



**EVERGREEN TOURS**

... discover beyond HIMALAYAS !

## Mustang- An UnExplored Adventure

Tour Code: ETI-UM16

**Day 01, Arrive Kathmandu:** You will be met on arrival at Tribhuvan International Airport in Kathmandu and transferred to hotel of your choice. Overnight at hotel.

**Day 02, Kathmandu:** This morning tour Kathmandu and Swayambhunath Stupa. See Kathmandu Durbar Square including Kastmandap temple (known as temple made from wood of single tree), visit Kumari (the living goddess), temple of Akash Bhairab, Kalbhairab, temple of Taleju, and continue to Swayambhunath Stupa from where you can view all Kathmandu valley. This afternoon rejoin the coach and visit the Patan City. See Patan Durbar Square, including Krishna Mandir and more. Overnight at hotel. **B**

**Day 03, Kathmandu-Pokhara:** Today travel west to Pokhara. The 6 hours scenic drive gives you spectacular and breathtaking view en-route. Enjoy lunch in Pokhara at one of the best restaurant in lakeside. The remainder of the day is at leisure to enjoy this beautiful city and lakeside. Overnight at hotel. **BL**

**Day 04, Pokhara-Jomsom:** Early morning drive to airport to board your flight 25-minute flight to Jomsom. Upon arrival in Jomsom meet with our crews and proceed toward Kagbeni. Camping in Kagbeni. **BLD**

**Day 05, Kagbeni-Tsehile (3110m ):** After early breakfast, proceed toward Tsehile. The trail follows to the bank of Kaligandaki, somewhere crossing the river. The journey passes the villages of Tangbe & Chunksang. You will enjoy hot lunch cooked by our own cook on the way. Before we reach Tsehile we need to cross a bridge over Kaligandaki and climb steeply up about 35 minutes to the Tseile Village. Camp at Tseile. **BLD**

**Day 06, Tsehile-Syangbochen (3800m):** Enjoy early breakfast and start journey Today we cross four passes Taklam La (3240m) Dzong La (3550m), Baga La, Yemdo pass (4000m). You travel through Samar, Bhona, and Yemdo villages. There are very few settlements in Mustang. Each village contains about 2-6 families. Each day we have to walk about 7-8 hours. There are three families or houses in Syangbochen. Camp in Syangbochen. **BLD**

**Day 07, Syangbochen-Tsarang (3570m ):** We have to start early each day and stop early. We have to pass four passes today, Shyammochhen la, Nyi or Nya la (4050m), Ghemila (3520m), Tsarang la (3920m).

There is a big village in Ghami. After Ghami, we see big Chhortens along the way and we travel through the Great Chorten Gate before we arrive in Tsarang. The Tsarang also a villages containing about 50 families or houses. Camp in Tsarang. **BLD**

**Day 08, Tsarang-Lomanthang (3530m ):** Early start, about 6-7 hours walk. Before we arrive in Lomanthang we pass Lo (Dry) pass from where you can view Lomanthang- Main city of Mustang where you can visit Palace of Historic King of Am Pal, Low caste village etc. Camp in Lomanthang. **BLD**

**Day 09, Explore Lomanthang (3760m ):** Today whole day at leisure and visit King palace, Monasteries, Low Caste Village, Herbal Medical School, even you can visit with Traditional Herbal Medicine Doctor. Overnight in Lomanthang. **BLD**

**Day 10, Lomanthang-Tsarang:** Your return journey will more easily than going up. **BLD**

**Day 11, Tsarang-Syambochen: BLD**

**Day 12, Syambochen-Chuksang: (3050m ) BLD**

**Day 13, Chuksang-Kagbeni: BLD**

**Day 14, Kagbeni-Jomsom (2743M):** Today is your last night with your all crews including cooks, porters, guide etc. You will enjoy your dinner this evening offering some drinks to your crews. Overnight at Jomsom. **BLD**

**Day 15, Jomsom-Pokhara-Kathmandu:** All flights to Pokhara start morning only. Wake up early and line-up for flight to Pokhara. If you overslept, you may miss the flight. You will connect with your flight to Kathmandu same day. Upon arrival transfer to Hotel. **BD**

**Day 16, Departure:** Morning at leisure for last minute shopping or to relax. An EVERGREEN TOURS representative will be on hand to arrange your airport transfer to connect with your flight, (flights any time). If you want to have additional tours in Nepal, than various options are available with us. **B**



## Trip Details

### Months of Operation

Mar, April, May, June, July, August, September, October, November,

### Group Objectives

To involve our members in the environmental landscape, unexplored adventure and religious culture of Upper Mustang region of Northern Nepal in the behind of the Himalayan Mountains. Members are expected to experience an ancient Buddhist region, and remote villages and their life style.

### Group Size

Minimum 2 and maximum 12 People

### Rendezvous Location

Kathmandu, Nepal

### Passport and visa requirement

Valid passport and tourist visa required for entry into Nepal. Tourist visa available upon arrival.

### Entry permit and fees

This region is protected region of Nepal. Each traveler has to pay US\$ 700 per person to the Government of Nepal as Royalty for a week trip in this region. Entry fee of Rs 2000 for ACAP.

### Physical Setting

The upper Mustang region is a remote, lightly populated area situated in mountainous terrain. Elevation range from above 3000 meters in the valleys to over 5000 meters in the highest mountain passes.

Temperatures range from -1 degree Celsius in the night to over 25 Celsius in the afternoon. Each day very windy after 12 p.m. Very little rain falls during summer time. Terrain ranges from low angle trails and a road in the valleys to high angle ascents over the mountain passes.

### Physical Demands

At high elevations above sea level, we expect our members to be in good physical condition and we will require a health statement from your doctor before departure. We expect our members to walk and/or hike from 3 to 6 miles each day. In addition, bending and light lifting are required of members on some of our activities. Most people carry a light daypack (5 to 19 lb.), but this is optional for our members. You do not have to carry or bring a large frame pack and camping supplies.

Our porters will handle or carry any baggage or packs if you so desire. Primary health hazards are altitude sickness, sun exposure and the occasional twisted ankle. You do not have to carry or bring a large frame pack and camping supplies.

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### Medical Facility

Basic Medical facilities are available in the region for primary treatment.

### Medical Emergency

If an emergency evacuation is necessary, the injured person will be transported by porter or the person will be placed on a packhorse and escorted to the nearest health post or air transport to hospital in Pokhara or Kathmandu. Helicopter chartered can be arranged.

### Meals

Each day, fresh Breakfast and dinner will be prepared by cooks while camping. Lunch is cooked during the hike in the finest campsite. For dinner and lunch, expect variety of hot soups, vegetables, beans, lentils, bread, cheese, noodles, and rice dishes with chicken, fish or pork.

For breakfast, expect eggs, toast, cereal, pancakes and French toast with plenty of hot tea and coffee. Also, if any member has any diet restrictions, you must inform us so that we can prepare your food to your liking.

### Accommodation

For your stay in Kathmandu and Pokhara it will be at hotel. The remaining days of your trip are camping excursions; we will provide high quality tents and foam-sleeping pads.

### Field Supplies

Experienced travelers always travel LIGHT. Bring enough clothes for the trip. We recommend the following supplies for our members.

- Sleeping bag
- Hiking boots (broken in)
- Wool socks and inner liners
- Hiking shorts and T-shirts
- Long pants and long sleeve shirts
- Wool sweater and wind proof jacket
- Hat and rain poncho
- Small toiletries and toilet paper (a must)
- Strong flashlight and extra batteries
- Sunglasses and sunscreen
- Water bottle
- Camera and binoculars
- First aid kit and blister pads
- Comfortable walking shoes, socks and sandal