



## Contact Info

Location: Kathmandu Metropolitan City Ward No 22,  
Uttar Dhoka Marg, Lazimpat, Kathmandu, Nepal  
Telephone: +977 1 4419145  
+977 1 4417230

E-mail: [info@goingnepal.com](mailto:info@goingnepal.com)

[goingnepal@gmail.com](mailto:goingnepal@gmail.com)

Office Hour: 9.00 AM to 05.00 PM

Whatsapp Number: 9851032961

## LO MANGTHANG TOUR: A JOURNEY TO THE HIDDEN KINGDOM OF MUSTANG

Mustang is of Tibetan origin not only because of the fact that it was once a special kingdom but mostly because of its location and culture. Upper Mustang is north of Dhaulagiri (8167m), and Annapurna (8091m) and nestled between huge 6000m peaks to the west and the Damodar Himal to the east. It was once part of Tibet and is still closely linked to the former motherland. Until 1992, Upper Mustang was forbidden to travelers because for many years it was the residence of Tibetan resistance fighters. Mustang is also the source of the Kali Gandaki River, which flows into India through the world's deepest gorge, and ancient trade routes lead to Muktinath, the famous pilgrimage site that Buddhist and Hindu pilgrims aspire to visit in their lifetime. We also visit the old royal city of Lo Manthang, surrounded by a medieval wall, with old monasteries and the old royal palace. The High Mustang is a wonderful gift with distinctive scenery, ancient vibrant Tibetan culture and extremely friendly people, and other various diversities.

### Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 10 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 10 breakfasts, 05 lunches and 06 dinner
- Domestic flight ticket for sectors, Kathmandu - Pokhara - Kathmandu.
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu and Pokhara

- Seasonal and regional festivals and unique experiences as per region.
- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu, and Pokhara.
- Other festivals, and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

## Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

## Itinerary

### Day 1: Arrival In Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu. Welcome, meet, and assist our

Going Nepal representative & transfer to the hotel. Welcome drink followed by tour briefing at the Hotel. Later in the evening Welcome Dinner at a traditional city restaurant and overnight at the Hotel.

- Elevation of Kathmandu: 1365m
- Transportation: Private car / Jeep/VAN/ Bus as per group size
- Accommodation: 4 Star Hotel
- Meals: Welcome Dinner

## Day 2: Half Day Kathmandu Sightseeing And Transfer To Pokhara

Early morning Breakfast and Half Day Sightseeing of Kathmandu where you will be taken to Bouddhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa then visit Pashupatinath Temple, the most famous Hindu temple, located by the Bagmati River. Here you see Hindu holy men (Sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the Ghats.

After Finishing the trip, drive to Kathmandu Domestic Airport to take a flight/drive to Pokhara, the flight time will be 35min. After reaching Pokhara, drive to your hotel, check-in at the hotel. Refreshments and leave for boating in Fewa Lake. overnight at the hotel.

- Flight Duration: 35min
- Elevation of Pokhara: 822m
- Transportation for Sightseeing: Private Vehicle
- Meal Plan: Breakfast
- Accommodation: 4-Star Hotel

## Day 3: Take A Flight To Jomsom & Transfer To Muktinath & Kagbeni

Early Morning breakfast at the Hotel. After Breakfast, Drive towards Pokhara Domestic Airport for catching a flight to Jomsom. You will reach Jomsom within half an hour. After reaching Jomsom, your jeeps will be ready to take you to MUKTINATH TEMPLE – After visiting Muktinath, return to Kagbeni, check in at the Local Guest House, and have lunch at the Guest House and visit Kagbeni village and some local monasteries. “Lo-Manthang”. From Jomsom, you will start your Journey toward Lo Manthang. Our first stop will be Kagbeni where you will be staying a night. Kagbeni is the gateway to Upper Mustang Lomanthang. It is a beautiful antique town, located at the juncture of two Rivers. First, drive from Jomsom to Muktinath enjoying the landscapes of the Mustang region followed by the Mountains. It takes about an hour and a half to drive from Jomsom to Muktinath. After spending some time in Muktinath. Drive back to Kagbeni. Check into the hotel and refresh. Rest of the time you can enjoy roaming/ exploring around the area of Kagbeni. Dinner and overnight at Kagbeni.

- Elevation of Kagbeni: 2800 M
- Transportation: Private jeep
- Driving distance: 2 Hrs.
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Guest House

## Day 4: Kagbeni To Lomangthang

Breakfast and ready to drive towards Lo-Manthang packing all of the stuff. It takes about 5-6 Hours to reach Lo-Manthang. After a long hour of hectic driving once you reach Lo Manthang. Check into the Hotel and rest enjoying a butter tea from the area. You will see a different geography after coming to Lomanthang. Later in the Afternoon or Evening explore around Lo Manthang area. Dinner and overnight at the Guest house/ Hotel. In the evening special traditional folklore performed by Local women and men and serving local liquor made of Waa (a kind of barley), and local special dishes will be served.

- Elevation of Lo Manthang: 3840m
- Transportation: Private jeep
- Driving distance: 5-6 hours
- Meal Plan: Full board meal with Local Folklore(Breakfast, Lunch, Dinner)
- Accommodation: Guest House

## Day 5: Explore Day In Lo Manthang

Breakfast and Explore Lomanthang visit the Old Caves, Monasteries, and regular lifestyle of people at Lomanthang and get to know about the culture, lifestyle, and livelihood of the people from Lo Manthang. Jeep Tour to Lomanthang will let you experience that surpasses your imagination. The monasteries and chhortens in this town and the surroundings date back to the medieval era, about several centuries back. Spending an exploration day, the magnificent antique setting of the landscape, monasteries, chhortens, hospitality of the Tibetan Buddhist devotees, sandy caves, and the wide arid valley will definitely leave you spellbound. After finishing the trip, back to the hotel. Dinner and overnight at the hotel.

- Elevation of Kagbeni: 3840 M
- Transportation: Private Jeep / Walking depending on the situation.
- Driving distance: 2 Hrs.
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Guest House

## Day 6: Trek From Lo-Manthang To Ghami And Drive To Chuksang

Have breakfast at Hotel/Lodge, check out, put your luggage in the Jeep and carry your personal stuff and small backpack, and trek to Ghami, visit an ancient monastery at Lo-Ghekar and have lunch at Ghekar prepared by local people. After lunch continues to Ghami, explore Ghakar village, and have tea/coffee. Our Jeep will be waiting for us, drive to Chuksang village for Dinner and Overnight.

- Elevation of Chuksang: 3040 M
- Transportation: Private Jeep
- Trekking Distance: 5/6hrs depending on the situation
- Driving distance: 2 Hrs.
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Guest House

## Day 7: Trek To Ludak/Labra Trek To Jomsom

It is believed that the Lubra people who built the village in the late 12th century retained their traditional way of life. This includes ancient Bon practices. There are only fourteen households in Lubra Village, which is one of the few fully Bon villages in Nepal. According to local legends, the Bon Lama Yangdun Tashi Gyaltsen came to Lubra village via Dolpo, subdued the local unruly spirit, and made the area a place suitable for human habitation. He planted a walnut tree as a divination to determine whether a village would prosper there. This old, knobby walnut tree survives to this day.

- Elevation of Ludak: 3210 M
- Transportation: Private Jeep
- Trekking Distance: 2/3hrs depending on the situation
- Driving distance: 1 Hrs.
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Guest House

## Day 8: Transfer To Pokhara And Half Day Sightseeing

After Breakfast at the Hotel in Jomsom checkout and walk down about 10min to Jomsom Airport and catch a flight to Pokhara which will take around 25 Min. As soon as you reach Pokhara drive to the hotel. Check-in and proceed for Half day sightseeing around Pokhara City like- Bindabasini Hindu Temple, Davis Fall, and Seti Georg, and at the end of the day Boating on Phewa lake for an hour. rest of the day you can enjoy on your own exploring around the lakeside or use the facilities inside the hotel, overnight

at the hotel.

- Meals: Breakfast

## Day 9: Transfer To Kathmandu And Half Day Sightseeing

Breakfast at the hotel and proceed for flying to Kathmandu. The flight will be for about 25 Min. As soon as you Kathmandu. Drive for Half day Kathmandu Sightseeing to Swayambhunath Stupa which is a Buddhist stupa situated at the Top of the hill from where Kathmandu valley can be seen clearly below you. After spending some time in Swayambhunath drive to Kathmandu Durbar Square which is arranged at the focal point of Kathmandu. The antiquated Illustrious royal residence of the Kantipur Realm, the Durbar Square houses chronicled landmarks, Hindu and Buddhist sanctuaries, and yards. The Kasthamandap sanctuary, comprised of wood of the single tree, Kumari Ghar, the place of virgin goddess Kumari, a monster stone sculpture of Kal Bhairav, Ganesh sanctuary is a principal fascination of Kathmandu Durbar square. After finishing the trip drive back to the Hotel, Overnight at Hotel.

- Meals: Breakfast

## Day 10: Full Day City Tour And Leisure

After Breakfast at Hotel, leave for Bhaktapur Durbar Square Tour, return to Patan Durbar Square for a visit, Lunch at the City restaurant and Visit the Orphanage to play with Children at DOCS Foundation Nepal. The rest of the day is for Leisure. Refresh, and later in the evening Farewell dinner at City restaurant with Folklore Traditional Music. Overnight at the hotel.

- Meals: Breakfast

## Day 11: Departure

Breakfast and drive towards Tribhuvan International Airport for your onward destination.

## Highlights

- You will walk back to the history of Lo-Manthang after exploring the palace of

king Lo.

- You can taste the renowned local apples, apple pie, and apple wine (Marpha) in Jomsom.
- You can visit Muktinath , an important pilgrimage site for Hindus and Buddhists.
- You will be riding through the worlds' deepest gorge, Kali Gandaki.

## Travel Information

- Confirmation will be received at time of booking
- Not wheelchair accessible
- Infants must sit on laps
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions
- Travelers should have a moderate physical fitness level
- This is a private tour/activity. Only your group will participate

## Things to know

- Getting a Nepal Visa upon Arrival
- We will be there at the Airport to receive you before an Hour your flight lands,
- You will be greeted by enthusiastic Namaskar
- You will always welcome with warm charming smile
- If you are planning for a SIM card, you can get it in the Airport or office representative can assist you.
- Mention in the itinerary destinations Entrance fees for the world heritage site

will be paid by GoingNepal.

- Most often you will be welcome by Tikka and khata.
- You should strictly remove the footwear before entering any religious areas.
- Nepal consist of Eight out of Ten highest peak of the Mountains in the world.
- Before bag packing it's always better to talk with your guide