



# UNTAMED HIMALAYA

## *Awakening*

**Welcome** to a one-of-a-kind, life-changing journey.

This isn't just a vacation — it's an opportunity to step into the ancient ways of a civilization preserved in a time capsule, where life is valued above livelihood.

It brings me immense joy to share with you the magic that inspired me to leave behind a comfortable life in the USA and follow a deeper calling — one rooted in meaning, connection, and purpose. This is your Upper Mustang (Lo Manthang) itinerary.



### YOUR 12-DAY ITINERARY

#### DAY 1 — ARRIVAL IN KATHMANDU

- Arrive in Kathmandu, Airport pickup
- Rest and settle in
- Optional sightseeing around the city if energy allows

#### DAY 2 — CULTURAL IMMERSION

- Visit the historic Basantapur, Patan, and Bhaktapur Durbar Squares
- Explore the sacred Swayambhunath (Monkey Temple)
- Wind down early to prepare for the adventure ahead

#### DAY 3 — JOURNEY TO POKHARA

- Travel to Pokhara via plane
- Enjoy a relaxing evening by Phewa Lake, and explore the vibrant cafes and nightlife
- Enjoy the sightseeing around Pokhara
- Optional ride on the Sarangkot Cable Car for panoramic Himalayan views
- Travel time: ~30 minutes

## **DAY 4 – TATOPANI AND HOT SPRINGS**

- Journey by Motorcycle/Jeep Begins
- Journey to Tatopani, a riverside village known for its natural hot springs
- Soak in the healing waters and take a short hike around the river
- Travel time: ~4 hours

## **DAY 5 – INTO THE HIMALAYAS: MUKTINATH & TITI LAKE**

- Head to Muktinath, a revered spiritual site for Hindus, Buddhists, and seekers of all paths
- Take a side trip to the serene Titi Lake
- Visit local apple orchards and Himalayan breweries in Marpha
- End the day dancing with locals during a cultural program – a celebration of music, tradition, and community
- Travel time: ~4 hours

## **DAY 6 – SACRED ENERGY AT MUKTINATH, REST IN GHAMI**

- Meditate, reflect, and witness the harmony of diverse beliefs
- Continue to Ghami for a restful evening
- Breathtaking scenery
- Travel time: ~5–6 hours

## **DAY 7 – ENTER LO MANTHANG, THE FORBIDDEN KINGDOM**

- Travel to Lo Manthang, a walled city and the heart of Upper Mustang
- Explore freely – no guides, no filters – just you and this timeless kingdom
- Travel time: ~4 hours

## **DAY 8 – CAVES & MONASTERIES OF MUSTANG**

- Hike to ancient cave dwellings carved into cliff walls – once home to communities braving the harshest winters
- Visit monasteries where Tibetan Buddhism still shapes daily life
- Connect with locals, absorb the wisdom of centuries
- Rest in the serene highlands

## **DAY 9 – RETURN TO MARPHA, REST IN JOMSOM**

- Travel to the picturesque village of Marpha, known for its whitewashed alleys and apple wine
- Wine tasting, souvenir shopping, and observing the resilient local economy
- Visit the famous YacDonalds and rest in Jomsom

## DAY 10 — SOAK IN TATOPANI

- Return to Tatopani for one more round of healing hot springs
- Relax and reflect

## DAY 11 — BACK TO POKHARA, FLY TO KATHMANDU

- Travel to Pokhara
- Experience sharing and celebration
- Catch a flight back to Kathmandu
- Farewell dinner and closing circle
- Rest, recover, and prepare for your return journey
- The adventure ends — or perhaps, just begins

### IMPORTANT NOTES

This is a relaxed-paced journey. We intentionally keep travel time to around 4 hours per day, with a maximum of 6 hours where necessary. This is designed for proper acclimatization and to reduce the risk of altitude sickness, as we'll be reaching heights of nearly 3,900 meters (13,000 feet) above sea level.

You'll be accompanied by:

- A High Altitude Guide
- A Mechanic
- A Photographer
- A Nurse
- A Support Vehicle
- Me, your guide — a 28-year-old Nepali passionate about redefining how the world sees Himalayan travel

You'll also be provided with:

- Rescue and health insurance
- Safe and reliable transport
- Oxygen cylinder, if needed
- Warm hospitality in every village
- All the permits, flight tickets, meals, and accommodation in one package

What won't be included:

- Drinks and souvenirs
- Tips to the workers (Not mandatory)

### WHY THIS JOURNEY?

Because Nepal doesn't have to be bone-breaking.  
It can be safe, luxurious, fun, and truly transformative.

This journey will open your eyes to new ways of living, thinking, and being.

**Do You Dare?**