

Earthbound Expeditions

Upper Mustang Biking Tour

18 days, from US$2,989 per person

Duration	Group size	Country
18 days	**16 People**	**Nepal**

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Upper Mustang Biking Tour Overview

An 18-day mountain bike tour of Upper Mustang: from Jomsom via Kagbeni and Muktinath to Lo Manthang, then back via Ghami, Marpha and the Kali Gandaki Gorge.

Biking in Upper Mustang Nepal

Considered as one of the most preserved places in the world Upper Mustang is the hidden gem of Nepal. Untouched by the influence of outside culture, the region has a rich Tibetan culture and traditions to offer. The Forbidden Kingdom of Upper Mustang offers natural Himalayan biking trails through the untouched lifestyle of the local people, authentic religious and cultural aspects of their lives, and wonderful landscapes. This is why the Upper Mustang Biking tour is very popular among adventure lovers.

A cycling trip in Upper Mustang

Upper Mustang Biking Tour is considered as one of the well-liked and highly adventurous biking trips. The bike trail runs through rugged mountain, often crossing ravines, small streams, and tiny village hamlets inhabited by warm and humble Tibetan population. From Jomsom, you begin your bike trip by riding along the Kali Gandaki Valley on a flat and rocky jeep track towards Kagbeni. The trails go along the beautiful Kali Gandaki River George.

From Kagbeni, you continue to ride uphill towards Muktinath, the holy temple of Lord Bishnu. Then the ride follows the trail towards the forbidden land of Upper Mustang. Passing through the villages of Chele, Syangboche, and Tsarang, you reach Lo-Manthang. Lo-Manthang is the walled capital of the former “Kingdom of Lo” and is home to numerous antique monasteries and well preserved Tibetan culture and tradition.

From Lo-Manthang, we return back through some new single-track routes, with superb views of surrounding high peaks and breathtaking valleys. We pass through the apple orchards of Marpha and continue to descend to reach Tatopani to wash away your tiredness after the thrilling biking adventure. From Tatopani, you will ride to reach Beni.

The audacious and exciting mountain biking experience to Upper Mustang ends, with a drive from Beni to Pokhara and followed by a flight or drive back to Kathmandu. We can also do Nepal biking tour in lower Mustang region or Annapurna circuit.

Earthbound Expeditions is recommended by Lonely Planet, Trip Advisor, Newyork Times, The Guardian, and many other national and international newspapers and magazines for our good services. We provide a "Upper Mustang Biking Tour in Nepal" at the best price start from just USD $2,989 per person. For more information on Nepal Trekking, Hiking and Travelling, feel free to get in touch with us.

Cost Includes/ Excludes

Includes

- All accommodation in Kathmandu, Pokhara on B / B basis (3 star hotels)
- National park entry fees
- Upper Mustang fee USD 50 per day for min. 10 day
- Mountain bike and gears (please provide your specification for bike size)
- Food for all trek, camping equipment (matress, pots, pans etc, a full-service camping)
- Airfare - Pokhara – Jomsom – Pokhara
- Fully supported camping trek with all meals in Mustang region / or whatever package you choose
- All camping gears, donkey, porter etc All helpers, cook, guide with their Insurance, flight and meals
- Kathmandu valley sightseeing, cultural show and dinner

Itinerary

Day 1

Arrival in Kathmandu (1,400 m)

On arrival in Kathmandu Airport, you will be greeted and received by our representative and transferred to the Hotel. After resting and refreshing, you will be briefed on your travel itinerary.

Day 2

Kathmandu Exploration Day

After breakfast in the morning we go for the Kathmandu sightseeing tour. We are going to do the UNESCO CULTURAL HERITAGE TOUR today which includes: Swoyambhunath - The oldest Buddhist Stupa in Kathmandu Valley, a beautiful abode for lots of monkeys thus also known as Monkey Temple, is also a perfect vantage point to see Kathmandu valley. Pashupatinath- A holy pilgrimage for Hindus and Hindu Crematorium, a revered place where Hindus are cremated ; we come across men with ash rubbed body, matted locks and dreaded look which is typical look of a Hindu Holy Men known as Sadhus. Boudhanath- the biggest Buddhist temple in the world; a site for Tibetan Buddhism where we can visit monasteries, watch the Holy Monks busy in their chanting ritual going around the temple. Patan Durbar Square- A Medieval Royal Palace area which is also known as the city of fine arts, we can see the finest example of metal and stone carving back to 14th century and also the amazing Nepali Architecture. Stay in hotel.

Day 3

Kathmandu - Pokhara (1,400 m)

Our trip starts after the breakfast in the Hotel, Depart from Kathmandu our journey takes us to Pokhara. The bus ride goes through Midhills, along the Trishuli river observing the beautiful landscapes and amazing views of the Himalayas. We also have an option to fly to Pokhara on an addition cost of USD125. The bus journey takes 6 to 7 hours.

Day 4

Explore Pokhara on bike

We have plenty of circuits to choose from. Flat Cross Country rides, hard climbs that offer stunning views of the Himalayan Range, recreational rides visiting some caves or just enjoying our flowing single-track, it's up to you... Get into the groove before jumping up into the high mountains the next day.

Day 5

Fly from Pokhara to Jomsom(2730 m) .bike Kagbeni (2800 m)

Take the early morning flight to Jomsom (20minutes). Flying through deep Kali Gandaki gorge, the view is breathtaking. On arrival, we will have our breakfast and then start our first biking trip to Kagbeni. Riding in the Kali Gandaki Gorge, we follow the jeep trail to reach Kagbeni. En route, we can visit red painted Gumba which is about 1000 years old and explore other areas as well. Stay overnight in the lodge.

Day 6

Kagbeni (2800m) to Muktinath (3800m)

We start early so that we can enjoy the breathtaking views of the sunrise that lights up the white snowy peak in gold colors. We then start biking uphill to Muktinath on jeep track. We will have lunch in Jharkot where we can explore different monasteries and local people along with their culture. We continue ascending uphill till we reach the holy temple of Muktinath. Stay overnight in the lodge.

Day 7

Muktinath (3800m) to Chaile (3050m)

Today our journey enters into the forbidden land of Upper Mustang. We will ride uphill to the Gyu La pass descending to Chusang where we will have lunch and rest for a while.After having lunch, we'll follow the banks of the Kali river and cross by bridge, riding uphill to reach Chaile. This is a nice little village which offers an awesome view of mount Nilgiri and the Kaligandaki valley from a different angle than the first day in Jomsom. In Chaile we can explore some ancient buildings and a monastery.

Day 8

Chaile (3050 meters) to Syangboche (3800 m)

As our days are getting better and better because we are heading to North. The climb will be hard but the sceneries and landscapes will make you smile even on the hard trail. You might need to push in some part if it gets to technical climb. We will have lunch in Sammar. It's our biggest day as we will have to cross 4 passes which is called via Taklam la (3624m) Dajori la (3735m) and Bhena la (3860) Yamda la (3860). It's a big day but the super nice day of our trip.

Day 9

Syangboche (3800m) to Charang (3560m)

To start, we make a short climb to reach Syangboche La Pass (3850m). From Syangboche La, we can get an amazing view of Nilgiri (7061m) and the Annapurna massif. We will then ride on the plain trail then descend to Gilling then ascend through some gorgeous villages. Crossing Nya La Pass (4025m), we descend to Ghami via Ghami La Pass (3765m) to enjoy the Tibetan food. Then crossing Mani walls, an old monastery, and then the village of Drakmar, we arrive in Tsarang.

Day 10

Charang (3560m) to Lo-Manthang (3800m)

Today we'll finally reach our destination of Lo-Manthang, the walled city of Buddhist heritage. It is a relatively easy day's ride with only the Lo-la pass (3810m) to cross. In this true Himalayan landscape the views are amazing and there are some 360 degree view points where we can stop and take photos. We'll be riding through open jeep tracks and some trekking trails. After the pass we'll reach Lo-Manthang after about half an hour. We'll take lunch in our guest house and relax for the rest of the day.

Day 11

Explore 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. The colorful deserts make up for amazing pictures, and with the mountains on the backdrop, it is a view to die for. We can even find the heirs of the former King and Queen of Lo and learn about the folklore of the region.

Day 12

Lo-Manthang (3800m) to Ghami via Ghar Gumba

As we leave the beautiful kingdom town of Lo-Manthang , we start our journey on a 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 Lo Nying Sect of Buddhism. We can find scriptures of Padmasambhava in Ghar Gompa. Then we ride down to Dhakmar and finally to Ghami.

Day 13

Ghami to Samar (3620m)

We will now retrace the route from Ghami to Samar. We cross five passes and several small streams on our way to Samar. We ride past many small villages, monasteries, and barley fields, to arrive in Syangboche. We also reach Chungsi Cave as we ride alongside Syangboche Khola. We then cross Jhuwa Khola and Samarkyuno Khola to finally reach Samar.

Day 14

Samar to Marpha (2670m)

We'll start today's ride early in the morning with small climb up to Da- Jorila pass (3737 m) then a downhill ride to Chaile. We'll ride along the kali Gandaki river bank to Kagbeni and take lunch in either Chhusang or Kagbeni. After lunch we ride back along the kaligandaki gorge to our starting point at Jomsom. Then we'll continue with a ride through gorgeous apple gardens to the beautiful village of Marpha. We will stay overnight in Marpha which is known for it's Apple brandy!

Day 15

Marpha to Tatopani (1190m)

We 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 amazing green landscape and the peaks of snow-capped mountains that accompany us throughout the trek. We reach Tatopani where you can relax in the natural hot spring.

Day 16

Tatopani to Beni then Drive to Pokhara

After breakfast, we ride along the river banks on a jeep track to Beni Bazaar where we will meet our vehicle that will transfer us to Pokhara.

Day 17

Pokhara to Kathmandu

After breakfast we take the bus ride back to Kathmandu. On arrival at Kathmandu, after refreshing we will proceed for a farewell cultural show and traditional Nepal dinner.

Day 18

Departure Day

Today we say see you again and transfer you to the Airport.

Upper Mustang Biking Tour Cost and What's Included

- All accommodation in Kathmandu, Pokhara on B / B basis (3 star hotels)
- National park entry fees
- Upper Mustang fee USD 50 per day for min. 10 day
- Mountain bike and gears (please provide your specification for bike size)
- Food for all trek, camping equipment (matress, pots, pans etc, a full-service camping)
- Airfare - Pokhara - Jomsom - Pokhara
- Fully supported camping trek with all meals in Mustang region / or whatever package you choose

- All camping gears, donkey, porter etc All helpers, cook, guide with their Insurance, flight and meals
- Kathmandu valley sightseeing, cultural show and dinner

Not included

- Personal travel insurance and all items of a personal nature
- Tips and gratuities for guide and poters, city entrance fees
- Major meals in cities in Kathmandu, Pokhara, when not mentioned
- Mountain, Road rescue or any other emergency evacuation charges

Photos, videos and reviews of this trip: enepaltrekking.com/upper-mustang-biking-tour