

# Upper Mustang Bike Tour - 11 Days

## Ready for the adventure of a lifetime?

Secure your spot on the Upper Mustang Bike Tour today and experience the breathtaking landscapes and rich Tibetan culture firsthand!

The Upper Mustang Bike Tour takes you through the Last Forbidden Kingdom of Upper Mustang, a region rich in ancient Tibetan Buddhist culture, traditional villages, and medieval fortresses that have largely escaped modern influence. Nestled in a remote, arid trans-Himalayan area north of the Annapurna and Dhaulagiri ranges and bordering Tibet, Upper Mustang features stunning altitudes that range from 2,800m in Jomsom to over 3,800m in Lo Manthang, presenting diverse challenges for cyclists. This region is marked by surreal, high-altitude desert landscapes, from striking red sandstones and dramatic cliffs to deep canyons and vibrant monasteries, merging natural beauty with cultural heritage.

The geography includes high-altitude plateaus and the scenic Kali Gandaki river valley, which offers varied terrain for cycling enthusiasts. Culturally, Upper Mustang stands as a Tibetan Buddhist stronghold, filled with ancient monasteries, exquisite murals, and time-honored traditions. Historically, it remained closed to foreigners until 1992 and still holds the title of one of the most preserved and restricted regions in Nepal.

## HIGHLIGHTS

- Cycle through the ancient Kingdom of Lo, immersing yourself in its unspoiled Tibetan culture and architecture.
- Visit Lo Manthang, the fortified city and historic capital of Upper Mustang.

- Explore remote villages, experiencing traditional Mustang hospitality and visiting serene Buddhist monasteries.
- Ride along the breathtaking Kali Gandaki gorge, known as one of the world's deepest canyons.
- Witness the striking contrast between desert-like landscapes and the majestic snowy peaks of the Himalayas.

## DURATION, DIFFICULTY, ACCOMMODATION & ESSENTIALS

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The bike tour lasts approximately 10 days, with a difficulty level ranging from moderate to challenging due to the altitude, terrain, and the endurance required for cycling. It is best suited for bikers who have some experience with altitude trekking or biking and possess a high level of physical fitness.

**Accommodation:** Expect basic yet comfortable teahouses and guesthouses with simple amenities; luxury hotels are not available.

**Permits Needed:** A Restricted Area Permit (RAP) is mandatory and can be obtained through licensed trekking agencies, which are essential for both trekking and biking.

The best time to visit is spring (March to May), when beautiful rhododendron blooms and pleasant weather prevail, or autumn (late September to November), which offers clear skies and stable conditions.

**Essential Gear:** A mountain or hybrid bike with good suspension, warm clothing for the chilly desert nights, sun protection, and a basic repair kit.

## WHY CHOOSE THIS DESTINATION

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The Upper Mustang bike tour stands out as a unique blend of adventure sports and deep cultural immersion in one of the Himalayas' most isolated regions. This tour offers access to a less commercialized and less restricted area, providing an exclusive and authentic experience away from the bustle of mass tourism. It combines the thrill of biking with opportunities for cultural engagement, historical exploration, and spiritual experiences. Ideal for those seeking physical challenges alongside the chance to witness living Tibetan Buddhist culture, the natural beauty and historic architecture—from mud-brick houses to impressive fortresses—offer endless photographic opportunities. Well-organized tours come with local support, experienced guides, and mule/bike assistance, ensuring safety in this rugged terrain.

Don't miss this exclusive opportunity to explore one of the most remote and culturally rich regions of the Himalayas on two wheels.

**Join us for the Upper Mustang Bike Tour—where adventure meets ancient tradition.**

## PRICE INCLUDES

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- Airport transfers in Kathmandu (arrival and departure)
- Accommodation for 10 nights in teahouses and guesthouses
- All meals during the bike tour (usually breakfast, lunch, and dinner as per the itinerary)
- Group briefing, cultural programs, and welcome & farewell dinners
- Experienced local guides familiar with Upper Mustang terrain and culture
- Necessary permits, including the Restricted Area Permit (RAP)
- Bike support and mule assistance for carrying luggage and equipment
- Local transportation as per the itinerary (e.g., Kathmandu to Naudada, Pokhara to Kathmandu)
- Sightseeing and entry fees for monasteries, caves, and historical sites mentioned
- Safety briefing and final gear checks
- Basic bike repair kit or support during the tour

## PRICE EXCLUDES

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- International airfare to/from Nepal
- Personal travel insurance (highly recommended)
- Rental or purchase of a bicycle and personal biking gear (unless specified)
- Personal expenses such as souvenirs, phone calls, laundry, or tips
- Any meals or accommodation outside the outlined itinerary
- Optional activities not mentioned in the itinerary (e.g., boating in Pokhara)

- Any costs arising from unforeseen circumstances like flight delays, medical emergencies, or rescue
- Alcoholic beverages or special dietary meals, if requested
- Nepalese visa fees (obtained upon arrival or beforehand)
- Travel vaccinations or medications



## DETAILED ITINERARY

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### **Day 1: Arrival in Kathmandu**

Upon your arrival at Tribhuvan International Airport, our representative will be there to greet you. You'll then be transferred to your hotel. Following this, a group briefing will cover the essentials of the Upper Mustang bike adventure along with the distribution of the special permits. We will introduce you to the road conditions, altitude challenges, and safety tips, and perform final checks on your bike gear and essential equipment. You'll also have the chance to explore Thamel for souvenirs, bike accessories, and to immerse yourself in Nepali culture. In the evening, enjoy a welcome dinner that includes a cultural program.

### **Day 2: Kathmandu to Naudada/Sarangkot**

Get ready for an early morning ride out of Kathmandu towards Naudada, taking the scenic Prithvi Highway. Your journey will follow the Trishuli and Marsyangdi rivers, passing through lush forests, terraced farmlands, and local villages. You'll experience a mix of road textures as you transition from the highway to winding countryside paths on your way to Pokhara. The day ends with an overnight stay in either Sarangkot or Naudada, both renowned for their spectacular views of the Annapurna and Macchapuchre mountains.

### **Day 3: Sarangkot/Naudada to Jomsom**

On this day, you'll set off towards Beni, the gateway to Mustang and the Kaligandaki Gorge. The road shifts from smooth asphalt to rugged mountain tracks. As you ride

through the deep Kaligandaki Gorge, you'll pass through Ghasa and Marpha before arriving in Jomsom. Marpha is famous for its apple orchards and local brandy, so be sure to taste the traditional Thakali cuisine. Jomsom, the administrative and cultural hub of Mustang, invites you to stroll through its windy streets, surrounded by the Nilgiri and Dhaulagiri peaks. Overnight stay in Jomsom.

#### **Day 4: Jomsom to Chaile**

After breakfast in Jomsom, the adventure continues as you ride towards Kagbeni, the entry point to Upper Mustang, where your permits will be checked. You'll navigate through arid landscapes, suspension bridges, and challenging trails enriched by Tibetan influence. On your journey, you'll pass small Mustang villages like Tangbe before reaching Chaile, a cliffside village adorned with whitewashed houses. In the evening, explore the narrow alleys and immerse yourself in Tibetan culture. Overnight in Chaile.

#### **Day 5: Chaile to Lo Manthang**

Today's ride leads you from Chaile to Lo Manthang, as you traverse classic Mustang high-altitude trails across desert terrain and canyons. You'll ascend through the villages of Syanboche, Ghami, and Tsarang, where you can witness mani walls, red cliffs, and caves carved into the mountains. Prepare to be captivated by breathtaking desert landscapes juxtaposed against snowy peaks. Upon arriving in Lo Manthang, the ancient walled capital of Mustang, you'll catch your first glimpse of the royal palace and traditional Tibetan-style architecture. Overnight in Lo Manthang.

#### **Day 6: Sightseeing in Lo Manthang\*\***

Enjoy a full day exploring Lo Manthang, often referred to as the Forbidden Kingdom. Visit ancient monasteries such as Jampa Lhakhang, Thubchen Gompa, and Chode Monastery. You'll also ride to the Chhoser Caves, which are over 2,500 years old, and explore the royal palace while interacting with locals. In Lo Manthang, you'll gain insights into Tibetan culture, lifestyle, and traditions. Overnight stay in Lo Manthang.

### **Day 7: Lo Manthang to Kagbeni**

Your return journey begins today as you ride back through rugged Mustang trails from Lo Manthang. You'll pass through Ghami, Samar, and Syanboche once more. The views of the Nilgiri, Annapurna, and Dhaulagiri ranges accompany you along the way, with opportunities to stop for tea in traditional Mustang villages. After reaching Kagbeni, a quaint village at the southern border of Mustang, enjoy a peaceful evening walk along the banks of the Kaligandaki River. Overnight stay in Kagbeni.

### **Day 8: Kagbeni to Tatopani**

Today, you'll ride back through Jomsom and Marpha, descending into Lower Mustang as the terrain becomes greener. The scenic ride takes you through apple orchards, past waterfalls, and alongside pine forests. Soon, you will reach Tatopani, famous for its natural hot springs. After a challenging series of rides, take the opportunity to relax and soak in the hot spring pools, soothing your tired muscles.

### **Day 9: Tatopani to Pokhara**

Ride through Beni, following the Kaligandaki River valley as you continue to descend through lush riverside vistas and green hills. You'll transition back to smooth highway roads after days of off-road adventure, passing small rural towns and terraced farmlands

before arriving in Pokhara, often described as a lakeside paradise. In the evening, spend your free time boating or relaxing in cafes. Overnight stay in Pokhara.

### **Day 10: Pokhara to Kathmandu**

Enjoy a morning departure for Kathmandu. As you travel back, take in the scenic views of hills, rivers, and local towns. You should arrive in Kathmandu by evening, where a celebratory dinner with the group awaits you.

### **Day 11: Departure**

On your final day, check out of your hotel and head to the airport according to your flight schedule. You'll conclude your journey with endless memories of the stunning Mustang adventure.

