

Upper Mustang Biking



Trip Overview

The Upper Mustang Biking adventure is one of Nepal's most exciting mountain biking journeys. This thrilling ride takes you deep into the remote Himalayan region of Upper Mustang, located in northwestern Nepal near the Tibetan border.

Known for its unique desert-like landscapes, ancient Tibetan culture, dramatic cliffs, caves, monasteries, and traditional villages, Upper Mustang offers a completely different experience from other regions of Nepal.

The journey begins in Kathmandu and continues to Pokhara before flying to Jomsom, where the biking adventure officially starts. The trail passes through beautiful villages such as Kagbeni, Chele, Tsarang, Lo-Manthang, Dhi, Tangge, Chhusang, and Marpha.

This biking expedition combines adventure, culture, spirituality, and breathtaking mountain scenery. Riders will explore ancient Himalayan settlements, visit sacred temples and monasteries, ride through challenging off-road trails, and witness stunning views of the Annapurna and Dhaulagiri ranges.

Total Trip Days: 16 Days

Region: Mustang

Max Altitude: 4,660 m / 15,288 ft

Activity: Mountain Biking & Trekking

Difficulty: Moderate to Strenuous

Trip Highlights

- Ride through the ancient Kingdom of Mustang
- Experience the dramatic desert-like landscapes of Upper Mustang
- Visit the sacred pilgrimage site of Muktinath
- Ride to Kora La, the Nepal-Tibet border
- Explore the walled city of Lo-Manthang
- Enjoy breathtaking Himalayan scenery and remote mountain trails
- Taste the famous apples, apple pie, and apple brandy in Marpha and Jomsom
- Relax in the natural hot springs at Tatopani
- Experience thrilling single-track and off-road biking trails

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport in Kathmandu, our representative will warmly welcome you and transfer you to your hotel.

Overnight: Hotel in Kathmandu

Meals: Not Included

Day 2:

After breakfast, we drive to Pokhara via the scenic Prithvi Highway. The journey

takes around 7–9 hours and offers beautiful views of rivers, hills, and countryside landscapes.

Overnight: Hotel in Pokhara

Meals: Breakfast

Day 3:

Today we take an early morning scenic flight to Jomsom. After assembling the bikes and final preparations, we begin our first ride toward Kagbeni.

Kagbeni is a beautiful Tibetan-style village located on the banks of the Kali Gandaki River.

Overnight: Guesthouse

Max Altitude: Jomsom (2,720 m) & Kagbeni (2,810 m)

Meals: Breakfast, Lunch & Dinner

Day 4:

Today's ride enters the dry and rugged landscapes of Upper Mustang. The route passes through barren hills, dramatic cliffs, and traditional villages with incredible mountain views.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 5:

We continue riding through scenic mountain trails toward Syangboche and finally reach the ancient village of Tsarang. The route offers stunning desert landscapes, monasteries, and beautiful Himalayan scenery.

Overnight: Hotel/Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 6:

Today we ride to Lo-Manthang, the ancient walled capital of the former Kingdom of Mustang. Lo-Manthang is culturally rich and known for its monasteries, royal palace, and traditional Tibetan lifestyle.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 7:

Today's adventure takes us to Kora La, the Nepal-Tibet border.

After spending some time at the border area, we ride via Choser village and explore ancient cave monasteries before returning to Lo-Manthang.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 8:

Today is reserved for acclimatization and exploring the fascinating culture, monasteries, and traditional lifestyle of Lo-Manthang.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 9:

Today we ride through Lo-La Pass (3,950 m) and descend along one of the most exciting and adventurous biking trails of the trip. The route passes through yak pastures, canyons, and remote Himalayan landscapes before reaching Dhi Gaon.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 10:

Today's route follows remote wilderness trails with thrilling downhill sections and scenic mountain views. The ride continues through rugged landscapes before arriving at the peaceful village of Tangge.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 11:

Today's ride is challenging and adventurous, with some sections requiring pushing or carrying the bikes. The reward is an incredible downhill ride through dramatic Himalayan terrain leading to Chhusang village.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 12:

Today we ride through the sacred pilgrimage town of Muktinath before descending through scenic trails toward Lupra Valley.

After lunch in Jomsom, we continue to Marpha — a beautiful village famous for apples, apple pie, and local apple brandy.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 13:

Today's trail includes one of the most exciting downhill rides of the trip.

After passing waterfalls and rugged trails, we finally reach Tatopani, where you can relax in the natural hot springs.

Overnight: Guesthouse

Meals: Breakfast, Lunch & Dinner

Day 14:

Today is the final day of biking. We ride toward Beni, marking the end of the Annapurna Circuit biking route. From Beni, we drive back to Pokhara and enjoy a relaxing evening by the lakeside.

Overnight: Hotel in Pokhara

Meals: Breakfast

Day 15:

After breakfast, we drive back to Kathmandu. In the evening, enjoy a farewell dinner with traditional Nepali cultural performances.

Overnight: Hotel in Kathmandu

Meals: Breakfast & Farewell Dinner

Day 16:

Your Upper Mustang biking adventure concludes today. Our representative will

transfer you to Tribhuvan International Airport for your onward journey. You may also choose to extend your stay in Nepal.

Meals: Breakfast