



# SHINTA MANI MUSTANG

A BENSLEY COLLECTION





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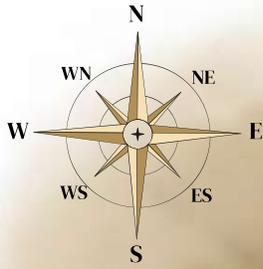
# FIVE NIGHTS

## SHINTA MANI MUSTANG

Immerse yourself in five magical nights of adventure.

At Shinta Mani Mustang – A BENSLEY Collection, we understand what our guests want. We've thought of everything so you can relax and simply enjoy the experience.

We've thoughtfully designed this five night package of core adventures to give our guests the ultimate taste of Lower Mustang during their all-inclusive experience. For a more extended trip, we have plenty more activities to add to the core experiences.



Tibetan  
Autonomous Region of China



DOLPA

U P P E R M U S T A N G

L O W E R M U S T A N G

ANNAPURNA REGION

CHINA

INDIA

- PILLAR 24
- CHHOSEK
- LO MANTHANG
- DHAKMAR
- TSARANG
- CHHUSANG
- JHONG
- THORONG LA PASS
- JHARKOT
- MUKTINATH
- KAGBENI
- LUBRA
- SHINTA MANI MUSTANG
- THINI VILLAGE
- JOMSOM
- CHHYAMA LAKE
- TILICHO LAKE
- MT. DHAULAGIRI 1
- TUKUCHE PEAK
- MARPHA
- NAURIKOT
- LETE
- MT. NILGIRI
- MT. TILICHO
- Jomsom
- Mt. Annapurna
- Mt. Manaslu
- Pokhara
- Kathmandu
- Mt. Everest
- Mt. Lhotse
- Mt. Makalu
- Mt. Kanchenjunga

Tsegyur



# The Core Experiences

## Arrival to Shinta Mani Mustang

Upon arrival in Jomsom, our BENSLEY guide will escort you to 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.



# 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 offers 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.



# 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.



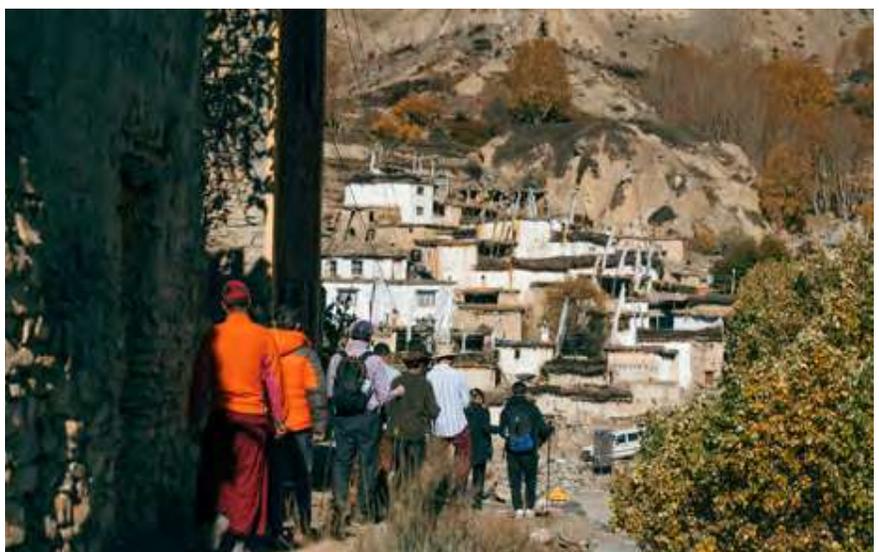
## Jharkot, Jhong and Kagbeni Excursion with an option to visit Muktinath

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 Mukti Dhara. 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.



## 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 gumpa 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.



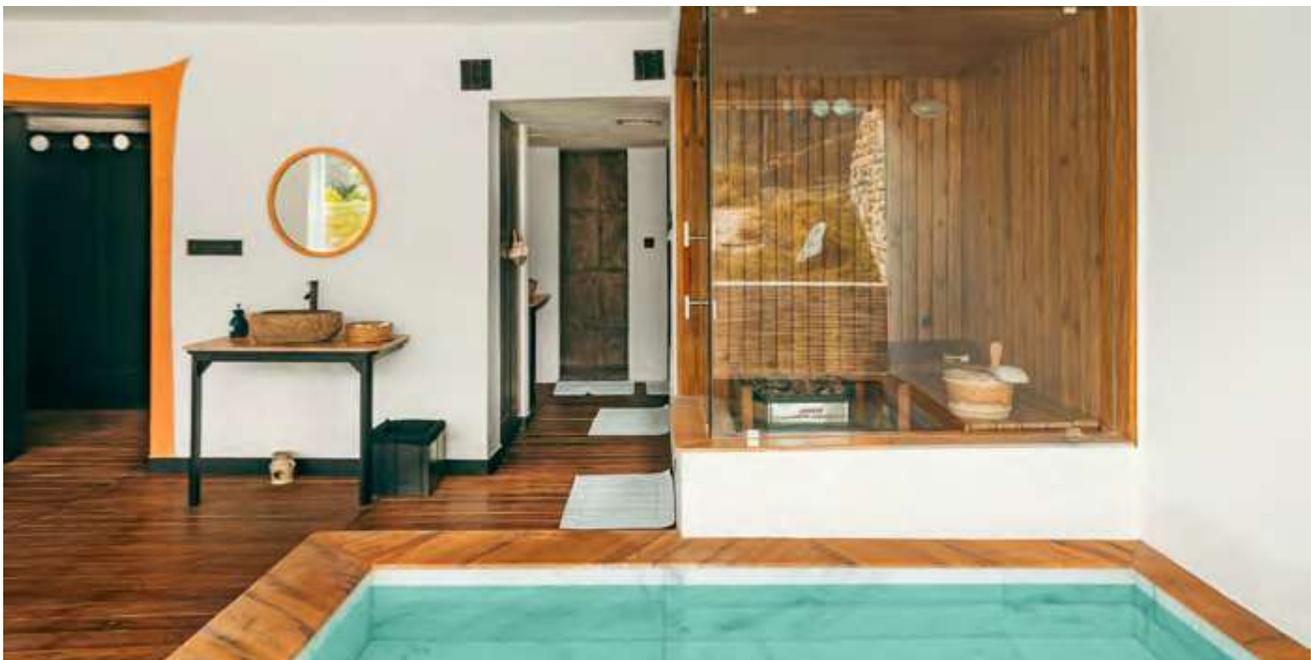
## Wellness Therapies

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.

Our 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



## Hiking & Trekking

Get ready to embark on a journey through Mustang's contrasting landscapes, encompassing arid deserts, snowy peaks, colorful valleys, and mountain forests. Our guided treks offer a unique opportunity to explore remote villages, experience Buddhist monasteries, and encounter diverse wildlife including Blue Sheep and yaks. Expect awe-inspiring views of the Kali Gandaki River, glittering glaciers, and the majestic Himalayas around every corner. From short, daily hikes starting from our resort to multi-day excursions leading all the way up to the Tibet border, we have options to suit every adventurer.

Kickstart your day with one of our House Hikes, a pre-breakfast, one-hour trek behind our resort. This short adventure will reward you with breathtaking vistas of Nilgiri and the iconic Tukuiche Peak, all set against a picturesque backdrop of desert terrain, vibrant trees, and roaring rivers.

Don't miss the chance to visit the nearby Syang Village, another highlight of our House Hike catalogue. Here, you can often find monks immersed in morning chanting and meditation in the village gumpa. As our guest, you will always receive a warm welcome and a unique opportunity to experience this tranquil spiritual practice firsthand.



## Mountain Biking

Unleash your adventurous spirit by experiencing the thrill of mountain biking through the stunning Himalayan landscapes. Whether you're a seasoned biker or a curious beginner, our journeys are designed for everyone. With a support jeep carrying all necessary supplies, technicians, and tools, you can fully immerse yourself in the ride, taking in the beautiful surroundings without any worries.

Our biking adventures range from short daily trips to the neighboring villages in the Lower Mustang to exhilarating multi-day excursions to Upper Mustang. Regardless of the duration, each ride promises unique experiences and breathtaking views.

Moreover, if you wish to combine mountain biking with any of our daily core experiences, just let your guide or butler know. We're here to tailor your adventure to your preferences, making sure you get the most out of your time in this magnificent part of the world.



## 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.



## 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.



## Yoga, Movement Therapy & 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.



# Helicopter Adventure to Mustang

## Additional Cost

Experience the epitome of luxury and adventure with a once-in-a-lifetime journey to Mustang, aboard your very own private helicopter. From the moment you lift off the ground, you'll be treated to an awe-inspiring spectacle of the mountain range unfolding before your eyes, showcasing an enchanting panorama of some of the world's tallest peaks, including the iconic Annapurna, Dhaulagiri and Nilgiri.

As you venture deeper into the heart of Mustang, the landscape morphs into a mesmerizing blend of arid desert-like terrain, dramatic cliffs, and ancient rock formations, creating an otherworldly ambiance that seems to transport you to a distant, untouched realm.

