







WHISPERS OF THE HIMALAYAS- NEPAL IN RARE LUXURY

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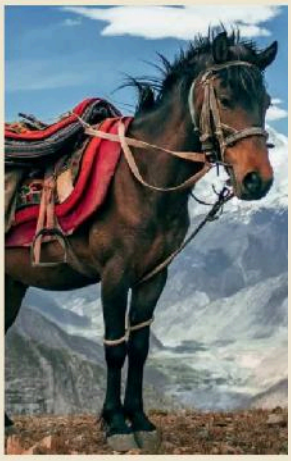







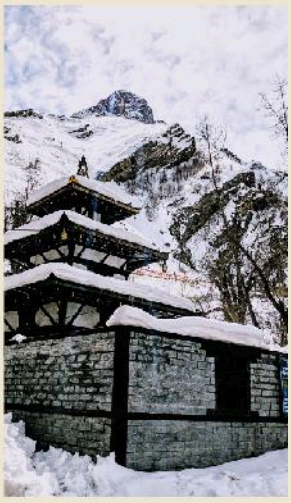

Itinerary at a glance



Day 1-3: Kathmandu

- Arrival at Kathmandu International Airport, and hotel transfer
- Swayambunath Stupa, Durbar Square Hall & Thamel by rickshaw on Day 2.
- Bhaktapur Durbar Square, Pottery Square and Boudanath Stupa followed by a welcome dinner at the Baithak Restaurant, Babarmahal on Day 3.



Day 4-5: Pokhara

- Fly from Kathmandu to Pokhara flight
- Sarangkot, World Peace Pagoda followed by a serene boat ride at Phewa Lake
- International Mountain Museum Pokhara



Day 6: Chame

- Helicopter Journey from Pokhara to Chame



Day 7-9: Manang

- Drive from Chame to Manang
- Farmhouse Agro Manang
- Hike to Chongkor View point
- Drive to Blue Lake, followed by a visit to Manang village.
- A guided Hike to a local monastery in Manang
- An evening with bonfire experience.



Day 10-14: Shinta Mani Mustang

- Private Helicopter Journey from Manang to Shinta Mani Mustang on Day 10.
- Enjoy the activities at Shinta Mani from Day 11-14 as listed below.



Day 15-16: Kathmandu

- Transfer from Shinta Mani to Kathmandu by private helicopter.
- Arrival at Kathmandu and hotel transfer
- Departure from Kathmandu International Airport.

ABOUT THE PROGRAM

An extraordinary Himalayan escape crafted for the discerning travelers, this immersive journey through Nepal blends culture, adventure, and refined luxury at every step.

Your journey begins in the timeless city of Kathmandu, where ancient temples whisper stories of kings and gods, and vibrant streets pulse with culture and color. You wander through sacred stupas and historic squares, before indulging in an elegant welcome dinner that sets the tone for the extraordinary days ahead. A scenic flight carries you to Pokhara, where the Himalayas rise like a dream above tranquil lakes. Here, golden sunrises from hilltops, peaceful boat rides across Phewa Lake, and moments of quiet reflection create a sense of calm before the adventure deepens. Soon, the journey lifts quite literally into the heart of the mountains, as a private helicopter sweeps you into the remote beauty of Chame and onward to Manang. The air is crisp, the landscapes dramatic, and each day unfolds with curated experiences: gentle hikes to panoramic viewpoints, encounters with ancient monasteries, and evenings warmed by a crackling bonfire beneath a canopy of stars.

Then comes the pinnacle of your journey, arrival at Shinta Mani Mustang, a hidden sanctuary set amidst one of the world's most mystical landscapes. Here, time slows. Days are yours to shape, whether exploring remote villages, discovering sacred traditions, or simply absorbing the silence and grandeur of Mustang's desert valleys and towering peaks. Every detail is thoughtfully

curated, every experience deeply personal.

As your adventure draws to a close, a final helicopter journey returns you to Kathmandu, carrying with it not just memories, but a profound connection to Nepal's spirit, an experience of rare beauty, effortless luxury, and stories that will stay with you long after you leave.








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Kang Guru I
Pisang
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सिर्दिबास
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Day 1 - Kathmandu

Arrive at Kathmandu International Airport (KTM). Upon arrival, our representative will meet and greet you at the airport and transfer you to your hotel.

Kathmandu, Nepal's ancient capital, is a vibrant fusion of Hindu and Buddhist heritage. Wander UNESCO-listed durbar squares, explore centuries-old temples, and take in the spiritual energy of Swayambhunath and Boudhanath. With its rich architecture and timeless rituals, the city offers an unforgettable cultural immersion.





Arrive and Check in at the hotel.
The rest of the day will be at leisure.

You will be staying at Hotel Yak & Yeti Kathmandu

Hotel Yak & Yeti — where heritage meets luxury in the heart of Kathmandu. A former royal palace transformed into an elegant retreat, it blends classic Nepali charm with modern comfort, offering serene gardens, refined dining,

and a timeless Himalayan ambiance.





Day 2 - Kathmandu

After breakfast, visit the **Swayambhunath Stupa**: Perched on a hilltop with sweeping views of the valley, Swayambhunath is one of Nepal's oldest and most sacred Buddhist sites. Its iconic white dome, golden spire, and Buddha's all-seeing eyes draw pilgrims and monks alike. Nicknamed the "Monkey Temple," it radiates timeless energy and spiritual calm.



Continue to visit **Kathmandu Durbar Square**, A UNESCO World Heritage Site, embodies Nepal's royal and spiritual legacy. Once the seat of kings, this medieval complex features exquisite Newari architecture —carved wooden windows, stone deities, and ornate courtyards—offering a timeless glimpse into the artistry and grandeur of old Kathmandu.

A highlight is the **Kumari Darshan**, where the Living Goddess appears briefly at the Kumari Ghar around 11:00 AM. Though only for a few minutes, witnessing her is considered a profound blessing and a glimpse of living heritage.





The day flows from Kathmandu Durbar Square toward the vibrant streets of **Thamel by rickshaw**, tracing a path through the narrow Galli of Asan Bazaar, an old spice market where the air is rich with scent, color, and centuries of trade, before opening into the lively, energetic rhythm of modern Kathmandu





Overnight at Yak & Yeti Kathmandu.

Day 3 - Kathmandu

Today is devoted to one of the valley's most immersive cultural landscapes.

At **Bhaktapur Durbar Square**, time seems to slow, brick-paved streets, towering pagoda temples, and intricately carved windows unfold not as a single square, but as a series of interconnected spaces. From the grandeur of Durbar Square to the quieter charm of Taumadhi and Dattatreya Squares, each courtyard reveals a different layer of Newari life and craftsmanship.



Among them, **Pottery Square** stands out as a living expression of heritage, where artisans shape clay by hand, sun-dry rows of earthen pots, and continue traditions passed down through generations. Here, culture is not curated; it is practiced daily, in the rhythm of hands, earth, and community.



Later, arrive at **Boudhanath Stupa**, where a sense of peace is immediate. As you walk alongside monks and pilgrims, spinning prayer wheels beneath the vast white dome, the experience becomes meditative—slow, rhythmic, and deeply grounding.



The evening unfolds at **Baithak Restaurant, Babarmahal,** an elegant dining experience set within an old Rana palace. Guests are welcomed to a traditional Nepali dinner served on classic silverware, evoking the hospitality and grandeur of the Rana era. During the meal, the night comes alive with live traditional dance and music, making it a vibrant celebration of culture and conviviality.



Overnight at Yak & Yeti Kathmandu.

Day 4 - Kathmandu / Pokhara

A short scenic flight brings you to Pokhara, where the energy softens instantly. The city opens into wide skies, calm waters, and the quiet presence of the Annapurna range.

Nestled beside the serene Phewa Lake and framed by the majestic Annapurna range, Pokhara is Nepal's natural paradise. This lakeside haven offers spectacular mountain views, adventure activities, and peaceful retreats. With its pristine lakes, cascading waterfalls, and mystical caves, Pokhara serves as both a gateway to the Himalayas and a tranquil escape

from urban life.

Arrive and Check in at your hotel.

The afternoon is spent at leisure along Lakeside, gentle walks, quiet cafés, and reflections over **Phewa Lake** define the mood.



You will be staying at The Pavilions Himalayas The Farm
The Pavilions Himalayas The Farm — a peaceful eco-luxury escape nestled in lush hills, where farm-to-table living, private villas, and panoramic Himalayan views create a perfect balance of sustainability and serenity.





Day 5- Pokhara

The day begins early at **Sarangkot**, where sunrise transforms the Himalayan skyline into shifting hues of gold and pink.



Later, visit the **World Peace Pagoda**, followed by a gentle downhill walk through forested trails leading toward the lake. World Peace Pagoda , a serene hilltop stupa overlooking Pokhara, offering breathtaking views of Phewa Lake and the Annapurna range, and radiating a quiet message of harmony, reflection, and global peace.



A **boat ride across Phewa Lake** adds a serene pause, with mountains mirrored in still water.



The experience continues at the **International Mountain Museum**, offering context and stories of the Himalayas, its people, peaks, and expeditions.



Overnight at The Pavilions Himalayas The Farm.

Day 6- Pokhara - Chame

Today, the journey transforms into an unforgettable experience.
Board a **private helicopter** and ascend into the Annapurna region. The landscape shifts dramatically beneath you, from lush valleys to rugged alpine terrain carved by glacial rivers.



Landing near a school helipad in Chame, a short walk leads you to your lodge. The air is crisp, the surroundings quiet, and the mountains feel within reach. The evening is spent unwinding beside the river, embracing the stillness of the Himalayas.

You will be staying at [The Mountain Lodges of Nepal, Chame]

The Mountain Lodges of Nepal, Chame — a cozy Himalayan retreat along the Annapurna Circuit, where warm hospitality, rustic charm, and stunning mountain vistas offer trekkers a comfortable pause amid the wild beauty of Nepal.





Day 7- Chame- Manang

The Journey as the Highlight.

Today's drive is not a transfer, it is an experience.

Travel by 4W drive through one of the most dramatic Himalayan corridors, where pine forests, waterfalls, and towering cliffs unfold at every turn. The ever-changing landscape makes the journey itself a visual narrative of the Annapurna region.

Pause at Green Lake, a serene alpine setting surrounded by raw natural beauty.



Continue to the remarkable **Farmhouse Agro Manang**, an expansive apple orchard set against a backdrop of snow peaks. This is where Manang's unique apple wine is produced.

Here, the experience slows down completely. Walk through the orchards, learn about high-altitude apple cultivation, and enjoy a curated apple and wine tasting session, a rare and unexpected luxury in such a remote region.



You will be staying at [Mountain Lodges of Nepal , Manang]

Mountain Lodges of Nepal, Manang — a welcoming high-altitude haven in the heart of the Annapurna Circuit, blending rustic comfort with breathtaking alpine scenery, perfect for rest and acclimatization amid Nepal's majestic mountains.





Day 8- Manang

The morning offers a choice between activity and stillness.
For the adventurous, an early **hike to Chongkor Viewpoint** rewards with sweeping panoramas of the entire Manang Valley and surrounding Himalayan range. For those seeking rest, the lodge itself offers uninterrupted mountain views, equally powerful, without the effort.



Later, explore the region with a **drive to Blue Lake**, followed by a visit to **Manang village**. Walking through its stone pathways, you experience the rhythm of life in the high Himalayas, simple, resilient, and deeply connected to nature.



Overnight at Mountain Lodges of Nepal, Manang

Day 9 - Manang

Today reveals the deeper cultural soul of Manang.
A **guided hike** leads to a local monastery, where prayer flags, ancient rituals, and mountain spirituality come together in quiet harmony. Continue onward to a **sacred cave**, a place of reflection and local belief.
Through these experiences, gain insight into the traditions, stories, and resilience of the Manangi people.



As evening falls, gather for a **bonfire experience**, accompanied by locally produced apple wine. Beneath a sky filled with stars, the moment becomes both celebratory and deeply grounding.

Overnight at The Mountain Lodges of Nepal Manang.

Day 10 - Manang- Shinta Mani

Today you will be transferred to board a **private helicopter** to Shinta Mani. Arrive at the private helipad at Shinta Mani Mustang itself, making it one of the most accessible luxury lodges in such a remote Himalayan region.

Arrive and Check in at The Shinta Mani Mustang

At 2,800m, the resort is among the few places in Nepal where giant Himalayan peaks can be admired at such close proximity. About 500 feet below the resort is the Kali Gandaki River which flows downstream to form the deepest gorge in the world.

You will be warmly welcomed to the resort, where you can check in and settle into your suite. After your journey to Mustang, take some time to unwind and rejuvenate by pampering in the resort's spa treatments, leaving you refreshed and ready for your adventures ahead. For traditional healing practices, explore wellness sessions offered by Amchi, the Tibetan and Himalayan medicine practitioners.

The resort's serene surroundings offer the perfect opportunity to take a leisurely walk, enjoying the magnificent views and discovering the facilities the resort has to offer. As the day unfolds, begin your hike to Thini Village, known for its off-beaten hiking trails, providing a glimpse into the local lifestyle and culture while surrounded by awe-inspiring mountain landscapes. As the sun sets, return to the resort and relish a delightful dinner, savoring the tranquil ambiance and perhaps engaging in any entertainment activities available, making your first day at Shinta Mani Mustang truly unforgettable.







Day 11-14 Shinta Mani

Over the next 4 days you have multiple experiences to choose from or you could just indulge in the wellness Therapies.

EXPERIENCE OPTION 1: MARPHA VILLAGE

Nestled at the southern edge of Nepal's stunning Mustang region, Marpha Village is a hidden gem that captivates every traveler with its timeless charm. Famous for its apple orchards and traditional stone houses, this picturesque village o"ers an authentic encounter with Nepalese rural life. The narrow flagstone streets, beautifully painted Buddhist monasteries, and the unforgettable taste of local apple brandy and cider gives a special character to this place. Surrounded by majestic mountains, Marpha Village is not only a perfect spot for trekkers seeking tranquility after the Annapurna Circuit but also for those who crave cultural immersion and tranquility amidst nature's grandeur. Your Marpha excursion begins in the morning with a refreshing 2-hour trek from our lodge to Dumba Lake and the iconic Khutsab Terenga Monastery. This route offers stunning views of the Kali Gandaki Valley, the deepest valley in the world. At the Monastery, you'll be treated to an elegant breakfast picnic under the shade of an old apricot tree, adding a touch of charm to your morning.

Post breakfast, you have the option to either drive, trek, or mountain bike to the picturesque Marpha Village. Spend your day strolling through the stone streets, shopping for local handicrafts, and immersing in the sights and sounds of this quaint village. For lunch, you'll be hosted by Mrs. Kamala, a renowned Thakali Chef and civic leader, at her kitchen table. She will prepare a classic Thakali meal for you, offering an authentic taste of the local cuisine. After lunch, continue your exploration of Marpha Village, delving deeper into its fascinating history and traditions. From the apple orchards to the Buddhist monasteries, every corner of this village has a story to tell, making your Marpha excursion a truly enriching experience.







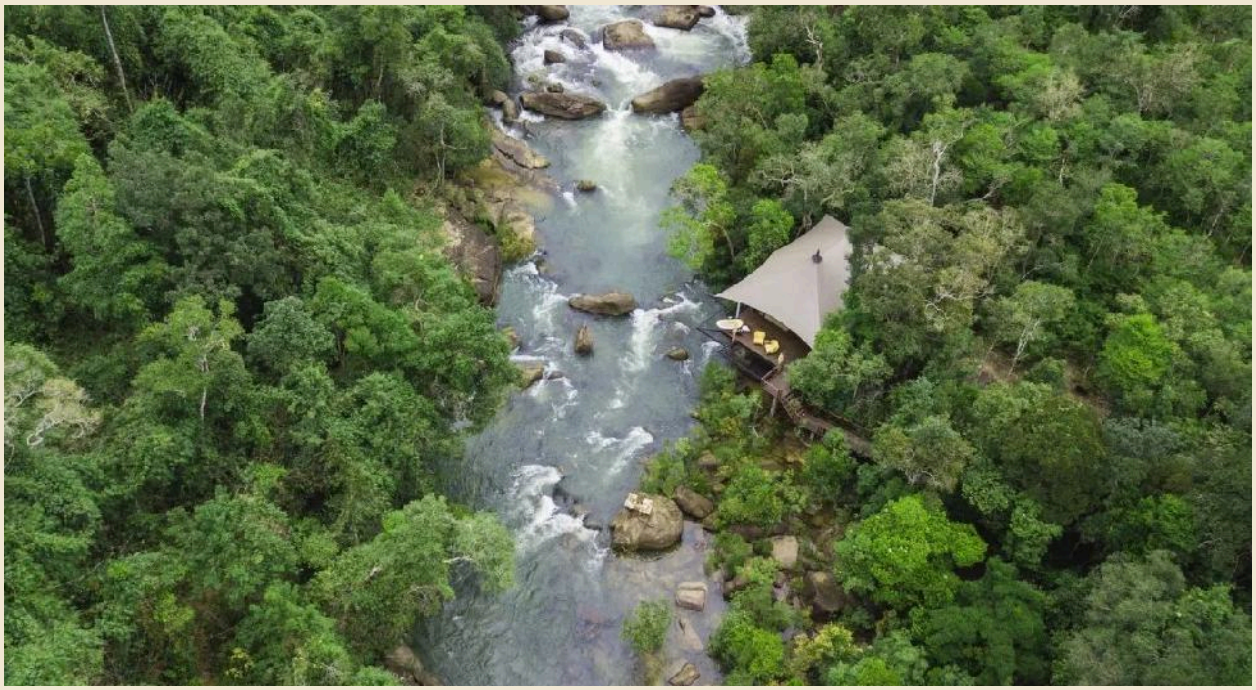
EXPERIENCE OPTION 2: WILDERNESS TREKKING

Embark on a trek in the Jomsom Valley, journeying through carefully selected sites based on conditions for an optimal outdoor experience. Traverse rugged landscapes, cross streams, and navigate forests, while marveling at the breathtaking views of the snowcapped Himalaya and lush surroundings. Stop at vantage points to capture the panoramic views and take memorable photographs.

Midway through the trek, pause for a mountaineer-inspired picnic to rest and refuel amidst the valley's beauty. Enjoy high-energy foods, a glass of chilled Rosé and the unique experience of dining in the wilderness. Continue your exploration post-lunch, appreciating the serenity and solitude of untouched areas. Conclude your trek back at the starting point, carrying with you a sense of accomplishment and unforgettable memories.

Absolutely, one of the key aspects of our trekking programs is its flexibility. We understand that every guest is unique in terms of skill, experience, and fitness level.

Therefore, all our treks can be customized to match the capabilities and requirements of our guests. Whether you're a seasoned hiker seeking a challenging route or a novice trekker preferring a more relaxed pace, we can adjust the itinerary, length, and difficulty of the trek to ensure you have a comfortable and enjoyable experience. We place great emphasis on safety and enjoyment, so rest assured, your trek will be tailored to suit your individual needs, making your journey through Mustang not only memorable but also within your comfort zone.







EXPERIENCE OPTION 3: JHARKOT, JHONG AND KAGBENI EXCURSION WITH AN OPTION TO VISIT MUKTINATH

Begin your journey from the resort after breakfast with a leisurely 1-hour drive to the historical gem of Jharkot, famous for its notable gompa. Revel in the tranquility and beauty of this Tibetan village, seemingly untouched by time. From Jharkot, embark on a serene hike into the valley, through ancient orchards, crossing suspension bridges and ascending the opposite side to ancient Jhong village. Tour a traditional home and enjoy a freshly prepared lunch by the Shinta Mani culinary team at the monastery, set against the backdrop of 360-degree breathtaking views of the surrounding valleys and majestic mountains.

After the meal, choose between an exhilarating mountain biking adventure down a less-traveled trail or a comfortable jeep ride towards Kagbeni village, the gateway to Upper Mustang. Here, visit the Kag Chode Thupten Samphel Ling Monastery, an important Buddhist site, attracting visitors interested in Buddhism and its teachings. This tour is a blend of history, culture, adventure, and natural beauty, providing an immersive experience of the Nepal countryside.

For those seeking an even more enriching cultural experience, we offer an optional tour of the revered Muktinath Hindu pilgrimage site. By departing from the resort two hours earlier, you can visit this sacred location nestled in the heart of the Himalayas. Muktinath is a significant pilgrimage site for Hindus and Buddhists from around the world, offering a unique opportunity to delve deeper into the spiritual traditions of Nepal. The highlight of the Muktinath visit is the sacred 108 fountains, also known as MuktiDhara.

According to Hindu belief, bathing in these fountains washes away one's sins and brings salvation. Hence, we recommend bringing your bathing suit to partake in this unique spiritual ritual. This optional tour adds an additional layer of depth to your Nepalese journey, combining the thrill of adventure with profound spiritual experiences.





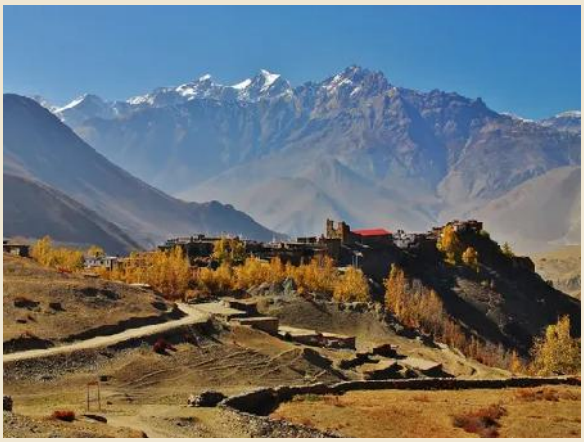


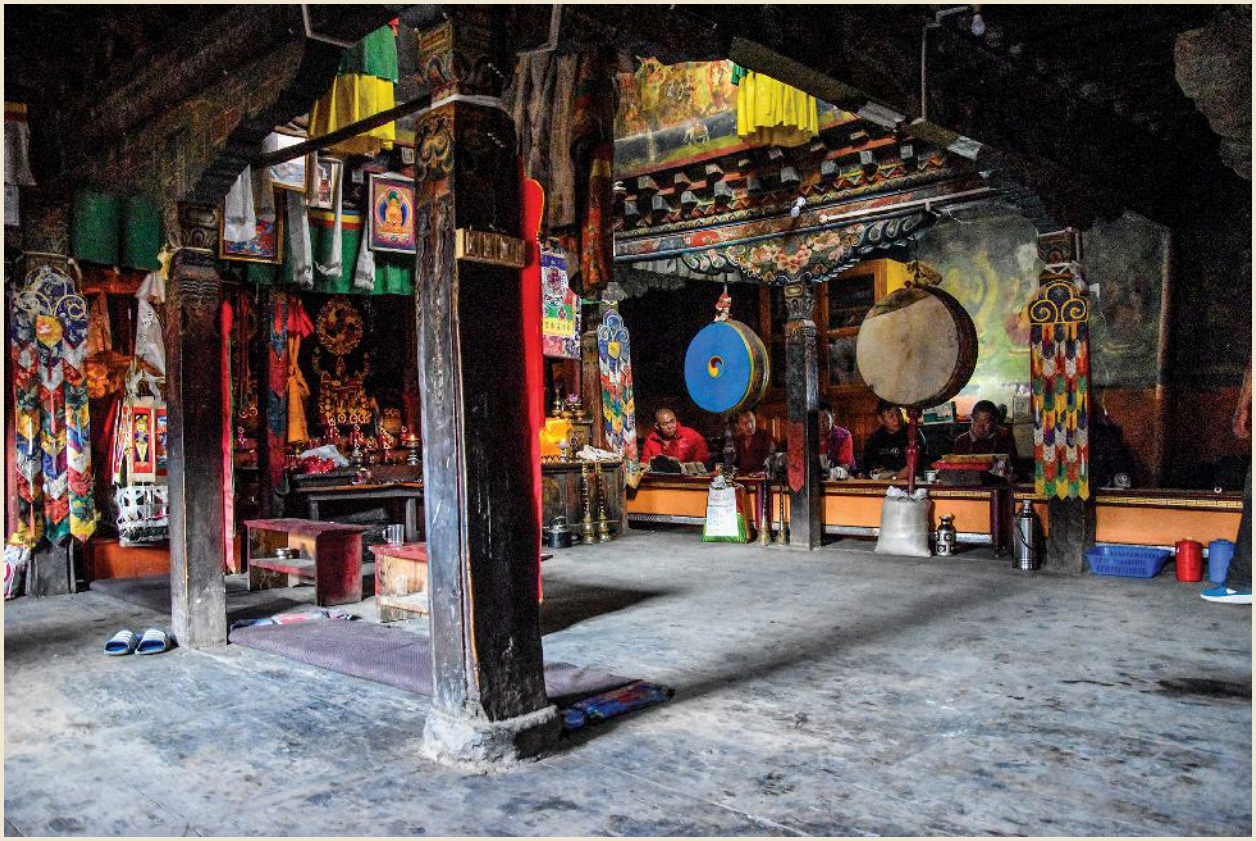
EXPERIENCE OPTION 4: LUBRA- BON BUDDHIST VILLAGE

Lubra Village, an 800-year-old settlement nestled in the heart of Mustang, possesses a unique spiritual charm as one of the last remaining strongholds of the Bon Buddhist tradition, a spiritual practice that predates Buddhism. This secluded hamlet, accessible through a picturesque hike along the Panda Khola River gorge, stands as a testament to the resilience of ancient traditions in the face of time. Here, you'll find an extraordinary fusion of nature, culture, and spirituality. From the venerable gompa and intriguing cave monastery to the local cuisine served on the rooftop of an ancient home, Lubra offers an immersive cultural experience. This village's unwavering commitment to preserving its heritage makes Lubra not just a destination, but a journey back in time to the roots of Bon Buddhism.

This traditional village, set against the majestic backdrop of the Himalayas, offers an array of exciting activities and experiences. Enjoy a day of trekking through the picturesque landscapes, exploring the local culture and traditions, and indulging in the unique flavors of traditional Bon cuisine. Lubra village, with its serene environment and vibrant cultural heritage, provides an unparalleled experience that will surely leave you with lasting memories. Be prepared to be captivated by the stunning natural beauty while gaining a deeper understanding of the village's unique culture and way of life, virtually unchanged for 800 years.







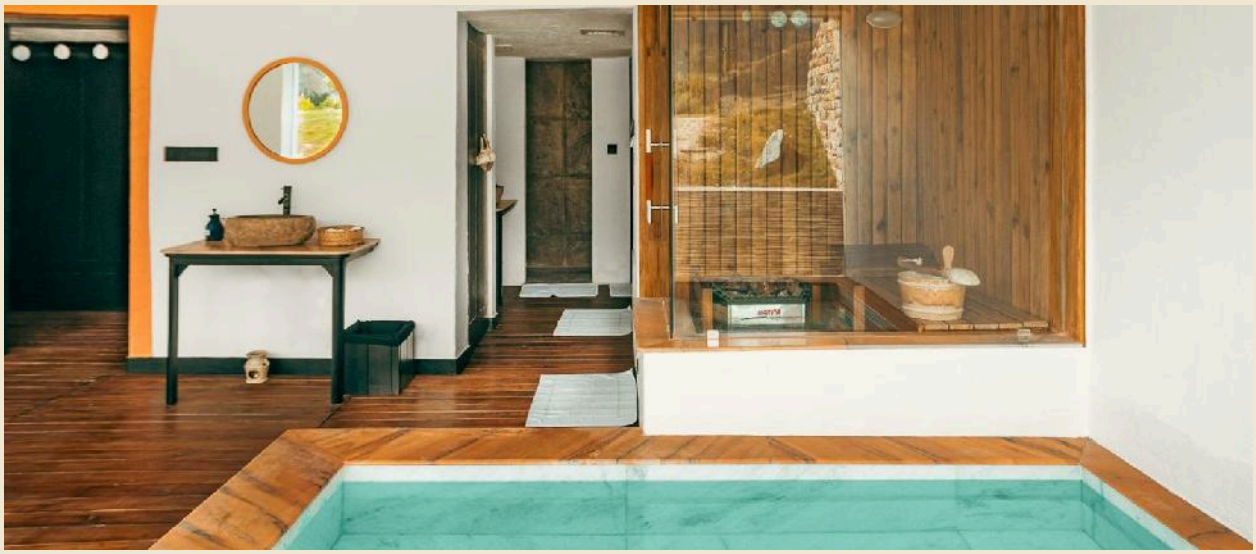
EXPERIENCE OPTION 5: WELLNESS THERAPIES

After adventuring and experiencing the cultural and scenic wonders of Mustang, a tailor-made spa and wellness regimen will soothe your body and relax your spirit in our amazing facilities overlooking the Nilgiri range. As part of your all-inclusive experience at Shinta Mani Mustang – A BENSLEY Collection, you will have a personalised spa and wellness program during your stay.

The modern and stylish spa facilities provide everything for you in your private treatment rooms, either as a couple or alone, as per your preference. Steam, sauna, massage therapy and beauty treatments with our highly-trained spa therapists are just the beginning.

In addition to the therapeutic and beauty treatments we provide, you will have the opportunity to meet with our local Amchi (Tibetan medicine doctor), Tsewang Gyurme Gurung, the 11th generation recorded Amchi in his lineage of SoRig practitioners. You will have a consultation with him to review your overall wellness and will suggest different treatments that will aid your wellbeing and these can be incorporated into your spa experience.

Whether a herbal bouquet for your steam, a poultice for aching muscles or the recommendation of specific oils for your massage, Amchi will draw from his wealth of ancestral knowledge to provide this unique and valuable element of your wellbeing prescription.







Other Experiences at The Shinta Mani Mustang:

1. **Hiking & Trekking**- Embark on an unforgettable journey through Mustang's dramatic landscapes—where arid deserts meet snow-capped peaks and vibrant valleys. Guided treks take you through remote villages, ancient monasteries, and rich wildlife habitats, with stunning Himalayan views at every turn. From gentle sunrise hikes near the resort to immersive multi-day adventures toward the Tibet border, every path offers a blend of nature, culture, and quiet discovery.

2. **Mountain Biking**- Discover the thrill of mountain biking through Mustang's breathtaking Himalayan terrain, with routes designed for both beginners and seasoned riders. From short village rides to multi-day adventures into Upper Mustang, each journey blends excitement with stunning scenery. With full support—including a jeep, tools, and expert assistance, you can ride freely and even customize your experience to match your adventure style.

3. **Archery**-Learn the ancient skill of archery from local experts and master control over the bow and arrow. Private lessons for our guests are available at a nearby archery field.

4. **Horseback Riding**- Ride a Mustang horse (small, strong pony) alongside a local and experience the rhythm and lifestyle of the Mustang Kingdom. Until the 21st century, horses have been the only way to traverse the Himalayas other than by foot. Locals have domesticated and mastered the art of horse-riding in order to source goods and travel to exchange these with other villages, from short daily rides to the neighboring villages in Lower Mustang up to long multi-day excursions to Upper Mustang.

5. **Yoga Movement, Therapy and Meditation** - Each morning starts with a Yoga Asana (posture) sequence session. This is aligned with breathing practices and guided meditations to relax, strengthen and energize your body and mind. Our wellness experts are available for individual yoga and physical therapy programs to work on specific areas or to learn and deepen your personal practice. The Lodge's exclusive experiences include wellbeing retreats led by industry professionals and Buddhist monks or nuns from local monasteries.











Day 15 Shinta Mani- Kathmandu

Today you will be transferred to Kathmandu via private helicopter from Shinta Mani.

Arrive and check in at the Yak & Yeti hotel Kathmandu.

Rest of the day at leisure.

Day 16 Kathmandu

Today you will be transferred to the Kathmandu International Airport for your onward flight.

Thank you

feel free to contact us

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