

# MUSTANG – THE LOST KINGDOM OF NEPAL

Day 1	Arrive in Kathmandu.	(1330m)	
Day 2	Day at leisure Kathmandu	(1330m)	
Day 3	Fly to Pokhara	( 950m)	8 hours
Day 4	Sightseeing in Pokhara		
Day 5	Fly to Jomsom and camp	(2700m)	40 mins
Day 6	Trek to Kagbeni	(2810m)	6 hours
Day 7	Trek to Chele	(3050m)	6 hours
Day 8	Trek to Geling	(3600m)	6 hours
Day 9	Trek to Tsarang	(3500m)	6/7 hours
Day 10	Trek to Lo - Manthang (Mustang Palace)	(3700m)	6 hours
Day 11	Explore the Lo- Manthang Valley		
Day 12	Explore the Lo - Manthang Valley		
Day 14	Trek to Lo - Gekar	(3500m)	6 hours
Day 15	Trek to Ghami	(3440m)	6/7 hours
Day 16	Trek to Samar	(2950m)	6/7 hours
Day 17	Trek to Kagbeni	(2810m)	6/7 hours
Day 18	Trek to Jomsom	(2700m)	4/5 hours
Day 19	Fly to Kathmandu via Pokhara	(1330m)	2hours
Day 20	Day at leisure in Kathmandu		
Day 22	Trip concludes Kathmandu		

Please note : This is a new area and it may be necessary to slightly vary the route from the above depending on trail conditions. This is generally confined to the return route from Lo Manthang to Kagbeni.

## Detailed Itinerary

### Day 1 Arrive Kathmandu

On arrival in Kathmandu you will be transferred to your hotel where a group briefing will be given to explain plans for the next couple of days, the ins and outs of Kathmandu and to organise your trekking permits and reconfirmation of onward international flights. You are then free for the rest of the afternoon to explore the city or just relax.

### Day 2 In Kathmandu

A day free to take in the sights, get yourself organised for the trek or just take it easy and prepare for the weeks ahead.

### Day 3 Drive to Pokhara

You will have an early breakfast before heading off around 8 a.m. for the drive to Pokhara - Nepal's second largest town. The drive takes you up and over the rim of the Kathmandu Valley and down into the spectacular valley of the Trisuli River. A lunch break at the roadside town of Mugling then you cross the Trisuli and head south west to Pokhara.

### Day 4 A day free for sightseeing in and around Pokhara.

### Day 5 Fly to Jomsom

This morning flight up the great Kali Gandakhi Valley is one of the world's most sensational. The Kali Gandakhi is the deepest gorge on earth by virtue of the fact that it has two of the world's

highest peaks - Dhaulagiri 1 and Annapurna 1 - towering above it. You fly right between them and up the increasingly drier and more narrow valley to the tiny airstrip at Jomsom. The dramatic change in landscape here is a clear indication that you are now on the edge of the vast Tibetan Plateau.

#### Day 6 Trek to Kagbeni

This is a relatively short day's walking due to the altitude and the need to acclimatise slowly and safely. From Jomsom you head up the Kali Gandakhi valley and camp near the tiny village of Kagbeni whose traditional Tibetan architecture heralds your entrance into the old Bon culture of this remote region of Nepal, once part of western Tibet. There is plenty of time on this day to rest, explore the narrow alleyways and houses and soak up the starkly beautiful scenery of these upper reaches of the Gandakhi. The views of the peak of Nilgiri and the Annapurnas to the south are wonderful.

#### Day 7 Trek to Chele

For those without a special Mustang Permit the outskirts of Kagbeni are as far as you may go. For you, however, there is a permit check by your Liaison Officer at the police check post before you head on up the east bank of the Kali Gandakhi over numerous ridges. The village of Tangbe (2930m) offers your first sight of the black, white and red chortens which typify upper Mustang. On past whitewashed houses and fields of buckwheat, barley, wheat and apple orchards

You pass some spectacular red cliffs and high inaccessible caves as you climb higher up the Kali Gandakhi valley to finally cross the great river on a large bridge. The trek now leaves the Kali Gandakhi and climbs steeply to the village of Chele (3030m). This village marks the end of the Manangi culture and the beginning of the Lo culture of Mustang. This is indicated by sheep horns above doorways and the presence of zor - twigs in the shape of a cross with five coloured threads woven in a diamond pattern. These are believed to capture threatening evil spirits and are unique to Mustang.

#### Day 8 Trek to Geling

One of the more strenuous climbs of the trek today. From Chele you climb up a steep spur to a cairn at 3130m and then continue climbing quite steeply along the side of a spectacular canyon to a pass at 3540m. From the pass it is a long but gradual descent on a good trail to Samar, situated in a poplar grove at 3290m. Across a couple of more ridges and a small pass and you reach the village of Shyangmochen (3710m) High above this village at Rangbyung is a cave with self-emanating statues of Guru Rimpoche and Padmasambhava (Tibetan sages and saints) It is believed that if any part of the statue is broken off it will grow again. From here the trail climbs gently to a pass at 3770m before entering a huge east-west valley and descending to the beautiful barley fields of Geling.

#### Day 9 Trek to Tsarang

From Geling the trail climbs gently then becomes much more steep and unrelenting as it climbs across the head of the valley to the Nyi La pass at 3950m - the highest point of the trek and the southern boundary of Lo itself. The descent from the pass is quite gentle and the trail soon crosses the valley to a bridge across the Tangmar Chu (river). You then climb past one of the longest and most spectacular stretches of mani wall in Nepal. Mani walls are walls of stone inscribed with verses from the ancient Buddhist texts. There is another pass crossing at 3600m before a long and gentle descent to the village of Tsarang. Perched on the edge of the Kali Gandakhi gorge are the five-storeyed Dzong (fort) and red gompa which houses a large selection of Tibetan Buddhist paintings and murals.

#### Day 10 Trek to Lo Manthang

From Tsarang you cross the Tsarang Chu and climb a steep, rocky trail to a ridge at 3580m from where you enter the famed Tholung Valley in which Lo Manthang stands. The trail climbs gently

north, crosses a stream then becomes a great wide trail crossing a desert-like landscape of greys and yellows. At last from a ridge at 3850m you gain sight of the walled city of Lo. You then descend to cross a small stream before the final climb onto the plateau of Lo Manthang. You follow the wall to its north east corner - the only gate into the city.

#### Day 11- 12 Explore the Lo Manthang Valley

There is much to do and see in this fabled city. There are four major temples within the city walls - one, the Champa Lakhang is said to date from the 1420's and contain some old and faded but wonderful frescoes, paintings and statues of Buddhist deities. There is always much activity in Lo Manthang as it was once on the ancient trade route from Tibet to India and although that has now gone, the Lobas still involve themselves in trade with China, Nepal and India.

The houses are purely Tibetan in style and function and it is fascinating to watch the efficient and time-honoured means used to sustain life in this harsh and arid land. You may even consider hiring a horse for a day - remember you mount outside the city walls as only the Raja is permitted to ride within the city. You can then ride west to Tingkhar, the site of the Raja's summer palace or to Namgyal, a spectacular monastery situated atop a wild and desolate ridge and the most active gumpa in Lo. You may also want to follow a part of the old trade route and ride north toward the border of Tibet. It is a remarkable city and one of few left in this part of the world which has remained untouched and unchanged. It is a privilege for us to be able to experience it now before inevitable change comes.

#### Day 13 Trek to Lo Gekar

From Lo Manthang you then trek east along a little known trail past the irrigated fields of the city and into an area criss-crossed by herders trails. You then climb to a cairn which affords your last glimpse of the great city of Lo. You continue across a couple of more ridges before descending into a wide and barren valley. The trail then heads up the centre of the valley before climbing again to a small pass and descending into a grassy valley where the tiny village of Lo Gekar stands in a grove of large trees by a stream.

#### Day 14 Trek to Ghami

From Lo Gekar you climb up to a point which offers spectacular views looking south east towards Annapurna 1. The walking is quite strenuous through a barren yet most impressive landscape. You camp by the tiny village of Ghami

#### Day 15 Trek to Samar

This is another spectacular walk along a ridge of the lower Mustang mountain range. You may come across the famed Blue Sheep here - maybe even a Snow Leopard! Lots up ups and downs climbing to 4060m before descending to Samar village with its ruined fortress.

#### Day 16 Trek to Kagbeni

From Samar you follow the original route back to the Kali Gandakhi River and down to Kagbeni.

#### Day 17 Trek to Jomosom

From Kagbeni it is an easy day to Jomsom with plenty of time to take last photos and enjoy the spectacular mountain scenery to the south.

#### Day 18 Fly to Kathmandu via Pokhara

The flight from Jomsom to Pokhara is generally in the morning before the winds come up and you then transfer to your flight to Kathmandu.

#### Day 19 Day at leisure in Kathmandu

Time for some last minute shopping and sightseeing in this wonderful city.

Day 20 Trip concludes Kathmandu

Departure Date Ex Kathmandu

Duration Ex Kathmandu 20 days

Cost Ex Kathmandu  
Ex Sydney/ Melbourne/ Brisbane