Upper Mustang MTB Tour

Description

The Upper Mustang region of Nepal is a hidden kingdom located in the northwest of the country, nestled in the Himalayas which is known for its rugged beauty and ancient Tibetan-influenced culture. Upper Mustang is a unique and off-the-beaten-path destination for mountain biking.

On a guided mountain bike tour of Upper Mustang, you'll have the opportunity to ride through stunning landscapes, including high-altitude plateaus, winding canyons, and rocky trails. Along the way, you'll visit remote villages and monasteries, and learn and interact with the local culture and history.

The Upper Mustang region is known for its dry and arid climate, making it a great destination for mountain biking during the dry season (October to May). However, be prepared for cooler temperatures at higher elevations. Our guide can help you navigate the trails and provide valuable information about the region.

A mountain bike tour of Upper Mustang is an adventure that combines the thrill of outdoor sports with the opportunity to immerse yourself in the unique culture and history of the region. It's an unforgettable experience that you won't want to miss.

Highlights

- Riding through stunning landscapes, including high-altitude plateaus, winding canyons, and rocky trails.
- Visiting remote villages and monasteries, learning and interacting with the local culture and history.
- Experiencing the unique and ancient Tibetan-influenced culture and monasteries of Upper Mustang.
- Riding through the rugged beauty of the high Himalayas.
- Immersing yourself in the beauty and culture of Nepal while engaging in an outdoor adventurous sport.

Itinerary

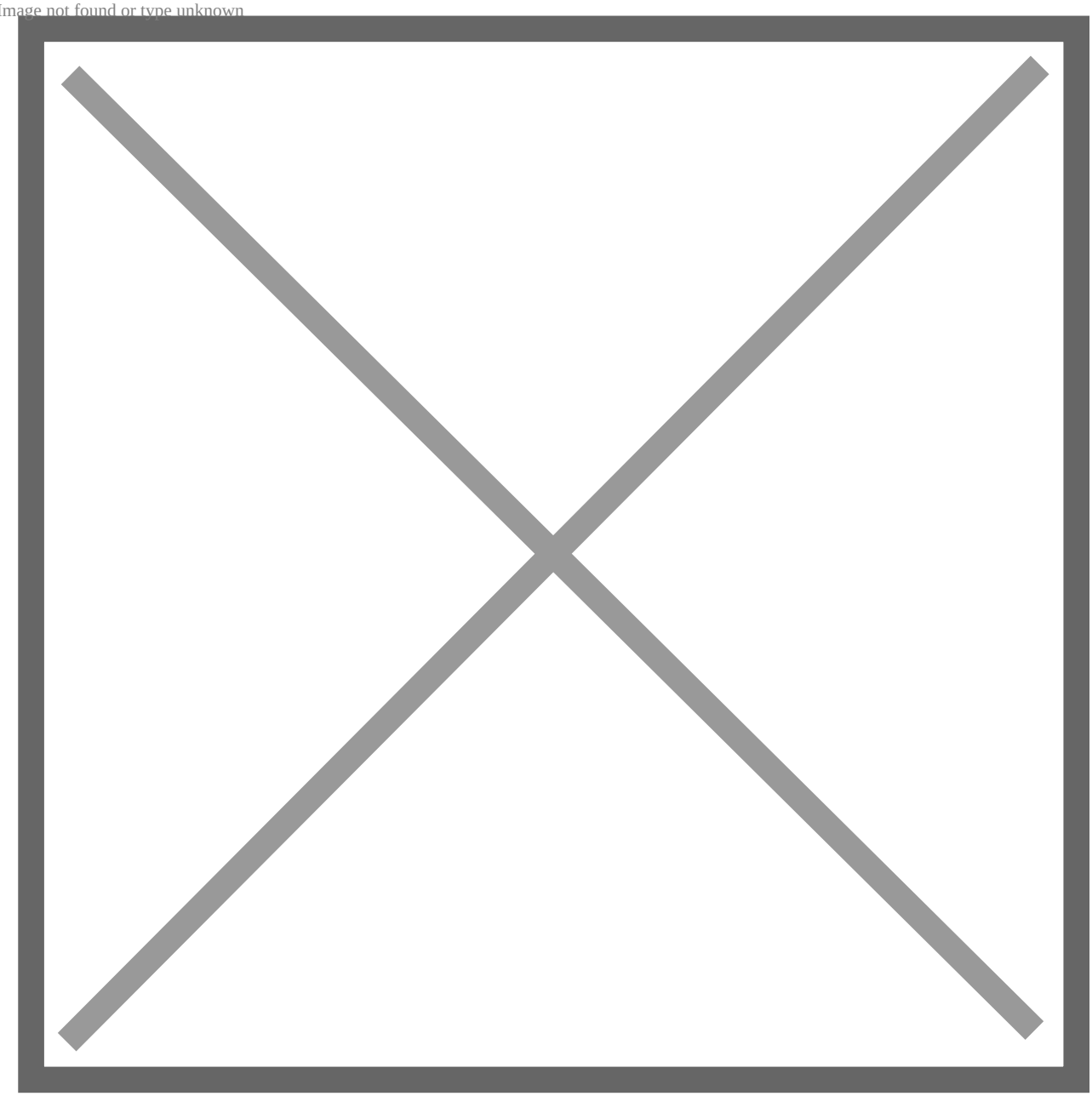
Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Sightseeing Kathmandu		
03	Drive/Flight to Pokhara	840 meters	6-7 hours/35 minutes
04	Ride from Pokhara to Beni to Tatopani	2,600 meters	5-6 hours
05	Tatopani to Kagbeni via Muktinath	2,900 meters	5-6 hours
06	Kagbeni to Ghami	3,510 meters	6-7 hours
07	Ghami to Lo-Manthang	3,840 meters	2-3 hours
08	Acclimatization day in Lo-Manthang visit Chossar cave		

Days	Description	Altitude	Hours
09	Lo-Manthang to Chusang	2,980 meters	6-7 hours
10	Chusang to Kalopani	2,530 meters	4-5 hours
11	Kalopani to Pokhara	840 meters	5-6 hours
12	Pokhara to Kathmandu	1,380 meters	6-7 hours
13	Departure to Airport		

Detailed Itinerary

Map

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Frequently Asked Questions

Q. How long is the tour?
A. The tour typically lasts around 8-10 days, depending on the pace of the group and the number of rest days taken.

Q. What is the difficulty level of the tour?
A. The tour is suitable for intermediate to advanced mountain bikers, as it involves long days of riding over rough terrain and high altitudes.

Q. What kind of bike is suitable for the tour?
A. A full-suspension mountain bike with at least 120mm of travel is recommended for the tour. It is also a good idea to bring a spare inner tube and some basic bike repair tools.

Q. What is the weather like in Upper Mustang?
A. The weather in Upper Mustang can be quite variable, with hot and dry conditions during the day and cold temperatures at night. It is important to bring layers of clothing and prepare for all types of weather.

Q. Are there any age or fitness requirements for the tour?
A. The rider must be in good physical condition, as the tour involves long days of biking and high altitudes.

Q. Is it possible to do the tour independently or do I need to join a group?
A. It is possible to do the tour independently, but it is recommended to join an organized group for safety reasons and to have the support of a local guide who is familiar with the route.