

Upper Mustang Mountain Bike Tour - 15 Days

UPPER MUSTANG MOUNTAIN BIKE TOUR: EXPLORE THE HIDDEN TREASURE

The Upper Mustang Mountain Bike Tour offers an exhilarating adventure package for exploring Upper Mustang, allowing you to uncover the hidden treasures of the ancient Lo Kingdom. This experience is complemented by the Upper Mustang Jeep Tour, Upper Mustang Trek, Upper Mustang Luri Gompa Trek, and the Damodar Lake Tour.



DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel

Day 2: Kathmandu to Pokhara by flight

Day 3: From Kagbeni to Samar (3,650 m) via Chele and Taklam La (25km): 5 hours ride

Day 4: From Samar to Ghami (3,520 m) via Chungsi Cave: 5-6 hours, 30km

Day 5: From Ghami to Tsarang (3,560 m) via Nyi La Pass (4,010 m), 18 m, 5 hours

Day 6: From Tsarang to Lo Manthang (3,840 m) via Ghar Gumpa & Lo La Pass (3,950 m): 5 hours, 20km

Day 7: From Lo Manthang, Chhoser and the Jhong Sky Caves and Back to Lo Manthang

Day 8: From Lo Manthang to Yara (3,650 m) via Dhi: 20km, 5 hours

Day 9: From Yara to Tangge (3,240 m) via Luri Gumpa, 20km, 6 hours

Day 10: From Tangge to Chhusang (2,980 m) via Paha Pass (4,210 m), 25m, 6 hours

Day 11: From Chhusang to Muktinath (3,800 m) via Gyu La Pass (4,070 m), 30km, 7 hours

Day 12: From Muktinath to Marpha (2,670 m) via the Lubra valley, 30, 6 hours

Day 13: Back to Pokhara via Tatopani (Hot Spring): 50 km, 6 hours

Day 14: Pokhara to Kathmandu with flight

Day 15: Departure

PRICE INCLUDES

- International Airport Pick-up and Airport Drop-off Service
- 2 nights luxury hotel accommodation in Kathmandu at Hotel Romada Encore
- Flight between Kathmandu and Pokhara round trip
- 2 nights luxury hotel accommodation in Pokhara at Hotel Middle Path
- Support Vehicle for the whole trip
- 10 Nights Mountain Accommodation
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, and energy bars every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- All the required permits and formalities (Annapurna Conservation Areas & Special Permits)
- First Aid service and all the required equipment.
- Government Tax and official Fees.
- Guide and Diver's Salary, Meals, Insurance, trekking gear, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.

- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu & Pokhara
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2 nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide and Driver
- Personal expenses
- All the personal Mountain gear
- Extra day in the mountains: USD 200 per person
- Upgrade to a luxury hotel; the cost will be USD 70 to USD 400 per Room in the mountains.



EQUIPMENT & GEAR

Clothing

- Thermal base layer (top and bottom)
- 2-3 quick-dry T-shirts
- Fleece jacket
- Warm down/puffer jacket
- Windproof and waterproof outer jacket
- 2 trekking/hiking pants
- Warm hat (beanie)
- Sun hat or cap
- Buff or neck gaiter (very useful against dust)
- Light gloves & Buff
- Warm socks (3-4 pairs)
- Comfortable underwear

Footwear

- Comfortable hiking shoes or sturdy trekking boots
- Sandals/slippers for evenings
- Optional gaiters if traveling during dusty or muddy conditions

Essentials

- Sunglasses with UV protection
- Sunscreen (SPF 50+)

- Lip balm with SPF
- Moisturizer (the air is very dry)
- Reusable water bottle (1-2 L)
- Small daypack (20-30 L)
- Power bank
- Headlamp or small flashlight
- Camera/phone and chargers

Health & Personal Items

- Personal medications
- Basic first-aid kit
- Motion sickness medicine (roads can be rough)
- Diamox (only if advised by your doctor for altitude)
- Wet wipes
- Hand sanitizer
- Tissues
- Toileters

Optional but Useful

- Trekking poles (for short walks around viewpoints)
- Binoculars
- Cycle and extra Parts
- Snacks (energy bars, nuts)
- Earplugs (jeep rides and guesthouses can be noisy)

- Travel pillow



