



Yoga Adventure in Nepal

Upper Mustang

May 7-17, 2024 | \$3,500



Itinerary

DAY 1 – May 7

Arrive in Kathmandu
Opening Ceremony
Dinner
Altitude: 1400 m / 4953 ft
Overnight at Kathmandu

DAY 2 – May 8

Pokara
Pranayama, Meditation and Yoga
Breakfast
6.5 hour jeep ride to Pokara,

the gateway to the Himalayas and the Annapurna Circuit
Lunch in the charming traditional Newari village of Bandipur

Late afternoon yoga @ World Peace Stupa

Dinner

Altitude: 822 m | 2696 ft

Overnight in Pokara

DAY 3 – May 9

Kagbeni

Pranayama & Meditation

Breakfast

8-hour jeep ride to Kagbeni, one of the oldest villages in the Himalayas.
Located in the Kali Gandaki river valley, Kagbeni is the gateway to Upper Mustang.

Lunch

Afternoon yoga

Dinner

Altitude: 2,804 m (9,199 ft)

Overnight in Kagbeni

Day 4 – May 10

Chele / Tsele

Pranayama, Meditation and Yoga

Breakfast

Visit the Kag Chode Thupten Samphel Ling Monastery (1429 CE)
Jeep to Chele through spectacular mountain landscapes, visiting Tibetan villages
of Tangbe and Chhusang with ancient monasteries Enroute.

Lunch

Afternoon Yoga

Dinner

Altitude: 3050m (10,006 ft)

Overnight in Chele

DAY 5 – May 11

Ghami

Pranayama, Meditation and Yoga

Breakfast

Drive to Ghami, a charming white-washed village sheltered by overhanging cliffs

Lunch

Afternoon yoga

Dinner

Altitude: 4,023m / 13,200 ft

Overnight in Ghami

DAY 6 – May 12

Tsarang

Pranayama, Meditation and Yoga

Breakfast

Jeep to Gemi

Trek through the Drakmar Cliffs, the mystical landscape of Padmasambhava, to his oldest monastery, Lo Gekhar.

Lunch

Jeep to Tsarang

Evening yoga

Dinner

Altitude: 3500m / 12,000ft

Overnight in Tsarang

DAY 7 – May 13

Tsarang

Pranayama, Meditation and Yoga

Breakfast

Tour of the Tsarang monastery and palace

Lunch

Relax

Discussion with Ani Dromar, the Abbotsess of Lekshey Choling Nunnery

Dinner

Restorative Yoga

Altitude: 3500m / 12,000ft

Overnight in Tsarang

DAY 8 – May 14

Lo Manthang

Pranayama, Meditation and Yoga

Breakfast

Trek to the medieval fortified village of Lo Manthang

Historical tour of Lo Manthang

Lunch

Jeep ride to the cave monastery of Chosar Dzong
and visit the old Gharphu Gompa built into the rock face with 60 rooms.

Evening Yoga

Dinner

Altitude: 3,820 m | 12,533 ft

Overnight in Lo Manthang

DAY 9 – May 15

Luri Gompa

Pranayama, Meditation and Yoga

Breakfast

Drive to Luri Gompa and trek to Yara

Lunch

Jeep to Tsarang

Afternoon yoga

Dinner

Altitude: 3500m / 12,000ft

Overnight in Tsarang

DAY 10 – May 16

Jomson

Pranayama, Meditation and Yoga

Breakfast

Jeep ride to Jomson through scenic villages and landscapes

Lunch

Late afternoon yoga class

Closing Ceremony

Dinner

Altitude: 2,804 m (9,199 ft)

Overnight in Jomson

DAY 11 – May 17

Pranayama, Meditation and Yoga

Breakfast

Fly to Kathmandu via Pokara

Lunch

Relax or visit sacred site

Dinner

Altitude: 1400 m / 4953 ft

Overnight at Kathmandu

DAY 12 – May 18

Departure day

If you wish to extend your trip in Nepal, either to explore sacred sites in the Kathmandu Valley, or trek to another region, please let us know and we'll be happy to assist you.

**Note: Mustang Adventure Trek Pvt. Ltd and Heather Elton Yoga reserve the right to change the schedule due to circumstances that may arise and in the highest interests of the program.*