

Upper Mustang Mountain Biking Tour 2026-2027 in Nepal – 15 Days Package

Basic Package

Price Starting at: NRs. 466,270

Inclusions

1. Certified local MTB guide with wilderness training
2. Restricted Area Permit and ACAP permit
3. Airport transfers and ground transport
4. Pokhara to Jomsom domestic flight
5. Pokhara to Kathmandu flight
6. Tea houses and guesthouses in Upper Mustang
7. Hotels in Kathmandu and Pokhara
8. Basic mechanical support

Exclusions

1. International flights
 2. Most meals in Kathmandu and Pokhara except breakfast
 3. Drinks, snacks, charging fees
 4. Bike rental and personal gear
 5. Travel and medical insurance
 6. Tipping to guide, porter and supporting Staff
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Standard Package

Price Starting at: NRs. 466,270

Inclusions

1. Certified local MTB guide with wilderness training

2. Restricted Area Permit and ACAP permit
3. Airport transfers and ground transport
4. Pokhara to Jomsom domestic flight
5. Pokhara to Kathmandu flight
6. Tea houses and guesthouses in Upper Mustang
7. Hotels in Kathmandu and Pokhara
8. Basic mechanical support

Exclusions

1. International flights
 2. Most meals in Kathmandu and Pokhara except breakfast
 3. Drinks, snacks, charging fees
 4. Bike rental and personal gear
 5. Travel and medical insurance
 6. Tipping to guide, porter and supporting Staff
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Premium Package

Price Starting at: NRs. 466,270

Inclusion

1. Certified local MTB guide with wilderness training
2. Restricted Area Permit and ACAP permit
3. Airport transfers and ground transport
4. Pokhara to Jomsom domestic flight
5. Pokhara to Kathmandu flight
6. Tea houses and guesthouses in Upper Mustang
7. Hotels in Kathmandu and Pokhara
8. Basic mechanical support

Exclusions

1. International flights
 2. Most meals in Kathmandu and Pokhara except breakfast
 3. Drinks, snacks, charging fees
 4. Bike rental and personal gear
 5. Travel and medical insurance
 6. Tipping to guide, porter and supporting Staff
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Itineraries

1. Day 1: Arrival in Kathmandu (1400m)

Arrive in Kathmandu and transfer to your hotel in Thamel. Trip briefing, gear check, and rest while exploring temples, local streets, and bike shops.

Activities: Arrival, hotel transfer, short excursion and trip briefing.

Drive: Airport transfer | **Ride:** — | **Attractions:** Thamel, Hanuman Dhoka Durbar Square

Altitude gain/loss: Minimal

2. Day 2: Drive from Kathmandu to Pokhara (820m)

Scenic drive through river valleys, terraced hills, and rural villages. Landscapes gradually open as you reach Pokhara beneath the Annapurna range.

Activities: Scenic drive along the Trishuli & Marshyangdi Rivers, Lakeside Excursion.

Drive: 6–7 hrs | **Ride:** — | **Attractions:** Rivers, hills

Altitude: ? ~580 m

3. Day 3: Pokhara Bike Test Ride (1220m)

Easy warm-up ride around the lake, Sarankot, or along the Fewa Lake to Pame Valley. Gravel roads, rides on the paddies, queen-forest single track along the Harpan River, and village trails help fine-tune bikes and prepare for high-altitude riding.

Distance: ~25 km | **Ride:** 3–4 hrs

Gain/Loss: +400 m / –400 m

Trail: Gravel & dirt | **Attractions:** Peace Pagoda, Fewa Lake, villages

4. Day 4: Fly from Pokhara to Jomsom Airport (2720m)—Ride to Kagbeni (2800m)

we will take a morning mountain flight to Jomsom Airport. Assemble the bike and get ready for the MTB ride along the Kali Gandaki river bank to Kagbeni. we can visit ancient houses, and monasteries.

Flight Time: 20 min | **Ride Distance:** 10–15 km | **Ride time:** 1–1.5 hrs

Gain: +100 m | **Attractions:** Kag Chode monastery in Kagbeni, Nilgiri Peak

5. Day 5: Kagbeni to Chele (3050 m)

Enter the restricted Upper Mustang region. Ride rocky trails past caves, cliffs, and river valleys as the landscape becomes increasingly arid.

Distance: ~18 km | **Ride:** 2–3 hrs | **Trail:** Dirt road

Gain/Loss: +400 m / –150 m

Trail: Rocky dirt road | **Attractions:** Caves, river gorge, red cliff

6. Day 6: Chele to Ghilling (3570m)

A challenging day crossing multiple high passes. Colorful eroded cliffs, open valleys, and prayer flags define the ride to Ghilling village.

Distance: ~23 km | **Ride:** 3–4 hrs | **Trail:** Dirt road

Gain/Loss: +800 m / –300 m

Passes: Yamda-La (3845m), Bhena-La (3830m), Syanboche-La (3800m)

Attractions: Monastery, high-desert views

7. Day 7: Ghilling to Charang (3600m)

Ride rolling high-desert terrain with optional technical sections. We will ride through the famous red cliffs of Dhakmar village to the Charang village, known for its monastery, palace ruins, and ancient manuscripts.

Distance: 25–30 km | **Ride:** 4–5 hrs **Trail:** Dirt tracks and Singletrack

Gain/Loss: +600 m / –500 m

Attractions: Charang Palace, ancient library

8. Day 8: Charang to Lo-Manthang (3840m)

Climb gradually toward the Lo-La Pass before descending into Lo-Manthang, the walled capital of the Forbidden Kingdom of Lo. In the optional route if riders like to take challenging routes and single track riding we can take the Ghar Gompa trails that has technical riding for the advance riders.

Distance: ~15 km | **Ride:** 2–3 hrs | **Trail:** Dirt road

Gain/Loss: +400 m / –150 m

Pass: Lo-La (3950m) | **Attractions:** Walled city views, King's Palace, Monasteries

9. Day 9: Explore Lo-Manthang

Rest or explore monasteries, mani walls, caves, and the King's Palace. Experience daily life in this remote Tibetan-influenced Himalayan city.

Ride: Optional | **Attractions:** King's Palace, monasteries, Shija Dzong cave (4000m), Ni Phu Monastery.

Altitude gain/loss: Minimal

10. Day 10: Lo-Manthang to Ghami (3520m)

Ride across open plateaus and wind-shaped valleys with long sight lines and prayer flags, returning to the stone village of Ghami.

Distance: ~25 km | **Ride:** 3–4 hrs | **Trail:** Dirt Track,

Gain/Loss: +300 m / –600 m

Attractions: Longest Mani Wall of Mustang, wildlife sightings

11. Day 11: Ghami to Samar (3600m)

A varied ride through rolling terrain, village paths, and eroded canyon landscapes, passing mani walls and chortens en route to Samar.

Distance: ~32 km | **Ride:** 4–5 hrs | **Trail:** Dirt Track

Gain/Loss: +450 m / –450 m

Attractions: Traditional villages, prayer flags

12. Day 12: Samar to Marpha (2670m)

Descend from the high desert into greener valleys, following Kali Gandaki. After Kagbeni, take the uphill to Lupra, then ride to the apple orchards, and whitewashed houses welcome you to Marpha.

Distance: ~44 km | **Ride:** 4–5 hrs | **Trail:** Dirt and Tar road

Gain/Loss: +200 m / –1,050 m

Attractions: Kali Gandaki Valley, apple orchards

13. Day 13: Marpha to Galeshwor – private Jeep drive to Sarangkot (1593m)

Ride through the world's deepest gorge between Dhaulagiri and Annapurna, passing waterfalls and forests before driving to Sarangkot.

Distance: ~66 km | **Ride:** 4–5 hrs | **Trail:** Dirt and Tar road

Drive: 2–3 hrs

Attractions: Dhaulagiri, Rupse Waterfall

14. Day 14: Sarangkot to Pokhara (820m)

Early sunrise over the Annapurna range, followed by a downhill ride into Pokhara, finishing beside Fewa Lake.

Distance: 15–20 km | **Ride:** 1–2 hrs | **Trail:** Dirt and Singletrack

Gain/Loss: +100 m / –800 m

Attractions: Sunrise over Annapurna range, Fewa Lake view, rice terraces

15. Day 15: Fly from Pokhara to Kathmandu

Scenic return flight to Kathmandu and end of the Upper Mustang mountain biking expedition, and fly back home with a head full of incredible memories of the Upper Mustang cycling trip on the high terrain, local people, and unique lifestyles.

Flight: 25 min | **Ride:** —

Altitude: +580 m