

1

00:00:00,000 --> 00:00:06,000

It's not a cave. It's a city.

2

00:00:06,000 --> 00:00:10,000

Nobody's been up inside them before.

3

00:00:10,000 --> 00:00:12,000

Now, this is uncharted territory for us.

4

00:00:12,000 --> 00:00:20,000

It's long way down.

5

00:00:20,000 --> 00:00:23,000

Oh, my God. Look at this.

6

00:00:23,000 --> 00:00:25,000

That is discovery.

7

00:00:25,000 --> 00:00:29,000

Holy f***. There it is.

8

00:00:29,000 --> 00:00:38,000

Can you see it? See it?

9

00:00:38,000 --> 00:00:41,000

My name is Josh Gates.

10

00:00:41,000 --> 00:00:46,000

With a degree in archaeology and a passion for exploration,

11

00:00:46,000 --> 00:00:50,000

I have a tendency to end up in some very strange situations.

12

00:00:50,000 --> 00:00:53,000

God, Lord!

13

00:00:53,000 --> 00:00:56,000

My travels have taken me to the ends of the earth

14

00:00:56,000 --> 00:00:59,000

as I investigate the greatest legends in history.

15

00:00:59,000 --> 00:01:01,000

We're going to fly on dark.

16

00:01:01,000 --> 00:01:07,000

This is Expedition Unknown.

17

00:01:07,000 --> 00:01:11,000

The legend of Shangri-La is the story of a hidden valley

18

00:01:11,000 --> 00:01:13,000

somewhere high in the Himalayas,

19

00:01:13,000 --> 00:01:17,000

a place of mystical energy, immortality, and eternal peace.

20

00:01:17,000 --> 00:01:22,000

But could it be based on someplace real?

21

00:01:22,000 --> 00:01:25,000

My search brought me to the holy city of Kathmandu,

22

00:01:25,000 --> 00:01:28,000

where I learned about the spiritual tradition of Shambhala,

23

00:01:28,000 --> 00:01:32,000

an ancient Buddhist realm which inspired the Shangri-La story.

24

00:01:32,000 --> 00:01:35,000

I've also learned that archaeologists have recently been granted access

25

00:01:35,000 --> 00:01:38,000

to explore Nepal's remote northern frontier,

26

00:01:38,000 --> 00:01:40,000

known as the Mustang region,

27

00:01:40,000 --> 00:01:44,000

that may hold the truth behind the myth.

28

00:01:44,000 --> 00:01:48,000

My team and I hopped a helicopter to navigate high into the Himalayas,

29

00:01:48,000 --> 00:01:51,000

where we touched down, switched to 4x4s,

30

00:01:51,000 --> 00:01:56,000

and undertook an epic drive into the Mustang.

31

00:01:56,000 --> 00:01:59,000

Once there, we linked up with archaeologist Mark Aldenderfer

32

00:01:59,000 --> 00:02:01,000

and his associate Mohan Singh Lama.

33

00:02:01,000 --> 00:02:06,000

They revealed that these valleys are filled with nearly 10,000 mysterious sky caves,

34

00:02:06,000 --> 00:02:11,000

perilous-looking chambers, hand-dug out of the cliffs more than 500 years ago,

35

00:02:11,000 --> 00:02:14,000

by Buddhists who came here from Tibet.

36

00:02:14,000 --> 00:02:15,000

But why?

37

00:02:15,000 --> 00:02:20,000

Some claim this area could be the real-life Shangri-La.

38

00:02:20,000 --> 00:02:26,000

In one remote cave, I discovered that some of these structures were used as places of healing.

39

00:02:26,000 --> 00:02:29,000

You should not enter this if you're not pure of heart.

40

00:02:29,000 --> 00:02:30,000

Oh, now you tell me.

41

00:02:30,000 --> 00:02:34,000

Another cavern revealed incredible paintings by different ancient artists,

42

00:02:34,000 --> 00:02:39,000

proof that some of these caves were used as places of culture and craftsmanship.

43

00:02:39,000 --> 00:02:41,000

That is incredible.

44

00:02:43,000 --> 00:02:47,000

Now, at nearly 14,000 feet, we've discovered a rock tower

45

00:02:47,000 --> 00:02:52,000

that could help unravel the mystery of why people came to this valley so many centuries ago.

46

00:02:52,000 --> 00:02:54,000

Wall is crumbling here, guys.

47

00:02:54,000 --> 00:02:58,000

Be careful. Back up, back up, back up. You okay?

48

00:02:58,000 --> 00:03:01,000

Let's really sketch you up here.

49

00:03:01,000 --> 00:03:02,000

So, what do we got?

50

00:03:02,000 --> 00:03:06,000

When you have small chambers like this, there are only one or two things you usually put inside.

51

00:03:06,000 --> 00:03:09,000

Something stored or human burials.

52

00:03:09,000 --> 00:03:12,000

So, let's see what the hell is in there.

53

00:03:13,000 --> 00:03:15,000

What do you got? Human burials.

54

00:03:15,000 --> 00:03:17,000

Oh, my God.

55

00:03:17,000 --> 00:03:18,000

Wow.

56

00:03:18,000 --> 00:03:19,000

Very good score.

57

00:03:19,000 --> 00:03:21,000

We got a human jaw.

58

00:03:21,000 --> 00:03:22,000

We've got long bones.

59

00:03:22,000 --> 00:03:25,000

We've got a femur, fibula, tibia.

60

00:03:25,000 --> 00:03:27,000

Congratulations to the team here. This is great.

61

00:03:27,000 --> 00:03:30,000

Nice work, guys. Any sense of how old this might be?

62

00:03:30,000 --> 00:03:31,000

It's early than 800 AD.

63

00:03:31,000 --> 00:03:35,000

This is actually an amazingly important find.

64

00:03:35,000 --> 00:03:37,000

This is astounding.

65

00:03:37,000 --> 00:03:43,000

We've discovered human remains that indicate that even in ancient times, people considered these mountains sacred.

66

00:03:43,000 --> 00:03:50,000

By extension, the dizzyingly high sky caves may have been put up here for the same reason, to be closer to the gods.

67

00:03:50,000 --> 00:03:56,000

No doubt that many of the caves were considered holy ground for cremations and burials of the dead.

68

00:03:56,000 --> 00:04:00,000

Now, I'm going to, with your permission, extract this mandible.

69

00:04:00,000 --> 00:04:01,000

Yeah.

70

00:04:03,000 --> 00:04:04,000

Look at that.

71

00:04:04,000 --> 00:04:09,000

The jawbone has been bleached white by the sun and is incredibly well preserved.

72

00:04:09,000 --> 00:04:12,000

This is a group of people that still are largely a mystery, right?

73

00:04:12,000 --> 00:04:17,000

If it's as early as I think it could be, it might help us recalibrate what our thinking is about this region.

74

00:04:17,000 --> 00:04:21,000

This is a really tangible link to the past.

75

00:04:21,000 --> 00:04:24,000

Wow. Not bad for a day's work, huh?

76

00:04:24,000 --> 00:04:26,000

Not bad. Good score, guys. Well done.

77

00:04:27,000 --> 00:04:31,000

After photographing the site, we hike back down the mountain.

78

00:04:31,000 --> 00:04:36,000

As we walk, though, we see scraps of prayer flags and clothing on the ground.

79

00:04:36,000 --> 00:04:37,000

Lots of debris here.

80

00:04:37,000 --> 00:04:38,000

Yeah.

81

00:04:38,000 --> 00:04:39,000

Parts of scarves.

82

00:04:39,000 --> 00:04:41,000

So it's the sky burrow side, yes.

83

00:04:41,000 --> 00:04:44,000

This is how they take their dead into the next dimension, if you will.

84

00:04:45,000 --> 00:04:48,000

It turns out not all rituals on this mountain are ancient.

85

00:04:48,000 --> 00:04:55,000

We've come across what's known as a sky burial, an active site where Buddhists ceremonially part ways with the dead.

86

00:04:55,000 --> 00:04:58,000

Very few people that are not lobos or Tibetans see this.

87

00:04:58,000 --> 00:05:00,000

It's not something that they'd like you to watch.

88

00:05:00,000 --> 00:05:04,000

The person dies and they bring them here. They put them on the slab.

89

00:05:05,000 --> 00:05:08,000

That rope is used to tie around the deceased neck.

90

00:05:08,000 --> 00:05:11,000

They pull that neck so that the body is tight.

91

00:05:11,000 --> 00:05:15,000

Then they'll slash the back of the body with a sharp knife.

92

00:05:16,000 --> 00:05:20,000

And then the Lamargar vultures, you know, get wind of this scent.

93

00:05:20,000 --> 00:05:22,000

They'll come in to send on the body.

94

00:05:22,000 --> 00:05:29,000

And then what remains, the person will then crush those bones and push it all, make it into a pulp.

95

00:05:29,000 --> 00:05:32,000

And then leave it here for the vultures to come back.

96

00:05:34,000 --> 00:05:36,000

So there's nothing left. That's the idea, right?

97

00:05:36,000 --> 00:05:40,000

But the practice might seem gruesome, but it is also profound.

98

00:05:40,000 --> 00:05:42,000

And this site, Mohan is still being used.

99

00:05:42,000 --> 00:05:44,000

Yeah, it still leaves there.

100

00:05:45,000 --> 00:05:50,000

The experience of seeing the sky burial leaves us all feeling moved and frankly, a little shaken.

101

00:05:50,000 --> 00:05:54,000

We solemnly hike down to the 4x4s and drive on in silence.

102

00:05:55,000 --> 00:05:59,000

Just after dark, we arrive at the outskirts of the city of Lomantang.

103

00:05:59,000 --> 00:06:04,000

Tomorrow we'll continue our investigation, but with temperatures outside now below freezing,

104

00:06:04,000 --> 00:06:09,000

for tonight we seek shelter in a tea house, the local version of a Motel 6.

105

00:06:11,000 --> 00:06:12,000

Welcome to Lomantang.

106

00:06:13,000 --> 00:06:17,000

Bags are stacked and generators are plugged into our batteries.

107

00:06:17,000 --> 00:06:20,000

Do not splice wires with your mouth at home, kids.

108

00:06:20,000 --> 00:06:25,000

Our crew powers on the phones, but up here, even the satellites seem to be out of commission.

109

00:06:25,000 --> 00:06:26,000

What's going on?

110

00:06:26,000 --> 00:06:27,000

I was just trying to call home.

111

00:06:27,000 --> 00:06:28,000

How's that going?

112

00:06:28,000 --> 00:06:29,000

Not so well.

113

00:06:30,000 --> 00:06:31,000

Doesn't work?

114

00:06:31,000 --> 00:06:35,000

The locals fire up the stoves and we finally get to chow down.

115

00:06:35,000 --> 00:06:39,000

Have you ever been to a coconut cookie in the middle of Lomintang?

116

00:06:39,000 --> 00:06:40,000

It's a beautiful thing.

117

00:06:40,000 --> 00:06:42,000

What else you need in life?

118

00:06:42,000 --> 00:06:43,000

Nothing.

119

00:06:48,000 --> 00:06:50,000

Morning in the Mustang region.

120

00:06:50,000 --> 00:06:56,000

We're only about 20 miles from the border of Tibet and we're on the doorstep of a place that I've traveled a long way to see.

121

00:06:56,000 --> 00:07:04,000

This is Lomantang, population about 1400 people, but believe it or not, that still makes this the biggest city for hundreds of miles.

122

00:07:04,000 --> 00:07:13,000

This was once the capital of the Kingdom of Loh, a walled fortress with 14 guard posts and two gates to keep out potential invaders.

123

00:07:13,000 --> 00:07:18,000

Today, this is not just an entrance to a city, it is a portal to another time and place.

124

00:07:23,000 --> 00:07:24,000

Welcome to the past.

125

00:07:24,000 --> 00:07:29,000

A city made of mud, sweat and prayers.

126

00:07:29,000 --> 00:07:31,000

This isn't a tourist attraction.

127

00:07:31,000 --> 00:07:33,000

This isn't a reenactment.

128

00:07:33,000 --> 00:07:37,000

This is, for all intents and purposes, life in the Middle Ages.

129

00:07:40,000 --> 00:07:45,000

It is also the best preserved example of ancient Tibetan culture left on earth.

130

00:07:45,000 --> 00:07:49,000

Residents even collect and dry out yak dung to burn in their stoves.

131

00:07:49,000 --> 00:07:52,000

Excuse me, if I could just...

132

00:07:53,000 --> 00:07:54,000

It's fine.

133

00:07:55,000 --> 00:07:56,000

Hi.

134

00:07:56,000 --> 00:08:00,000

No internet, no phones, and don't even ask about the plumbing.

135

00:08:00,000 --> 00:08:04,000

In fact, the only modern amenity that seems to have made its way into town is this.

136

00:08:05,000 --> 00:08:06,000

An espresso machine.

137

00:08:14,000 --> 00:08:15,000

That's very good.

138

00:08:15,000 --> 00:08:16,000

Watch out Starbucks.

139

00:08:17,000 --> 00:08:18,000

This guy's coming for you.

140

00:08:19,000 --> 00:08:23,000

Next door, I find a gift shop filled with authentic treasures from the region.

141

00:08:23,000 --> 00:08:24,000

This is beautiful.

142

00:08:24,000 --> 00:08:25,000

What is this?

143

00:08:25,000 --> 00:08:29,000

We use it in Semuntang, like Panthik Semuntang for blow.

144

00:08:32,000 --> 00:08:33,000

That's amazing.

145

00:08:34,000 --> 00:08:36,000

This is made from human thigh bone.

146

00:08:36,000 --> 00:08:37,000

Oh, it's a human thigh bone?

147

00:08:37,000 --> 00:08:38,000

Yeah.

148

00:08:38,000 --> 00:08:40,000

I probably shouldn't have put that in my mouth.

149

00:08:43,000 --> 00:08:47,000

As I continue my stroll through the 1400s, I notice that the women of Lomantang seem to be doing a lot of work.

150

00:08:48,000 --> 00:08:49,000

They're doing a lot of the heavy lifting.

151

00:08:50,000 --> 00:08:53,000

Meanwhile, I find the guys in town hanging out at the local bar.

152

00:08:53,000 --> 00:08:54,000

I'm gonna stay.

153

00:08:54,000 --> 00:08:55,000

Just without the bar part.

154

00:08:56,000 --> 00:08:57,000

What are we talking about?

155

00:08:57,000 --> 00:09:00,000

Women? Money? The usual.

156

00:09:01,000 --> 00:09:04,000

Sure enough, it isn't long before someone brings a tray.

157

00:09:04,000 --> 00:09:06,000

And it isn't just tea, they're pouring.

158

00:09:07,000 --> 00:09:08,000

For me?

159

00:09:08,000 --> 00:09:09,000

Yeah.

160

00:09:09,000 --> 00:09:10,000

What is this?

161

00:09:10,000 --> 00:09:11,000

Oh, medical.

162

00:09:11,000 --> 00:09:12,000

Smells good.

163

00:09:13,000 --> 00:09:14,000

Woo!

164

00:09:17,000 --> 00:09:18,000

I think I just found enlightenment.

165

00:09:18,000 --> 00:09:21,000

This is Roxy, Nepalese moonshine.

166

00:09:21,000 --> 00:09:22,000

Cheers.

167

00:09:22,000 --> 00:09:23,000

Cheers.

168

00:09:23,000 --> 00:09:27,000

I tell you what it tastes like, but I can no longer taste anything else for comparison.

169

00:09:33,000 --> 00:09:34,000

You guys are the best.

170

00:09:34,000 --> 00:09:36,000

I love you guys.

171

00:09:36,000 --> 00:09:38,000

Let's always stay in touch.

172

00:09:38,000 --> 00:09:39,000

Yeah.

173

00:09:43,000 --> 00:09:47,000

After a few more rounds with the boys, I find myself in front of a Buddhist temple.

174

00:09:47,000 --> 00:09:51,000

Like all repentant drinkers, it seems I've turned to religion.

175

00:09:57,000 --> 00:09:59,000

Beyond the doors, time stops.

176

00:09:59,000 --> 00:10:05,000

The bright and dusty streets of Lomantang replaced by twilight and silence.

177

00:10:06,000 --> 00:10:08,000

A monument to contemplation.

178

00:10:09,000 --> 00:10:11,000

Four Lamas chant mantras.

179

00:10:11,000 --> 00:10:17,000

Phrases repeated in order to allow the mind to drift away from distracting thoughts and into a trance-like state.

180

00:10:17,000 --> 00:10:21,000

If I'm going to reach the realm of Shambhala, or Shangri-La,

181

00:10:21,000 --> 00:10:23,000

I can't just explore the mysterious sky caves.

182

00:10:23,000 --> 00:10:26,000

I need to explore my own mind.

183

00:10:26,000 --> 00:10:42,000

I spend an hour listening to the chanting, and then, for just a moment, everything vanishes.

184

00:10:42,000 --> 00:10:45,000

And I fall into an incredible nothingness.

185

00:10:47,000 --> 00:10:52,000

But it's fleeting, a taste of something I may never be disciplined enough to find again.

186

00:10:52,000 --> 00:10:56,000

The monks are gracious and grant me the next best thing to enlightenment.

187

00:10:56,000 --> 00:10:58,000

I carry their blessing from the temple.

188

00:10:58,000 --> 00:11:01,000

Where I'm going next, I'll certainly need it.

189

00:11:02,000 --> 00:11:04,000

Got a kind of foothold.

190

00:11:04,000 --> 00:11:06,000

I thought Shangri-La was supposed to be peaceful.

191

00:11:06,000 --> 00:11:07,000

This is terrifying.

192

00:11:13,000 --> 00:11:18,000

I'm on an epic journey through Nepal investigating the legend of Shangri-La,

193

00:11:18,000 --> 00:11:20,000

or what Buddhists call Shambhala.

194

00:11:20,000 --> 00:11:23,000

A heaven on earth rumored to be hidden high in the Himalayas.

195

00:11:26,000 --> 00:11:28,000

Okay, convoy, we're moving out. Here we go.

196

00:11:29,000 --> 00:11:32,000

After two nights in the medieval city of Lomantang,

197

00:11:32,000 --> 00:11:35,000

our convoy, led by archaeologist Mark Aldendurfer,

198

00:11:35,000 --> 00:11:39,000

sets off to explore remote sky caves that may be linked to the legend.

199

00:11:40,000 --> 00:11:41,000

Where are we headed?

200

00:11:41,000 --> 00:11:44,000

Today we're headed toward the Martzang area,

201

00:11:44,000 --> 00:11:47,000

and apparently there's a cave system called Pumbamba.

202

00:11:47,000 --> 00:11:48,000

Pumbamba?

203

00:11:48,000 --> 00:11:49,000

Pumbamba, yeah.

204

00:11:49,000 --> 00:11:50,000

Sounds tropical.

205

00:11:50,000 --> 00:11:51,000

It does. It's an odd name.

206

00:11:51,000 --> 00:11:53,000

And what's in the Pumbamba caves?

207

00:11:53,000 --> 00:11:55,000

Well, we don't know what's in the Pumbamba caves.

208

00:11:55,000 --> 00:11:56,000

I've been explored by anybody's team.

209

00:11:56,000 --> 00:11:57,000

Nobody's been in there?

210

00:11:57,000 --> 00:11:58,000

No.

211

00:11:58,000 --> 00:12:00,000

So I think that they're worth taking a look at.

212

00:12:00,000 --> 00:12:01,000

For sure.

213

00:12:01,000 --> 00:12:02,000

Oh my God.

214

00:12:02,000 --> 00:12:04,000

Just a little bumpy in here.

215

00:12:05,000 --> 00:12:07,000

The road to paradise is far from paved.

216

00:12:07,000 --> 00:12:10,000

We're driving near the restricted border of Tibet,

217

00:12:10,000 --> 00:12:13,000

to a valley that contains the mysterious sky caves.

218

00:12:14,000 --> 00:12:17,000

This is the craziest road I've ever been on for sure.

219

00:12:17,000 --> 00:12:19,000

This is like some next level.

220

00:12:19,000 --> 00:12:20,000

Really?

221

00:12:26,000 --> 00:12:28,000

Just trying to not hit the big rocks.

222

00:12:28,000 --> 00:12:29,000

Right.

223

00:12:30,000 --> 00:12:31,000

Come on, girl.

224

00:12:35,000 --> 00:12:37,000

Wow, look at this.

225

00:12:39,000 --> 00:12:41,000

The one smooth section of road.

226

00:12:41,000 --> 00:12:42,000

Is this a mirage mark?

227

00:12:42,000 --> 00:12:43,000

No, no.

228

00:12:43,000 --> 00:12:44,000

Keep going.

229

00:12:44,000 --> 00:12:46,000

My kidneys, thank you.

230

00:12:46,000 --> 00:12:48,000

Don't get used to it.

231

00:12:50,000 --> 00:12:52,000

This looks like a tough crossing.

232

00:12:53,000 --> 00:12:54,000

What do you think?

233

00:12:54,000 --> 00:12:55,000

We going through this or walking?

234

00:12:55,000 --> 00:12:56,000

We have to walk.

235

00:12:56,000 --> 00:12:57,000

We have to walk?

236

00:12:57,000 --> 00:12:58,000

Yeah.

237

00:12:58,000 --> 00:12:59,000

Too much weight in the vehicle?

238

00:12:59,000 --> 00:13:00,000

Yeah.

239

00:13:00,000 --> 00:13:02,000

So let's get out and we'll have one of the drivers take it across.

240

00:13:02,000 --> 00:13:04,000

OK, let's jump out.

241

00:13:04,000 --> 00:13:07,000

Everyone climbs out to cross the stream on foot,

242

00:13:07,000 --> 00:13:09,000

while one of our local guides drives solo,

243

00:13:09,000 --> 00:13:11,000

on his way to Rababank, apparently.

244

00:13:11,000 --> 00:13:15,000

Our local team protects our most valuable commodity, breakfast.

245

00:13:15,000 --> 00:13:18,000

Several dozen eggs are hand carried across the river.

246

00:13:18,000 --> 00:13:21,000

Something tells me we're all taking them scramble tomorrow.

247

00:13:21,000 --> 00:13:22,000

Hey, Lakma.

248

00:13:22,000 --> 00:13:23,000

Yes, sir.

249

00:13:23,000 --> 00:13:24,000

How did the eggs do?

250

00:13:24,000 --> 00:13:25,000

Did you crack any eggs coming across?

251

00:13:25,000 --> 00:13:26,000

No, no, no.

252

00:13:26,000 --> 00:13:27,000

You sure?

253

00:13:27,000 --> 00:13:28,000

Yeah.

254

00:13:28,000 --> 00:13:29,000

You saved them all?

255

00:13:29,000 --> 00:13:30,000

Yeah.

256

00:13:30,000 --> 00:13:31,000

Nice work, buddy.

257

00:13:31,000 --> 00:13:32,000

We ready?

258

00:13:32,000 --> 00:13:33,000

Yeah.

259

00:13:33,000 --> 00:13:34,000

Back in the cars.

260

00:13:37,000 --> 00:13:39,000

We drive through the river,

261

00:13:40,000 --> 00:13:43,000

we drive through the seemingly barren valley,

262

00:13:43,000 --> 00:13:45,000

inventing the road as we go.

263

00:13:48,000 --> 00:13:50,000

But soon, we hit the end of the line.

264

00:13:50,000 --> 00:13:52,000

OK, so here we are.

265

00:13:52,000 --> 00:13:55,000

Pomonga is just a little bit further down valley.

266

00:13:55,000 --> 00:13:56,000

OK.

267

00:13:56,000 --> 00:13:57,000

Here we go.

268

00:13:58,000 --> 00:14:00,000

We're less than an hour's hike to the caves,

269

00:14:00,000 --> 00:14:03,000

but once the sun goes down, it gets really cold around here.

270

00:14:03,000 --> 00:14:06,000

So we'll need to make camp before we set off on foot.

271

00:14:07,000 --> 00:14:10,000

Once again, we have to take all of the gear from one place

272

00:14:10,000 --> 00:14:11,000

to someplace else.

273

00:14:11,000 --> 00:14:13,000

Don't worry, breakfast made it.

274

00:14:14,000 --> 00:14:16,000

Josh, you want me to carry one of those?

275

00:14:16,000 --> 00:14:17,000

No, no, I got this, Brian.

276

00:14:17,000 --> 00:14:18,000

You sure?

277

00:14:18,000 --> 00:14:19,000

No, no, don't worry about it.

278

00:14:19,000 --> 00:14:20,000

OK, you look pretty solid.

279

00:14:20,000 --> 00:14:22,000

You know, you just stand there with that one small camera.

280

00:14:22,000 --> 00:14:23,000

OK.

281

00:14:23,000 --> 00:14:24,000

I got all this.

282

00:14:24,000 --> 00:14:26,000

Everyone pitches in to move the equipment,

283

00:14:26,000 --> 00:14:29,000

though I'm not sure my contributions are being fully appreciated.

284

00:14:29,000 --> 00:14:30,000

Brian, I got this.

285

00:14:30,000 --> 00:14:31,000

You got it?

286

00:14:31,000 --> 00:14:32,000

Yeah, I got it.

287

00:14:32,000 --> 00:14:33,000

I got this.

288

00:14:33,000 --> 00:14:34,000

I got it.

289

00:14:34,000 --> 00:14:35,000

I got it.

290

00:14:35,000 --> 00:14:36,000

No, I got it.

291

00:14:36,000 --> 00:14:37,000

It's fine, I got it.

292

00:14:37,000 --> 00:14:38,000

Yeah.

293

00:14:38,000 --> 00:14:40,000

Josh Gates, finally doing some work around here.

294

00:14:40,000 --> 00:14:41,000

Finally.

295

00:14:41,000 --> 00:14:43,000

This is not going to kill all of you.

296

00:14:43,000 --> 00:14:45,000

I'm going to leave you all out here for dead.

297

00:14:50,000 --> 00:14:54,000

While we set up the tents, our local guides start preparing dinner.

298

00:14:54,000 --> 00:14:56,000

They cook as easily on the side of the Himalayas

299

00:14:56,000 --> 00:14:58,000

as I do in a fully-stocked kitchen.

300

00:14:58,000 --> 00:15:00,000

Andrew, I'm sorry we rented a tent, man.

301

00:15:00,000 --> 00:15:01,000

It's all right.

302

00:15:01,000 --> 00:15:02,000

It's all right.

303

00:15:02,000 --> 00:15:03,000

Don't worry about it.

304

00:15:03,000 --> 00:15:04,000

Somebody's got to watch the gear.

305

00:15:04,000 --> 00:15:06,000

Temperature should be about 20 degrees tonight.

306

00:15:06,000 --> 00:15:07,000

Yeah, yeah, I got this.

307

00:15:07,000 --> 00:15:08,000

Don't worry.

308

00:15:10,000 --> 00:15:14,000

With camp set, it's time for another high-altitude hike.

309

00:15:14,000 --> 00:15:17,000

We're setting out to survey a group of sky caves

310

00:15:17,000 --> 00:15:19,000

that have never been explored.

311

00:15:19,000 --> 00:15:21,000

The enigmatic caverns of this region have been linked

312

00:15:21,000 --> 00:15:23,000

to the Shangri-La legend,

313

00:15:23,000 --> 00:15:26,000

so we're eager to see what might be hiding inside.

314

00:15:26,000 --> 00:15:27,000

Is that it?

315

00:15:27,000 --> 00:15:29,000

That's Pumamba right there the head.

316

00:15:29,000 --> 00:15:30,000

Wow.

317

00:15:30,000 --> 00:15:32,000

They're really extensive.

318

00:15:32,000 --> 00:15:35,000

There are, but I hope you've noticed one thing.

319

00:15:36,000 --> 00:15:39,000

The closer we get to the place, the higher up they are.

320

00:15:39,000 --> 00:15:41,000

Yeah, I do notice that.

321

00:15:41,000 --> 00:15:43,000

From where I first saw them, they didn't look too bad.

322

00:15:43,000 --> 00:15:46,000

Now it looks like they're, I don't know, a couple hundred feet up at least.

323

00:15:46,000 --> 00:15:47,000

Yep.

324

00:15:48,000 --> 00:15:50,000

How many openings do you think there are?

325

00:15:50,000 --> 00:15:52,000

50 or 60 easily, maybe more.

326

00:15:52,000 --> 00:15:53,000

So nobody's been up inside them before?

327

00:15:53,000 --> 00:15:55,000

No, this is uncharted territory for us.

328

00:16:03,000 --> 00:16:07,000

Caves are absolutely stunning and really mysterious looking,

329

00:16:07,000 --> 00:16:10,000

but as you get close to them, they're also something else.

330

00:16:10,000 --> 00:16:12,000

They're terrifying.

331

00:16:13,000 --> 00:16:16,000

The enormity of the caves is finally clear to me,

332

00:16:16,000 --> 00:16:20,000

and one thing is for certain, we're going to need a bigger ladder.

333

00:16:20,000 --> 00:16:22,000

That is a real challenge.

334

00:16:24,000 --> 00:16:25,000

Me.

335

00:16:33,000 --> 00:16:35,000

I'm in the Himalayan mountains of Nepal,

336

00:16:35,000 --> 00:16:38,000

searching for the origins of the Shangri-La legend,

337

00:16:38,000 --> 00:16:41,000

and my investigation just got a whole lot harder.

338

00:16:42,000 --> 00:16:44,000

F*** me.

339

00:16:44,000 --> 00:16:45,000

So there she is.

340

00:16:45,000 --> 00:16:46,000

Yep.

341

00:16:46,000 --> 00:16:47,000

Good lord.

342

00:16:47,000 --> 00:16:49,000

That is a real challenge.

343

00:16:51,000 --> 00:16:53,000

It's going to be an interesting climb to get in there,

344

00:16:53,000 --> 00:16:55,000

but you know, it looks doable.

345

00:16:55,000 --> 00:16:57,000

With the right kind of ropes and good guide,

346

00:16:57,000 --> 00:16:59,000

you should be able to get in there no problem.

347

00:17:00,000 --> 00:17:01,000

You're going in there?

348

00:17:01,000 --> 00:17:02,000

No, I'm not going in there.

349

00:17:02,000 --> 00:17:03,000

Really?

350

00:17:03,000 --> 00:17:04,000

Really.

351

00:17:04,000 --> 00:17:05,000

Bad back.

352

00:17:05,000 --> 00:17:06,000

I got bad everything, Mark.

353

00:17:07,000 --> 00:17:09,000

High altitude caves like this are Mark's passion,

354

00:17:09,000 --> 00:17:11,000

but since he's recovering from a recent injury,

355

00:17:11,000 --> 00:17:13,000

he won't be able to attempt an ascent.

356

00:17:13,000 --> 00:17:15,000

Who's the man in charge then?

357

00:17:15,000 --> 00:17:18,000

I think that the most important thing to do is to put this all in Nima's hands,

358

00:17:18,000 --> 00:17:19,000

because he's the pro.

359

00:17:19,000 --> 00:17:21,000

He knows how to get into these places.

360

00:17:21,000 --> 00:17:25,000

Our local team member, Nima, has been climbing in this region all his life

361

00:17:25,000 --> 00:17:29,000

and knows firsthand how dangerous these crumbling cliffs really are.

362

00:17:29,000 --> 00:17:31,000

Okay, Nima, walk me through this.

363

00:17:31,000 --> 00:17:33,000

How in the hell did we get inside of that?

364

00:17:33,000 --> 00:17:35,000

First, we need to put some anchor up there.

365

00:17:35,000 --> 00:17:36,000

Okay.

366

00:17:36,000 --> 00:17:39,000

And then, Trevoss has carried rock section,

367

00:17:39,000 --> 00:17:41,000

and then climbed up to the rocky point.

368

00:17:41,000 --> 00:17:44,000

And then we try to gain access there in that hole?

369

00:17:44,000 --> 00:17:45,000

Yeah.

370

00:17:45,000 --> 00:17:47,000

When do you think the last time was somebody was up in these caves?

371

00:17:47,000 --> 00:17:50,000

I think the last time is when the people left,

372

00:17:50,000 --> 00:17:52,000

which would have been four and five hundred years ago.

373

00:17:52,000 --> 00:17:54,000

We have no idea what's in here.

374

00:17:55,000 --> 00:17:56,000

Okay, great. Let's get to work.

375

00:17:57,000 --> 00:18:02,000

We gear up for the climb, eager to understand why people carve these openings

376

00:18:02,000 --> 00:18:05,000

and whether the secrets of Shangri-La are hiding inside.

377

00:18:05,000 --> 00:18:09,000

But the cliffs here are made up of the softest rock this side of Barry Manilow,

378

00:18:09,000 --> 00:18:12,000

which is why they're collapsing to dust before our eyes.

379

00:18:12,000 --> 00:18:16,000

My cameraman, JJ, sums up the climb very succinctly.

380

00:18:16,000 --> 00:18:18,000

This snaps, I die.

381

00:18:18,000 --> 00:18:19,000

Okay, we ready?

382

00:18:19,000 --> 00:18:20,000

Yep.

383

00:18:20,000 --> 00:18:22,000

So, order events. You're going to go up first?

384

00:18:22,000 --> 00:18:23,000

Yep.

385

00:18:23,000 --> 00:18:24,000

You guys are going to set the anchor points?

386

00:18:24,000 --> 00:18:25,000

We're following up.

387

00:18:25,000 --> 00:18:27,000

And we'll be talking to you when Wauke talks to you.

388

00:18:27,000 --> 00:18:28,000

Sounds good. Climb safe.

389

00:18:28,000 --> 00:18:29,000

Hey, thanks, man.

390

00:18:29,000 --> 00:18:30,000

Good luck.

391

00:18:30,000 --> 00:18:35,000

We carefully hike up the lower embankment while Nima sets P-tons into the rock.

392

00:18:36,000 --> 00:18:40,000

We'll then clip into a fixed rope and move together across the cliff face.

393

00:18:40,000 --> 00:18:44,000

The problem is that these canyons are made of loose conglomerate,

394

00:18:44,000 --> 00:18:45,000

step in the wrong place,

395

00:18:45,000 --> 00:18:49,000

and the whole hillside can come down like the world's biggest game of Jenga.

396

00:18:49,000 --> 00:18:50,000

There they go.

397

00:18:56,000 --> 00:18:59,000

I thought Shangri-La was supposed to be peaceful.

398

00:18:59,000 --> 00:19:01,000

This is terrifying.

399

00:19:01,000 --> 00:19:03,000

We make it up to the first plateau,

400

00:19:03,000 --> 00:19:07,000

and then clip into the next section of rope and ease our way across the face of the cliff.

401

00:19:07,000 --> 00:19:10,000

Very slippery and very loose.

402

00:19:10,000 --> 00:19:11,000

You know where we are now, my friend.

403

00:19:11,000 --> 00:19:12,000

Death zone?

404

00:19:12,000 --> 00:19:13,000

Death zone.

405

00:19:13,000 --> 00:19:17,000

If we fall here, I'm going to that Great Wednesday time slot in the sky.

406

00:19:17,000 --> 00:19:18,000

These are the widow makers right here.

407

00:19:18,000 --> 00:19:23,000

There's just huge boulders and all this loose conglomerate waiting to let go.

408

00:19:24,000 --> 00:19:26,000

Makes this incredibly dangerous.

409

00:19:29,000 --> 00:19:31,000

Got a kind of foothold.

410

00:19:31,000 --> 00:19:32,000

Okay, now what?

411

00:19:32,000 --> 00:19:33,000

Now what?

412

00:19:33,000 --> 00:19:34,000

Now what?

413

00:19:34,000 --> 00:19:35,000

I got it.

414

00:19:38,000 --> 00:19:41,000

Finally, we make it to the edge of the caves.

415

00:19:43,000 --> 00:19:44,000

Yeah.

416

00:19:44,000 --> 00:19:45,000

Hey.

417

00:19:46,000 --> 00:19:47,000

That was stupid.

418

00:19:47,000 --> 00:19:48,000

Oh, God.

419

00:19:48,000 --> 00:19:51,000

Look at how sketchy this thing is now that we're inside of it.

420

00:19:51,000 --> 00:19:52,000

Looks twice as bad.

421

00:19:53,000 --> 00:19:56,000

How the hell am I going to get down from here?

422

00:19:56,000 --> 00:19:58,000

Look at this place.

423

00:19:58,000 --> 00:19:59,000

This is incredible.

424

00:19:59,000 --> 00:20:01,000

Mark, we are in the caves.

425

00:20:01,000 --> 00:20:02,000

Okay, we are in the caves.

426

00:20:02,000 --> 00:20:03,000

Copy that.

427

00:20:03,000 --> 00:20:04,000

What do you say?

428

00:20:04,000 --> 00:20:09,000

There's a passage that goes up, and then one, two, three other passages coming off this.

429

00:20:09,000 --> 00:20:13,000

So we're going to try to explore around a little bit in here, and that lower part let you know what we see.

430

00:20:13,000 --> 00:20:14,000

Copy that.

431

00:20:14,000 --> 00:20:15,000

Thanks.

432

00:20:15,000 --> 00:20:18,000

The cave openings that we saw from the ground are deceptive.

433

00:20:18,000 --> 00:20:21,000

Now that we're up here, there's more than meets the eye.

434

00:20:21,000 --> 00:20:26,000

The caves are merely windows to a huge network of interconnected tunnels.

435

00:20:26,000 --> 00:20:29,000

This place is like a massive ant farm for people.

436

00:20:30,000 --> 00:20:32,000

On the right, room after room.

437

00:20:32,000 --> 00:20:35,000

On the left, not much.

438

00:20:38,000 --> 00:20:39,000

Long way down.

439

00:20:40,000 --> 00:20:41,000

Check this out.

440

00:20:44,000 --> 00:20:45,000

Wow.

441

00:20:45,000 --> 00:20:46,000

This is so cool.

442

00:20:46,000 --> 00:20:47,000

Look at this.

443

00:20:47,000 --> 00:20:50,000

Inside the caverns, there's construction.

444

00:20:50,000 --> 00:20:54,000

Mysterious mud brick enclosures of every shape and size.

445

00:20:54,000 --> 00:20:56,000

Lots of little chambers in here.

446

00:20:56,000 --> 00:21:00,000

You can see this has been divided off, and they've made these channels to the side.

447

00:21:00,000 --> 00:21:05,000

You can just see that there's actually so much architecture once you get inside of these caves.

448

00:21:05,000 --> 00:21:06,000

They're not just raw spaces.

449

00:21:06,000 --> 00:21:08,000

They actually have design to them.

450

00:21:08,000 --> 00:21:13,000

I make sure to take dozens of photos for Mark and Mohan to analyze later.

451

00:21:13,000 --> 00:21:14,000

Okay, good.

452

00:21:14,000 --> 00:21:16,000

Let's keep moving.

453

00:21:17,000 --> 00:21:19,000

The number of passages is disorienting.

454

00:21:19,000 --> 00:21:22,000

Left, right, up, down.

455

00:21:22,000 --> 00:21:24,000

It's total labyrinth.

456

00:21:24,000 --> 00:21:27,000

Each tunnel I take branches off in every direction.

457

00:21:27,000 --> 00:21:32,000

More chambers here, here, and it looks like it connects through.

458

00:21:32,000 --> 00:21:34,000

This is like MC Escher's summer house.

459

00:21:34,000 --> 00:21:40,000

And as tough as it is for me, it's twice as hard for JJ, who has to sling a camera while he climbs.

460

00:21:40,000 --> 00:21:49,000

Good job on Jeopardy.

461

00:21:49,000 --> 00:21:52,000

But with effort comes reward.

462

00:21:52,000 --> 00:21:53,000

Oh, look at this!

463

00:21:53,000 --> 00:21:55,000

Look at that.

464

00:21:55,000 --> 00:21:58,000

Beautiful piece of ceramic.

465

00:21:58,000 --> 00:21:59,000

How cool is that?

466

00:21:59,000 --> 00:22:01,000

Mark, can you read me?

467

00:22:01,000 --> 00:22:02,000

Yes, Josh.

468

00:22:02,000 --> 00:22:03,000

Come in.

469

00:22:03,000 --> 00:22:05,000

I found some beautiful pottery up here, Mark.

470

00:22:05,000 --> 00:22:07,000

Looks like a bowl of some kind.

471

00:22:07,000 --> 00:22:08,000

Black on the outside.

472

00:22:08,000 --> 00:22:09,000

Okay, thanks.

473

00:22:09,000 --> 00:22:14,000

Can you smudge on the outside and see if there's any charcoal on the exterior?

474

00:22:14,000 --> 00:22:15,000

Yeah, there is.

475

00:22:15,000 --> 00:22:17,000

And we think it's a cooking pot.

476

00:22:17,000 --> 00:22:18,000

Please take a good picture.

477

00:22:18,000 --> 00:22:20,000

Roll down for sure.

478

00:22:20,000 --> 00:22:22,000

That is unreal.

479

00:22:22,000 --> 00:22:25,000

Let's see how burned up the walls of the ceiling are.

480

00:22:25,000 --> 00:22:29,000

And lots of carbon that's just caked on from hundreds of years of fires in here.

481

00:22:29,000 --> 00:22:32,000

This is decades and decades of grease.

482

00:22:32,000 --> 00:22:34,000

And it's not just in this chamber.

483

00:22:34,000 --> 00:22:37,000

At every turn, I find materials from the past.

484

00:22:37,000 --> 00:22:38,000

Oh, look at this.

485

00:22:38,000 --> 00:22:40,000

Get a horn here.

486

00:22:40,000 --> 00:22:42,000

Probably ceremonial.

487

00:22:42,000 --> 00:22:48,000

And then down here, this looks like animal hide.

488

00:22:48,000 --> 00:22:51,000

Some kind of leather.

489

00:22:51,000 --> 00:22:53,000

Okay, let's keep moving.

490

00:22:53,000 --> 00:22:55,000

We're burning daylight here.

491

00:22:55,000 --> 00:23:00,000

We explore for hours, carefully traversing passage after passage.

492

00:23:00,000 --> 00:23:04,000

In each chamber, we find the remains of a vanished culture.

493

00:23:04,000 --> 00:23:06,000

These are the fingerprints of the people that were here.

494

00:23:06,000 --> 00:23:11,000

This is what they left behind, though it's just a broken piece of pottery.

495

00:23:11,000 --> 00:23:17,000

It's really all that's left of a person, all that's left of a whole culture that was up here,

496

00:23:17,000 --> 00:23:19,000

are little fragments like this.

497

00:23:19,000 --> 00:23:23,000

So they may be broken, but they're huge clues.

498

00:23:23,000 --> 00:23:26,000

Room after room after room.

499

00:23:26,000 --> 00:23:28,000

It's not a cave.

500

00:23:28,000 --> 00:23:30,000

It's a city.

501

00:23:30,000 --> 00:23:33,000

I mean, thousands of people could have lived up here.

502

00:23:33,000 --> 00:23:35,000

It's incredible.

503

00:23:35,000 --> 00:23:37,000

Say what?

504

00:23:37,000 --> 00:23:40,000

I am really looking forward to standing up straight again.

505

00:23:40,000 --> 00:23:43,000

Okay, let's keep moving.

506

00:23:43,000 --> 00:23:47,000

We continue to investigate until there's nowhere to go, but down.

507

00:23:47,000 --> 00:23:49,000

Looks like that's a dead end.

508

00:23:49,000 --> 00:23:53,000

And there's the team down there.

509

00:23:53,000 --> 00:23:55,000

Josh, for Mark, come in.

510

00:23:55,000 --> 00:23:56,000

Mark here, Josh.

511

00:23:56,000 --> 00:23:58,000

If you can see me, I'm in a very narrow chamber.

512

00:23:58,000 --> 00:24:00,000

I'm going to flash my light down.

513

00:24:00,000 --> 00:24:04,000

I do, in fact, see you.

514

00:24:04,000 --> 00:24:06,000

Hello.

515

00:24:06,000 --> 00:24:08,000

Mark, what can you see above me?

516

00:24:08,000 --> 00:24:10,000

Here, anything? How high up am I in the complex?

517

00:24:10,000 --> 00:24:14,000

Here in the upper window, there's no place higher for you to go.

518

00:24:14,000 --> 00:24:17,000

I do have a question for you, though.

519

00:24:17,000 --> 00:24:18,000

Yeah, hit me.

520

00:24:18,000 --> 00:24:22,000

Have you found Shambhala yet?

521

00:24:22,000 --> 00:24:24,000

You know, I'd say, what, looking out of the view?

522

00:24:24,000 --> 00:24:26,000

Maybe I have.

523

00:24:26,000 --> 00:24:29,000

Copy that.

524

00:24:29,000 --> 00:24:32,000

You think, why would anybody want to live in a cave,

525

00:24:32,000 --> 00:24:38,000

in the side of a cliff, and then you see the view?

526

00:24:38,000 --> 00:24:45,000

For a life of quiet reflection, there's no better place in the world to be.

527

00:24:45,000 --> 00:24:49,000

Imagine living here, pull up the ladders, and no army could take this place.

528

00:24:49,000 --> 00:24:56,000

You're in the ultimate fortress of solitude.

529

00:24:56,000 --> 00:24:59,000

Okay, let's head down, yeah?

530

00:24:59,000 --> 00:25:05,000

Having made it to the highest chamber, we carefully descend down to the entrance.

531

00:25:05,000 --> 00:25:09,000

But then, oh my God, look at this!

532

00:25:09,000 --> 00:25:12,000

Holy...

533

00:25:16,000 --> 00:25:20,000

200 feet off the ground in a remarkable man-made sky cave,

534

00:25:20,000 --> 00:25:25,000

and I spot something that may shed light on the ancient origins of the Shangri-La legend.

535

00:25:25,000 --> 00:25:27,000

Oh my God, look at this!

536

00:25:27,000 --> 00:25:29,000

Look at this!

537

00:25:29,000 --> 00:25:30,000

Come here, look!

538

00:25:30,000 --> 00:25:33,000

Holy...

539

00:25:33,000 --> 00:25:36,000

Oh my God, Josh from Mark, come in.

540

00:25:36,000 --> 00:25:37,000

Mark here, Josh.

541

00:25:37,000 --> 00:25:39,000

Mark, we got artwork up here.

542

00:25:39,000 --> 00:25:41,000

There's a painting on the wall here.

543

00:25:41,000 --> 00:25:48,000

It's done in, it looks like a white and red plaster that looks Tibetan.

544

00:25:48,000 --> 00:25:50,000

That is totally fantastic.

545

00:25:50,000 --> 00:25:52,000

Make sure you get a good documentation of this.

546

00:25:52,000 --> 00:25:54,000

I'll take a lot of photos for you.

547

00:25:54,000 --> 00:25:56,000

Fantastic, copy that, thanks so much.

548

00:25:56,000 --> 00:26:03,000

That is something, I mean, we are the first people to see this.

549

00:26:03,000 --> 00:26:07,000

You are the first people to see this in probably 500 years.

550

00:26:07,000 --> 00:26:10,000

That is discovery.

551

00:26:10,000 --> 00:26:13,000

Worth a climb up, I'll tell you that.

552

00:26:13,000 --> 00:26:15,000

This is awesome.

553

00:26:15,000 --> 00:26:19,000

The painting is vivid, spelling out a message from across time.

554

00:26:19,000 --> 00:26:22,000

I try to get photos for the guys on the ground,

555

00:26:22,000 --> 00:26:27,000

though a real wide shot may send me over the edge.

556

00:26:27,000 --> 00:26:31,000

With the sun beginning to set, it's time to head back to camp.

557

00:26:31,000 --> 00:26:35,000

The return trip down the cliff is every bit as dangerous as the one going up.

558

00:26:35,000 --> 00:26:38,000

Rock!

559

00:26:38,000 --> 00:26:41,000

But we manage to make it down in one piece.

560

00:26:41,000 --> 00:26:43,000

Hey, great job.

561

00:26:43,000 --> 00:26:46,000

Woo, JJ.

562

00:26:46,000 --> 00:26:47,000

That was a big one.

563

00:26:47,000 --> 00:26:48,000

That was a big one.

564

00:26:48,000 --> 00:26:49,000

It looked like you were all pros up there.

565

00:26:49,000 --> 00:26:51,000

I don't know about that, I was quaking.

566

00:26:51,000 --> 00:26:54,000

I'll tell you what, though, to go into each chamber and to think,

567

00:26:54,000 --> 00:26:58,000

I'm the first guy to go in here in hundreds of years is just a thrill.

568

00:26:58,000 --> 00:27:00,000

That's what the romance of archaeology is really all about.

569

00:27:00,000 --> 00:27:02,000

Well, I've got about a million photos to show you.

570

00:27:02,000 --> 00:27:03,000

Great.

571

00:27:03,000 --> 00:27:05,000

So let's get derigged and we'll hike back and take a look at them.

572

00:27:05,000 --> 00:27:08,000

Sounds fantastic.

573

00:27:08,000 --> 00:27:14,000

After a day like today, we get back to camp with a huge appetite and lots to discuss.

574

00:27:14,000 --> 00:27:18,000

The local guides have dinner waiting for us beside a crackling fire.

575

00:27:18,000 --> 00:27:20,000

This is how people go camping in Nepal.

576

00:27:20,000 --> 00:27:24,000

We've got beef stew, vegetables, salad, and macaroni cheese on a silver platter.

577

00:27:24,000 --> 00:27:26,000

It's made with yak cheese, though.

578

00:27:26,000 --> 00:27:27,000

Yak and cheese, I believe it's known as.

579

00:27:27,000 --> 00:27:30,000

We've got garlic and salads and vegetables.

580

00:27:30,000 --> 00:27:32,000

It's like a full service restaurant out here.

581

00:27:32,000 --> 00:27:33,000

Sure.

582

00:27:33,000 --> 00:27:34,000

It's so super.

583

00:27:34,000 --> 00:27:37,000

Wait a second, wasn't this bottle of whiskey full like 10 minutes ago?

584

00:27:37,000 --> 00:27:39,000

There were actually two bottles full of it.

585

00:27:39,000 --> 00:27:40,000

And they're both empty?

586

00:27:40,000 --> 00:27:44,000

Is there more of this?

587

00:27:44,000 --> 00:27:49,000

Once we're full and warm again, I sit down with Mark and Mohan to review our pictures of the caves.

588

00:27:49,000 --> 00:27:51,000

Let's see what you got.

589

00:27:51,000 --> 00:27:53,000

Check it out.

590

00:27:53,000 --> 00:27:55,000

Here's generally what a lot of the rooms look like.

591

00:27:55,000 --> 00:27:57,000

They have this segmented architecture.

592

00:27:57,000 --> 00:27:58,000

That's right.

593

00:27:58,000 --> 00:28:00,000

And so this is for storage, yeah?

594

00:28:00,000 --> 00:28:01,000

Yeah.

595

00:28:01,000 --> 00:28:05,000

You put blankets back there, you put food back there, you put gear for your horses.

596

00:28:05,000 --> 00:28:06,000

Right.

597

00:28:06,000 --> 00:28:08,000

And then one of the rooms had a chamber that went down and in here.

598

00:28:08,000 --> 00:28:11,000

There were a few small pieces of ceramic down there.

599

00:28:11,000 --> 00:28:12,000

And then really large pieces.

600

00:28:12,000 --> 00:28:13,000

That's beautiful.

601

00:28:13,000 --> 00:28:15,000

This is one that had charcoal on the outside.

602

00:28:15,000 --> 00:28:16,000

Yes, yeah.

603

00:28:16,000 --> 00:28:19,000

And we think that's likely to be some kind of a part of a cooking pot.

604

00:28:19,000 --> 00:28:22,000

And here is the painting.

605

00:28:22,000 --> 00:28:24,000

Wow, that is just amazingly beautiful.

606

00:28:24,000 --> 00:28:26,000

Look how well preserved that is.

607

00:28:26,000 --> 00:28:27,000

It's really clear and crisp.

608

00:28:27,000 --> 00:28:28,000

Yeah.

609

00:28:28,000 --> 00:28:29,000

That's absolutely stunning.

610

00:28:29,000 --> 00:28:30,000

Intact.

611

00:28:30,000 --> 00:28:31,000

Intact.

612

00:28:31,000 --> 00:28:32,000

It's for a change.

613

00:28:32,000 --> 00:28:36,000

Not often do we find whole wall segments that have painting on it like this.

614

00:28:36,000 --> 00:28:37,000

Cool.

615

00:28:37,000 --> 00:28:38,000

Really impressive.

616

00:28:38,000 --> 00:28:39,000

What are we looking at here?

617

00:28:39,000 --> 00:28:40,000

The Buddhist mantra.

618

00:28:40,000 --> 00:28:41,000

Okay.

619

00:28:41,000 --> 00:28:43,000

Every single line on here says, oh, money, Padra.

620

00:28:43,000 --> 00:28:45,000

Oh, money, Padra, oh, really.

621

00:28:45,000 --> 00:28:48,000

And they just do that over and over and over again.

622

00:28:48,000 --> 00:28:51,000

And so looking at the structure of the rooms, looking at the paintings, what can we say

623

00:28:51,000 --> 00:28:52,000

about this place?

624

00:28:52,000 --> 00:28:53,000

This is home.

625

00:28:53,000 --> 00:28:58,000

This is home to families that came down from the Tibetan Plateau at some point after a

626

00:28:58,000 --> 00:28:59,000

thousand AD.

627

00:28:59,000 --> 00:29:01,000

If you're living up there, you still need food from down here.

628

00:29:01,000 --> 00:29:05,000

Why go through all the trouble of going up to these really dangerous cliffside areas

629

00:29:05,000 --> 00:29:07,000

and hollowing out these caves?

630

00:29:07,000 --> 00:29:09,000

You know, arable land is so scarce here.

631

00:29:09,000 --> 00:29:12,000

What people are doing is not living on that arable land.

632

00:29:13,000 --> 00:29:17,000

They're saying, I've got to live someplace where we're not actually destroying farmland

633

00:29:17,000 --> 00:29:18,000

by putting up our houses.

634

00:29:18,000 --> 00:29:23,000

Keep in mind, there's a great deal of political instability of the entire region.

635

00:29:23,000 --> 00:29:27,000

So people are likely also putting themselves into these high places to protect themselves

636

00:29:27,000 --> 00:29:31,000

from other folks coming through that might want to take that away from them.

637

00:29:31,000 --> 00:29:32,000

Right.

638

00:29:32,000 --> 00:29:33,000

It's a safe place.

639

00:29:33,000 --> 00:29:34,000

It's a safe place.

640

00:29:34,000 --> 00:29:40,000

That security is one of the most crucial aspects of the Shambhala myth, a safe place free from

641

00:29:40,000 --> 00:29:41,000

the threat of war.

642

00:29:41,000 --> 00:29:47,000

But the biggest clue about whether these caves were a real Shambhala is the meditation painting

643

00:29:47,000 --> 00:29:48,000

we discovered.

644

00:29:48,000 --> 00:29:54,000

The locals have told Mark and Mohan that they've seen similar paintings at a remote and hidden

645

00:29:54,000 --> 00:30:01,000

monastery, a place that might have been built by the same people who constructed the skycaves.

646

00:30:01,000 --> 00:30:06,000

Could this location reveal the truth behind whether this place was really a heaven on

647

00:30:06,000 --> 00:30:07,000

earth?

648

00:30:07,000 --> 00:30:09,000

Temperatures now well below freezing.

649

00:30:09,000 --> 00:30:11,000

The answer will have to wait until tomorrow.

650

00:30:19,000 --> 00:30:21,000

It's a little bit chilly out this morning.

651

00:30:21,000 --> 00:30:25,000

My team and I face the day and get ready for one last adventure.

652

00:30:25,000 --> 00:30:31,000

We notice some new arrivals at camp, a group of horses to carry us to our final destination.

653

00:30:31,000 --> 00:30:32,000

Good morning.

654

00:30:32,000 --> 00:30:33,000

Good morning.

655

00:30:33,000 --> 00:30:34,000

Josh, this is my good friend Tasha.

656

00:30:34,000 --> 00:30:35,000

He's got the horses.

657

00:30:36,000 --> 00:30:38,000

Headed out to Playsko Chudzum.

658

00:30:38,000 --> 00:30:39,000

And what is this place?

659

00:30:39,000 --> 00:30:41,000

Well, it's got a cave monastery.

660

00:30:41,000 --> 00:30:45,000

It's a branch of Tibetan Buddhism, which is relatively rare around here.

661

00:30:45,000 --> 00:30:47,000

And has anybody looked inside this place?

662

00:30:47,000 --> 00:30:48,000

Never.

663

00:30:48,000 --> 00:30:52,000

This is a place totally unseen by the outside world.

664

00:30:52,000 --> 00:30:57,000

Only the locals who continue to maintain the monastery for rituals know its location.

665

00:30:57,000 --> 00:30:59,000

No foreigner has ever filmed there.

666

00:30:59,000 --> 00:31:04,000

So we bid farewell to the camp and head out on foot or hoof, I guess.

667

00:31:06,000 --> 00:31:09,000

We saddle up and ride out into the valley.

668

00:31:09,000 --> 00:31:15,000

We're accompanied by a local monk who carries a key and his blessing for us to see the holy site.

669

00:31:15,000 --> 00:31:20,000

The landscape is frigid and vast and roads are non-existent.

670

00:31:24,000 --> 00:31:25,000

It's incredible coming through here.

671

00:31:25,000 --> 00:31:29,000

Just these thousand foot walls on either side covered in mud and ice.

672

00:31:29,000 --> 00:31:31,000

It's truly remarkable.

673

00:31:31,000 --> 00:31:33,000

Mark looks like some caves up there.

674

00:31:35,000 --> 00:31:36,000

Maybe we're close.

675

00:31:36,000 --> 00:31:37,000

I think so.

676

00:31:39,000 --> 00:31:43,000

There are sky caves looking down from the tall canyon walls all around us.

677

00:31:43,000 --> 00:31:47,000

Like the ones we entered yesterday, these two have likely never been explored.

678

00:31:48,000 --> 00:31:55,000

As we get further up valley, the riverbed gets blocked and the terrain turns treacherous.

679

00:31:55,000 --> 00:31:56,000

Okay?

680

00:31:56,000 --> 00:31:59,000

Even the horses are getting antsy.

681

00:31:59,000 --> 00:32:00,000

We'll walk.

682

00:32:00,000 --> 00:32:01,000

We'll walk.

683

00:32:01,000 --> 00:32:02,000

Okay.

684

00:32:02,000 --> 00:32:05,000

So we have kind of a tough section here.

685

00:32:05,000 --> 00:32:09,000

Tashi wants us to go on foot and walk the horses.

686

00:32:09,000 --> 00:32:11,000

The path ahead is far too steep to ride.

687

00:32:11,000 --> 00:32:16,000

We dismount to hike up the canyon, but even hiking seems like a dangerous proposition.

688

00:32:16,000 --> 00:32:23,000

I'm on horseback in the Himalaya Mountains of Nepal, but the conditions are making this

689

00:32:23,000 --> 00:32:25,000

a wilder ride than we expected.

690

00:32:25,000 --> 00:32:27,000

Tough section here.

691

00:32:27,000 --> 00:32:32,000

When the trail suddenly turns steep, we're forced to get off the horses.

692

00:32:32,000 --> 00:32:33,000

We walk.

693

00:32:33,000 --> 00:32:34,000

We walk.

694

00:32:34,000 --> 00:32:35,000

We walk.

695

00:32:35,000 --> 00:32:36,000

Okay.

696

00:32:36,000 --> 00:32:37,000

So this is the trail.

697

00:32:37,000 --> 00:32:39,000

We're going to walk up the canyon.

698

00:32:39,000 --> 00:32:41,000

We're going to walk up the canyon.

699

00:32:41,000 --> 00:32:43,000

We're going to walk up the canyon.

700

00:32:43,000 --> 00:32:44,000

We walk.

701

00:32:44,000 --> 00:32:45,000

We walk.

702

00:32:45,000 --> 00:32:46,000

We walk.

703

00:32:46,000 --> 00:32:47,000

Okay.

704

00:32:47,000 --> 00:32:48,000

So this is it?

705

00:32:48,000 --> 00:32:49,000

Yeah.

706

00:32:49,000 --> 00:32:50,000

This is crazy.

707

00:32:50,000 --> 00:32:53,000

Well, if the horses can do it, we can do it.

708

00:32:53,000 --> 00:32:56,000

Here we go.

709

00:32:56,000 --> 00:33:02,000

This is the toughest climb we've faced so far, a steep incline in seriously thin air.

710

00:33:02,000 --> 00:33:05,000

One foot in front of the other.

711

00:33:05,000 --> 00:33:09,000

The horses lead and we follow.

712

00:33:09,000 --> 00:33:12,000

And just when I think we've reached the end, holy s***, you do not want to come around

713

00:33:12,000 --> 00:33:13,000

this corner.

714

00:33:13,000 --> 00:33:17,000

No end in sight.

715

00:33:17,000 --> 00:33:22,000

This trek up the mountain feels brutal.

716

00:33:22,000 --> 00:33:26,000

For all the oxygen we're taking in, we might as well be goldfish up here.

717

00:33:26,000 --> 00:33:31,000

Yet we keep trudging uphill until we catch sight of something distinctly man-made.

718

00:33:36,000 --> 00:33:37,000

What's this?

719

00:33:37,000 --> 00:33:44,000

Yeah, we've got a chorten here which should be the entrance to the monastery and village.

720

00:33:44,000 --> 00:33:48,000

And it's a good sign that we're really close to the monastery right now.

721

00:33:48,000 --> 00:33:49,000

We're on the right track.

722

00:33:49,000 --> 00:33:54,000

These mound-like stone buildings, also called stupas, are sacred structures in the Buddhist

723

00:33:54,000 --> 00:33:55,000

world.

724

00:33:55,000 --> 00:33:57,000

Make sure you go on the left-hand side.

725

00:33:57,000 --> 00:34:00,000

Got it.

726

00:34:00,000 --> 00:34:06,000

We pass on the left to earn what Buddhists call merit, and to purify us for the path to

enlightenment.

727

00:34:06,000 --> 00:34:12,000

At one time, there probably would have been a village here, but all of that's gone now.

728

00:34:12,000 --> 00:34:17,000

The locals just report that there's the remains of this monastery.

729

00:34:17,000 --> 00:34:20,000

We hike through the remains of dozens of structures.

730

00:34:20,000 --> 00:34:24,000

Looks like there was a ton of construction down here at one point.

731

00:34:24,000 --> 00:34:26,000

There's a whole village of some kind down here.

732

00:34:26,000 --> 00:34:27,000

Look at that.

733

00:34:27,000 --> 00:34:32,000

Though these valleys seem like the surface of the moon, there is life here, grass growing,

734

00:34:32,000 --> 00:34:34,000

and signs of agricultural terraces.

735

00:34:34,000 --> 00:34:39,000

With the ground leveling out, we remount the horses and ride for the last leg.

736

00:34:46,000 --> 00:34:47,000

There it is.

737

00:34:47,000 --> 00:34:49,000

I can see it.

738

00:34:49,000 --> 00:34:50,000

You see it?

739

00:34:50,000 --> 00:34:52,000

Look at that.

740

00:34:52,000 --> 00:34:54,000

The monastery is insanely remote.

741

00:34:54,000 --> 00:34:58,000

Few people in the modern age have ever seen this place.

742

00:34:58,000 --> 00:35:01,000

Okay, let's type the horses here and we'll try to find a way up on foot.

743

00:35:04,000 --> 00:35:05,000

We hike toward the cliff.

744

00:35:05,000 --> 00:35:11,000

It seems impassable, but the monk leads us to a narrow and hidden slot in the rocks.

745

00:35:14,000 --> 00:35:19,000

Then, round the bend, we encounter stunning religious murals,

746

00:35:19,000 --> 00:35:22,000

Painted with the same pigments we saw at the sky caves.

747

00:35:22,000 --> 00:35:24,000

That's just beautiful.

748

00:35:25,000 --> 00:35:30,000

They are disintegrated, just the remains of what were once vast paintings on the rock face.

749

00:35:30,000 --> 00:35:33,000

Soon, they'll be gone entirely.

750

00:35:33,000 --> 00:35:34,000

Wow.

751

00:35:34,000 --> 00:35:40,000

And then, like characters from *Lost Horizon*, the weary western travelers arrive hungry and tired

752

00:35:40,000 --> 00:35:42,000

at the door of a remote monastery.

753

00:35:49,000 --> 00:35:51,000

Wow.

754

00:35:52,000 --> 00:35:54,000

This is unbelievable.

755

00:35:54,000 --> 00:35:56,000

The entryway alone could fill an art history book.

756

00:35:56,000 --> 00:36:01,000

Wood beams half a millennia old and representations of Kalashakra,

757

00:36:01,000 --> 00:36:03,000

the deity who guards Shambhala.

758

00:36:03,000 --> 00:36:05,000

It's absolutely stunning.

759

00:36:05,000 --> 00:36:08,000

We're fortunate folks to be able to have this opportunity.

760

00:36:08,000 --> 00:36:09,000

Well, shall we see what's inside?

761

00:36:09,000 --> 00:36:10,000

Let's do.

762

00:36:10,000 --> 00:36:16,000

The llama produces a key and unlocks the door to a place that has been hidden away for centuries.

763

00:36:23,000 --> 00:36:25,000

This is a holy meditation shrine,

764

00:36:26,000 --> 00:36:32,000

festooned with centuries of offerings and surrounded by representations of Shambhala.

765

00:36:33,000 --> 00:36:34,000

Wow.

766

00:36:34,000 --> 00:36:35,000

Beautiful.

767

00:36:37,000 --> 00:36:39,000

Look at this and more painting up here.

768

00:36:41,000 --> 00:36:42,000

Look at this.

769

00:36:43,000 --> 00:36:45,000

Oh, for the chan festival.

770

00:36:45,000 --> 00:36:47,000

I mean, it's like a time capsule.

771

00:36:47,000 --> 00:36:48,000

Very much so.

772

00:36:48,000 --> 00:36:50,000

I'm literally speechless.

773

00:36:51,000 --> 00:36:53,000

But this altar is really classic.

774

00:36:56,000 --> 00:36:57,000

This is unreal.

775

00:36:57,000 --> 00:36:59,000

It's absolutely stunning, isn't it?

776

00:36:59,000 --> 00:37:01,000

Absolutely gorgeous statuary.

777

00:37:01,000 --> 00:37:03,000

Look at these statues.

778

00:37:03,000 --> 00:37:05,000

Really insanely beautiful.

779

00:37:05,000 --> 00:37:07,000

But as staggering as this is,

780

00:37:07,000 --> 00:37:11,000

it's nothing compared to what's waiting in the inner sanctuary.

781

00:37:11,000 --> 00:37:12,000

Wow.

782

00:37:12,000 --> 00:37:13,000

Look at that.

783

00:37:25,000 --> 00:37:28,000

This is the place we've never before aired footage and more.

784

00:37:31,000 --> 00:37:33,000

On the trail of the legendary Shambhala,

785

00:37:33,000 --> 00:37:37,000

we've traveled to the most remote reaches of Nepal's Himalaya mountains

786

00:37:37,000 --> 00:37:41,000

and been granted access to one of the most hidden monasteries on Earth.

787

00:37:47,000 --> 00:37:51,000

This is like something from another age.

788

00:37:51,000 --> 00:37:53,000

I mean, it's like a time capsule.

789

00:37:53,000 --> 00:37:54,000

Very much so.

790

00:37:54,000 --> 00:37:56,000

I'm literally speechless.

791

00:38:01,000 --> 00:38:03,000

Let's see where we are here.

792

00:38:07,000 --> 00:38:09,000

Oh, my word.

793

00:38:09,000 --> 00:38:11,000

These are absolutely stunning.

794

00:38:11,000 --> 00:38:12,000

Look at this.

795

00:38:12,000 --> 00:38:13,000

They are just amazing.

796

00:38:13,000 --> 00:38:15,000

Look at these gorgeous statues.

797

00:38:15,000 --> 00:38:19,000

Here we are at last, the home of the gods.

798

00:38:19,000 --> 00:38:23,000

Deities created an intricate detail in the darkness of this holy site.

799

00:38:24,000 --> 00:38:25,000

Truly remarkable.

800

00:38:25,000 --> 00:38:26,000

Aren't these beautiful?

801

00:38:26,000 --> 00:38:29,000

Old and, you know, kind of local construction.

802

00:38:29,000 --> 00:38:31,000

And kind of fearsome, too.

803

00:38:31,000 --> 00:38:32,000

Well, these are very fearsome creatures.

804

00:38:32,000 --> 00:38:34,000

Yes, these are protectors.

805

00:38:35,000 --> 00:38:38,000

They all are demanding their sacrifice.

806

00:38:38,000 --> 00:38:40,000

They have skull cups, yeah?

807

00:38:40,000 --> 00:38:41,000

Yes.

808

00:38:41,000 --> 00:38:43,000

Each of them has a skull cup in the left hand.

809

00:38:43,000 --> 00:38:44,000

It's OK to touch?

810

00:38:44,000 --> 00:38:45,000

Yeah.

811

00:38:45,000 --> 00:38:47,000

This is the top of a human skull?

812

00:38:47,000 --> 00:38:48,000

Correct.

813

00:38:48,000 --> 00:38:50,000

And this is used as an offering cup?

814

00:38:50,000 --> 00:38:52,000

You know, tantric offerings are put inside those.

815

00:38:52,000 --> 00:38:55,000

Sometimes blood, sometimes grain, sometimes water.

816

00:38:55,000 --> 00:38:57,000

That is something else.

817

00:38:57,000 --> 00:39:02,000

The statues are adorned with armor and weapons brought here over the course of centuries.

818

00:39:02,000 --> 00:39:06,000

These are not recreations, but masterworks of art from the Middle Ages.

819

00:39:06,000 --> 00:39:08,000

Fear some weapons in their hands.

820

00:39:08,000 --> 00:39:10,000

And look at these real swords.

821

00:39:10,000 --> 00:39:12,000

Look at the shields.

822

00:39:12,000 --> 00:39:13,000

That is beautiful.

823

00:39:13,000 --> 00:39:14,000

Real, real.

824

00:39:14,000 --> 00:39:15,000

That is real.

825

00:39:15,000 --> 00:39:17,000

No question about it.

826

00:39:17,000 --> 00:39:20,000

You could fill a museum gallery with what's in these few rooms.

827

00:39:20,000 --> 00:39:23,000

Yeah, this is absolutely stunning material.

828

00:39:24,000 --> 00:39:28,000

There are crossbows from the 1400s, helmets from Tibet,

829

00:39:28,000 --> 00:39:31,000

and even armor from the era of Chinggis Khan.

830

00:39:31,000 --> 00:39:33,000

The shields, and this is actually male?

831

00:39:33,000 --> 00:39:34,000

This is chain male, yeah?

832

00:39:34,000 --> 00:39:35,000

Exactly.

833

00:39:35,000 --> 00:39:36,000

It's not amazing.

834

00:39:36,000 --> 00:39:37,000

Wait a minute.

835

00:39:37,000 --> 00:39:38,000

Is this what I think it is, Mark?

836

00:39:38,000 --> 00:39:39,000

If only.

837

00:39:39,000 --> 00:39:42,000

I know where you're going with it, but it's not.

838

00:39:42,000 --> 00:39:45,000

For a second I thought we really hit the jackpot here.

839

00:39:46,000 --> 00:39:48,000

Returning to the monastery's outer chamber,

840

00:39:48,000 --> 00:39:50,000

we try to take stock of what we've seen.

841

00:39:50,000 --> 00:39:53,000

What's your impression of it now that you've seen the collection in here?

842

00:39:53,000 --> 00:39:54,000

It's a time capsule in one sense.

843

00:39:54,000 --> 00:39:57,000

You're stepping back, you know, five, six, seven hundred years of time

844

00:39:57,000 --> 00:40:02,000

to look at a very local monastery and temple institution.

845

00:40:02,000 --> 00:40:07,000

And this idea of Shangri-La does seem like there is something up here

846

00:40:07,000 --> 00:40:09,000

that plays into that notion.

847

00:40:09,000 --> 00:40:10,000

There's no question that it does.

848

00:40:10,000 --> 00:40:12,000

So it looks like a very uninhabitable place,

849

00:40:12,000 --> 00:40:14,000

but yet look what they do to it.

850

00:40:14,000 --> 00:40:15,000

Right.

851

00:40:15,000 --> 00:40:18,000

They create all of this beauty and all of this, you know, ritual

852

00:40:18,000 --> 00:40:19,000

and all of this circumstance.

853

00:40:19,000 --> 00:40:22,000

They reflect that idea of the Shangri-La.

854

00:40:22,000 --> 00:40:25,000

They've turned this place into something that is magical.

855

00:40:25,000 --> 00:40:26,000

It is.

856

00:40:26,000 --> 00:40:27,000

Very much so.

857

00:40:27,000 --> 00:40:31,000

This is the final puzzle piece in our exploration of Nepal's sky caves.

858

00:40:32,000 --> 00:40:35,000

At lower altitudes, we saw caves used by Buddhists

859

00:40:35,000 --> 00:40:39,000

as places of healing and as workshops for skilled artists.

860

00:40:39,000 --> 00:40:43,000

The high caves we climbed into revealed a city inside a mountain,

861

00:40:43,000 --> 00:40:47,000

a place for meditation and a home with impenetrable security,

862

00:40:47,000 --> 00:40:49,000

which no army could breach.

863

00:40:49,000 --> 00:40:52,000

And now here, evidence of sustained agriculture,

864

00:40:52,000 --> 00:40:55,000

terraces that transformed valleys into farms

865

00:40:55,000 --> 00:41:00,000

and within this shrine, a portal to commune directly with the gods.

866

00:41:00,000 --> 00:41:03,000

Before leaving to return to our world,

867

00:41:03,000 --> 00:41:07,000

we light candles and incense to pay our respects to the gods

868

00:41:07,000 --> 00:41:11,000

and our local friends for sustaining us during these past few weeks.

869

00:41:12,000 --> 00:41:15,000

Shangri-La is not a myth.

870

00:41:15,000 --> 00:41:20,000

The Mustang region of Nepal is, in a very real sense, an earthly Shambhala.

871

00:41:20,000 --> 00:41:24,000

It is a land hidden among clouds, a place of tranquility

872

00:41:24,000 --> 00:41:27,000

cradled by the eternal Himalayas.

873

00:41:27,000 --> 00:41:31,000

But it is also fragile, like the bodies placed on sky burials.

874

00:41:31,000 --> 00:41:37,000

The art, the caves, even the land itself is constantly being returned to the earth,

875

00:41:37,000 --> 00:41:39,000

where it is renewed again.

876

00:41:39,000 --> 00:41:42,000

Many wonder what the modern world will do to this place

877

00:41:42,000 --> 00:41:46,000

and to its indomitable people, probably more harm than good.

878

00:41:46,000 --> 00:41:50,000

But I now realize that time here is measured in eons.

879

00:41:50,000 --> 00:41:53,000

The Himalayas will give and take,

880

00:41:53,000 --> 00:41:56,000

and we will continue to rest in their shadows

881

00:41:57,000 --> 00:41:59,000

and search for enlightenment.