



## Overland tour to Lho Manthang Mustang

<b>Trip code</b>	
<b>Package name</b>	Overland tour to Lho Manthang Mustang
<b>Duration</b>	7
<b>Max. elevation</b>	4300 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Private vehicles depending on group size during the tour
<b>Accommodation</b>	Hotel and Lodge twin sharing bed basis during the Trip.
<b>Starts at</b>	Pokhara
<b>Ends at</b>	Pokhara
<b>Trip route</b>	Pokhara - Tatopani - Kagbeni - Ghami - Lho manthang - Chosar - Jomsom - Pokhara.
<b>Cost</b>	USD 1,225 per person

### Highlights

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- Explore famous places like Jomsom, Kagbeni, Lo Manthang, and Muktinath
- View the majestic Kaligandaki gorge, the deepest gorge in the world
- Stay at beautiful villages in rugged terrain near chhortens, gompas, and monasteries
- Drive inside the Annapurna Conservation Area and Restricted area of Upper Mustang with a permit
- Walk past rhododendron, oak and pine forests with an opportunity to see various exotic animals
- Explore and pay homage to Muktinath temple

- Explore several caves dwellings, and houses partially built in caves
- Learn about the Tibetan Buddhism culture, the rare Bon religion and ethnic people known as Lo Pa
- Reach the ancient kingdom of Lo Manthang and visit various historical places
- Breathtaking views of mountains like Dhaulagiri, Nilgiri, Tilicho, and Annapurna I more on.

## Overview

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**Upper Mustang Overland Tour is the shortest and easiest way to explore the amazing and mystical land of Mustang. Visit the ancient city named Lo, which had its capital in Lo Manthang - the walled city where the king's palace also lies.**

**Trip to Lo Manthang takes up to a weeks and this tour is perfect for people looking to complete the journey quickly and comfortably. The beautiful landscape of the Annapurna Conservation Area and the Restricted Area of Upper Mustang is surrounded by mountains and other natural beauty.**

Upper Mustang Overland Tour is also a perfect way to learn about the isolated and fascinating culture and traditions of Thakali, Gurung and Tibetan people. Things start to get really incredible from Jomsom, a picturesque village extending from both sides of the Kali Gandaki River.

You will be riding in a comfortable private vehicle, you won't have to worry about the difficult ascents and descents without compromising the scenic beauty including mountains. Mustang is draped in high hills, with several high peaks that are bound to leave you captivated.

Various Buddhist artifacts, Chhortens, and monasteries lie in the villages leading to this ancient kingdom. The palace of the former king of Lo Manthang gives insight into the culture and tradition that has survived for thousands of years. Sky Caves are another famous place to visit in Mustang. These caves house mummies that date back thousands of years and other artifacts like paintings and scriptures.

This insightful and beautiful tour is filled with views of rivers, streams, monasteries, Chhortens, forests, old stone houses, caves, and welcoming people. Upper Mustang is a part of the Tibetan Plateau and makes you feel like you traveled to Tibet. The rich and unique culture here will make this even more amazing.

## Upper Mustang Overland Tour Route

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Upper Mustang Overland Tour begins and ends in Pokhara. You will be taking a picturesque flight from Pokhara to Jomsom. Jomsom is referred to as the gateway to the ancient Lo-Manthang of Upper Mustang.

Take a drive to the village of Ghami which is surrounded by fields. On day 3 of the Upper Mustang Tour Package you will be visiting the forbidden Kingdom of Lo-Manthang. Explore the incredible caves, ancient monasteries, and walk on narrow streets with traditional houses. Devour the local food and try out the famous butter tea and local cheese.

Your Lo Manthang Overland Tour continues with a scenic drive from Lo-Manthang to Syanbochen. Further, you will be driving to Jomsom via Muktinath Temple which is a holy place for Hindus as well as Buddhists. 4WD driving tour of Mustang ends with a flight back from Mustang to Pokhara.

## **Jomsom Mustang**

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Jomsom is a beautiful village in the rugged terrain of the Mustang district full of prayer wheels and Chhortens and a monastery. It is the gateway to the Mustang region. While at this village, rhododendron forests and Himalayas in the backdrop decorate the landscape.

The culture of the people living here is influenced by the Tibetans performing various Buddhist rituals and prayers. Spreading to both sides of the Kaligandaki river, Jomsom is full of beautiful views and religious sites.

## **Lo Manthang and Sky Caves Upper Mustang**

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Lo Manthang is an ancient walled kingdom and is the capital of Mustang. This mysterious place is isolated from the modern world and few tourists come here, as it was relatively recently opened to foreigners. The sky caves in Lo Manthang are one of the UNESCO tentative sites. It houses partially mummified bodies dating back several thousand years.

While archaeologists started uncovering this place, they also discovered paintings, sculptures, manuscripts related to Buddhism and Bon religion. A visit to The Royal Palace of Lo Manthang gives more insight into the ancient culture and tradition of the people of Lo.

## **Muktinath Temple Mustang**

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This sacred site is visited by both Hindus and Buddhists throughout the year. Visiting this temple and performing a ritual is believed to give you 'Mukti', meaning liberation from worldly pain and suffering. Here, Lord Bishnu is worshipped by Hindus, especially Vaishnavas.

It is one of the eight major holy places for them. It is also considered one of the Shakti Peethas, where body parts of dead Shakti (Sati Devi) fell while being carried and taken to random places by Mahadeva. Buddhists believe that Guru Padmasambhava came to meditate here and the statue is the manifestation of Avalokiteshvara, the Compassion Buddha.

## **People and Culture in Mustang**

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People living in the Mustang region are isolated from the rest of the world and to modern means of life and luxuries. They live a fairly simple life based on tourism, animal husbandry, and trade. Most of the people still speak the Tibetan language.

An ethnic group of people named Thakali speak their own language and practice culture that is an amalgam of Tibetan and Nepali culture. The rare Bon religion is also practiced by some people here.

It is believed that Upper Mustang place hasn't changed much since the founder of this kingdom Ame Pal built it. But recent development activities and communication with other regions are starting to change this place.

## **Stunning Views of the Himalayas**

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Since the beginning of the tour, the beautiful landscapes start to unveil. Rhododendron forests, mountains in the backdrop and rugged terrain make this place even more mystical. Touring inside the area of the Annapurna Conservation Area also gives you the opportunity to witness a variety of flora and fauna.

Mountains of Annapurna and Dhaulagiri range with a height of more than 7000 meters can be seen. 35 other mountains higher than 6000 meters surround Mustang. Our Mustang Overland Tour is full of beautiful caves, valleys, rivers, villages, religious sites, and artifacts.

## **Permits & fees for Upper Mustang**

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Foreign travelers have been allowed to the region since 1992 but tourism in this area is regulated. Foreigners need to obtain a special permit to enter in this area. Mustang is one of the most restricted trekking area of Nepal but now it is popular destination for trekkers.

Upper Mustang is well marked by official "Mustang" boarder signs just north of Kagbeni where a police and ACAP checks permits for non-Nepalese seeking to enter the region, and at Gyu La (pass) east of Kagbeni.

Trekking permits for Mustang costs US \$ 500 per person for 10 days. Note that it is defined as 10 days not nights, starting and ending at Kagbeni. Extra days are charged extra US \$ 50 per day. In order to obtain the permit you need to have at least two members in a group. That means single permit won't be allowed from the immigration. If you are single traveler, let us know, we can provide permits by joining you with other travelers group. We need your original passport copy to obtain the restricted area permits.

## **Trip Itinerary**

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**Day 1 : Drive Pokhara to Beni to Tatopani (2600 m ). - 6/7 hours by 4WD Jeep - 110 KM approx.**

After breakfast at Hotel, we start our journey to Mustang. First we drive west to the town of Beni with the black top road and then follow the Kali Gandaki River. The road after Beni is off-road. The Kali Gandaki valley is the world's deepest gorge, between Dhaulagiri (8,167 m) and Annapurna I (8,091 m) Himalaya. Tatopani is a small town where you can experience the natural hot spring and local activities.

### **Day 2 : Drive from Tatopani to Kagbeni (2900m.) - Muktinath Temple (3800 m.). - 5/6 hours by 4WD Jeep - 95 KM approx.**

After breakfast you will drive through local villages of Kalopani, Ghasa and explore the apple farming of Marpha Village and Jomsom local market. Then you will cross Kagbeni village and visit holy temple complex of Muktinath and 108 taps dedicated to Lord Vishnun. Also you will visit Jal Devi where you can see the fire lighting itself (Natural gas), the local town of Muktinath, Buddhist monastery in Jharkot with incredible views of Dhaulagiri, Nilgiri and Tukucho Peak and drive to Kagbeni for overnight stay.

### **Day 3 : Drive to Ghami Village (3520 m.) Via Syngboche Pass (4200 m.) - 6 hours by 4WD Jeep - 32 KM approx.**

During the morning after breakfast you will visit Kagbeni Monastery and Buddhist School. Before leaving Kagbeni your guide will check in your special Upper Mustang permit and start your journey to Upper Mustang. At the first you will cross Kaligandaki river near Chhusang village by Jeep and climb up to Chella Village, Samar Village, Syngboche village, Bhina, Ghiling and arrive at Ghami village.

Today you will have amazing landscape during the day from Syngboche and other places. This is your private trip so you can stop your Jeep anywhere and enjoy with the pictures. Also you will see the local farmer houses with Yak and houses caravan, Tibetan culture and local activities during the day.

### **Day 4 : Drive to Lo-Mangthang (3840 m. Elevation). Driving hours: 3 hours by 4WD Jeep - 17 KM approx.**

Today you will visit monastery of Mustang Lo Gager Ghar Gompa which is very important monastery in Mustang, Vist Charang monastery, visit Lo-mangthang city, "Jampa Gompa" the oldest monastery, built in the early 15th century and also known as the "God house", "Thubchen Gompa" a huge, red assembly hall and gompa built in the late 15th century, "Chodey Gompa", now the main city gompa and Monastic Museum. Also you will observe domestic Yaks and cattle caravans, Wonder mountain views and landscape from the passes, Buddhist school, arts, king palace and local activities in Lo-manthang.

### **Day 5 : Exploration day in Lo-Manthang and Chhosar.**

Today after breakfast you will explore Namgyal gumpa, sky caves of Chhoser and the SHIJA JHONG cave of Mustang dating back to over 3,000 years have been subject of excavation for archaeologists from around the world. There are other several caves near Chhoser have been used for burial, meditation and also for living. Also till now SKY BURIAL is used in Upper Mustang which is in Chhoser and nearby villages. After finished the sightseeing of local areas you will drive back to guesthouse by jeep.

## **Day 6 : Drive back to Jomsom (2743 m .) - 6/7 hours by 4WD Jeep - 50 KM approx.**

Today you will drive all the way to Jomsom Crossing several local village, Kaligandaki river, Buddhist stupas and monasteries on the way. Evening you will have time to explore local market of Jomsom.

## **Day 7 : Drive to Pokhara. Driving Hours: 7/8 hours - 158 KM.**

On the last day of your tour, you will drive to Pokhara from Jomsom. You will follow the same road as before to get back to Pokhara. You will enjoy amazing vistas of mountains, gorge, river valley, and the forest along the way. You will pass through many beautiful villages and farmlands. Finally, you reach Pokhara where your tour journey ends.

## **Inclusions**

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### **What is included?**

- 4WD Jeep transportation for the trip (6N/7D) from Pokhara to Pokhara
- All meals (Breakfast, lunch and dinner) with cup of hot drinks in the mountain trip,
- 6 nights Lodge based accommodation as per above itinerary
- Upper Mustang Restricted Area Entry Permit (500 USD/person)
- Annapurna Conservation Area Entry Permit
- TIMS (Trekking Information Management System) fee
- English speaking guide, his salary, food, insurance and accommodation.
- 2 bottles of Mineral water each day for drinking
- Tax and office service charge.

### **What isn't included?**

- Hotel in Pokhara and Kathmadu and all expenses.
- Your personal Insurance.
- Drinks (coke, fanta, or alcoholic drinks or Engery drinks)
- Other services if require not mentioned above.
- Tips for guide and driver.

### **Complimentary**