

# Tilicho Lake Mountain Biking and Hiking Expedition: Team Australia 2025

## Basic Package

Price Starting at: NRs. 369,465

### Inclusions

1. Airport pick-up on arrival and drop-off at the end of the trip,
2. Flight tickets from Kathmandu to Pokhara and Pokhara to Kathmandu,
3. English-speaking, experienced, and licensed mountain biking and hiking guides,
4. Tented camp crew,
5. Two porters and one jeep driver, plus porters for summit support,
6. Food and accommodations during the trip,
7. Necessary permits (ACAP) and TIMS,
8. Jeep and van support (4x4 Jeep),
9. Insurance, food, accommodation, salary, and transportation for supporting crew.

### Exclusions

1. Visa fee and international flights to Nepal,
  2. Alcoholic drinks,
  3. Tented Camp,
  4. Soft drinks, tea, coffee, and beverages during breaks on rides,
  5. Bike hire: \$750 AUD (details on [nepalmountainbike.com](http://nepalmountainbike.com)),
  6. E-bike hire: \$1100 AUD (available upon request),
  7. Travel activity, medical, and emergency evacuation insurance,
  8. Tipping for guides, porters, and support staff.
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## Standard Package

Price Starting at: NRs. 369,465

### **Inclusions**

1. Airport pick-up on arrival and drop-off at the end of the trip,
2. Flight tickets from Kathmandu to Pokhara and Pokhara to Kathmandu,
3. English-speaking, experienced, and licensed mountain biking and hiking guides,
4. Tented camp crew,
5. Two porters and one jeep driver, plus porters for summit support,
6. Food and accommodations during the trip,
7. Necessary permits (ACAP) and TIMS,
8. Jeep and van support (4x4 Jeep),
9. Insurance, food, accommodation, salary, and transportation for supporting crew.

### **Exclusions**

1. Visa fee and international flights to Nepal,
  2. Alcoholic drinks,
  3. Tented Camp,
  4. Soft drinks, tea, coffee, and beverages during breaks on rides,
  5. Bike hire: \$750 AUD (details on [nepalmountainbike.com](http://nepalmountainbike.com)),
  6. E-bike hire: \$1100 AUD (available upon request),
  7. Travel activity, medical, and emergency evacuation insurance,
  8. Tipping for guides, porters, and support staff.
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## **Premium Package**

Price Starting at: NRs. 369,465

### **Inclusion**

1. Airport pick-up on arrival and drop-off at the end of the trip,
2. Flight tickets from Kathmandu to Pokhara and Pokhara to Kathmandu,
3. English-speaking, experienced, and licensed mountain biking and hiking guides,

4. Tented camp crew,
5. Two porters and one jeep driver, plus porters for summit support,
6. Food and accommodations during the trip,
7. Necessary permits (ACAP) and TIMS,
8. Jeep and van support (4x4 Jeep),
9. Insurance, food, accommodation, salary, and transportation for supporting crew.

## **Exclusions**

1. Visa fee and international flights to Nepal,
  2. Alcoholic drinks,
  3. Tented Camp,
  4. Soft drinks, tea, coffee, and beverages during breaks on rides,
  5. Bike hire: \$750 AUD (details on [nepalmountainbike.com](http://nepalmountainbike.com)),
  6. E-bike hire: \$1100 AUD (available upon request),
  7. Travel activity, medical, and emergency evacuation insurance,
  8. Tipping for guides, porters, and support staff.
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## **Itineraries**

### **1. DAY 1: October 19th Sunday, Morning flight from Katmandu to Pokhara.**

Take a short domestic flight from Kathmandu to Pokhara, the adventure capital city of Nepal. Upon arrival, meet the crew members, check your bikes, get some shopping for the trip then check out the Lakeside marvel at the views of Annapurna and Machhapuchhre mountains. Spend the day relaxing by Phewa Lake or visiting landmarks like Davis Falls and the International Mountain Museum as there are plenty of options to explore!

Flight Time: 25 minutes

Attractions: Phewa Lake, mountain vistas, caves, and waterfalls.

Elevation: 820m (2,690ft)

(Note: Day 1 is the last day to arrive in POKHARA. It is advised to land a few days earlier.)

### **2. Day 2: Monday, 20th October. Drive from Pokhara to Besishar (750m) and Ride to Syange(1100m)**

Take a scenic drive to Besisahar, the starting point of your mountain biking adventure in the Annapurna region. Pass through quaint villages, cascading waterfalls, and lush forests along the Marsyangdi River.

Driving Time: 3 Hours

Distance: 20 Km

Bike Time: 4-5 hours

Attractions: Marsyangdi River, waterfalls, vibrant villages, and Himalayan views.

### **3. Day 3: Tuesday, 21st Oct. Syange to Chame (2670m)**

Today is the beginning of the challenging day as you will have to tackle a very good amount of climb on steep gradients-more likely to test your limits! However, the rewards that each effortful climbs bring, are beyond your imagination. As you scale higher and higher the closer views of Annapurna II, Lamjung Himal and Manaslu will leave you in awe. The biking trail to Chame leads you through some dense Rhododendron and pine forests offering you the chance to observe the flora and fauna of the region. Upon arrival in Chame take a stroll around and enjoy a sip of the Himalayan freshly brewed coffee!

Distance: 38 Km

Bike Time: 5-6 hours

Attractions: Forests, waterfalls, local villages and mountain vistas.

### **4. Day 4: Wednesday 22nd October. Chame to Upper Pisang (3300m)**

Our biking expedition begins after a hearty breakfast at the hotel. Today is a remarkable day, as we will pass through one of the biggest apple orchard of the region at Bharatang. We will make a pit-stop to energize ourselves with the freshly baked apple pies or Apple Donuts with a sip of the freshly made Himalayan apple juice. As we approach near our final destination the narrow valley opens up wide, offering us the incredible sight of the Annapurna mountain range. Our camp for the night will be in Upper Pisang: one of the most scenic and peaceful villages in Manang district.

Distance: 18 Km

Bike Time: 4 hours

Attractions: Apple Orchard, Pine forest, slopy cliff in Dhukur Pokhari wooden bridge and monastery.

### **5. Day 5: Thursday 23rd Pisang to Manang (3540m) via Ghyaru (3730m) and Ngwal (3660m)**

We are partially acclimatized from our stay in Upper Pisang at an altitude of 3300m. So, today we set up to go higher towards Ghyaru for more acclimatization process, "As per the rule go higher and sleep lower". Biking to Manang via Ghyaru and Ngawal is not just about acclimatization but also the jaw-dropping scenery it has to offer. The traditional village of Ghyaru (with intense climb) and the majestic Annapurna range are true highlights of the day. After checking in the hotel at Manang, take a little walk around to find a place to enjoy the sip of coffee with the views of Annapurna III and Gangapurna.

Distance: 22 Km

Bike Time: 4-5 hours

Attractions: Flowy single track, pine forest, monasteries, lush green Humde valley and Manang.

### **6. Day 6: Friday 24th Oct. Rest Day in Manang**

Take a well-deserved rest day in Manang to acclimatize. Explore the village, visit the ancient Braga Monastery, or hike to Gangapurna Lake for stunning views.

Activities: Acclimatization hike to Chhongur view point, cultural exploration.

Attractions: Braga Monastery, Gangapurna Lake, and yak grazing fields.

### **7. Day 7: 25th Oct: Biking from Manang to Khangsar; Hiking to Tilicho Base Camp Elevation: (4,200m)**

Today we will bike through off-the-beaten trails to Khangsar and progress to hiking. If some riders want to take their bikes it is possible but the trail is 50% rideable and 50% carry and pushing till the Kaisang camp. The trail offers stunning views of Tilicho Peak and meadows dotted with grazing yaks and blue sheep.

Biking Time: 2-3 hours

Hiking Time: 3-4 hours

Attractions: Alpine meadows, Tilicho Peak views, wildlife sightings.

#### **8. Day 8: 26th Oct: Tilicho Base Camp to Tilicho Lake (4,919m)**

Today we will be hiking and push biking to Tilicho Lake, one of the world's highest lakes. The intense climb to the Lake offers you the opportunity to witness the pristine turquoise waters surrounded by towering peaks. Make some stops, take in deep breathes and enjoy the views of Tarke Kang, Khangsar Kang and Gangapurna all while climbing to the summit of Tilicho Lake. As you scale the top, soak in the beauty of Tilicho Peak being reflected on the turquoise water of the lake, if the water is not frozen. We will be camping in our tents for the night, near the lake under the starry Himalayan sky.

Hiking Time: 5-6 hours

Attractions: Tilicho Lake, breathtaking Himalayan views.

Elevation: 4,919m (16,138ft)

#### **9. Day 9: 27th Oct: Tilicho Lake to Kaisang Yak Kharka via Mesokantala Pass(5330m)**

Today is the challenging yet rewarding day for our hiking and biking expedition. So, get ready for a challenging and rewarding trek across the Mesokantala Pass (5110m) , offering breathtaking views of the Annapurna and Dhaulagiri ranges. After snapping some pictures at the Pass, we will start, to descend down to Kaisang Yak Kharka, a remote grazing area surrounded by alpine wilderness. We will arrange our camp below 4000m at Kaisang Yak Kharaka.

Elevation gain: ~366m/ descent: ~1,200m.

Hiking/Biking Time: 6-7 hours

Attractions: Mesokantala Pass, yak pastures, panoramic mountain views.

Elevation: 3,900m at camping

#### **10. Day 10: 28th October. Hike and Bike from Kaisang Yak Kharka to Jomsom(2743m).**

After the breakfast, our hike and bike adventure begins with scenic views of Dhaulagiri (8167m) and Nilgiri Peak (7061m) to Jomsom. Jomsom is the district headquarters of Mustang and is also known as the entrance gate to Forbidden Kingdom of Lo and clockwise trek to Annapurna Circuit. Situated on the bank of Kaligandaki River, Jomsom offers you with hot shower, cozy bed, Himalayan organic coffee and local pasteries. Today, we will be staying in a lodge in Jomsom.

Hiking/Biking time: 4 to 5 hours

Biking Distance: 18 to 25 km

Elevation Loss: Approx. 1,500 m

Attractions: Views of Dhaulagiri, Nilgiri, Tukucho Peak and Kaligandaki River

#### **11. Day 11: 29th October. Jeep Drive from Jomsom to Muktinath (3810m) and ride down to Marpha (2700m)**

Our day begins with a jeep drive to Muktinath, where we will take some time to visit the ancient and sacred temple of both Hindus and Buddhists. As we complete the sightseeing, we will hop on our bikes to ride the infamous and incredible Lupra single trail. The flowy and fun single trail of Lupra will cost you a short but challenging climb. As you reach the Lupra Pass, be ready to roll down in the shadows of 7th and 10th highest mountains in the world. Our today's ride will conclude in Marpha: Also known as the Apple Kingdom of

Nepal. After checking in the hotel, we will take a stroll around the beautiful village, monastery and indulge ourselves in tasting the apple wine, brandy and ciders.

Driving Time: 1-2 Hours

Biking Time: 4-5 Hours

Distance: Approx. 30 Km

Attractions: Muktinath Temple, Black Buddha, Lupra Single Track, Marpha village.

## **12. Day 12: 30th Oct. Marpha to Beni then drive to Pokhara (800m).**

After a delightful celebration of Marpha's apple products, including the scrumptious apple cider, brandy, and apple pie, we wake up to a pleasant morning. We will take some time to explore the places of interest beginning with the Apple orchard. As we continue our ride from Marpha, we will cross the suspension bridge to explore the trail of Chhairo Gompa and Chorten which will lead us to Tukuche. After Tukuche, we will be riding through aromatic pine forest on Jomsom-Muktinath road which will lead us to the deepest gorge of the world formed in between Annapurna and Dhaulagiri mountains. We will enjoy our well-deserved lunch in Tatopani and continue the ride to Beni, load the bikes and drive back to Pokhara.

Biking Time: 4-5 Hours

Distance: Approx. 65 Km

Driving Time: 2-3 Hours

Attractions: Deepest Gorge, Rupse waterfall, Villages, Subtropical vegetations.

## **13. Day 13: 31st Oct. Celebration in Pokhara**

Today is the day to relax your tired muscles and celebrate your successful expedition with a day of leisure in Pokhara. Enjoy boating on Phewa Lake, a relaxing massage, souvenir shopping or walk around the Fewa Lake Shore to enjoy the view of the lake with a sip of beer.

Activities: Celebration dinner, lakeside exploration.

## **14. Day 14: 1st Nov. Pokhara to Kathmandu; Departure**

Today marks an end to our dream adventure! After we bid a reluctant farewell, you will either drive or fly back to Kathmandu and prepare for your departure back home.

Flight Time: 25 minutes

Driving Time: 6-7 hours

## **15. Day 15: 2nd Nov. Fly Back Home**

We wish you a wonderful flight back home! At the same time, we do believe to see you for another adventure in the near future!

**(Note:** Incase of emergency such as the natural calamities, political strikes or any circumstances that may cause risk our participants, our team reserves the right to modify the itinerary as per the situation.)