

# E-MTB Upper Mustang: Unique Biking Experience

## Basic Package

Price Starting at: \$ 4,500.00

### Inclusions

1. 2 nights hotel at 3-star hotel in Kathmandu with Breakfast (twin share)
2. 3 nights at 3-star hotel hotel in Pokhara with Breakfast (twin share)
3. 9 nights in teahouses across Upper Mustang
4. All meals during the Mustang ride (breakfast, lunch, and dinner)
5. Hot drinks during meal
6. Welcome & farewell dinners.
7. Airport pickups & drop-offs
8. Kathmandu ? Pokhara by private Jeep
9. Pokhara ? Jomsom mountain flight
10. Support Jeep in Upper Mustang
11. Pokhara ? Kathmandu transport (road or flight upgrade available)
12. Professional, English-speaking MTB guide
13. Assistant guide for larger groups
14. Certified mechanic with full tool kit
15. Porters/crew for gear and logistics
16. Insurance, high wages, and equipment are for all support staff.
17. Upper Mustang Restricted Area Permit 500 USD per person
18. Annapurna Conservation Area Permit (ACAP)
19. TIMS Card
20. Domestic airport fees
21. Mechanical assistance throughout the tour
22. Battery charging system for E-MTBs

23. Luggage transport by support vehicle or porters
24. First-aid equipment and oxygen support
25. Daily briefings, safety checks & ride management
26. E-MTB Rental
27. Premium full-suspension E-MTB
28. Backup battery on support vehicle
29. Daily bike cleaning and servicing

### **Exclusions**

1. Other than breakfast, any meals (lunch and dinner) in Kathmandu and Pokhara.
  2. Nepalese visa,
  3. Flight to and from Nepal,
  4. Travel, activities and medical insurance,
  5. Personal safety, MTB gear and equipment,
  6. Personal bike parts, repairs & damage costs.
  7. Single-room supplement,
  8. Alcoholic drinks, soft drinks & personal snacks.
  9. Gratuity to guides, porters and supporting staff.
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## **Standard Package**

Price Starting at: \$ 4,800.00

### **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 tour, 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 E-MTB with dual suspension and other maintenance.
10. All transportation is provided by private vehicle.
11. Support Vehicle throughout the tour in Upper Mustang.
12. All required permits to enter the Annapurna Conservation
13. Restricted area Permit which costs \$ 500.
14. Domestic airport fees
15. Mechanical assistance throughout the tour
16. Battery charging system for E-MTBs
17. Luggage transport by support vehicle or porters
18. First-aid equipment and oxygen support
19. Daily briefings, safety checks & ride management
20. E-MTB Rental
21. Premium full-suspension E-MTB
22. Backup battery on support vehicle
23. Daily bike cleaning and servicing
24. Service charge for the office.
25. All local taxes

### **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. Any kind of cold drinks, laundry, phone call, internet.
7. Personal Trekking 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. Renting of horse or additional porter due to any potential accident or natural disaster.
  11. Anything other than mentioned in the inclusion list.
  12. Tipping to guide, porter, driver and any other supporting staffs
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## **Premium Package**

Price Starting at: \$ 5,835.72

### **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 assist.
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 tour, 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. Electric 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. Domestic airport fees
16. Mechanical assistance throughout the tour
17. Battery charging system for E-MTBs

18. Luggage transport by support vehicle or porters
19. First-aid equipment and oxygen support
20. Daily briefings, safety checks & ride management
21. E-MTB Rental
22. Premium full-suspension E-MTB
23. Backup battery on support vehicle
24. Daily bike cleaning and servicing
25. Service charge for the office.
26. All local taxes
27. 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. Anything other than mentioned in the inclusion list.
  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 (1,350 m)**

**Activity:** Airport pickup • Hotel check-in • Welcome dinner  
“Arrival in Nepal for MTB tours,” “trip briefing,” and “local support.”

Your adventure begins the moment you step into Kathmandu’s warm and vibrant Himalayan air. Our team greets you at Tribhuvan International Airport and transfers you to a boutique hotel in Thamel. Later, we meet for a welcome dinner and a friendly briefing on the route, altitude, gear setup, and what to expect in Upper Mustang.

## **2. Day 2: Cultural Sightseeing in Kathmandu (1,350 m)**

**Activity:** UNESCO sites  
**Distance:** Light city mobility only

Ease into Nepal’s rhythm with a guided exploration of Kathmandu’s sacred spaces—Swayambhunath, Boudhanath, or Pashupatinath—choosing what resonates with you. This day also helps your body settle, while our team tunes your bikes and prepares the permits for your restricted-area journey to Mustang.

## **3. Day 3: Drive Kathmandu ? Pokhara (820 m)**

**Activity:** Scenic drive • Lakeside walk • Bike checks  
**Drive time:** 6–7 hours

A relaxing journey along the Trishuli River brings you to Pokhara, the gateway to the Annapurna Himalayas. Once there, you can stroll beside Phewa Lake, breathe the mountain air, and prepare for tomorrow’s warm-up ride.

## **4. Day 4: Warm-Up Ride in Pokhara**

**Distance:** 20–35 km  
**Gain/Loss:** Approx. +600m / –600m  
**Altitude:** Max 1,200–1,400 m

Start spinning your legs in Pokhara’s lush foothills. The trails wind through forests, village ridges, and panoramic viewpoints of Machhapuchhre (Fishtail) and the Annapurana. It’s a perfect acclimatization ride before heading to Mustang’s rugged desert.

## **5. Day 5: Fly Pokhara ? Jomsom (2,720 m) & Ride to Kagbeni (2,810 m)**

**Distance:** 12–15 km  
**Gain/Loss:** +100m / –80m  
**Ride Time:** 1.5–2 hours

A dramatic early morning mountain flight delivers you to Jomsom—the windswept gateway of Mustang. You’ll ride north along the Kali Gandaki gorge toward Kagbeni, an ancient fortress village guarding the entrance to Upper Mustang. The red cliffs and river canyons hint at the adventure ahead.

## **6. Day 6: Ride Kagbeni ? Samar (3,660 m)**

**Distance:** 17–20 km  
**Gain/Loss:** +900m / –200m  
**Ride Time:** 4–5 hours

Today the terrain shifts quickly—from riverside contours to steep climbs toward Tangbe and Chhusang. You enter the restricted region officially after the Tsarang Khola river crossing. The final climb to Samar feels rewarding, offering your first sweeping views of the deep Mustang valleys.

## **7. Day 7: E-biking Samar ? Ghami (3,520 m)**

**Distance:** 17–22 km

**Gain/Loss:** +700m / –800m

**Ride Time:** 4–6 hours

This section combines desert trails, breathtaking gorges, and ancient sky caves carved into cliff walls. You'll ride over passes like Bhena and Yamada La (3,850 m). The descent toward Ghami—the land of long Mani walls—feels like gliding into a gateway of Mustang's oldest traditions.

## **8. Day 8: E-MTB Ride Ghami ? Lo-Manthang (3,810 m)**

**Distance:** 20–24 km

**Gain/Loss:** +900m / –600m

**Passes:** Choya La (3,870 m)

A scenic and spiritual day. The ride climbs steadily to Choya La Pass, opening to the vast high-altitude plateau surrounding Lo-Manthang. Entering the walled kingdom feels surreal—like stepping into a living Tibetan museum of monasteries, prayer wheels, whitewashed houses, and quiet desert grandeur.

## **9. Day 9: Explore Lo-Manthang (3,810 m)**

**Optional Ride:** Chhoser caves / Tibetan border routes

**Distance:** 15–25 km (optional)

**Gain/Loss:** +300m

Spend an unforgettable day wandering and riding through Lo. Highlights include the 2,500-year-old Jhong Sky Caves of Chhoser, Namgyal Gompa, the old royal palace, and Tibetan-style settlements. This is often riders' favorite day—slow, immersive, and deeply cultural.

## **10. Day 10: Ride Lo-Manthang ? Yara (3,650 m)**

**Distance:** 17–20 km

**Gain/Loss:** +500m / –700m

**Ride Time:** 4–6 hours

The trail toward Yara is remote, quiet, and wild. You'll leave the main Upper Mustang corridor and ride through a labyrinth of sandstone cliffs and windy ridges. Yara itself is a hidden village perched above the Dhechyang Khola—peaceful, ancient, and humbling.

## **11. Day 11: Ride Yara ? Ghami (3,520 m)**

**Distance:** 20–22 km

**Gain/Loss:** +650m / –550m

Retrace your trail across the dramatic ridges leading back to Ghami. The terrain feels familiar yet completely new from the opposite direction, offering fresh camera angles and long, playful descents.

## **12. Day 12: Ride Ghami ? Kagbeni (2,810 m)**

**Distance:** 30–35 km

**Gain/Loss:** +400m / –1,200m

**Ride Time:** 5–7 hours

One of the most satisfying downhill stretches of the trip. You roll back through the heart of Mustang, crossing Nyi La and descending through the windy villages toward Kagbeni. The changing landscapes—from

brown desert cliffs to the green river valley—feel like time-lapse photography.

### **13. Day 13: Ride Kagbeni ? Marpha via Lupra Trail (2,670 m)**

**Distance:** 30+ km

**Gain/Loss:** +350m / -650m

**Ride Style:** Singletrack • suspension bridge crossings • cultural villages

The Lupra Trail is a pure Himalayan classic—technical sections, canyon riding, ancient Bon settlements, and flowing lines. You finish in Marpha, the apple capital of Nepal, with its whitewashed alleys and peaceful vibes.

### **14. Day 14: Ride Marpha ? Tatopani ? Drive to Pokhara**

**Distance (ride):** 40–43 km

**Gain/Loss:** Mostly descending

**Activity:** Natural hot springs • Lakeside celebration dinner

Depending on your energy, enjoy a partial ride toward Tatopani, where natural hot springs wait to soothe your muscles. A scenic drive then returns you to Pokhara for a final evening beside the lake.

### **15. Day 15: Pokhara ? Kathmandu ? Fly Home**

**Activity:** Farewell breakfast • Airport drop

After an unforgettable journey through the hidden kingdom of Mustang, we transfer you to the airport with your heart full, legs strong, and memory card overflowing with stories.