



TERGAR CHARITY NEPAL

Yongey Mingyur Rinpoche's Non-Profit Organization to Educate, Empower & Equip
Remote Himalayan Communities for Sustainable Change & Social Well-being.

Meditation Journey to Upper Mustang

Embark on a Journey of Inner Peace & Purpose.

"A Fundraiser for Tergar Charity Nepal's Education Projects"



Upper Mustang is a remote and culturally rich region located in the Himalayas of Nepal. Often referred to as the "Last Forbidden Kingdom," it was restricted to foreigners until 1992. Key highlights of Upper Mustang include its ancient monasteries, unique Tibetan-influenced culture, stunning desert-like landscapes, and the walled city of Lo Manthang, which serves as the region's capital. The trek to Upper Mustang offers a rare opportunity to explore this isolated and mystical part of Nepal, with its distinctive architecture, religious practices, and history. Travelers are required to obtain special permits to visit Upper Mustang due to its restricted status.

Day 1. October 22ND 2025

Meet & Greet!

Upon your arrival in Kathmandu, the bustling capital city of Nepal, you will be greeted at Hotel Moonlight in Pagnajol, Thamel. Here, you will have a meeting at the hotel to kick off your meditation adventure journey. During this meeting, we will brief about the meditation journey and check the trekking gear. If some of you need to buy additional gear, we are happy to assist. Most importantly, we will collect final payments and all necessary documents such as passports for permit processing, ensuring all administrative tasks are taken care of smoothly.

Day 2. October 23RD 2025

Preparation Day.

In the evening, a welcome dinner will be arranged for you, providing an opportunity to meet fellow travelers and get acquainted with your trekking companions. You will check into Hotel Moonlight, situated in the vibrant neighborhood of Thamel, offering a cozy and convenient base for your Kathmandu stay.

Welcome Dinner at Thamel house restaurant <https://hotelthamelhouse.com.np/>
and Breakfast at Hotel Moonlight. <https://www.hotelmoonlight.com/>

Day 3. October 24TH 2025

Drive to Pokhara.

Leave for Pokhara by luxury AC Bus which will take approximately 7-8hrs. In between we stop for Lunch. Pokhara is a city on Phewa Lake, in central Nepal. It's known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas. Upon arrival we will check in at Hotel Mt. Kailash resort. (Dinner Breakfast plan) <https://www.mountkailashresort.com/>



Day 4. October 25TH 2025

Fly to Jomsom. Altitude: 2,700 meters (8,858 feet)

It's one of the most beautiful flights as we fly right between two big mountains above 8000m, mt. Annapurna and mt. Dhaulagiri. The view from aircraft is amazing on this short flight of about 25 minutes.

Arrive in Jomsom, the gateway to the Upper Mustang trek. Coming from the lowland of Pokhara, you'll quickly gain altitude upon flying into Jomsom. We will rest and acclimatize here, nestled in the lap of the magnificent Mt. Nilgiri. Teaching and camp for the night!



Day 5. October 26TH 2025

Trek to Chuksang. Altitude: 3,050 meters (10,006 feet) Approx. Walk: 8hrs.

The day's trek begins as we depart from Jomsom, heading towards the ancient village of Kagbeni. The trail primarily follows a dirt road of mostly level terrain interspersed with gentle inclines. Along the way, you'll walk alongside the Kali Gandaki River, one of the deepest river valleys in the world, flanked by stunning landscapes and dramatic rock formations.

The journey offers breathtaking views and passes through charming villages, each reflecting the unique culture and lifestyle of the region. After reaching Kagbeni, you'll have the opportunity to visit the Kagbeni Monastery, an ancient spiritual center that exudes a tranquil and mystical ambiance. The monastery, with its centuries-old history, intricate murals, and Buddhist artifacts, provides a glimpse into the rich religious heritage of the Mustang region.

After exploring Kagbeni, we take a well-deserved lunch break. A freshly prepared meal awaits, giving you the chance to relax and savor the surroundings before continuing the trek. The trail from Kagbeni to Chuksang takes you through even more stunning landscapes, with eroded cliffs, deep gorges, and colorful rock formations. As you journey further into the Upper Mustang, you'll pass through traditional villages that showcase the region's Tibetan-influenced architecture, prayer wheels, and stone mani walls, enriching your cultural experience.

Upon arriving in Chuksang, you'll settle into your campsite or teahouse for the night, surrounded by the raw beauty of the Mustang region.



Day 6. October 27TH 2025

Trek to Samar. Altitude: 3,620 meters (11,875 feet) Approx. Walk: 5hrs.

Today we gain altitude! The view of the valley and huge mountains gets spectacular as we trek. It will be a short day so will get to our camp for lunch early. The trek will be mostly along the dirt road, and we continue ascending to Samar, which is known for its picturesque surroundings.

Teaching and camp for the night.



Day 7. October 28TH 2025:

Trek to Shyangbochen. Altitude:3800 meters (12540 feet) Approx. Walk: 4-5hrs.

The trek from Samar to Shyangbochen offers a mix of natural beauty and cultural significance. The trail avoids the main dirt road, following ancient paths that have been used by locals for centuries. Along the way, you'll encounter fascinating rock formations and pass sacred chortens, embodying the spiritual essence of the region.

One of the highlights of the day is visiting the revered Chhungsi Guru Rinpoche Cave, a site of immense religious importance. This cave is believed to be one place where Guru Rinpoche meditated during his journey to Tibet, spreading Buddhism. Its serene and mystical ambiance makes it a truly unforgettable experience.

As you approach Shyangbochen, you'll be surrounded by the majestic landscapes of Upper Mustang, with its rugged cliffs and expansive views. Upon arrival, settle into your accommodation and soak in the tranquility of this remote village.

Teaching and camp for the night.

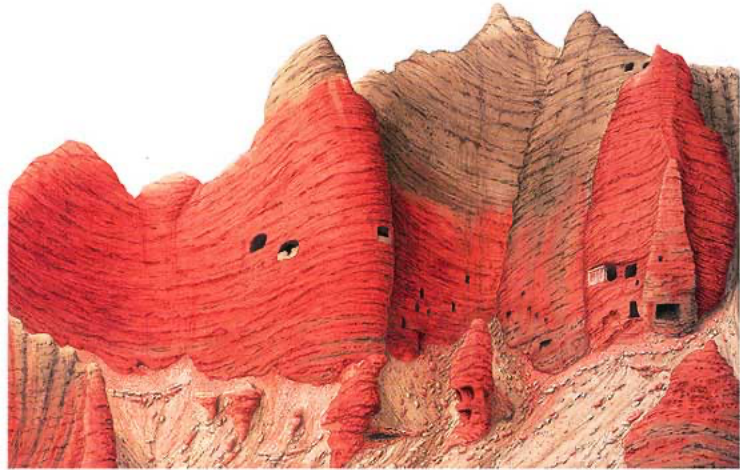


Day 8. October 29TH 2025

Trek to Drakmar. Altitude: 3,810 meters (12,500 feet) Approx. Walk: 7hrs.

The trek from Shyangbochen to Drakmar offers a perfect blend of cultural exploration and natural beauty. The trail avoids the main roads, following traditional pathways that have been used by local communities for generations. The route includes a mix of uphill climbs, descents, and level stretches, making for a diverse and engaging trekking experience.

A notable stop along the way is the village of Ghami, renowned for its cultural and historical significance. The village is surrounded by dramatic red rock formations, sculpted by centuries of wind erosion, creating an awe-inspiring natural backdrop. Alongside these geological wonders, you'll come across ancient caves that were once home to early settlers, offering a glimpse into the region's rich history and resourceful past.



As you approach Drakmar, the scenery becomes even more striking. Towering red cliffs and lush fields come into view, creating a vivid and unforgettable landscape. Drakmar itself is a serene village, nestled amidst these natural wonders and steeped in the timeless cultural traditions of Mustang.

This day's journey is both visually stunning and deeply enriching, providing a true connection to the history, culture, and landscapes of Upper Mustang.

Day 9. October 30TH 2025

Trek to Lo Manthang. Altitude: 3,840 meters (12,598 feet) Approx. Walk: 7-8hrs.

Trek to Lo Manthang, the walled capital of Upper Mustang, and explore the ancient city. Terrain up and down hill and traversing but very special. We will pass Ghar Gomba, which is spiritually connected with Samye monastery in Tibet. Ghar Gomba is the oldest monastery in the Upper Mustang region of Nepal. It is believed to have been built in the 8th century by the renowned Tibetan Buddhist guru Padmasambhava, also known as Guru Rinpoche, It is said that Padmasambhava meditated in a cave at Ghar Gomba before founding Samye Monastery. Ghar Gomba is also home to a number of relics and artifacts from Samye Monastery, including a statue of the Buddha Sakyamuni that is said to have been consecrated by Padmasambhava himself.



Day 10. October 31ST 2025

Explore Lo Manthang. Altitude: 3,840 meters (12,598 feet)

Spend a day in Lo Manthang, exploring its monasteries, interacting with the locals. Lo Manthang, the former capital of Upper Mustang in Nepal, is a walled city perched on a high plateau at an elevation of 3,800 meters. It is a remote and isolated place, and is one of the most well-preserved medieval settlements in the world. Buddhist monasteries so old we can't even imagine how they built such huge structures in those days.

1. Thubchen Monastery

Founded in the 15th century, Thubchen Monastery is one of the oldest in Lo Manthang. It is known for its beautiful murals, statues, and serene atmosphere, making it a key spiritual center in Upper Mustang.

2. Chhoedhe Monastery

Established in the 12th century, Chhoedhe Monastery is one of the largest in the region. It is a

hub for Nyingma Buddhism and is home to a valuable collection of sacred texts and art, offering deep insight into Mustang's spiritual heritage.

3. Jampa Lhakhang Monastery

Built in the 14th century, Jampa Lhakhang is dedicated to Jampa, the Buddha of the Future. It features stunning murals and artifacts and is the center of the annual Tiji Festival, a major religious event in Mustang.

These monasteries are key spiritual landmarks that reflect the rich Buddhist traditions of Lo Manthang and Upper Mustang.



Day 11. November 1ST 2025

Day Hike to Chhoser. Altitude: 3,950 meters (12,960 feet) Approx. Walk: 6hrs.

Jhong Cave and Nifuk Monastery

Jhong Cave (also known as Shija Jhong Cave or Chhoser Cave) is a five-story man-made cave monastery located in Chhoser village, Upper Mustang. Dating back over 2500 years, it was once a place of meditation and spiritual retreat for monks. The cave features interconnected chambers, prayer rooms, and stunning murals depicting Tibetan Buddhist figures. It's perched high on a cliff, offering breathtaking views of the surrounding landscape.

Nearby is Nifuk Monastery, an important religious site in the area. Known for its striking architecture, Nifuk Monastery serves as a place for Buddhist worship and practices. Both sites provide a fascinating glimpse into the spiritual history of Mustang and are a must-visit for trekkers exploring this remote region.

Teaching and camp for the night.



Day 12. November 2ND 2025

Trek to Charang. Altitude: 3,560 meters (11,677 feet) Approx. Walk: 4-5 hours

Today's journey begins with a gentle uphill climb for about an hour to reach a scenic pass. From there, the trail descends gradually to Charang, a village renowned for its striking architecture, historic landmarks, and cultural richness.

As you make your way down, you'll pass a beautiful Chorten, a symbolic structure that reflects the region's deep-rooted spiritual traditions. While the landscape today is dominated by a dry desert environment, it's fascinating to note that approximately 800 years ago, this area was covered with forests. The massive wooden pillars and beams used in the monasteries of Lo Manthang serve as enduring reminders of that bygone era.

Upon reaching Charang, you'll discover its treasures, including a 1,500-year-old palace that stands as a testament to the region's royal heritage. Additionally, the village is home to an ancient monastery, offering a glimpse into Mustang's enduring spiritual and cultural legacy.

This trek provides not only stunning views and unique landscapes but also a profound connection to the history and traditions of the Mustang region.

Teaching and camp for the night.



Day 13. November 3RD 2025**Trek to Ghami. Altitude: 3,520 meters (11,548 feet) Approx. Walk: 4hrs.**

Today's trek takes us from Charang to Ghami, offering a tranquil and scenic journey through the heart of the Mustang region. The trail is relatively moderate, with a gentle ascent and descent, allowing for a relaxed pace that lets you truly appreciate the surrounding beauty. As you trek, the rugged landscape of Upper Mustang unfolds with its vast arid plains, dramatic cliffs, and the timeless charm of the villages you pass.

The trek offers plenty of opportunities to take in the breathtaking views of the surrounding mountains and valleys, providing an immersive experience in this remote and culturally rich part of Nepal. We walk pass by longest mani wall in Upper Mustang. The myth around this mani wall says it maps the intestine of a demon when Guru Padmasambhava killed him.

Teaching and camp for the night.

Day 14. November 4TH 2025**Drive to Muktinath. Altitude: 3,800 meters (12,467 feet) Approx. Walk: 6-7hrs.**

Trek to Muktinath, a sacred pilgrimage site for both Buddhists and Hindu. Terrain wise, we gain 700m. It will be one of the most beautiful hiking days as the view gets specular. Explore Muktinath's monastery temples and 108 holy water taps/springs.

Day 15. November 5TH 2025**Trek to Jomsom. Approx. Walk: 6hrs.**

Today is downhill to Kaligandaki river bed then follow walking along, takes you all the way to Jomsom. Teaching and camp for the night.

Day 16. November 6TH 2025**Fly to Pokhara. Approx. Flight Duration: 25mins.**

(Dinner. Breakfast plan) Normally early morning flight, we have whole day in Pokhara to relax or explore around, Lunch and dinner in group.

<https://www.mountkailashresort.com/>

Day 17. November 7TH 2025**Drive back to Kathmandu**

Stay at Hotel Moonlight Kathmandu <https://www.hotelmoonlight.com/>

(Dinner Breakfast Plan) on the way we have Lunch stop,

Farewell dinner at Third eye restaurant <https://www.thirdeye.com.np/>

Day 18. November 8TH 2025:**Departure**

Activities like Meditation, Yoga, Reflection Sessions, etc. will be conducted every day but Teachings will be done during shorter days and the topics will be shared when finalized. Please note that itinerary is subject to change due to weather or other unforeseen circumstances.

Camping in Comfort of the Himalayas. An experience of a lifetime!

On this meditation journey, we will be camping each night. While that might sound like roughing it, rest assured that camping on this trip is more comfortable and less crowded. In addition to fresh, delicious vegetarian meals made just for our group, our incredible support staff will provide a 2-person tent (double occupancy). Each person will have an air mattress and a pillow.

Each day begins at 6:15 AM with a warm cup of tea or coffee delivered directly to your tent—a delightful tradition known as the “wake-up call tea”. Shortly after, a bowl of warm water is provided to help you freshen up and prepare for the day ahead. Once refreshed, you pack your belongings, ensuring everything is ready for the day’s trek. By the time you’re done, breakfast will be served at the dining table. The spread typically includes a hearty selection: Hot beverages like coffee, tea, milk, and hot chocolate, served with sugar and tea bags. Breakfast staples such as pancakes, granola, cereal, or porridge. Freshly prepared eggs cooked to your preference. Carefully presented with all necessary utensils, this wholesome meal provides the energy needed for the trek.

The trek begins soon after breakfast, with a goal to cover a substantial distance before the lunch stop. Lunch features a variety of 3 to 4 freshly prepared dishes crafted from scratch by our skilled chef. The menu changes daily to ensure each meal is a delightful and refreshing experience, avoiding any monotony.

After completing the day’s trek, you’ll arrive at the campsite to find your tent already set up. By this time, the kitchen team will also have prepared tea, coffee, and light snacks such as cookies or biscuits, giving you a chance to relax and recharge.

Dinner is served between 6:00 and 6:30 PM in the dining tent. The meal begins with a starter, such as a warm soup and accompanying snacks, followed by the main course featuring 4 to 5 thoughtfully prepared dishes. To end on a sweet note, dessert is served alongside options for tea, coffee, milk, or hot water. After dinner, there will be a brief session to discuss the next day’s plans and expectations. This routine provides structure and comfort, ensuring you are well-rested and prepared for the adventure ahead. This daily schedule offers a harmonious balance of activities such as group meditation, yoga & reflection sessions, nourishment, and relaxation, creating an enjoyable and seamless trekking and Meditation’s experience.



Cost:**US \$4,260.00**

Per person for double occupancy.

US \$350.00

will be charged additionally for Single supplement (includes all accommodation at Kathmandu, Pokhara and during trekking).

Jeep Option:

For folks who can't or don't like to trek, we have jeep options (but an additional charge will be applied as stated below)

US \$300.00

per person (if 5 people shared a jeep)

US \$375.00

per person (4 people share)

US \$500.00

per person (3 People share)

US \$750.00

per person (2 people share)

US \$1,500.00

(Single)

What's Included:

- Airport transfers in Nepal
- All relevant surface transfers Pokhara Tourist Coach and return
- 4 nights hotel accommodation two in Kathmandu at Hotel Moonlight (one nights before the trek and another night after) and two at Hotel Mt. Kailash resort in Pokhara (one before the trek and another after the trek in B&B basis)
- Camping equipment's twins' bed or single tents foam matrass, pillow, dining tents table and chair, toilet and bath tents.
- Welcome and farewell dinner in Kathmandu, meals on the way to Pokhara and back, dinner and Lunch while we are in Pokhara. All the meals on trek that are prepared from the scratch.
- Domestic flights from Pokhara to Jomsom and return, inclusive of Airport Taxes with 12kg. free luggage.
- Restricted area special trekking permit, conservation area fees and staff's insurance.
- Local crew staff's porters, assistant guides, cook and guide wage.
- 15 kg. max. luggage carried by porters or transported by jeep.
- Quality service and all the camping trek equipment dining tent, Kitchen, toilet and Bath tents.
- Teahouse accommodation if preferred.

Not Included:

- International flights.
- Additional tours and meals that are not mentioned.
- Beverages & Personal Bills.
- Visas.
- Excess baggage charge (beyond 12 Kg for each person).
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft or damage baggage and personal effects)
- Tips

Organized by:

TERGAR CHARITY NEPAL

Managed by:

HIMALAYAN SUNRISE TREKS & EXPEDITION

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