Upper Mustang Bike Trip

DURATION: 16 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Easy

Start From Kathmandu

End At Kathmandu

Duration 16 Days

Trip Overview

An Upper Mustang Bike Trip is an adventurous journey through Nepal's culturally rich region, known as the "Forbidden Kingdom." The region, located in the rain shadow of the Himalayas, offers a dry and arid landscape with unique geological formations and desert-like scenery. To visit, travelers need a special permit, an Annapurna Conservation Area Permit, and a Trekkers' Information Management System (TIMS) card. The best time to visit is during the spring and autumn, with mountain biking rentals in Kathmandu or Pokhara. Responsible tourism, respecting local customs, and minimizing environmental impact is essential. Mustang, formerly known as the Kingdom of Lo, is a remote and isolated region in the Nepalese Himalayas. It is one of the world's most preserved regions, with a majority of the population still speaking traditional Tibetan culture. The Upper Mustang Bike Trip is popular in the region, which is home to the Thakali people, who speak the Thakali language and combine Tibetan and Nepali elements.

The region is 53 km long and 60 km wide, with a range of 2,750 m to 6,700 m. The Annapurna Conservation Area offers stunning mountain views and challenging trails for endurance sports, core strength, and self-reliance. This Upper Mustang Biking Tour offers the best biking experience in Nepal, with great trails and challenging terrain.

Trip Itinerary

Day 1 Arrival in Kathmandu (1400 m)

Arrival in Kathmandu Welcomes to Kathmandu, the capital and cultural hub of Nepal! We'll be waiting with a warm greeting and an easy transfer to your hotel. Plan on an evening briefing on last-minute specifics about your trek and an early lights-out: you have a big day ahead.

Day 2 Kathmandu to Pokhara (900 m) 6 hours drive

Early in the morning after having breakfast, we will start our overland journey to Pokhara, on the way we will pass through small towns and villages along the flowing river and scenic view of nature with enough break for the refreshment on the way. On arrival in Pokhara, we will be welcomed by the fresh air, smiling Annapurna Range and Himalayas, and lakeside of Pokhara. Then we will transfer you to the hotel and you can enjoy the evening strolling and doing recreational activities in the Lakeside area.

Day 3 Fly from Pokhara to Jomsom2710m, 20 minutes and a biking trip to Kagbeni 2800m, Distance: 12 Km,

Wake up early in the morning for sunrise and hopefully catch a glimpse of the mountains before you head to the airport. It takes 20 min to reach Jomsom from Pokhara which is above the Pokhara valley and deep into the heart of the Himalayas. Flying through the deepest gorge in the world, Kali Gandaki, the Pokhara-Jomsom flight marks the start of your adventure. On arrival, we will have our breakfast and assemble our mountain bikes. Then, we start biking to Kagbeni. Riding in the Kali Gandaki Gorge, we follow the jeep trail to reach Kagbeni.

Day 4 Biking Trip from Kagbeni to Muktinath 3800m, Distance: 20 Km

sdWe start early our day early in the morning with the breathtaking sun rising up from the hills like a shining diamond. Leaving behind the beautiful village of Kagbeni, today you cycle off-road uphill for the most part. Following on the dusty jeep track towards the foreboding Thorung La Pass, you will have an opportunity to explore the ancient monastery at Jhong along with the sunrise enjoying the incredible mountain views. Finally, after a short riding, you arrive at Muktinath mid-afternoon. Explore Muktinath Monastery and Temples. Overnight in Muktinath. fdsf

Day 5 Biking Trip from Muktinath to Chele 3050m, Distance: 18Km.

Today we will start our biking after having pooja in Muktinath, We then continue riding to the mysterious land of Upper Mustang. We will ascend uphill to Gyu La Pass (4077m) and then descend to Chhusang. We then ride through the bumpy roads near the banks of the Kali Gandaki River and cross a bridge. We ride uphill to reach Chele which is a small village that rewards you with the spectacular view of Mt. Nilgiri (7061m) and Kaligandaki gorge from a different angle. Here, we explore some old buildings and monasteries.

Day 6 Biking Trip from Chele to Syangboche 3800m, Distance: 20km.

We move towards the north towards the magnificent Himalayas. A hard day of riding, leaving behind Chele, ride into the hills. You have to cross four passes between Chele to Syanboche which are Taklam La 3624m, Dajori La 3735m, Bhena La 3860m, Yamada La 3860m that’s why the trail is little bit ups and down today. Continue riding the mixed keep track and steep downhill with some sections of carrying and pushing you will reach Syanboche.

Day 7 Biking Trip from Syangboche to Tsarang 3560m, Distance: 22 km.

To start, we make a short climb to reach Syangboche La Pass (3850m). Passing a few teahouses, chortens, local villages, and Nyi Pass, you descend to Ghami(the third largest village in the Lo region) which offers inspiring views of Mustang, Annapurna, and Nilgiri. Riding onto a single jeep track you will finally reach Charang. This is a beautiful section of the ride and defiantly a day to get your camera out. Here you can find the greatest library in Lo and the 400-year-old Gulpa Sect Monastery.

Day 8 Biking Trip from Tsarang to Lo-Manthang 3800m, Distance: 20Km.

Leaving Tsarang on a trail leading down and across a small river, you climb steeply up a rocky trail to a cairn on the opposite ridge and then follow the Thuling Khola on the new, dirt road towards Lo. It is a relatively easy day ride where we have to cross Lo La Pass (3950m). Here, we can experience an amazing and breathtaking 360-degree views of the mountains. We will be riding on open jeep ways and some trekking lines. After the pass, we will finally reach Lo-Manthang after about half an hour. Stay overnight in Lodge.

Day 9 Around Lo-Manthang 3800m

Today, we get the opportunity to explore the captivating Lo-Manthang with its centuries-old Gumba, the Royal Fortress, inhabited caves, museum, and antique Buddhist ways of life. In the afternoon there are three interesting Monasteries to visit, one of them is over 900 years old and displays some of the most beautiful Thangka paintings found in Nepal the intricate details and vivid colors of these paintings are a stark contrast to the wide-open spaces of the region. Follow the upper reaches of Kali Gandaki River, crossing over several of its tributaries. Stay overnight in Lodge.

Day 10 Biking Trip from Lo-Manthang to Ghami 3510m via Ghar Gompa, Distance: 30Km

We bid farewell to this amazing place and head back on some new single-track routes. We will have to cross three passes—Lo La (3950m), Chogo La (4280m), and Mui La (4170m). En route to Ghami, we will arrive in Ghar Gompa, an ancient monastery and the most sacred one for the Lo Nying Sect of Buddhism. We can find scriptures of Padmasambhava in Ghar Gompa. Then we ride down to Dhakmar and finally to Ghami. Stay overnight in Lodge.

Day 11 Biking Trip from Ghami to Samar 3620m, Distance: 32Km

we will now retrace the route from Ghami to Samar. oday you ride to Samar from Ghami after breakfast in your hotel. There is quite a bit of climbing involved today. Mostly today you ride single track sections climbing until 3800 meters and again downhill to Syangboche. The sceneries are much more different and you'll see the spectacular view of the Annapurna range. After two hours of riding a single track, downhill takes you to Samar. The quaint Buddhist village of Samar is one of the larger ones in Mustang.

Day 12 Biking Trip from Samar to Marpha 2670m, Distance: 30km

We will start early in the morning with a small ascend to Dajori La Pass (3735m) and then ride downhill to Chele. We will ride along the banks of Kali Gandaki River to Kagbeni and have lunch in either Chhusang or Kagbeni. After lunch, we ride back along the Kali Gandaki Valley to our initial point in Jomsom. Then we'll ride through beautiful apple orchards to the lovely village of Marpha. We will stay overnight in Marpha which is famous for its Apple brandy or other by-products. Stay overnight in Lodge.

Day 13 Biking Trip from Marpha to Tatopani 1190m, Distance: 45Km

Today we will start early and explore some of Marpha—the monasteries, the cheese factory, and the traditional whitewashed houses. After a good breakfast, we will ride toward a more subtropical region along the Kali Gandaki River. We descend all the way with the view of peaks of snow-capped

mountains that accompany us throughout the trek. We will reach Tatopani where you can relax in the natural hot spring to relax your body strains and skin ailments. Stay overnight in Lodge.

Day 14 Biking Trip from Tatopani to Beni 1000m, Distance: 18Km, then Drive to Pokhara.

Today we will begin our ride to Beni Tatopani early in the morning after a relaxing night in Tatopani, after reaching the Beni we will take a drive to Pokhara where we will spend the night in Pokhara and enjoy the beautiful scenes of Pokhara.

Day 15 Fly from Pokhara to Kathmandu for 25 minutes.

This is our last of the Upper Mustang Biking Trek as we will take our early drive to Kathmandu from Pokhara.

Day 16 Final Departure from Kathmandu

Today is the farewell day. Our company representative will drop you at the airport 3 hours before the flight time. We hope to see you again.

Cost Includes

- Three times meals during the trip.
- Special permit $500
- Airport Pick up on arrival and drop off after the trip
- Mountain bike and gears (please ask specification after letting us your bike size)
- Mountain Flight from Pokhara to Jomsom
- An experienced English speaking local Mountain Bike Guide
- Porters to support your luggage.
- Food and accommodations (first-day dinner to final day breakfast)
- TIMS and Permit
- All the transportation by private Jeep/van based on group size.
- Safe drinking water
- Food, accommodations, salary, insurance, and transportation for supporting staff/crew.

Cost Excludes

- Travel, accidental/ health insurance (mandatory).
- International airfare
- Emergency evacuation

- Nepal visa
- Airport tax
- Tips
- Broke and damage

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