

Lower Mustang Cross-Country Mountain Biking Tour

Basic Package

Price Starting at: NRs. 344,045

Inclusions

1. Airport Pick up on arrival and drop off after the trip
2. Hardtail Mountain bike and gears (please ask specification after letting us your bike size)
3. Certified Mountain Bike Guide with good communication skills
4. Food and accommodations (first day dinner to final day breakfast)
5. All the required permits and local taxes
6. safe drinking water
7. Food, accommodations, salary, insurance and transportation for supporting staff
8. Flight to Jomsom
9. Office service charge

Exclusions

1. Visa fee to Nepal
 2. Flight to and from Nepal
 3. Domestic flights
 4. Alcoholic drinks
 5. Dual suspension bike(550 \$ extra for the biking trip)
 6. Beverage/soft drinks and mineral water in the mountains
 7. Travel, activity, medical and emergency evacuation insurance
 8. Tipping for guides, porters and supporting staff
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Standard Package

Price Starting at: NRs. 385,347

Inclusions

1. Private car/van transfer from the airport to the hotel.
2. 3 nights deluxe residence in twin bed sharing basis with breakfast at 3* hotel in Pokhara.
3. 2 nights deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 3* hotel.
4. City Tour in Kathmandu or Pokhara with our tour guide and all entrance fees.
5. Flight from Pokhara to Jomsom
6. Domestic flight from Pokhara to Kathmandu, as well as airport taxes.
7. During the journey, meals (breakfast, lunch, and dinner) are served with tea and coffee, as well as hot and cold filter water.
8. During the trip, accommodation is provided from lodge to lodge in the mountain.
9. Certified Mountain Bike Guide with knowledge of the bikes, trails and the local region, and helpful porters (1 porter for 2 pax. to carry and transport your luggage), their food and lodging, salary, equipment, and insurance.
10. Dual suspension mountain bike and mechanical backup
11. All transportation is provided by private vehicle.
12. All required permits to enter the Annapurna Conservation Area.
13. Service charge for the office.
14. All local taxes
15. Cold drinks and mineral water

Exclusions

1. Other than breakfast, any meals (lunch and dinner) in Kathmandu and Pokhara.
2. International flight tickets to and from Nepal.
3. Fee for a tourist visa to Nepal.
4. Personal expenses.
5. Any kind of cold drinks and fancy coffee, laundry, phone call, internet.
6. Personal Trekking Gear such as sleeping bags and jackets.
7. Evacuation in an Emergency (Helicopter Rescue).
8. Any costs incurred as a result of a change in itinerary, such as landslides, domestic flight delays, political unrest, and strikes, etc.

9. Any other costs that are not included in the quoted price.
 10. Renting of horse or additional porter due to any potential accident or natural disaster.
 11. Tipping to guide, porter, driver and any other supporting staffs
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Premium Package

Price Starting at: NRs. 468,045

Inclusion

1. Private car/van transfer from the airport to the hotel and hotel to the airport after trip.
2. 3 nights super-deluxe residence in twin bed sharing basis with breakfast at 5* hotel in Pokhara.
3. 2 nights super-deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 5* hotel.
4. Fully private jeep assists
5. City Tour in Kathmandu or Pokhara with our tour guide and all entrance fees. Flight to Jomsom.
6. Two way domestic flights, as well as airport taxes.
7. During the journey, meals (breakfast, lunch, and dinner) are served with a cup of tea or coffee.
8. During the trip accommodation is provided from lodge to lodge.
9. Mineral water, cold drinks and energy bars.
10. Certified Experienced, helpful, and friendly mountain bike guide, porter, their food and lodging, salary, equipment, and insurance.
11. Mountain bike with dual suspension with mechanical back up support
12. All transportation is provided by private vehicle.
13. All required permits Annapurna Conservation Area.
14. Service charge for the office.
15. All local taxes
16. A bottle of beer or a glass of fine wine after every day ride

Exclusions

1. Other than breakfast, any meals (lunch and dinner) in Kathmandu and Pokhara.
2. Travel coverage.

3. International flight tickets to and from Nepal.
 4. Fee for a tourist visa to Nepal.
 5. Personal expenses.
 6. Expenses on laundry, phone call, internet.
 7. Personal Trekking Gear such as sleeping bags and jackets.
 8. Evacuation in an Emergency (Helicopter Rescue).
 9. Any costs incurred as a result of a change in itinerary, such as landslides, domestic flight delays, political unrest, and strikes.
 10. Any other costs that are not included in the quoted price.
 11. Renting of horse or additional porter due to any potential accident or natural disaster.
 12. Tipping to guide, porter, driver and any other supporting staffs.
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Itineraries

1. Day 1: Land and Arrival in Kathmandu (1,400 m)

Namaste and welcome to Nepal at the Kathmandu airport where our friendly crew will be waiting you with your name written signboard. Your guide will take you to the hotel on the private Jeep. Wander through chaotic busy road and colorful alleys of Thamel. After reaching in the hotel based on your available time you can take a short walk to bustling Ason bazaar, soaking in scents of spices and local life.

2. Day 2: Kathmandu Heritage Tour

Today, let's dive into Kathmandu's rich culture and history to make our mountain biking holiday extra special. We'll explore sacred sites like Pashupatinath, Boudhanath, Swayambhunath, and wander around Durbar Square's ancient courtyards. If you prefer, we can swap sightseeing for a cross-country ride on local trails too!

3. Day 3: Drive to Pokhara (820 m)

Start your day with a good breakfast at the hotel, then get ready for a drive to Pokhara. The road takes you through green hills, rivers, and small villages like Dhading, Gurkha, Muglin, and Damauli. You'll see how people live in the countryside and enjoy the beautiful views along the way. When you reach Lakeside Pokhara, check into your hotel, have a welcome drink, meet your biking team, get your bike ready, and take a walk by the peaceful lake. It's a great place to relax and enjoy the evening.

Altitude gain/loss: -600 m | Distance: 200 km

4. Day 4: Pokhara warm-up Cross-Country Ride

Get ready after your breakfast for the cross-country warm up mountain bike ride, the day with an easy ride from the lakeside to Pame trails and the countryside. Pedal past emerald rice fields, water buffalo, and

friendly Gurung villages. Spot wildlife, soaring eagles, people farming, fishing, and local fisheries. All while enjoying stunning views of the Annapurna and Fishtail mountains on Fewa Lake. Feel village life and new sights at every turn on this scenic Pokhara ride.

Distance: ~25–30 km | Altitude gain: ~350 m | Loss: ~350 m

5. Day 5: Flight to Jomsom (2,720 m) & Ride to Thini Village (2,900 m)

Start your day early! Fly to Jomsom between the huge Dhaulagiri and Annapurna I mountains—an epic flight over deep gorges and stunning landscapes, all in just 20 minutes. Or take a scenic 4–5 hour jeep ride along the Baglung Highway past Ghasa, Kalopani, Larjung, and Marpha. Once in Jomsom, hop on your bike and pedal toward the charming Thini village.

Biking distance: ~ 10–12 km | Altitude gain: ~180 m | Loss: ~100 m | Flight time 20-Min with breathtaking views

6. Day 6: Thini Village to Kagbeni (2,800 m)

Today we ride from Thini to Kagbeni along the peaceful Kali Gandaki River, passing farms, open fields, and old caves. The cross-country riding route is smooth and easy, with stunning views and we can visit and stop at Dumba Lake viewpoint. It's a calm day without needing jeep support, ending with time to explore Kagbeni—a charming ancient village rich with stories from the old salt trade and pilgrimage route.

Distance: ~ 15 km | Altitude gain: ~150 m | Loss: ~250 m

7. Day 7: Kagbeni to Muktinath (3,760 m)

Today's cross-country mountain bike ride in Mustang from Kagbeni to the holy Muktinath, passing the charming Jharkot village and Batasedanda viewpoint with grand views of Thorong-La and Upper Mustang. Discover old caves and see local life unchanged by time. Enjoy gentle uphill roads, and if it gets tough, our jeep support is ready to help. Step by step, we reach Muktinath Temple—a peaceful place where faith and the magic of the Himalayas come together.

Biking distance: 17 km | Altitude gain: ~950 m | Loss: ~30 m

8. Day 8: Muktinath to Marpha (2,670 m)

Ride downhill on easy and flowy trails from Muktinath to Kagbeni and mostly flat trails to Marpha through ancient Zhong village, visiting its monastery and meeting warm, smiling locals. Descend past salt mines, red canyons, and grazing mountain goats with stunning views of the Kali Gandaki valley and Kagbeni. Enjoy a scenic ride through apple orchards to Marpha, famous for apple brandy and stone-paved alleys. A support jeep is always there if the ride feels to stay on the vehicle.—ride or relax, your adventure, your pace.

Distance: ~ 26 km | Altitude gain: ~200 m | Loss: ~1,290 m

9. Day 9: Marpha to Beni (850 m) & Drive to Sarangkot (1,600 m)

Today, we start riding from the lovely apple village of Marpha, passing quiet mountain villages like Larjung and Kalopani. We roll through pine forests and see huge peaks like Annapurna and Dhaulagiri. Riding in the world's deepest gorge, the Kali Gandaki, we cross forest trails, village roads, and jeep tracks, with waterfalls and valleys along the way. After reaching Beni Bazaar, we drive by jeep to Sarangkot to watch a beautiful sunset over the Himalayas.

Distance: ~55 km | Altitude gain: ~100 m | Loss: ~1,820 m

10. Day 10: Sarangkot(1600m) Sunrise & Ride to Pokhara

We will have an opportunity to glance very unique sunrise trip this morning. Wake up early to see an amazing sunrise over Annapurna, Dhaulagiri, Fishtail, and Manaslu from Sarangkot. After breakfast, ride your bike through Pandeli village and green terrace forests for about 15–20 km back to Pokhara. If you want an easier way down, take the cable car and enjoy views of Fewa Lake and Harpan Valley. A jeep is ready if you get tired. Back in Pokhara, relax at your hotel, do some laundry, get a massage, and chill by the peaceful lakeside.

Distance: ~15–20 km | Altitude gain: ~50 m | Loss: ~800 m

11. Day 11: Cross-country MTB Trip End: Goodbye or New Beginnings

This incredible cross-country mountain biking tour comes to an end today after breakfast. Depending on your flight time, For the morning flight back to Kathmandu, we will take you to Pokhara International Airport in a private vehicle. With a love for the Himalayas, new friends, and priceless memories, you can board your flight home after arriving at KTM. You can stay longer and do more exploring if you're not ready to go. You can go on jungle safaris, go trekking in the mountains, or take other tours to learn more about Nepal's rich culture and undiscovered treasures.

Note: We deliver premium service and fair pricing for our guests, crew, and stakeholders in a way that is sustainable. Our local mountain biking experts have more than 20 years of experience in the industry and are truly concerned about your experience for the benefit of our clients.