

Lower Mustang Motorbike Tour



Trip Overview

The Lower Mustang Motorbike Tour is a 10-day Himalayan adventure that combines scenic rides, cultural encounters, and breathtaking landscapes. Starting and ending in Pokhara, the journey winds through the dramatic Kali Gandaki Gorge, ancient Thakali villages, and the spiritual highlands of Muktinath at 3,800 meters. Riders experience the shifting beauty of Nepal's terrain, from lush valleys to Mustang's arid desert, and the deep spiritual rhythm of Buddhist and Hindu traditions. Perfect for adventure seekers, this moderate to fairly challenging route offers the ultimate Himalayan motorbiking experience.

Total Trip Days: 10 Days

Region: Annapurna Region

Max Altitude: 3800 meters

Difficulty: Moderate to Fairly Challenging

Trip Highlights

- Ride through the heart of the Annapurna region, Nepal's most scenic motorbike route
- Relax in the natural hot springs of Tatopani, a soothing break on the journey north
- Cruise along the Kali Gandaki Valley, the world's deepest gorge between Annapurna and Dhaulagiri
- Explore Marpha village, famous for apple brandy, stone houses, and Thakali culture
- Visit Dhumba Lake and Thini village, serene sites rich in local heritage
- Experience the sacred energy of Muktinath Temple, a revered pilgrimage at 3,800 meters
- Discover Luphra village, one of the last Bon settlements in Mustang
- Enjoy scenic flights between Kathmandu and Pokhara with panoramic Himalayan views

Itinerary

Day 1:

At an arrival at the international airport we will be picked up and then transferred to the hotel. Check in at the hotel and stay overnight.

Day 2:

From Kathmandu you take a flight to Pokhara. On arrival in Pokhara airport you will be transferred to the hotel and then after checking in at the hotel, we will let you free for an hour for relaxation and then set out on sightseeing and boating activities in Pokhara city.

Day 3:

After leaving Pokhara we will ride out of the Pokhara valley via Hemja road. Riding through the winding motorable black topped road we will reach Maldhunga and from Maldhunga we will take a diversion route to Baglung. Visit Baglung Kalika temple and see the world's longest suspension bridge and head to Tatopani. Tatopani village has a small natural hot spring.

Day 4:

The bike trail from Tatopani gets elegant with the majestic view of Himalayan ranges and the Kaligandaki corridor. Thus, enjoying the pleasant ride we reach Marpha village. Marpha village is one of the oldest and big village in Mustang region with ancient culture lifestyles, monasteries and caves. It is also famous place for branded brandy and wine made from locally grown fruits. After enjoying our time in Marpha we will reach Jomsom.

Day 5:

After breakfast we will take a ride to the emerald green lake, to the southwest of Jomsom valley. The emerald green Dhumba Lake is heart shaped lake. It has got religious importance among local Buddhist followers. After a short and easy ride to this lake we will take a short ride to Thini village. It is a Thakali community village and has Thakali museum and community homestay. This beautiful village lies just opposite of the Jomsom village.

Day 6:

This enriching journey through the Mustang region begins with a visit to Kagbeni, a scenic village at 2,800 meters known for its Tibetan-style architecture and cultural significance as the gateway to Upper Mustang. The journey concludes with a scenic drive to Muktinath, a sacred pilgrimage site for Hindus and Buddhists, famed for its natural flame and 108 water spouts believed to cleanse sins. This culturally and spiritually immersive trip offers breathtaking Himalayan views and a deep connection to the region's rich heritage.

Day 7:

From Muktinath we will head towards Dhangla Danda (3918 M), we can witness the majestic view of Muktinath village, Jharkot, Zhong, Khinga and other small villages to the north. And crowned by the majestic Himalayan ranges including Dhaulagiri, Tukucho, Nilgiri, Tilicho Peak etc. We can also see Lumphra village down to the south along the riverbed. We then drive towards the Lumphra village and stay overnight. Continuing to Lubrak, one of the few Bon villages in the area, travelers experience the spiritual heritage of the Bon religion amidst a tranquil mountain setting.

Day 8:

After breakfast we will leave Lumphra village and ride to Pokhara. Enroute to Pokhara we will visit Galesor Dham. After short visit to Galesor Dham we will then head to Pokhara and stay overnight.

Day 9:

After spending relaxing day in Pokhara we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

Day 10:

Our airport representative will help you with checkout procedure and then escort you to the airport for final departure from Nepal for your onward journey.

Route Map

10 Days

LOWER MUSTANG MOTORBIKE TOUR



ALTITUDE CHART

