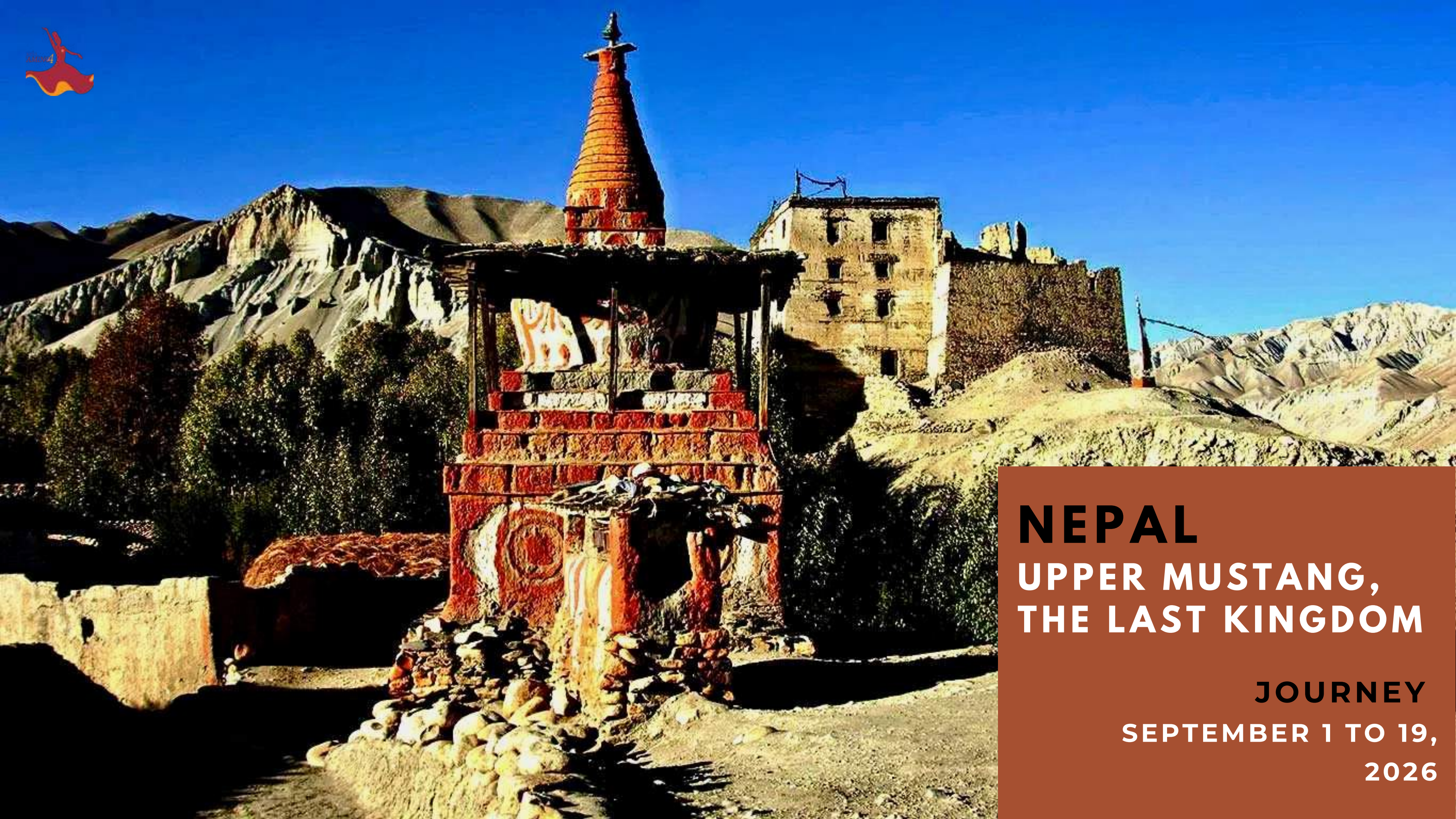




NEPAL

UPPER MUSTANG, THE LAST KINGDOM

JOURNEY
SEPTEMBER 1 TO 19,
2026

MUSTANG: The Last Kingdom

Along the high roads of the ancient Kingdom of Lo.

Mustang is not only found on a map, but also in the space between silence and light. This journey offers a conscious tour of Upper Mustang, following a route that climbs from the fertile world of the Nepalese valleys to the mineral bareness of the Tibetan plateau. Along the way, landscapes, villages, and ancient monastic enclaves follow one another like moments in the same process of ascent, simplification, and presence.

We begin in the green hills of central Nepal and gradually advance along the Kali Gandaki River, one of the great historical corridors of the Himalayas. The route leads from subtropical areas to a high desert shaped by wind and silence, passing through stone and adobe villages, mountain passes covered with prayer flags, and a culture preserved for centuries, open to the outside world only since 1992.

We will travel mainly by car, in keeping with the vastness of the territory and the continuity of the historic routes. At specific points, there are gentle walks to visit villages, tour monasteries, or stop at places where it is best to slow down and let your body set the pace. Each day is designed to respect acclimatization, the group's energy, and the assimilation of experiences, allowing the landscape and the altitude to set the pace.

September is a particularly favorable month for this tour. While the lower areas still bear the marks of the monsoon, Upper Mustang remains in the "rain's shadow," offering clear skies and the bright light that defines mountains, rock strata, and adobe houses precisely. These conditions favor a direct relationship with the environment and more sober and sustained attention.

This trip is intended for people with an exploring spirit, adaptability, and sensitivity to living cultures in extreme environments. It does not seek constant comfort or physical prowess, but is a more essential, attentive, and a deeply human way of traveling in one of the most unique territories of the Himalayas.



Upper Mustang, The Last Kingdom

Visiting Kathmandu, Pokhara, Tatopani, Kagbeni, Chele, Ghami, Lo Manthang, Chhoser, Yara, Lo Ghekar (Ghar Gompa), Muktinath, Marpha, Bandipur.



Travel itinerary

Days 1 y 2 Sep: Kathmandu · The Sacred Threshold

The journey begins in Kathmandu, where we will meet as a group for the first time. More than just a starting point, this city is a vortex of history, art, and spirituality. Kathmandu and its valley are a labyrinth of vibrant streets, where medieval temples, palaces from another era, and shrines hidden in narrow alleys intermingle. We will explore the most emblematic places of this cultural gem, immersing ourselves in the energy of the city and its people, before embarking on our journey to Upper Mustang.

Day 3 Sep: Kathmandu - Pokhara · Follow the water

The road exits the valley and winds along Trishuli River. For hours, the landscape reveals rural Nepalese life: rice terraces that look like green staircases, villages suspended on hillsides, and ephemeral markets along the roadside. Gradually, the surroundings become more humid and greener. We will arrive in Pokhara at sunset. On the shores of Lake Phewa, the city offers a more serene pace; the water reflects the sky and, if the clouds allow it, the Annapurna appears in the north as a white presence. Pokhara marks the transition: the natural gateway to the Himalayas and the beginning of another pace of travelling.







Day 4 Sep: Pokhara – Tatopani • The wet canyon

The trail enters Kali Gandaki Gorge, the deepest canyon in the world. The walls rise covered in rainforest. Waterfalls—still mighty in September—plunge hundreds of meters, sometimes grazing the road. Tatopani (“hot water”) awaits us by the river with its natural thermal pools. Soaking in them at sunset is a gesture of transition: the heat loosens the muscles and prepares the body for the climb.

Day 5 Sep: Tatopani – Kagbeni • Change of world

Today, a geographical transformation is taking place. As we ascend, the vegetation recedes. The pines give way to shrubs, then to bare rock. The humidity in the air decreases, and the light becomes more focused. We have crossed into the “rain shadow” of the Tibetan plateau. Kagbeni appears as a compact adobe settlement, with watchful monastery and alleyways that seem suspended in time. Walking through its stone streets at sunset introduces us to the silence that will be our companion.

Day 6 Sep: Kagbeni – Chele • First silence

In the morning, we will process the restricted permits for Upper Mustang. It is a formality, but also a clear sign of entry into a territory that remained closed until a few decades ago. The road follows the valley, now open to wide horizons. The geological strata reveal layers of red, ochre, and gray rock. Chele is a small settlement on the hillside. In the afternoon, a gentle walk to a viewpoint will display Kali Gandaki as a silvery line. Silence begins to settle in.





Day 7 Sep: Chele – Ghami • Height and space

The road winds towards Taklam La and Dajori La passes. We will stop at both. The wind moves the prayer flags, creating an almost continuous sound. The views are expansive: canyons within canyons, rock formations that look like abandoned architecture. Ghami is located in a side valley, surrounded by barley fields. Its monastery, one of the oldest in Mustang, retains an intimate, dark atmosphere, heavy with yak butter smoke. The afternoon invites to a leisurely stroll.

Day 8 Sep: Ghami • Daily life

No long journeys today. We will spend the day settling into the rhythm of the place. A gentle morning walk along local paths will take us by fields and springs where women fill their jugs. We will visit a family home, enjoy salted butter tea, and listen to simple stories about the harvests, winter, and memories of trade with Tibet. Here, time expands and the trip takes on a different hue.

Day 9 Sep: Ghami – Lo Manthang • The apparition

The road climbs towards Nyi La (4,010 m), the highest mountain pass on the route. From there, Lo Manthang appears enclosed within its walls, silhouetted against the deep blue sky. The descent is slow, almost ceremonial. In the afternoon, we will pass through its main gate. Dirt streets, white houses, black windows, the palace in the middle. A first stroll will provide a glimpse of its daily pulse.





Day 10 Sep: Lo Manthang · Inside the walls

We will spend the whole day exploring the capital. We will visit the Royal Palace, still home to the former king's family, and the Thubchen and Chhoede monasteries, whose 15th-century murals retain a vivid presence. Equally important is to wander through its alleys, sit down and watch, and let the city reveal its continuity. Lo Manthang presents itself not as a museum, but as a living organism.

Day 11 Sep: Lo Manthang - Chhoser Caves · Before history

We will drive to the cliffs of Chhoser. The artificial caves, excavated in the rock, speak of a thousand-year-old occupation. We walk gently to enter some of them, imagining life in these vertical shelters. It is then that the Luri Gompa, embedded in the mountain, reveals another layer of this territory inhabited since ancient times.

Day 12 Sep: Lo Manthang - Yara · The side valley

We will veer off the main route to enter a more remote valley. The landscape becomes more mineral, almost abstract. Yara is a small settlement of low houses, testimony to life sustained on the edge. A walk around the surroundings at sunset offers a feeling of serene spaciousness.



Day 13 Sep: Yara – Lo Ghekar • Contemplation

We will continue along the valley to Lo Ghekar (Ghar Gompa), a monastery-fortress linked to Guru Rinpoche. Its location is isolated and powerful. The afternoon will be spent exploring its low, dark rooms, steeped in devotion. At nightfall, without steady electric supply, the sky fills with stars. The silence here is profound.

Day 14 Sep: Lo Ghekar – Muktinath • Mountain Pass and pilgrimage

We will cross Mui La Pass (4,170 m), the highest point of the trip. The air is cold and clean. The descent will take us to Muktinath, one of the most revered shrines in the Himalayas. We will walk amidst 108 water jets and eternal flames of natural gas. The energy here is active, shared, different from the previous stillness.

Day 15 Sep: Muktinath – Marpha • Return to greenery

We will descend to Marpha, known for its apple orchards and light stone architecture. The landscape is more fertile. We will visit a family winery to taste the local cider and brandy. Strolling in its clean streets brings a touch of coziness after the arid desert.

Day 16 Sep: Marpha – Pokhara • Reverse route

We will head through Kali Gandaki Canyon, going in the opposite direction. Green reappears; humidity returns to the air. The arrival at Pokhara at sunset feels like a return to water and softness.





Day 17 Sep: Pokhara • Day to wind down

A day with no plans. Boat rides, gentle walks, reading, resting. The journey needs this downtime to sink down and start turning into memories.

Day 18 Sep: Pokhara – Bandipur • Elevated pause

We'll leave Pokhara behind and head back to Kathmandu. After a short detour, the road climbs up to Bandipur, a beautiful old Newar village perched on a ridge. We will leave the vehicle outside and explore the village on foot. Cobbled streets, wooden houses, and a relaxed pace invite us to roam freely. From the observation decks, the horizon stretches out toward the Himalayas, offering a last glimpse of the mountains before our return. The evening descends slowly and the night is silent, allowing the trip to fully settle in.

Day 19 Sep: Bandipur - Kathmandu • Return and end of trip

We will return to Kathmandu. The journey through densely populated areas contrasts with the open spaces of Mustang and lets us get a feel for the entire trip. In the evening, a farewell dinner will bring the group together to share impressions, quiet moments, and experiences that are now part of a shared journey.

The journey goes on, just differently. Mustang stays as a land you can return to without moving, whenever your memory brings back the bright light, the open spaces, and the silence that leaves a mark.







OUR TRAVEL PHILOSOPHY

The purpose of the trips we offer is to provide a carefully designed and flexible framework that allows for an authentic and personal experience. Each person experiences the journey in their own way, at their own pace, according to their own interests and needs. This is your trip; it is designed so that you can enjoy it freely and responsibly. We do not seek to impose a specific way of traveling, but to provide the conditions for each traveler to experience places, people, and themselves in a vivid and direct fashion.

ALONE, ALL TOGETHER

During the trip, Uttam Módenes will travel with the group as a coordinator and facilitator. He will not act as a traditional tour guide, but rather as an experienced traveler and expert on the East, someone who can sustain the whole to facilitate displacements and oversee the general framework of the trip. His presence will help the group move smoothly, adapting to changing circumstances along the way, while maintaining a balance between shared and individual experiences. We will travel together, but each one from their own place.

FLEXIBILITY AND FREEDOM

Every traveler is an active part of the journey. In each city and stage of the trip, there will be times set aside for group activities, as well as free time to be and explore on your own, or simply rest, as if you were traveling alone. The difference is that here you know there is a supporting framework, someone who coordinates, accompanies, and cares for you, and ensures that freedom does not mean dispersion, but rather a conscious way of being on the journey.

The price of the trip is €1,865 per person.

What's included:

-  Shared accommodation in a standard double room, breakfast included.
-  Transportation between towns in a private vehicle.
-  Necessary permits for the restricted area of Upper Mustang and the Annapurna Conservation Area.
-  Licensed guide (mandatory in Mustang).
-  Local entrance tickets in Mustang.
-  Daily mindfulness and presence practices that promote the conscious reception of impressions.

 **Minimum group size:** the trip will only take place if there are at least 10 travelers.

What's not included:

-  International flights (we will help you coordinate them with other travelers).
-  Mandatory travel insurance (essential to participate).
-  Nepalese visa (€50).
-  Lunch and dinner.
-  Entrance tickets to places of interest in Kathmandu and Pokhara.
-  Tips for guides and drivers.
-  Extraordinary expenses due to unforeseen events or changes in the itinerary.
-  Any service not specified in "included."

How to sign up

- Pay a deposit of €400.
- Make a second payment of €800 before July 1.
- Make a final payment to complete a total of €1,865 before August 1 (one month before departure).

Once you sign up, you will receive detailed practical information, such as what items to bring, and more.

As the trip nears, we will meet by Zoom to answer any pending questions and finalize details.

Cancellation policy

- The €400 deposit is non-refundable, as costs are already incurred from the moment of registration.
- If you cancel after August 1 without a valid reason or do not show up at the departure point, you will forfeit the full amount paid (€1,865).
- In the event of cancellation by the organizers, the full amount will be refunded.
- We reserve the right to make changes to the itinerary if necessary for the safety and wellbeing of the group.



**For further information,
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