

MYSTERIES OF MUSTANG VALLEY

Nestled along the banks of the Kali Gandaki River near its source, the ancient kingdom of Mustang valley is a land of awe-inspiring beauty, surrounded by the majestic Annapurna and Nilgiri ranges, colorful rock formations, and mesas. This deeply spiritual Buddhist community is home to over 10,000 man-made caverns, carved into the valley walls over millennia. These ancient caves were discovered to contain a treasure trove of enigmatic artifacts dating back thousands of years, including mummified human remains, intricate Buddhist paintings, Hindu deities, sculptures, and even pre-Buddhist era manuscripts. Only a select few are accessible by mule rides and treks. The entire valley is believed to have served as a passage for pilgrims from the Ganges plains heading for Kailash Mountain and Mansarowar Lake, sacred places mentioned in both Hindu and Buddhist texts. The ancient palace (15th Century) and monasteries, adorned with gorgeous mandala paintings, all invite you to explore Mustang's rich history and sacred landscapes.



Dear Visitor,
We are delighted to welcome you to the Greater Lumbini Area, including Lumbini, the sacred birthplace of Lord Buddha and a UNESCO World Heritage Site. The Lumbini Development Trust, in collaboration with the Government of Nepal, is responsible for implementing the UN-initiated Lumbini Master Plan and managing, protecting, and excavating the entire Greater Lumbini Area. This serene and historic site offers a unique journey into the heart of spirituality and peace. As you explore the tranquil gardens, ancient monasteries, and sacred landmarks, we hope you find inspiration and enlightenment.
Your journey begins in Siddharthanagar, Rupandehi, and Lumbini, but we encourage you to explore the surrounding regions, including Kapilavastu, Lord Buddha's father's kingdom, and over 136 archaeological sites such as Ramagrama, the only undisturbed stupa containing Buddha's relics.
The third part of your journey invites you to experience the cultural and natural wonders of Arghakhachi, Gulmi, and Palpa before heading to Chitwan and then Kathmandu. Embrace the cultural richness, Himalayan panoramas, spiritual retreats, and wildlife encounters. For those seeking more, the mystique of the Mustang Valley near the origin of the sacred Kali Gandaki River, an ancient Buddhist community accessible via Pokhara and Jomsom, offers ancient palaces, monasteries, and sky cave paintings. The eco-cultural landscape also offers opportunities for research and experiential learning, inspired by the Lumbini Circle study abroad work of UNM's Nepal Study Center.

With warm regards,
Lumbini Development Trust



Adventure design inspiration facilitated by the Nepal Study Center of the University of New Mexico and the Pratiman-Neema Memorial Foundation in Siddharthanagar, Rupandehi, Nepal.

Lumbini Development Trust: <https://lumbinidevtrust.gov.np/en/lumbini/content/31...>



ECO-CULTURAL ADVENTURE OF

LUMBINI AND BEYOND



Cultural immersion
Spiritual enlightenment
Ecological exploration



Immerse yourself in the land of the Buddha, ancient kingdoms, mountain adventures, and rich culture, as well as vibrant wildlife encounters. From the Terai flatlands to the hill districts, embark on a once-in-a-lifetime journey of cultural richness and natural splendor, creating unforgettable experiences at every turn.

THE MESSENGER OF PEACE

BUDDHA



- Explore Lumbini, the sacred birthplace of Lord Buddha and a UNESCO World Heritage Site, where you can encounter the Mayadevi Temple, ancient pond, Marker Stone, and Asoka Pillar. Enrich your journey with diverse offerings from magnificent Buddhist monasteries, retreats, and sacred stupas.
- Step back in time to Tilaurakot-Kapilavastu, where the Buddha grew up. This site was a bustling administrative center of the Sakya state in the 6th century BCE. Nearby, you can visit the Jagadishpur Reservoir, a bird sanctuary.
- Ramagrama Stupa is the only undisturbed original stupa containing relics of the Buddha, where Emperor Asoka's attempt to extract the relics was thwarted by a snake.

PANORAMIC VISTAS

AND ECO-ADVENTURE

- Marvel at Arghakhachi's lush green hills and valleys. Discover Supadeurali temple & local legends and enjoy Himalayan sunrises from Narapani hilltop lodge. Experience enchanting melodies of the Gandharva community in the hilltop near Sandhikharka.
- Escape to Gulmi for inner peace through yoga at Aurbindo Ashram near Madane village. Enjoy the nearby hilltop hikes with Dhaulagiri Mountain's majestic backdrop and heading east visit Resunga bird sanctuary in Tamghas.



- Drive along the Kali Gandaki River, immerse yourself in Palpa's cultural charm, and unwind at Windy Hill restaurant with the majestic Dhaulagiri range as your backdrop. Don't miss the chance to explore the historic Rani Palace and its fascinating history.
- Embark on thrilling wildlife encounters in Chitwan National Park, where Nepal's biodiversity awaits. Immerse yourself in vibrant Tharu culture and experience the raw beauty of nature at its finest by taking the elephant ride and the early morning canoe trip down the Rapti River



SPIRITUAL AND CULTURAL

JOURNEY

- Kathmandu Valley after flying out of Chitwan, where ancient temples, three historic palace squares, the blessings of the living goddess, the ancient hill-top Swayambhunath stupa, and the Boudhanath stupa await exploration. Indulge in authentic cuisine and soak in the vibrant energy of this historic Newari city, where every corner holds a piece of Nepal's rich cultural tapestry.
- For those interested in further exploration, nestled atop a hill in Nepal's Pyuthan District, to the west of Lumbini, lies Swargadwari—a revered Hindu pilgrimage site steeped in legend and spirituality. Surrounded by pine forests and Rhododendron trees, Swargadwari beckons pilgrims and trekkers alike, offering a journey of spiritual significance and breathtaking natural beauty, including panoramic views of the Himalayas.

