


# Upper Mustang Biking | Duration: 19Days Days | Cost: \$2700

Upper Mustang Biking is truly an awe-inspiring adventure and a phenomenal experience that you'll never forget. Upper Mustang is all about desert-like topography. The dusty trails to Mustang has off road riding sections comprising bright sunshine blue skies during the day that will offer you more thrills and happiness. Upper Mustang biking is also a path of discovery of culture, breathtaking scenery, friendly heartwarming people and so much more exciting. On this ride you mingle with yaks in the high meadows and rub shoulders with nomads and village people. This Upper Mustang Biking tour is designed in such a way that one can enjoy biking along with breath-taking sceneries. The tour will take you to Pokhara from Kathmandu, then to Muktinath in Jomsom. Then, the main biking routes will follow, including Chele, Syangboche, Charang, Lo-Manthang, Kagbeni, to name some. Sightseeing, mountain biking, pilgrimage, adventure & fun activities, all are the components of this amazing tour.

## At a Glance:

- **Tour code:** NUMB01
- **Style:** Cycling | Mountain Biking
- **Grading:** 
- **Suitable for:** 4700m
- **Duration:** 19Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 2700

## Highlights of the tour:

- Cycling and mountain biking trip
- Scenic mountain flight from Pokhara to Jomsom
- Panoramic close up mountain vies
- Visit to ancient monasteries, cave & fortress by biking
- Natural water hot spring bath at Tatopani
- Yaks, Mountain Goats and Horse caravan

## **What's Included:**

- Airport pick up and drop
- Welcome and farewell dinner
- All sightseeing trip as mentioned
- All entry fees during sightseeing
- Teahouse accommodation with breakfast during biking
- All transport on a private coach
- 3\* accommodation with breakfast in the city
- All Permits

## **What's Not Included:**

- Lunch and dinner in the city and during biking
- Drinks and bar bill
- Tipping
- Personal insurance
- Other things not mentioned
- Bike

## **Arrival and transfer to hotel**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

## **Sightseeing around Kathmandu**

After the pre-trip meeting, you will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. You will have a private vehicle and a professional tour guide at your disposal. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces. Overnight at the hotel in Kathmandu.

## **Drive from Kathmandu to Pokhara (827m) by Private transport**

After breakfast drive towards the beautiful town of Pokhara in western part of Nepal. Taking fresh air, enjoy the staggering beauty of an area surrounded by some of the world's highest mountains. In the afternoon, we boat across Lake Phewa for magnificent views of the Annapurna mountain range. Watch reflections of their dazzling white peaks sparkle in the mirror-like water. Annapurna range is probably one of the finest mountain panoramas in the world. Enjoy the sunset in the lake and take dinner in one of the famous restaurant at lake side.

## **Fly to Jomsom (2,700m), assemble the bikes**

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 Himalaya. Jomsom also known as Dzong-Sampa or New Fort, is a town located at an altitude of about 2700 m in Mustang District, Nepal. It extends over both the banks of the Kali Gandaki River. Assemble bike and take a ride around jomsom. Overnight at hotel in Jomsom.

## **Ride from Jomsom to Kagbeni**

Today early in the morning after having breakfast you will ride to Kagbeni from Jomson. Assemble your bikes and spend some time riding through the cobbled streets of the bustling town. After having lunch and some rest then you follow the next trail to Kagbeni, riding the relatively flat section along the river trail in Kagbeni. Enjoy the beautiful Tibetan village of Kagbeni. Overnight in Kagbeni.

## **Ride from Kagbeni to Muktinath**

Early morning wake up to see spectacular sunrise view and have breakfast. 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 Muktinath mid afternoon. Explore around Muktinath Monastery and Temples. Overnight in Muktinath

## **Ride from Muktinath to Chele**

Today you ride up to Chele from Muktinath after hot breakfast. Cross the check post and suspension bridge on Jhong border, after that following the dusty dry walking trail you will enjoy so much till small pass 3900. Then biking in single track down hill you will reach Chhusang village. Continue your short and easy ride towards Chele. Explore around Chele and overnight in Chele lodge.

## **Ride from Chele to Syangboche**

A hard day of riding, leaving behind Chele, ride in to the hills. You have to cross four passes between Chele to Syanboche which are Taklam La 3624m, Dajori La 3735m, Bhenla La 3860m, Yamda La 3860m that's why the trail is little bit ups and down today. Continue riding the mixed jeep track and steep downhill with some sections of carrying and pushing you will reach Syanboche.

## **Ride from Syanboche to Charang**

Early morning heavy breakfast and off on the trail. The first leg of the day starts off with easy and short climb to Syanboche La. Passing a few teahouses, chortens, local villages and Nyi Pass, you descend to Ghami (the third largest village in the Lo region) which offer inspiring views of Mustang, Annapurna and Nilgiri. Riding onto 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.

## **Ride from Charang to Lo-Manthang**

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. Once past that landmark, you reach the tiny, green doka of Sungdala. Continuing along the same trail, the landscape becomes very Tibetan in character, the high desert plains of the Himalaya. Start to see snow peaks ahead of you. The pass leads through a partial tunnel of rock, and to the right of this are strung Tibetan prayer flags. Climb to the ridge to the right for wonderful views down to Lo Manthang and the aptly named 'Plain of Aspiration', below you.

## **Explore around Lo-Manthang**

These days are for rest and exploration of Lo-Manthang, this outstanding historical and cultural center. You will visit four major gompas during the stay. The palace is the house of the king and his queen. Although the king is titular now but he helps people to resolve local issues. The town itself is fascinating and offers innumerable opportunities to observe rich Tibetan culture. 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 colours of these paintings is a stark contrast to the wide open spaces of the region. Follow the upper reaches Kali Gandaki River, crossing over several of its tributaries. Here you will find Ghom a cave tunnelling into the mountainside which is the historical site of a Monastery and the cave of one thousand windows. The way back from Ghom is beautiful single track through traditional villages.

## **Ride from Lo-Manthang to Gami**

Early morning wake up for hot breakfast, start riding back to Ghami through challenging but exciting alternative routes that take you over the Pang La Pass situated 4,132m in altitude which offer you a great Himalayan views. From here a thrilling downhill takes you to Ghar Gompa, a beautiful 1200-year-old monastery, and amazing red landscapes of Dhakmar village. The vegetation at Dhakmar is greener than in other places of Upper Mustang. After an hour's ride on mostly undulating single tracks, we reach Ghami in the late afternoon.

## **Ride from Gami to Samar**

Today 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 spectacular view of 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.

## **Ride from Samar to Chhusang**

From Samar to Chhusang ride through newly built dusty downhill jeeptracks along the Kali Gandaki River. You will be passing two small passes, Dajori La (3735m) and Taklam La (3624m). It offers an incredible rare view of Himalaya's vultures soaring in the sky. Continue your ride downhills to Chhusang for your overnight stop.

## **Ride from Chhusang to Jomsom**

After heavy hot breakfast begin your cycling from Jomsom To Tatopani going through downhill section along with gentle, flat and winds in and out of the valley sides through pine forests and small villages. Following the river, there are good views of the snow capped peaks and beautiful waterfalls. Upon arriving Jomsom relax your body and muscles taking natural water hot spring bath at Tatopani.

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## **Ride from Tatopani to Beni and Drive to Pokhara**

From Tatopani, your next ride will be Beni after some hours of biking. Ride from Tatopani to Pokhara. It is an easy ride of about 18 kms. Following the Kaligandaki River, the trails throw some exciting riding with its dirt trails with heavy rocks around. Spend some time exploring the Beni town and drive back to Pokhara. Spend your night in hotel of Pokhara.

## **Pokhara to Kathmandu drive by Tourist vehicle**

We'll drive back to Kathmandu. Spend the rest of the day exploring, shopping or just relaxing in Kathmandu's numerous cafes and rooftop restaurants before spending the evening celebrating your achievements. Farewell dinner at a Nepalese restaurant with cultural program. Overnight at Hotel.

## **Final Departure from Nepal**

Your final day in Kathmandu is very free. You can do whatever you like. Many prefer for shopping while some other want to explore cultural aspect of the Kathmandu valley. Our local guide helps you find appropriate place for shopping as per your need and interest. Farewells! Our airport representative will accompany you to the airport see you off.

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