



Mission Shaligram

A River-Based Learning Expedition along the Kali Gandaki

An expedition that explores both the outer landscapes of the Himalayas and the inner landscapes of our relationship with the living Earth.

High in the Himalayas, the Kali Gandaki River flows through one of the deepest valleys on Earth, carving its path between ancient mountains, forests, villages, and sacred landscapes.

Mission Shaligram is a river-based learning expedition along the Kali Gandaki in Nepal – an immersive journey into landscape, culture, and our relationship with a living river.

Over three weeks, participants travel through this remarkable river valley, following the course of the river as it moves from powerful mountain waters in the high Himalayas toward calmer stretches flowing through forests and fertile plains.

Rather than learning about nature from a distance, Mission Shaligram invites participants to experience the river directly – moving with the landscape, observing the ecosystems that shape the valley, and encountering the communities that have lived alongside these waters for centuries.

Along the way, the journey also invites moments of reflection and inner exploration. The landscapes of the Kali Gandaki valley have long been places where people gather in respect and relationship with the land. In some of these places, we pause, listen, and acknowledge the living presence of the Earth.

Here, exploration, learning, and reflection unfold through direct experience with place.



Journey Highlights

Travel through the Kali Gandaki Valley

Journey through one of the world's most dramatic river valleys, moving between Himalayan peaks, ancient villages, forests, and fertile plains shaped by the river over thousands of years.

Encounter the sacred Shaligram stones

Discover the ancient fossil stones found in the riverbed of the Kali Gandaki — revered for centuries and deeply woven into the spiritual traditions of the region.

Pause in connection with the living landscape

At certain places along the journey, the expedition slows down to allow moments of reflection and simple ceremonies in connection with the land, the river, and the elements.

The Journey

The expedition follows the natural course of the Kali Gandaki River through several ecological and cultural regions of Nepal.

Over the three weeks, participants experience the changing character of the river — from high mountain landscapes explored through trekking to powerful river sections, and finally calmer stretches flowing through forests and agricultural plains.

The journey includes:

- 2 days of orientation
- 6 days of trekking in the mountains of Upper Kali Gandaki
- 2 days in Pokhara for rest, integration, and preparation for the river journey
- 7 days along the mid-river region
- 3 days in the jungles of Lower Kali Gandaki
- 1 final day for reflection and integration

The journey begins by walking the river — and continues by traveling with it.

The first part of the journey takes place in the high Himalayas, where participants trek through mountain landscapes, villages, and ancient trails — experiencing the upper river valley from the land before entering the river itself.

Traveling with the river then creates a natural rhythm of movement, rest, and reflection. In selected places along the journey, participants may gather in simple ceremonies in connection with the land, the river, and the elements — inspired by long-standing traditions of honoring the Earth in this region.

These gatherings are not intended to recreate local rituals, but to acknowledge the relationship between humans and the living landscapes we move through.



The River and the Shaligram

The Kali Gandaki River holds a unique place in both geology and cultural history.

Within the riverbed, Shaligram stones can be found — ancient fossil stones formed millions of years ago and traditionally regarded in Hindu culture as sacred symbols of Vishnu. For centuries, pilgrims have traveled to the Kali Gandaki valley in search of these stones.

The presence of Shaligrams reflects how this river valley connects natural history, cultural traditions, and living spiritual heritage.

Along the journey, participants encounter temples, traditional villages, agricultural communities, and sacred sites that reveal the deep relationship between people and the river.

Learning Through Experience

Mission Shaligram grew from decades of experience working on Nepal's rivers and exploring their cultural and ecological significance.

The expedition invites participants to look beyond the adventure of travel and explore the deeper stories of rivers — how they shape landscapes, sustain ecosystems, and influence human cultures.

Learning happens through direct engagement with the environment, dialogue with guides and local communities, and shared reflection along the journey.

The experience also invites participants to explore their own relationship with nature, the river, and the landscapes they move through.

A Signature Expedition

Mission Shaligram is developed and led by Ram Silwal, drawing on decades of experience guiding expeditions and working with Nepal's river landscapes.

The expedition is supported by a guiding team that also holds space for reflection and earth-based practices along the journey.

Together, the guiding team brings experience in exploration, cultural understanding, inner development, and earth-based practices — creating a journey that engages both the outer landscapes we travel through and the inner experience of the journey itself.



Who This Journey Is For

Mission Shaligram is designed for curious and open-minded individuals who seek learning beyond conventional classrooms.

It welcomes people interested in exploration, nature, culture, and the relationship between humans and the Earth.

Participants may include students, educators, researchers, environmentalists, adventurers, cultural explorers, and individuals drawn to experiencing landscapes and learning directly from place and people.

The journey is especially suited for those who sense that travel can be more than movement through geography – but also an opportunity for reflection, personal insight, and a deeper relationship with the natural world.

This expedition invites both outer exploration and inner reflection while traveling through one of the world's most remarkable river valleys.

Guiding Principles of the Journey

Travel with respect

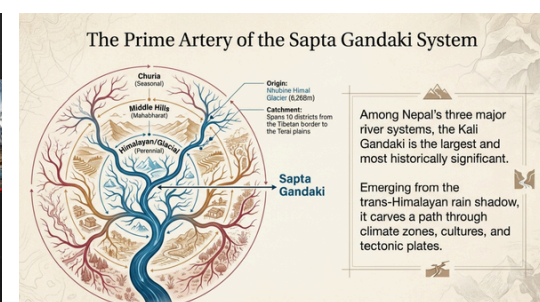
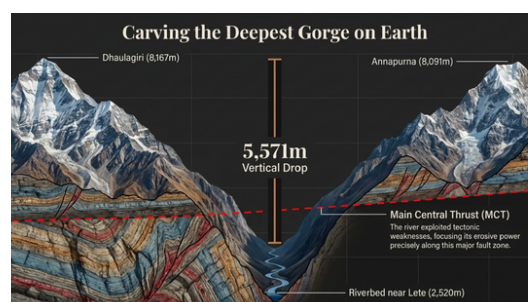
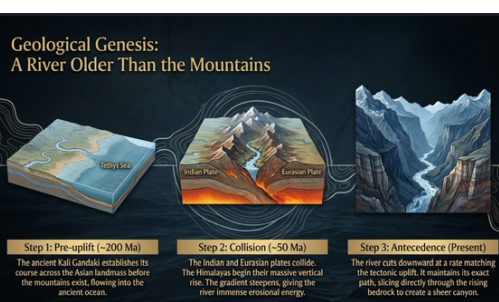
We move through landscapes and communities with care and humility, honoring the cultures, traditions, and people who call this river valley home.

Learn through experience

The river, the land, and the places we visit become part of the learning. Understanding grows through direct experience, observation, and shared dialogue.

Travel in relationship with the Earth

The journey invites us to experience the landscape not only as scenery, but as a living environment we move within and depend upon.



Misson Shaligram Itinerary

Day 1 – Arrival in Kathmandu

Upon arrival at Airport, we will receive you and transfer to your hotel. In the evening, we will gather for an expedition Orientation and welcome dinner, where you will meet our Team.

Day 2 – Travle & Orientation

After breakfast, we drive to Royal Beach Camp. Upon arrival, you will receive a detailed orientation about the Mission Shaligram Expedition. A short rafting session will be conducted to help you to prepare for the journey ahead.

Day 3 – Drive to Tukucho

full-day drive to the mountain village of Tukucho, an important settlement of the Thakali community. The village offers breathtaking views of surrounding Himalayan peaks. Overnight at tea house.

Day 4 – Cultural Exploration

We will visit culturally significant locations including Marpha Village, Kagbeni, and Muktinath. This region reflects strong Tibetan cultural influence, with rich traditions in art, religion, and architecture along the upper Kali Gandaki valley. The day provides a deep cultural and spiritual experience.

Day 5–9 – Trekking

Over the next five days, we trek along high-altitude trails reaching up to 4,000 meters. The journey includes visits to monasteries, interactions with local communities, and opportunities to experience traditional food. You will gain insight into the significance of the Kali Gandaki River and its connection to local livelihoods, while developing a deeper connection with nature and the surrounding environment.

Day 10 – Drive to Seti Beni

We descend and drive to Seti Beni, an important pilgrimage site. Here, you will visit one of the world's largest Shaligram stones and explore other historical and religious landmarks along ancient pilgrimage routes.

Day 11–15 – River Journey

Starting from Ramdi, we begin our rafting and kayaking journey. Each day starts with meditation and self-exploration and concludes with reflection. Along the way, you will encounter lush forests, diverse wildlife, and the cultures of Bote, Magar, and hill communities. This section highlights the spiritual connection between Hindu traditions and the sacred river.

Day 16–18 – Paddle In to the Terai

From the sacred site of Dev ghat, the river enters the Terai. We continue into Chitwan National Park, where you will experience Nepal's rich biodiversity and learn about the Tharu community and their way of life.

Day 19 – Return to Kathmandu

We drive back to Kathmandu. The evening is free for rest and leisure.

Day 20 – Reflection Day

Today We will reflect the journey and share our personal experience and conclude the expedition. In the evening, we will gather for a farewell dinner.

Day 21 – Departure

Our team will transfer you to the airport for your onward journey.



Create space for reflection

Moments of quiet, conversation, and simple gatherings along the way allow participants to integrate what they encounter – both in the outer landscapes and within themselves.

Honor the spirit of place

In certain places along the river, we pause to acknowledge the land and the elements with simple moments of ceremony, inspired by long-standing traditions of honoring the Earth in this region.

The Journey Continues

Traveling along the Kali Gandaki is not only a passage through landscapes, but through layers of time, culture, and living tradition.

As the river flows from the high Himalayas toward the plains, it carries stories shaped by mountains, communities, pilgrims, and the rhythms of nature itself.

Mission Shaligram invites participants to step into this living landscape – to explore, to learn, and to experience the river valley with openness and respect.

And perhaps, along the way, to rediscover something of our own relationship with the Earth.

The river flows and for a time, we travel with it.

