



OCTOBER, 2025

MYSTIC MUSTANG

It's more than a vacation. It's a Spiritual Homecoming






Why upper Mustang ?


Upper Mustang is a sacred higher ranges of the Himalayas, where landscapes, Tibetan culture and centuries old monasteries and temples enhance us.


As you ascend into the higher Himalayan terrains for breathtaking views, you descend within for a spiritual connection.


OVERVIEW





 **11 Days: Oct 14 – Oct 25, 2025**


 **Level: Moderate. Discovery and easy walking experience .**

 **Open To: 12 Years +**

 **Mode: Part Jeep, walk and trek – a perfect balance of effort & ease**

 **Altitude Range: 2,700m to 4400m**

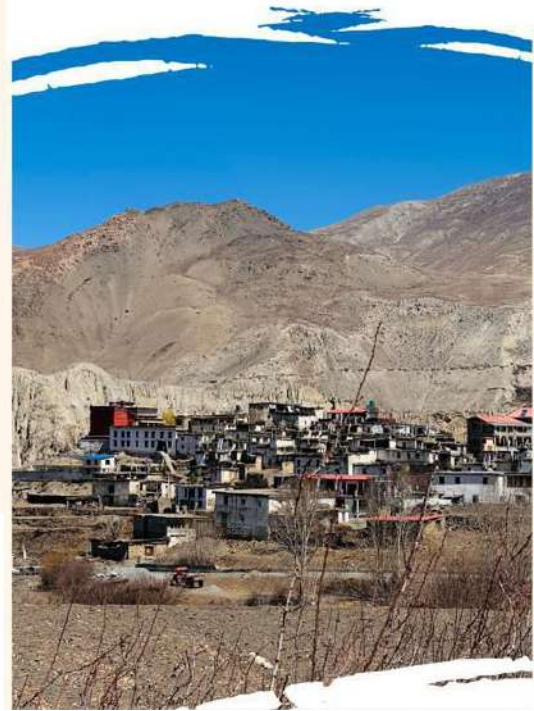
 **Stay: Local teahouses**

 **Group Size: 10-12 people with meaningful connections**



*“ Come and remember how
fully and happily
you can live it “*

Mystic Mustang Journey



HIGHLIGHTS



*“A journey
where silence
becomes your
guide”*



Muktinath Temple

Ritual bath under
108 sacred springs



Guru Rinpoche's Cave

Meditate in a timeless
cliffside sanctuary



Dhumba Lake

A turquoise lake surrounded
by red cliffs and prayer flags



Lupra Village

On tradition & hidden rock-
carved temples



Himalayan Peaks

The hidden kingdom with
Himalayan horizons



The Silent Hermitages

Hidden Himalayan hamlets preserving
culture, spirituality, and ancient traditions



3 Famous Monasteries

Together, Lo Gekar, Thubchen, and Jampa
Lhakhang form the sacred heart of Upper
Mustang's Buddhist heritage



Sri Aurobindo Ashram

Live in a self-sustained yoga
community supporting
underprivileged children

THE JOURNEY

01. Kathmandu

02. Pokhara

03. Muktinath

04. Lo Monthang

05. Royal Palace

06. Samdozen

07. Yoga/StarSeeing

08. Conjaling Cave

09. Kagbeni

10. Pokhara/KTM



*“Walk
Ancient Paths,
Awaken
Ancient
Wisdom”*



INTO THE SACRED VALLEY Pokhara → Kagbeni (2,800 m)

- Fly Pokhara to Jomsom
- Visit the serene Dhumba Lake and nearby monastery
- **Bathing in Muktinath's 108 waters is believed to cleanse past karma, purify the soul, and bring peace and blessings**
- Walk to old caves and Mustang houses
- Evening silent walk and prayers by the river
- Overnight stay in Kagbeni



ANCIENT PATHS OF MUSTANG Kagbeni → Lo~Manthang (3800mts)

- DRIVE (APPROX. 6–7 HRS)
- Pass through Chhusang – red cliffs and cave
- Cross the dramatic Chele & Samar landscapes
- Visit Ghiling & Ghami villages, monasteries, chorten, stupas...
- See the longest Mani wall of Mustang near Ghami
- Charang (Tsarang) – ancient monastery and palace ruins
- Evening arrival in the ancient Royal city of Lo-Manthang



Lo-Manthang

- Royal Palace: 15th-century, 4-story palace of Mustang kings with murals & artifacts.
- Monasteries: Jampa (oldest), Thubchen (murals), Chode (main), Choprang (new).
- History: Founded by King Ame Pal in the 15th century as Mustang's capital.
- Culture: Tibetan Buddhist rituals, masked dances, festivals & ancient art.
- Walled City: Narrow lanes, mud-brick houses and living Himalayan heritage.

An exceptional city of royalty, monasteries and spiritual tradition.





SAM-DOZEN : A RETREAT IN TIMELESS SILENCE

- Stay 2 nights in the ancient village of Samdozen (Samdzong)
- Surrounded by dramatic cliffs and Himalayan silence
- Daily Yoga & Meditation sessions in the pure mountain air for deep inner peace
- Star gazing at night, under one of the clearest skies in the Himalayas
- A magical, unforgettable experience
- Gentle walks through the old village
- Connecting with timeless traditions and serene landscapes

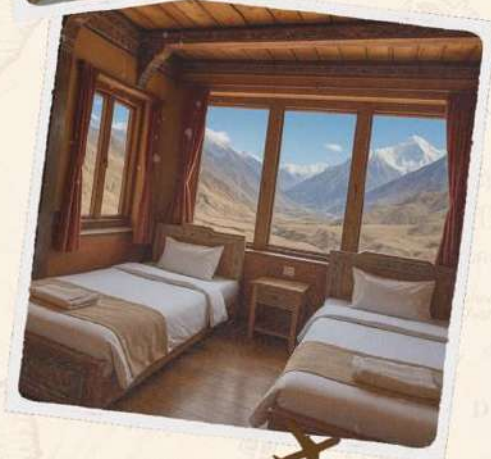
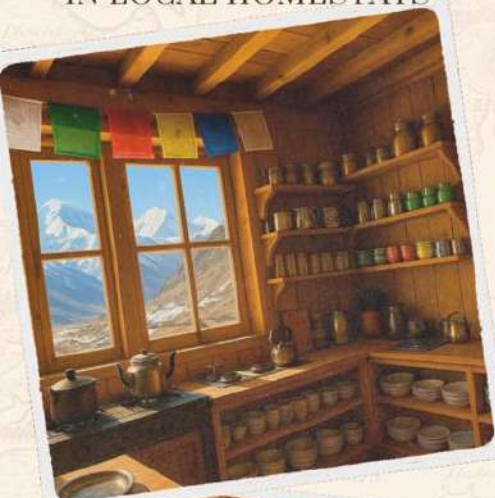


Return to Pokhara or Kathmandu Flight / Jeep

- Flight Jomsom to Pokhara: A scenic 20-minute mountain flight offering breathtaking views of Annapurna and Dhaulagiri ranges, a memorable finale to the Mustang journey
- Pokhara: A serene lakeside city, gateway to the Himalayas, known for Phewa Lake, Annapurna views and peaceful atmosphere – the perfect place to begin or end your mystic journey



LIVING THE CULTURE IN LOCAL HOMESTAYS



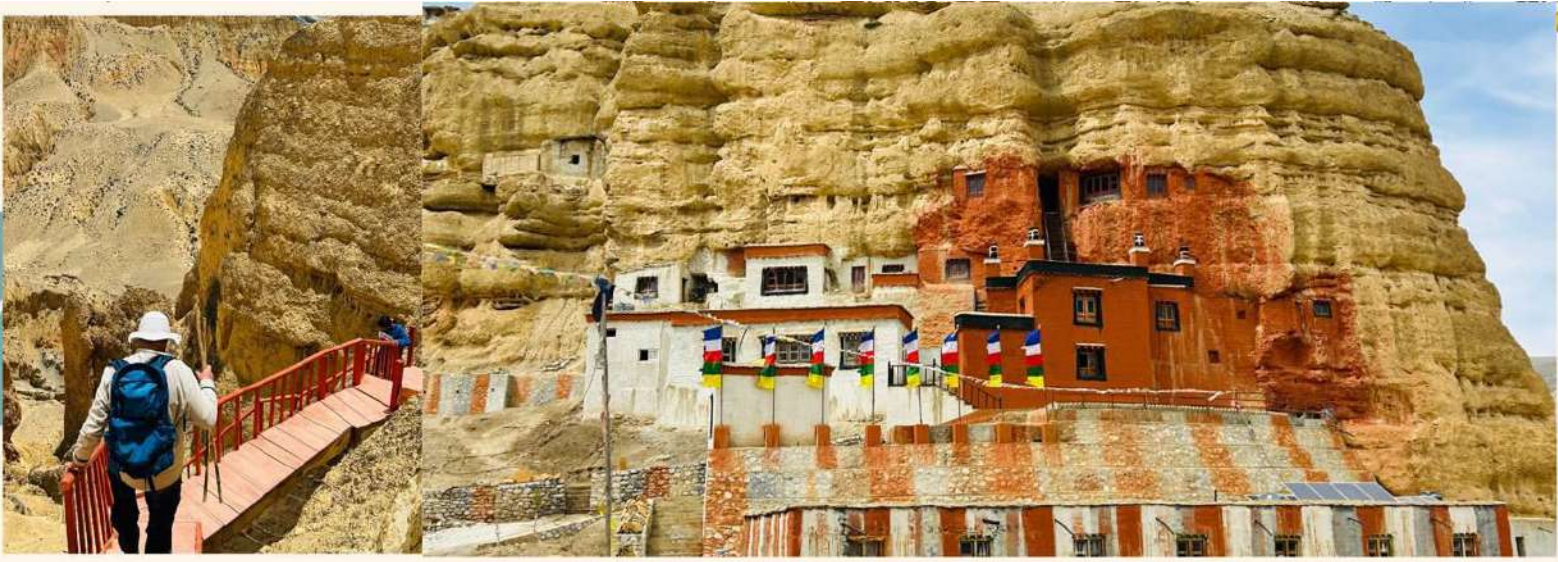
INCLUSIONS

- All transportation during magic journey
- Airport pickup & drop
- Certified English speaking guide & yoga teacher
- Meals: breakfast, lunch, dinner + tea/coffee + boiled drinking water
- All permits, conservation fees (ACAP & TIMS) Twin-share
- Accommodations (local tea & guesthouses)
- 2 nights ashram stay (with meals)
- Welcome Kit

EXCLUSIONS

- Kathmandu sightseeing
- International flights & Nepal visa
- Personal expenses (snacks, drinks, donations, tips, etc.)
- Travel insurance
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PAYMENT DETAILS

- Booking Amount 600 €
- Balance Payment has to be done before September 28, 2025
- No Refund of the initial booking amount for any cancellations.

*Spectacular
Path, Magical
Souls with
nelly & Prem*

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