UPPER MUSTANG JEEP TOUR : CULTURAL ADVENTURE FOR WOMEN

GENERAL DETAILS

Category:	Tours
Sub Category:	Jeep Tour
Region:	Upper Mustang
Duration:	13 days
Accomodation:	Tea-House (Lodges)
Altitude:	3,932 m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Moderate
Activity:	Jeep Tour
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Total Distance:	Approx.460 km. / 286 miles
Transportation:	Private vehicle

GROUP DISCOUNTS

1 pax	: $ 2590.00
2 pax	: $ 2399.00
3 - 6 pax	: $ 1899.00
7 - 12 pax	: $ 1649.99

* The above price resembles price per person.

TRIP OVERVIEW

The Upper Mustang jeep tour offers a great short and exciting adventure of once in a lifetime experience. It leads to a most fascinating country around Nepal's Far North Western

Himalayas. You will be riding in the comfort of a 4WD Jeep drive and observing the beautiful landscapes. This tour can be a perfect adventure for women of all ages, whether you are travelling solo or with your fellow female explorers guided by a female trekking guide in Nepal .

The drives lead beneath the towering Annapurna and Dhaulagiri Himalayas, forming the world's deepest gorge of Kaligandaki River. The overland journey continues towards high hills and past lovely farm villages and beautiful forests to reach a wild and picturesque country. Upper Mustang geographically is an extension of the vast plateau of South-West Tibet, where the border is close to Lo Manthang.

The dramatic features of Upper Mustang are its unique landscape and photogenic scenery, along with impressive cultures of ancient heritage. The itinerary planned and set by Woman Adventures allows visitors to enjoy the country's rich treasures. You will be visiting the lovely traditional villages to enter the former walled **kingdom of Lo-Manthang** with its ancient monuments and monasteries.

Upper Mustang at one time, remained a forbidden land for outside visitors and flung its door open in 1992 welcoming interested worldwide travelers to experience and explore the beautiful highland of Upper Mustang. Since it was open for foreigners but remains a restricted area in Nepal due to its close borders to Tibet. A special permit is required to enter Upper Mustang to control the mass influx of visitors to conserve its pristine wilderness. You can enjoy the perfect serene surroundings of Upper Mustang's lovely terrains and views of snow-capped peaks during your Upper Mustang 4WD jeep tour.

On reaching the walled former kingdom of Lo-Manthang visitors will experience the backdrop of a medieval era. The area is lined with narrow cobbled streets and alleys, filled with numerous shops and stores, and all the houses are decorated with traditional Tibetan architecture.

You will have time to explore the remote old town-village of Lo Manthang of great cultures. Tour the four main monasteries - Namgyal Gompa, Champa Lhakhang (God House), Red Thubchen Gompa, including an interesting tour of the Chyodi Gompa and the great Entrance Hall.

Lo Manthang and Upper Mustang are famous for a colorful religious event called the Tiji festival. It will be held during May or early June as per the Tibetan Buddhist Lunar calendar. Interested people can coincide with this Upper Mustang 4WD jeep Drive Tour with the Tiji

Festival.

Women in Upper Mustang lead resilient lives, preserving cultural heritage through traditional crafts and agriculture while actively participating in community decision-making. Their efforts in promoting education, sustainable tourism, and small-scale businesses have significantly contributed to the region's socio-economic growth.

After a rejoiceful time with a wonderful experience around Upper Mustang and Lo Manthang, the return journey back to Pokhara follows on the same scenic and interesting routes, leading back to the beautiful city of Pokhara. From Pokhara, we will be heading back to Kathmandu, after an enjoyable adventure on Upper Mustang 4WD Jeep Drive Tour.

ITINERARY

Day 1: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Upper Mustang Jeep Tour team in the meeting room for a briefing. The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge, and food. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 2: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 3: Fly to Pokhara 860 m 30 mins by air and transfer to hotel.

In the morning, after breakfast, our Women Adventures staff and guide will meet you for a short drive to the airport for your flight to Pokhara. On reaching Kathmandu Domestic Airport Terminal, after checking in, then get on board in a moderate size aircraft. A sweeping flight of 30 minutes, overlooking astounding panorama of Himalayan Peaks will take you to Pokhara. On landing at Pokhara Airport, get organized with the baggage, and a short drive takes you to your hotels which is located near Phewa Lake Side, a lovely place to enjoy. Overnights in Pokhara, a city blessed with natural beauty of mountains and lakes. You will have time for stroll around the Lake side, the streets are lined with best restaurants, shops, and stores.

Day 4: Drive to Kalapani 2,535 m (125 km / 78 miles) -06 hours ride.

From Pokhara, we start the adventure after a hearty breakfast at the hotel for an exciting long, and interesting drive. The journey will be amazing in the comfort of a 4WD Jeep or similar four-wheel drive, to Kalapani, a lovely pretty village. The drive leads beyond Pokhara Valley facing views of Annapurna Himalayas, past towns and villages. After a pleasant ride on the Pokhara and Beni highways, you will reach the town of Beni after hours of good driving. Beni is the headquarters town of Mygdi district and en route to our destinations.

In Beni, we will stop for lunch, and from Beni, the drive continues on a dirt track following the Kaligandaki River past Tatopani. A nice large village with a natural hot spring which means Tatopani. The drive then heads towards cooler hills to enter the Mustang zone, driving through Kaligandaki River. The drive also pass through the world deepest gorge sandwiched between staggering peaks of Dhaulagiri and Annapurna Himal.

After hours of interesting drives, you will be reaching at Kalapani village surrounded by beautiful green woods of rhododendrons and pine trees. Kalapani Villages offers grand views of Dhaulagiri peak and the Ice fall, with Nilgiri’s peak and Annapurna range. On arrival check into a nice lodge for an overnight halt, the lodge is run by the Thakali people, the main tribes of Lower Mustang and Kaligandaki Valley.

Day 5: Drive to Kagbeni 2,830 m via Jomsom 2,715 m. 42 km / 27 miles) -04 hrs.

Today will be an enjoyable overland journey to reach the end of Lower Mustang at Kagbeni village. In the morning enjoy the glory of Himalayan peaks, and then start the day with another interesting drive. The drive will be following the Kaligandaki River to Larjung, as tall trees drop for short alpine bushes entering an arid terrain. The drive leads to another nice village of Tukuche and Marpha, the area around are famous for delicious apples and its products. The drive then takes you to the large town at Jomsom, the headquarters of Mustang district. Possible lunch stop at Jomsom, a town with a small airstrip for regular short flights to Pokhara in early morning because the afternoon gets very windy around Jomsom and Kaligandaki Valley.

In the afternoon a short drive takes you to Kagbeni for an overnight stop. Kagbeni is an interesting village, from here visitors can observe the strong influence of Tibetan culture and traditional life. Kagbeni is the entry point toward Upper Mustang and beyond to the Nepal and Tibet border. At Kagbeni, you will be staying in the nice comfort of a local lodge or guest house, and have time to explore the cultural village.

Day 6: Drive to Ghami 3,510 m (Approx. 45 k.m / 28 miles) -04 hrs.

Enjoy another short day but exciting drive from Kagbeni to enter the restricted areas of Upper Mustang. The drive to the charming village of Ghami follows an upward route, gradually gaining altitude while crossing smaller high ridges. The drive passes through a vast, dry, and arid valley, overlooking great views of towering colored canyon walls of red with windblown eroded cliffs. The drive continues with beautiful views of landscapes, following Kaligandaki River upstream Chele, the first village of Upper Mustang. The journey continues with a climb to Gyagar village, then reaching the village of Samar for a possible lunch break, after Samar village drive to Syangbochen. The drive leads on winding up on top of Nyi-La pass, the highest spot of the journey at 3,932 m, before reaching Lo-Manthang.

On top, you will be stopping for the grand vista of stunning scenery of Upper Mustang High Country. After enjoying the fabulous view, a slow winding downhill to Ghami village for an overnight halt, in the comfort of a guest house. Ghami is one of the major villages within Upper Mustang. You will have time to visit an impressive Gompa/monastery around Ghami village. Ghami village is encircled by farm fields of buckwheat and barley with few poplars and willow trees.

Day 7: Drive to Lo-Manthang 3,840 m (Approx. 18 km / 12 miles) -03 hrs.

After a pleasant first overnight in Upper Mustang at Ghami village, the morning starts with the shortest drive of the journey to Lo Manthang, our main highlight destination. You can enjoy the morning drive of few hours to cross Ghami Khola (stream), as the road follows across a row of Mani walls with Buddhist prayer inscriptions in Tibetan alphabet. The drive then leads to Dhakmar village and then to Tsarang, another large major village of Upper Mustang. The road follows and then heads straight towards the former walled kingdom of Lo-Manthang. Next, the drive climbs up at Lo-La pass, with views of the walled Lo-Manthang. From Lo-La Pass, a slow downhill drive takes you to cross a stream and then reach Lo-Manthang for lunch and overnight stops. In the afternoon, you can enjoy strolling around the impressive town of Lo-Manthang and greeted by the cheerful locals.

Day 8: At Lo-Manthang for local exploration.

At Lo-Manthang free day from the drive, and enjoy exploring the old town which reminds you of the medieval period. The houses are knightly attached to other buildings of Tibetan traditional architecture. The tour takes you to visit the historical and cultural centers of the four main monasteries. The Namgyal Gompa, Champa Lhakhang (God House), and the Red Thubchen Gompa, including Chyodi Gompa and the great Entrance Hall, where the great annual Tije, a religious colorful festival takes place.

If time permits, you can visit the former and late Raja / King of Mustang Palace, though a permission is required. The last king or Raja of Mustang was Jigme Dorje Palbar Bista, expired in 2018, at the age of 86 years old. The royal links back to Ame Pal, the first king who established the Buddhist kingdom of Mustang in 1380 after separating from the province of South West Tibet. After an interesting visit, you can spend the rest of the afternoon at leisure observing the local activities and cultures.

Day 9: Drive to Jomsom town 2, 715 m (Approx. 59 / 37 miles) -04 hrs.

In the morning, you will be getting ready for the return journey, after an interesting time at Lo-Manthang. On leaving Lo-Manthang, the drive leads on the same scenic route towards Marang village. The journey continues to Dhakmar village, coming across a long series of Mani Walls. The road follows to cross a bridge over Ghami Khola then our route diverts towards the lovely village of Ghiling.

Slowly the Upper Mustang comes to an end reaching Kagbeni village. After driving past Syangboche village, and Yamda La with grand views, then downhill to Bhena and Samar villages. The drive heads past Gyagar and Chusang villages, and the journey continues downhill to Kagbeni. From Kagbeni, drive across the Kaligandaki River Valley to reach Jomsom for overnight in a nice fine lodge.

Day 10: Drive to Pokhara 860 m (150 km/ 93 miles- 06 hrs.

After leaving Jomsom, the drive past Marpha to Tukuche village, beneath the Tukuche Peak and Mt. Dhaulagiri. From Tukuche village onward the path leads to a pleasant drive following Kaligandaki River downstream. The drive leads amidst beautiful views of snow peaks, then reaches back into pine, oaks, and rhododendron forest, at Kalapani village.

The adventure continues with a change of landscapes and vegetation, and the drive heads to lower warm farm areas. After leaving the last village of the Mustang district of Ghasa, the drive leads through beautiful Rupsi Chhara Waterfalls.

Then heading to lovely Tatopani village for the possible lunch stop. In the afternoon, we drive to Beni then on the main highway to Pokhara. Upon reaching Pokhara near the Phewa lakeside, we check into a nice hotel. You can enjoy the rest of the day on your own. In the afternoon or evening, you can explore the shops, restaurants, and pubs at Pokhara Lakeside.

You can celebrate the incredible success of the Upper Mustang Jeep Tour with your amazing female friends, guides, and porters—a testament to the strength and resilience of women conquering the challenges of high altitudes. Together, we've achieved a milestone that inspires others to dream big and rise higher!

Day 11: Fly back to Kathmandu 30 mins flight and transfer to hotel.

As time for short scenic flight to Kathmandu from Pokhara, you will depart from the hotel. It takes about 30 minutes drive to reach Pokhara airport. After checking in through security then get on board in a moderate size aircraft for sweeping panoramic flight back to Kathmandu. On arrival, you will transfer to your hotels, rest of the day at leisure.

Day 12: In Kathmandu free day, for individual activities with options for tours.

A free day in Kathmandu to enjoy relaxing moments and for individual activities and shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 13: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around the Annapurna Himalayas. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to next port of call.

* Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.

INCLUDED SERVICES

- Airport pick up & drop off
- 3-star hotel accommodation on B/B (Bed & Breakfast) basis in Kathmandu in Pokhara
- Lodge accommodation during Upper Mustang Jeep Tour
- Certified A graded female trekking guide, assistant guide for groups consisting of more than 5 people
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Breakfast, Lunch & Dinner during the tour
- English-speaking professional female city guide
- Private vehicle and Entrance fees
- All highway taxes and road permits
- Farewell Dinner
- All government taxes and office service charges

EXCLUDED SERVICES

- International flight fare to/from Nepal
- Visa fees
- Lunch & Dinner in Kathmandu & Pokhara
- Drinks & Beverages of personal interest
- Additional tours and accommodations
- Tips for guides and drivers
- Personal insurance and personal expenses

For for information regarding this package, please click on this link. You can also give us a call at +977 9747508926 or email us at info@womanadventures.com for further information.

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