

## Upper Mustang by Mountain Bike (16 Days)



Accessing the nomad's land **Upper Mustang** crafted with arid landscapes, inestimable natural caves on the backdrop of mountains, on motor bike along the windy and serpentine narrow roads threaded through rocky mountains besides the fiery rivers tumbling down from the Himalayas, which used to be old salt caravan route for the Tibetan traders is itself extraordinary journey with thrilling experience.

During the journey, drive the bike being straight front of the tallest mountains sparkling with golden sunrays to make the journey more sensational along with the experience of the raw Lowa culture of the inhabitants of the region that you have never experienced and ever experience on any parts of the world apart from the rain shadow region **Upper Mustang**.

As the journey cruises on gaining altitude then finally enter into the new world of the mountain desert with charisma and aura of the rich and authentic culture showcased though festival, religion, way of living and humble and friendly behavior which has been kept on pristine form inside the land encircled by the fortress.

Duration: 16 days

Price: \$2049

Group Size: 2

Grade: Challenging

Destination: Nepal

Activity: Trekking

### Equipment Lists:

**Footwear** : Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

**Clothing :** Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

**Other equipment:** Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

**Other items:** Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit.

## **Itinerary:**

### **Day 1:** Arrival in Kathmandu

A Langtang Ri Trekking and Expedition representative will greet you at the airport and transfer you to your hotel. When you are ready you will be collected from your hotel lobby and driven to our Thamel office where you will be formally introduced to your Guide. We will go through the ride itinerary, equipment and gear needs and transport arrangements with you to ensure every detail is in place. We will also ask for your passport photographs and any other details so that we can organize permits required for you to visit Upper Mustang.

You will then be transferred back to your hotel to start preparing your gear and to get your bike ready for a “shake-down” ride tomorrow in the Kathmandu Valley.

Accommodation Package: 3-star hotel in Thamel – Dinner

### **Day 2:** Shake-down ride in the Kathmandu Valley

After breakfast your guide will meet you at your hotel where you should be ready to hit the local mountain trails. This ride is important to ensure equipment is ready for the challenges of Upper Mustang – spare parts are hard to find in that remote region. So it is important that we ensure you have the equipment and gear you will need and everything is in good working order.

Depending on weather and your preference your guide make lead you north-west of Kathmandu on 33km, 3-4 hours, ride to Mudkhu to Tolkha. You will ride the Jeep tracks and foot trails between villages and rice farms along the norther hills of the Kathmandu Valley. Another option is to ride the mountains trails of the western section of the Shivapuri national Park just north of Kathmandu. Thus 47km, 4-5 hours, ride will take you along the winding dirt trails of Jhor, Tolkha and Budhanilkhanta. You will also get some fantastic glimpses down into the Kathmandu Valley.

By the end of today we will all know what needs fixing or preparing for Upper Mustang. There will be plenty of time this afternoon for any shopping for gear and parts and then time to pack the bikes and gear ready for tomorrow's drive to Pokhara.

Accommodation Package: 3-star hotel in Thamel – Breakfast-Lunch-Dinner

### **Day 3:** Drive from Kathmandu to Pokhara

Pokhara is located about 200km west of Katmandu on the shores of the beautiful Lake Fewa. Pokhara is a mixture of restful and busy. It has the atmosphere of a relaxed “resort town” where visitors take it easy seeing the sights and resting before their Annapurna or Mustang trek and once again upon their return. The drive from Kathmandu to Pokhara provides an opportunity to experience more of the real Nepal beyond the national parks and trekking trails. The scenery and people you will meet on the drive is also worth the experience.

Depending upon what time we arrive in Pokhara and how fresh we feel there may be just time for a ride to Sarangkot just to the west of Pokhara – these trails offer some fantastic views of the Annapurna Massif mountains to the north.

Accommodation Package: 3-star hotel in Pokhara – Breakfast-Lunch-Dinner

**Day 4:** Short flight from Pokhara to Jomsom (2,713m) then ride to Kagbeni (2,800m), 12km ride

Another early start this morning as flights to and from Jomsom must be completed early in the morning before increasing valley winds make flying conditions difficult. So be packed and ready very early this morning. Your guide and support team will whisk you off to the airport by dawn.

Try and get a window seat on the plane – you'll understand why when you take to the air. The scenery on this short flight is jaw-dropping good – awesome!

Landing at Jomsom delivers you into what is said to be the world's deepest gorge – take a look at Mount Dhaulagiri towering 8,167m high to your west – stunning. Once all the bikes, gear and support team are ready we start the ride north along the gravel bed of the Kali Gandaki River and head for Kagbeni. This is just a short 12km “loosener” ride to get us started.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 5:** Ride from Kagbeni to Chele, 18km ride

We gain some more altitude today and end at Chele at just over 3,000m. So while the ride today is not very long it will still be strenuous and we need to be very mindful for signs of altitude sickness and the ride gains altitude each day.

Today's trail is partly along the gravel riverbed and also along Jeep trails and pack-horse trails on the eastern wall of the valley. So be prepared for some steep slopes at times and some loose gravel – take your time and you should have no problems with altitude sickness.

We initially climb steeply up the valley side from Kagbeni and get some great views down into and along the gorge. At times we descend back to the riverbed as we reach Tangbe and then Chhusang and time for a break. After a bite of lunch we will continue up the river and cross the Kali Gandaki River bridge before climbing up to Chele.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 6:** Ride from Chele to Geling, 20km ride

The trails we ride today take a tortured path up and down and along the western side of the gorge. At this part of the trail the Kali Gandaki River runs through a deep and narrow gorge where there is no possibility of riding up the riverbed. This part of the gorge would be impossible to escape if a sudden rainstorm were to fall in the catchment above – so we must follow the challenging trails of the valley foothills.

The first section takes us over some exposed trails and high passes to reach the village of Samar. We then descend a huge canyon before slowly grinding our way up the other side. From there we climb the Yamda La Pass at 3,860m before descending to Syangboche and further down to Geling (3,570m). This is some hard riding today, so once again, take your time and avoid altitude sickness by pacing your ride.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 7:** Ride from Geling to Tsarang, 20km ride

Another strenuous ride today. We leave Geling at 3,570m and ascend a challenging trail to Nyi La Pass at 4,025m – time for a

break and to take in the stunning scenery of arid desert hills and gorges and ice-capped Annapurna summits – just gorgeous in every direction. From here we wind down the dusty valley tail to reach Ghami (3,520m) sitting on a river plain below a massive mountain – a spectacular place to ride in to. Time for lunch and a rest. The afternoon session is also hard. A steep climb up to the red cliffs of Dhakmar (3,820m) is a test of endurance before we head east across an exposed plateau and descend into Tsarang very tired but elated at our achievement. Make sure you make time to explore this walled village and its wonderful entrance chorten and monastery.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 8:** Ride from Tsarang to Lo-Manthang, 20km ride

We start with a short steep descent and ascent to get us across to the northern side of the river. We then follow a good Jeep trail along the western side of a stream and discover a wonderful chorten isolated in the desert wilderness and then ancient rock caves. We continue on to the gentle Lo La Pass (3,950m) and the short descent brings us to our destination, the ancient capital of the Kingdom of Mustang, Lo Manthang (3,810m).

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 9:** Acclimatisation – Optional exploration ride to Choose

Today is a rest day for your support team, and while we suggest you also give your body some time to recover we also recognise you will still be itching to explore. So spend the morning exploring the walled village of Lo Manthang and its fantastic monastery, ancient architecture and welcoming residents. But then you might ask your guide to ride north with you towards the Tibetan border and the village of Choser. You have the option of taking the direct Jeep trail north or the more adventurous trail heading north-west to Kimaling. If you choose the adventurous trail you probably will not have time to get all the way to Choser and back but the fantastic scenery and great riding trail will make up for it. But do try to get back to Lo Manthang as early as possible and give your body a rest for the return journey starting tomorrow.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 10:** Ride from Lo-Manthang to Ghami, 30km ride

Today we start to see all the previous week's scenic highlights again but in reverse. After an easier day yesterday we should be fresh enough to handle the 30km ride to Ghami. We initially climb out of Lo Manthang before the long winding descent into Tsarang. After a break for lunch we ascend again and head for Dhakmar and then descend rapidly down to Ghami.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 11:** Ride from Ghami to Samar, 32km ride

Another long hard day with two high passes to grind our way up. First we ascend immediately from Ghami as we wind the dusty trail up to Nyi La Pas at 4,025m – time for a break and some more fantastic mountain scenery photos. We then descend to Geling and the hard work starts again as we grind our way up to Syangboche La Pass at 3,850m altitude. From there the brakes get hot as we descend fast to Samar.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 12:** Ride from Samar to Jomsom, 40km ride

The first couple of hours from Samar to Chele are the hardest today. We first have to crest the Dajori La Pass (3,735m) and then descent and climb the Taklam La Pass (3,624m) before we race down to Chele. But from here the altitude is lower, the air is thicker and the trails must faster all the way south to Jomsom. Make sure to take every photo opportunity today as this is our last day in the “world’s deepest gorge” and surrounded by the peaks of Annapurna and Dhaulagiri. Tonight will be a night for celebration of our biking achievements and lots of stories to share and keep as future memories.

Accommodation Package: Teahouse – Breakfast-Lunch-Dinner

**Day 13:** Fly Jomsom to Pokhara

We will need to be packed and ready early as the planes to Pokhara only fly in the early mornings before the winds pick up. So we will be back in Pokhara before lunch – perhaps even with time for another attempt at ascending the Sarangkot range for some sunset views over Annapurna.

Accommodation Package: 3-star hotel in Pokhara – Breakfast-Lunch-Dinner

**Day 14:** Drive from Pokhara back to Kathmandu

After a big breakfast we pile the gear on to the bus and head east for Kathmandu – do you know any driving songs?

Accommodation Package: 3-star hotel in Thamel – Breakfast-Lunch-Dinner

**Day 15:** Leisure day at Kathmandu

Today you have plenty of time to get your gear ready for the flight home and to do some gift shopping in Thamel. While you are in Thamel please make sure you call in to the Langtang Ri office – we’d love to hear all about your ride and perhaps pop a post on Facebook with you. We will collect you from your hotel at dusk for a farewell dinner with traditional Nepali food, music and entertainment – it will be a big and fun night.

Accommodation Package: 3-star hotel in Thamel – Breakfast-Lunch-Dinner

**Day 16:** Transfer to International Airport for departure

We will collect you from your hotel with plenty of time to get you to the airport check-in desk for your flight. As you await your flight and then pass the time in-flight you might give some thought to your next adventure in Nepal – either on wheels or on foot. There are so many options we’d love to explore with you to plan your next visit.

Accommodation Package: Breakfast

**Cost Include:**

- Airport pick-up & drop-off transportation by private vehicle
- Twin/Double sharing accommodation at Kathmandu & Pokhara in 3 stars hotel with breakfast & all taxes
- Kathmandu-Pokhara transport by tourist bus
- Hire of a high quality mountain bike from a Kathmandu rental agency
- Accommodation in teahouses during ride

- Meals Breakfast-lunch-dinner during ride
- Upper Mustang trekking map for group
- All necessary paper work and Upper Mustang Visitor Permits
- Annapurna conservation permit fee – TIMS
- Support Jeep to accompany the group each day and carry personal gear and equipment
- A First Aid and Eco trained and government licensed English speaking guide
- Jomsom Pokhara flight fare for member and guide
- Accommodation, meals, salary, equipment, transportation and insurance of Langtang Ri staff
- First Aid Kit
- Travel and rescue arrangement
- All government taxes
- Farewell dinner

**Cost exclude:**

- International airfare
- Nepal Entry Visa fee (US\$ 50 per person for 30 days)
- Excess baggage charges
- Lunch/Dinner in Kathmandu and Pokhara some days
- Drinking water during trek
- Hot shower and electricity costs from teahouse during ride
- Tips for guide and porter and driver
- Medical evacuation in case of emergency
- Personal gear such as ride clothing and protective gear – these may be available for hire or purchase in Kathmandu
- Tips, any expenses of personal nature, client's insurance
- Soft/hard drinks
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything not specified in the Cost Include section