

# Upper Mustang Mountain Biking

## Basic Package

Price Starting at: NRs. 411,642

### Inclusions

1. Airport Pick up and Drop Off after the trip
2. Mountain bike guide
3. Hard Tail Mountain Bike
4. Porter to carry your luggage 1 porter for 2 person
5. Mineral water
6. Full accommodations (14 nights) and meals (from starting day dinner through lunch on the final day)
7. ACAP Permit and TIMS
8. Bike cargo from Pokhara to Jomsom
9. Special Permit \$ 500 for Ten days

### Exclusions

1. Nepalese visa
  2. Flight to and from Nepal
  3. Travel, activities and medical insurance
  4. Personal safety, MTB gear and equipment
  5. Full suspension bike (optional - additional 550 USD)
  6. Gratuity to guides, porters and supporting staff.
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## Standard Package

Price Starting at: NRs. 512,391

### 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 4\* hotel in Pokhara.
3. 2 nights deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 4\* hotel.
4. City Tour in Kathmandu with our tour guide and all entrance fees.
5. Domestic flights from Pokhara to Kathmandu, as well as airport taxes.
6. During the journey, meals (breakfast, lunch, and dinner) are served with tea and coffee, as well as hot and cold filter water.
7. During the trip, accommodation is provided from lodge to lodge.
8. Experienced, helpful, and friendly mountain bike guide, porters (1 porter for every 2 people), their food and lodging, salary, equipment, and insurance.
9. Mountain bike with dual suspension and other maintenance.
10. All transportation is provided by private vehicle.
11. All required permits to enter the Annapurna Conservation Area & Special Permit \$ 500.
12. Service charge for the office.
13. All local taxes.
14. A bottle of beer after every day ride.

## **Exclusions**

1. Private car/van transfer from the domestic airport to the hotel in Kathmandu.
2. Other than breakfast, any meals (lunch and dinner) in Kathmandu and Pokhara.
3. Travel coverage.
4. International flight tickets to and from Nepal.
5. Fee for a tourist visa to Nepal.
6. Personal expenses.
7. Any kind of cold drinks, laundry, phone call, internet.
8. Personal Trekking/Biking Gear such as sleeping bags and jackets.
9. Evacuation in an Emergency (Helicopter Rescue).
10. Any costs incurred as a result of a change in itinerary, such as landslides, domestic flight delays, political unrest, and strikes, etc.
11. Any other costs that are not included in the quoted price.
12. Renting of horse or additional porter due to any potential accident or natural disaster.
13. Tipping to guide, porter, driver and any other supporting staffs

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## Premium Package

Price Starting at: NRs. 677,434

### 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 with our tour guide and all entrance fees.
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. Experienced, helpful, and friendly mountain bike guide, porters (1 porter for every 2 people), their food and lodging, salary, equipment, and insurance.
11. Mountain bike with dual suspension and other maintenance.
12. All transportation is provided by private vehicle.
13. All required permits to enter the Annapurna Conservation Area.
14. Special permit of \$ 500.
15. Service charge for the office.
16. All local taxes.
17. 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/Biking 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, etc.
  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: Arrival in Kathmandu

Welcome to the country of Himalayas infused with nature and culture. Our representative will meet you in Kathmandu International airport, after the greeting and warm welcome you will be transferred to the hotel in Thamel. Once the check-in procedure is accomplished you will be briefed further plan of the day based on your arrival time whether to wonder around or have a rest in your hotel.

### 2. Day 2: Drive/flight to Pokhara (800m)

Our trip starts after the breakfast in the hotel. Leaving the Kathmandu valley behind our journey begins to Pokhara, the well-known town for its amazing geography, nature and Lakes. We will drive on a private Jeep/van or fly (depends on the choice of package) through Mid-hills and along the river observing the beautiful landscapes and amazing views of the Himalayas. Our driving journey takes 6 to 7 hours to reach the tourism capital of Nepal, while the flight takes just 30 minutes.

### 3. Day 3: Biking in Pokhara Round the Phewa Lake (1200m)

Today is the first day of our ride before heading to the forbidden Kingdom of Lo; it is our warm up ride to get familiar, checking your bike and guide. We will ride along the lake shore, Pame village, paddies, bridges, forest and rice terraces before commencing intense climb to reach at world Peace Pagoda where you will take a stop for a Kora (to make a right circle of the stupa) and a cup of delightful coffee. After we are done at the peace stupa, we will hit the queen's forest single-track to descend down to dam side and ride back to Lakeside. Rest of the afternoon we will spare some time to prepare for the upcoming adventure.

**Biking time: 3.5 to 4 hours**

**Distance: 35 Km Approx.**

### 4. Day 4: Fly from Pokhara to Jomsom (2720m) and ride to Kagbeni (2810m)

We will wake up early in the morning to catch the first flight to Jomsom. The boarding on a plane from Pokhara to Jomsom is known for its dramatic flight in between the two 8000 meters Dhaulagiri and Annapurna I, which is also called the deepest Gorge of the world. Once we land in Mustang at Jomsom we will assemble our bikes, have breakfast on the lap of Mount Nilgiri and ride along the Kali Gandaki riverbed. We will stay at Kagbeni in a local guest house.

**Biking time: 2. to 3 hours**

**Distance: 10 to 15 Km Approx.**

### **5. Day 5: Ride from Kagbeni to Chele (3050m)**

Today is the day to enter into the forbidden Kingdom of Lo. As we leave Kagbeni behind after making an entry to our 500\$ permit, we will commence our ride along the Kaligandaki River valley. We will stop to have lunch at Chhuksang. After the well-deserved lunch our ride continues again on the river bank. We will cross the river then take a climb to reach the Chele. Along the way to Chele we will feast our eyes with the view of the caves on a high cliff, monasteries and amazing view of River valley and Mountains.

**Biking time: 3.5 to 4 hours**

**Distance: 18 Km Approx.**

### **6. Day 6: Biking from Chele to Syanboche (3800m)**

As we head to north the views and the landscape gets better and better. The climb will be hard but the sceneries and the sight of the Himalayan range will make you smile even on the hard trail. You might need to push your bike in some parts with steep and technical climb. However, you can paddle most of the trail. We will have lunch hearty lunch at Sammar. It is going to be our hardest day as we have to go across 4 passes which are Taklam la (3624m) Dajori la (3735m) and Bhena la (3860) Yamda la (3860). All the efforts are worth-while as we will be rewarded with the majestic views of the Himalayas and mesmerizing view of the landscapes.

**Biking time: 4.5 to 5.5 hours**

**Distance: 20 Km Approx.**

### **7. Day 7: Ride from Syanboche to Tsarang (3560m)**

Our ride starts after the delightful breakfast at the hotel of this mystic land of Mustang. We will have a small climb Syangboche La (3850m) at the first, then we will ride downhill to Ghilling. After Ghilling the trail gradually leads us to another pass which will reward us with the view of Dhaulagiri, Nilgiri and Annapurna and Mustang valley. We will again paddle the biggest pass of the day called Nyi la (4010m) followed by Ghemi la (3765m). We will enjoy the downhill after the passes. We will have lunch along the way to Tsarang. We will camp the night at Charang.

**Biking time: 4.5 to 5 hours**

**Distance: 19 Km Approx.**

### **8. Day 8: Ride from Charang to Lo-Manthang (3810m)**

Our ride will start in the morning after the breakfast in our guest house. Today's ride is more thrilling as we head to the King Lo's civilization, where we will have the opportunity to see ages old Monasteries, Gumbas, painting of Mandalas, the walled city of Lo-manthang and ancient arts and architectures. Our trail will be smoother and easier after we cross the Sungda-La pass. Once, we reach Lo-La pass also known as the windy pass of the Tibetan plateau, we will have the sight of the Himalayas and the gorgeous view of the Lo-Manthang. After the pass we ride down the trail across a small stream and into the walled city of Lo-Manthang where we will stay the night in a guest house. We also have optional trail to ride from Ghar Gumba to Lo-Manthang Via Mui la (4170m) Marang La (4230m) but we need to push some parts of these passes. After Marang La pass, we will ride all the way downhill to Lo-Manthang.

**Biking time: 3.5 to 5 hours**

**Distance: 22 Km Approx.**

### **9. Day 9: Rest Day Lo-Manthang**

Today is the day that we have dreamt for. We have so many choices to cherish this wonderful day at this Himalayan land. It is your choice either to go for some short ride to Choser to explore the century's old multistoried cave known as Sija or Dzong, or visit Niphu monastery and observe cave dwellers. Or soak in the beauty of the Tibetan influenced culture, four storied King's palace of Mustang, and historically important monasteries and relax with a bottle of beer in the walled city of Lo. Whatever you do, either walk or mountain bike, you will feel a very positive energy with all those untouched lifestyle of people, their daily practices, culture, arts of Mandalas, ancient architectures and the incredible landscapes that unveils the true sense of life.

#### **10. Day 10: Ride from Lo-Manthang to Yara (3650m)**

Today, we are going to leave our dream destination and continue on our next chapter of challenging journey towards Yara and Tangye. However, we are going to have an epic mountain biking experience through amazingly beautiful Tibetan Plateau and Dhigaon which is only visited by handful of people. We have to ride back to Lo-La and after a short descent, we will take on a skyline single trail to Yara. The journey from Lo-Manthang to Yara is thrilling but challenging experience that includes steep descends and narrow exposed trails with loose gravels. We will stay the night in Yara village in a basic tea house.

**Biking time: 4 to 5 Hours**

**Distance: 17 Km Approx.**

#### **11. Day 11: Mountain biking from Yara to Tangye (3240m)**

Our morning rides will begin as usual after breakfast. We'll head towards the Tangye villages, riding through two passes (3878m) which, although not very high, are still uphill. Be prepared to push and carry your bike on this day. The terrain will be barren with ups and downs, but the views will be awe-inspiring. Along the way, we'll cross the Dechhyang stream, which originates from the sacred pond of Damordar Kunda. This pond is a popular pilgrimage site among locals and is home to fossils of marine life, considered to be sacred and known as Saligram. We'll stop for lunch on the way and then ride uphill again to reach the top where we'll find a nice playground. Finally, we'll arrive at Tangye village, where we'll have the opportunity to see authentic villages and unique monasteries.

**Biking time: 4 to 5 hours**

**Distance: 18 Km Approx.**

#### **12. Day 12: Ride from Tangye to Chhuksang (2980m)**

After breakfast, we'll embark on another great day of our dream holiday. Leaving the Tangye village behind, we'll cross a bridge and ride along the river bed. We'll have to push and carry the bike to reach a pass called Paha (4218 m), which means a shelter house. We'll take a break, have our packed lunch, and then continue our journey to chhuksang. Along the way, we'll traverse along the super flowy trail which offers stunning views of the Himalayas. The downhill ride will be a well-deserved reward for all the climbing we've done so far. However, the final bit of the trail, as we approach Chhuksang, is comparatively challenging and exposed huge cliff. We will stay the night in Chhuksang.

**Biking time: 4. to 5. Hours**

**Distance: 26 Km Approx.**

#### **13. Day 13: Ride from Chhukang to Muktinath (3800M) Via Gyu la (4077m) or Kagbeni**

We spent the night at a lower elevation compared to the previous nights, and our lungs feel strong today. If our group wishes to take on another pass, we can push and ride to Muktinath via the Gyu la pass (4077m). However, for those who prefer an easier ride along the river, we can ride to Kagbeni and then to Muktinath. We'll decide together and enjoy our final day of riding in the Kingdom of Lo. Today, we leave Upper

Mustang behind and enjoy our ride in the lower Mustang region. We'll spend the night in the culturally, socially, and religiously famous and precious place of Muktinath. There is a belief that once you reach this place and under go through 108 water spouts, you'll be free from all the sins you have committed knowingly or unknowingly in your life.

**Biking time: 5. to 6. Hours**

**Distance: 25 Km Approx.**

#### **14. Day 14: Ride from Muktinath to Kalopani (2530m)**

We will visit the Muktinath temple and monastery. Within the temple premises combination of Earth, Fire, Water, Air and Sky can be seen which signifies balance and is the reason for the Muktinath being so precious among Hindu and Buddhist people from all over the world. It might not be that precious for us in the religious point of view but we can feel the energy in this popular pilgrimage site. After visiting this sacred place, we are going to mountain bike via Lupra valley which is known as one of the best single trails Mustang has to offer. No words can describe the beauty of Lupra valley and its trails. Once we finish the Lupra we will ride through pine forest and villages, riverbed, lakes and suspension bridges to Kalopani.

**Biking time: 5. to 6. Hours**

**Distance: 52 Km Approx.**

#### **15. Day 15: Ride from Kalopani to Beni and drive to Pokhara (800m)**

We are so excited today as we will be riding through the deepest gorge in the world, not only that our ride is going to be special because of the diversity of trails and topography along with so many beautiful villages. We will ride on dirt road with optional single track as per your wish and technical skills. Your ride will hit from pine forest, foothills of the mountains, Mid-hills and subtropical trails. We will stop at Hot spring locally called Tatopani for a lunch then ride down to Beni, where our vehicle will be waiting to take us Pokhara.

Biking time: 5. to 6. Hours

**Biking time: 4 Hours**

**Distance: 65 Km Approx.**

#### **16. Day 16: Drive/ Fly to Kathmandu**

Today marks the end of an unforgettable journey with us in Pokhara! As you prepare to return to your hometown, we hope that your time with us has been full of memories to cherish for a lifetime. Whether you choose to embark on the scenic drive back to Kathmandu or take to the skies, we have got you covered with our package that you have chosen.