey by taking pictures not only with our cameras but also with our minds so that these sights stay close to us. Mind-blowing sights accompany us during the journey with a Himalayan view always around. We enter Samar (3660m) and spend the night.

Overnight in Teahouse.

Day 14: Samar to Kagbeni, 6-7 hrs walk

Today, we are at our second last day of the trek and we break camp earlier than before. Many trekkers also end the trek, walking directly to Jomsom. It is better to start early and trek to Kagbeni (2,858m/9,375ft) exiting the upper Mustang trails. We get to Kagbeni just in time for a sumptuous lunch and a relaxing evening with the locals.

Overnight in Teahouse.

Day 15: Kagbeni to Jomsom, 4 - 5 hrs walk

This is where our journey started and as they say all good things come to an end. After breakfast a comparatively short walk takes us back to Jomsom (2700/8,856ft). Apple brandy, dried apple sweets, Apple wine and the famous hospitality of Jomsom await us. Our last night in the Mustang region.

Overnight in a Local Hotel.

Day 16: Fly back to Pokhara

This is another must do in Nepal, a flight trip from Jomsom, which will take you deep into the Himalayan range between the gorge of the Annapurna and Dhaulagiri mountains. Our Yeti representative awaits you at the Pokhara airport and transfers you to your Hotel.

Overnight in Lakeside Hotel.

Day 17: Drive from Pokhara to Kathmandu

After breakfast we drive through the scenic countryside stopping for lunch only. It's a 6- 7 hour drive back to Kathmandu. On arrival at Kathmandu your Tour Officer will transfer you to the hotel. After this journey of a lifetime, you would want to pamper yourself in a hot tub and maybe go for a massage. Enjoy the evening, connect with the world again and feel refreshed.

Overnight in Kathmandu Hotel.

Day 18: Departure from Kathmandu

Last minute shopping for souvenirs for your family, friends and loved ones. Or maybe you want to stay back some more in Nepal !!! Otherwise it's time to bid adieu to Nepal, your home for the past few weeks. We take you to the Airport, and prefer to keep our Goodbyes short, for we know deep in our hearts, you will definitely be back for more.



*Nepal
Once is not
Enough*

Monk in Festival Attire During Tenchi 2009

photographs by Samir Jung Thapa

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