

# Discover the Ultimate Adventure: Enduro MTB in Lower Mustang, Nepal!

## Basic Package

Price Starting at: NRs. 400,245

### Inclusions

1. Airport pick-up upon arrival and drop-off after the trip
2. English-speaking Mountain Bike Guide with Mechanical back up and First Aid knowledge,
3. Mountain Bike Dual Suspension,
4. Food and accommodations provided (from the first-day dinner to the final-day breakfast, with a free menu to choose from)
5. Boutique hotel accommodations in Kathmandu and Pokhara, and mountain lodge accommodations in the Himalayas during the mountain trip
6. Annapurna Conservation Area Permits, TIMS and local taxes
7. Porter services to carry your luggage
8. Mineral water, tea, coffee, and soft drinks
9. Food, accommodations, salary, insurance, and transportation for supporting staff,
10. Flight from Pokhara to Kathmandu
11. Flight from Pokhara to Jomsom
12. Office service charge
13. Jeep support throughout the entire trip as per the requirements,
14. 24/7 attention to ensure the trip is safe, sound enjoyable, and fun
15. Full of unique experiences

### Exclusions

1. Visa fee for Nepal
2. International flights to and from Nepal
3. Alcoholic drinks
4. Travel, activity, medical, and emergency evacuation insurance
5. Tipping for guides, porters, and supporting staff

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## Standard Package

Price Starting at: NRs. 400,245

### Inclusions

1. Airport pick-up upon arrival and drop-off after the trip
2. English-speaking Mountain Bike Guide with Mechanical back up and First Aid knowledge,
3. Mountain Bike Dual Suspension,
4. Food and accommodations provided (from the first-day dinner to the final-day breakfast, with a free menu to choose from)
5. Boutique hotel accommodations in Kathmandu and Pokhara, and mountain lodge accommodations in the Himalayas during the mountain trip
6. Annapurna Conservation Area Permits, TIMS and local taxes
7. Porter services to carry your luggage
8. Mineral water, tea, coffee, and soft drinks
9. Food, accommodations, salary, insurance, and transportation for supporting staff,
10. Flight from Pokhara to Kathmandu
11. Flight from Pokhara to Jomsom
12. Office service charge
13. Jeep support throughout the entire trip as per the requirements,
14. 24/7 attention to ensure the trip is safe, sound enjoyable, and fun
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### Exclusions

1. Visa fee for Nepal
  2. International flights to and from Nepal
  3. Alcoholic drinks
  4. Travel, activity, medical, and emergency evacuation insurance
  5. Tipping for guides, porters, and supporting staff
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# Premium Package

Price Starting at: NRs. 400,245

## Inclusion

1. Airport pick-up upon arrival and drop-off after the trip
2. English-speaking Mountain Bike Guide with Mechanical back up and First Aid knowledge,
3. Mountain Bike Dual Suspension,
4. Food and accommodations provided (from the first-day dinner to the final-day breakfast, with a free menu to choose from)
5. Boutique hotel accommodations in Kathmandu and Pokhara, and mountain lodge accommodations in the Himalayas during the mountain trip
6. Annapurna Conservation Area Permits, TIMS and local taxes
7. Porter services to carry your luggage
8. Mineral water, tea, coffee, and soft drinks
9. Food, accommodations, salary, insurance, and transportation for supporting staff,
10. Flight from Pokhara to Kathmandu
11. Flight from Pokhara to Jomsom
12. Office service charge
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  5. Tipping for guides, porters, and supporting staff
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# Itineraries

## 1. Day 1 : Arrival in Kathmandu

Welcome to Nepal! Here, you'll find more than 8 peaks that soar over 8000 meters high, including the famous Mount Everest, which sits at the top of the world. Nepal is also where Buddhism originated, known for its warm hospitality and as a safe and enchanting country filled with thrilling outdoor experiences.

Upon your arrival at Tribhuvan International Airport, our team crew will be there to warmly welcome you. From there, we can take a stroll around bustling Kathmandu, giving you a taste of its vibrant energy. For the night, we'll be staying in a cozy Boutique Hotel nestled in Thamel, Kathmandu, Nepal.

## 2. Day 2: Downhill Shuttles or All mountain/cross country rides in Kathmandu

Kathmandu City can be pretty chaotic with its heavy traffic, but once we get out of the city, the surrounding hills offer some of the best mountain biking trails. You'll find everything from thrilling shuttle downhill biking to all-mountain riding.

We can spend the day exploring multiple trails, hopping on 3 to 4 shuttles, or tackling one big loop for all-mountain and cross-country rides in places like Nagarkot, Shivapuri Nagarjun National Park, Hattiban, and Nagarjun. These trails vary from smooth and flowing to technical and challenging, offering a mix of experiences right here in Kathmandu.

After our biking adventure, we can arrange to transfer the bikes to Pokhara. Depending on our schedule, we can either catch a flight later today or plan for an early morning flight tomorrow to reach Pokhara.

**Biking distance: 25 to 35 Km**

**Biking hours: 3 to 4 hours**

**Physically: moderate**

**Technically: moderate**

## 3. Day 3: Mountain Biking in Pokhara

Pokhara is known as the capital of mountain tourism, serving as the starting point for many famous trekking and mountain biking adventures. From the legendary Annapurna Circuit to the breathtaking Dolpo trek, and from the mysterious Upper Mustang to the iconic Annapurna Base Camp, there's no shortage of incredible destinations to explore.

For our journey, we'll be hitting the biking trails of Pokhara, making use of Jeep shuttles for thrilling enduro downhill biking. We can take on exciting routes like Sarankot downhill, Kristy downhill, or Methanlg downhill, all within the stunning Pokhara Valley.

**Biking distance: 30 to 35 Km**

**Biking hours: 3 to 4 hours**

**Physically: moderate**

**Technically: moderate**

## 4. Day 4: Cable Car lift up and Jeep Enduro shuttles ride in Pokhara

Today is our second day of Enduro mountain biking bliss in Pokhara! We're revving up for an adrenaline-pumping adventure, ready to conquer the rugged terrain with our trusty riding. Our journey begins with an exhilarating chair lift on the Annapurna cable car, soaring high above the Fewa Lake and surrounding hills and mountains. After landing at Sarankot we will be riding downhill to Sedi or Pame villages.

Once we touch down, we'll hop onto our Jeep shuttles, gearing up for some serious shredding on the challenging Enduro trails of Pokhara Valley. With every twist and turn, we'll navigate through technical sections, tackle rocky descents, and conquer steep inclines, all while soaking in the breathtaking scenery around us.

After an epic day of riding, pushing our limits and perfect for our skills, we'll bid farewell to our bikes as we prepare for the next leg of our adventure. Tonight, our bikes will embark on their own journey to Jomsom, eagerly awaiting the spectacular Himalayan biking that awaits us in Mustang. Get ready for an unforgettable mountain biking ride of a must do lifetime journey to the Himalayas on your mountain biking holiday in Nepal.

**Biking distance: 25 to 35 Km**

**Biking hours: 3 to 4 hours**

**Physically: moderate**

**Technically: moderate**

## **5. Day 5: Flight from Pokhara to Jomsom via Mountain flight**

Today, we're starting our journey with a morning mountain flight from Pokhara to Jomsom, aboard Tara Airline or Summit Airline's Twin Otter aircraft. Get ready for an exciting ride as we glide amidst the towering peaks of Dhaulagiri and Annapurna I, treating you to stunning views that will leave you in awe.

Touching down at Jomsom Airport, nestled amidst the majestic Himalayan Mountains, get ready to be enchanted by the beauty of Mustang. Today is all about acclimatization, so we'll take it easy, enjoying leisurely bike rides and shuttle transfers.

After a hearty breakfast on the lap of Nilgiri and Dhaulagiri Mountains, we'll set on a scenic MTB exploration, either heading to Windy Pass hike and bike or cruising along the tranquil Kali Gandaki River valley. Depending on everyone's preferences, we'll have the option to tackle one or two thrilling Enduro shuttle rides, all while respecting the delicate balance of nature to get acclimatization.

**Biking distance: 15 to 20 Km**

**Biking hours: 3 to 4 hours**

**Physically: moderate**

**Technically: moderate**

## **6. Day 6: Jeep shuttle to Muktinath and down to Kagbeni via Jhong Lupra**

You're about to experience the ultimate mountain biking adventure in Mustang, the go-to spot for biking enthusiasts in Nepal! This is where you'll find the most thrilling enduro downhill rides and the best Himalayan single tracks for all-mountain biking. We'll have the opportunity to ride 2 to 3 or even 4 shuttles, depending on what the group wants and their level of interest in biking.

After a day filled with exciting rides, we'll be spending the night at a cozy Mountain lodge in Muktinath, surrounded by the breathtaking beauty of the Himalayas.

**Biking distance: 25 to 30Km**

**Biking hours: 3 to 4 hours**

**Physically: moderate**

**Technically: moderate**

## **7. Day 7: hike and Bike to Phedi even up to Thorong-La (5416m) and ride down to Muktinath(3750m)**

Today is shaping up to be an exciting and fulfilling day as we embark on our journey to Thorong-La Phedi, or perhaps even all the way to the top, depending on what everyone feels like doing. We'll spend around 2 to

3 hours riding or hiking to Phedi, or if we're feeling adventurous, we can tackle the 6-hour hike to reach the summit. Then, it's time for the thrilling ride down to Muktinath.

For those who prefer, we also have the option to use horses to carry our bikes. Whether you're aiming for the summit, prefer to hike halfway to Thorong-La, or just want to explore Phedi and ride down to Muktinath Temple and Rani Pauwa village in Lower Mustang, you have the freedom to choose what suits you best.

Tonight, we'll be resting our weary bodies in Muktinath, finding comfort in a cozy local guest house or a welcoming tea house at Rani Pauwa village.

**Biking distance: 25 to 30 Km**

**Biking hours: 6 to 8 hours**

**Physically: Challenging**

**Technically: Challenging**

#### **8. Day 8: Biking from Muktinath to Marpha via Lupra and Thini village view point.**

Get ready for another fantastic day filled with thrilling biking adventures! We'll start our journey on the amazing single track from Lupra to Eklebhatti, enjoying the scenic views along the way. From there, we'll ride to the top of Thini village, reaching the breathtaking Yharu Zho viewpoint at 3750 meters with the help of shuttles. After soaking in the stunning vistas, it's time to shred down the best single track all the way to Jomsom, passing by Dhuma Lake.

Our next stop is Marpha village, where we'll spend the night in the cozy mountain lodge called Marpha Palace. This village is not only beautiful but also rich in history, with unique architecture that reflects the traditions of the Thakali, Mountain Sherpa, and Gurung communities. Get ready to immerse yourself in the charm of this ancient village as we continue our biking adventure!

**Biking distance: 32 to 36 Km**

**Biking hours: 3 to 4 hours**

**Physically: moderate/challenging**

**Technically: moderate/challenging**

#### **9. Day 9: Marpha to Tatopani then drive back to Pokhara.**

Get ready for an epic finale to our biking adventure! Today, we'll start by hitting the thrilling single tracks with a Jeep shuttle from Nyarikot pine forest. Then, we'll breeze through Lete and Kalopani pine forest trails, soaking in the beauty all around us. As we ride past Titi Lake and make our way to Tatopani, we'll be treated to breathtaking views of the Rupese Waterfall from Dhaulagiri Mountain.

Once we arrive at Tatopani, it's time to unwind in the natural hot springs and let our tired muscles relax. Afterward, we'll drive back to Pokhara, taking in the memories of our incredible journey.

Back in Pokhara, we'll gather for a special farewell dinner, where we can share stories and enjoy delicious food together. It's the perfect way to end our unforgettable mountain biking holiday!

**Biking distance: 45 to 50 Km**

**Biking hours: 5 to 6 hours**

**Physically: moderate**

**Technically: moderate**

#### **10. Day 10: Pokhara sunrise, Hike and yoga celebration day**

Today marks the end of our riding adventure, but don't worry, we still have something special planned for you! Tomorrow morning, we'll head to Sarankot viewpoint for a breathtaking sunrise experience. This spot is famous for its stunning sunrise views, where you can see the golden peaks of Fishtail, Annapurna, Dhaulagiri, and Manaslu glowing in the morning sunlight. It's going to be a truly magical experience!

After enjoying the sunrise, we'll have breakfast at a nearby restaurant before embarking on a hike down to Methang village. There, we'll take part in a relaxing yoga session to stretch our bodies and find inner peace. After a few hours of yoga, you'll feel refreshed and ready to head back home.

As you prepare to leave, don't forget to pick up some souvenirs for your loved ones to cherish. Tonight, sleep well and dream of sharing your incredible experiences with friends and family back home. This biking trip has been unlike anything you've ever experienced before, and the memories you've made will stay with you forever. Be proud of yourself for the achievements and unforgettable moments you've created during this extraordinary mountain biking holiday in Mustang, Nepal.

### **11. Day 11: Fly Back to home with full of wonderful and extra-ordinary experience.**

It's time to head back home after an amazing 10-day adventure! We'll fly from Pokhara to Kathmandu and then onward to our homes, carrying with us all the incredible memories we've made. If you're not quite ready to say goodbye, you can always extend your trip. The choice is yours!