



Cycling Odyssey to Mustang

URL: <https://naatatravels.com/trip/cycling-odyssey-to-mustang/>

Duration

16 Days Days

Per Person Cost

USD 2,600

Difficulty

Demanding

Maximum Elevation

4,660 meters

Accommodation

Teahouse on the trail and tourist standard hotel in Kathmandu and Pokhara

Meals

Breakfast in Kathmandu and Pokhara and all meals during the trek

Trip Route

Lo-Mantang

Highlights Of Cycling Odyssey to Mustang

Visit the Marpha village, a place renowned for apples and its local brandy.

Visit Muktinath, a sacred place for Hindu and Buddhist pilgrims.

Visit Lo-Manthang, the once-forbidden kingdom of Upper Mustang.

Explore the sky caves and Kora La pass in Upper Mustang.

Experience the Tibetan Buddhist Culture of local people.

Taste the authentic Thakali Cuisine at Mustang.

Enjoy the thrilling cycling rides on the naked hills.

A dip into the natural hot spring in Tatopani.

An overnight stop at the beautiful Pokhara city.

Experience the nightlife of Pokhara.

Trip Overview

Overview of Cycling Odyssey to Mustang

This Cycling Odyssey to Mustang is the ultimate **adventure** that will take you to the spectacular landscapes of Mustang. The professionally developed itinerary offers a beautiful bike opportunity and lets you witness the stunning scenery. Not only does this trip take us biking through the desert-like topography of Upper Mustang, but also to the famous pilgrimage site, Muktinath, in Jomsom. Muktinath is one of the most famous pilgrimages among Hindus and Buddhists. Lying in the northwestern region of Nepal, the Mustang district is divided into two parts, i.e., Upper Mustang and Lower Mustang. It is adjacent to the **Tibetan** plateau on the Chinese side and Dolpo and Manang on the Nepalese side.

We begin our tour from Kathmandu and go to Pokhara, a famous tourist hub best known for its beautiful mountain vistas and serene lakes. The trip further extends to Muktinath in Jomsom. The main biking routes include Chele, Syangboche, Charang, Lo-Manthang (Link), Kagbeni, Chhusang, and Marpha. This cycling tour will take you to an altitude of above **4,600** meters. It is one of the most thrilling adventures you'll ever come across.

*This tour package provides us with the privilege of **Sightseeing, Mountain biking**, adventure, and many more fun activities.* Even when developing this itinerary, the picture of the place comes vividly to my eyes, and the pleasure cannot be DESCRIBED in words. Mustang has been established as one of Nepal's most popular tourist destinations.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport in Kathmandu, a representative will be at the airport holding a placard bearing your name. The representative will then take you to your hotel. After getting some refreshments, your tour guide will brief you about our trip ahead.

Day : Early morning drive to Pokhara

We embark on an 8-9 hour drive to Pokhara. The drive to Pokhara is long yet scenic, with the Trishuli River accompanying you for most of the journey. We can spend the rest of the evening strolling on the banks of Phewa Lake, enjoying a couple of drinks.

Day : Early morning flight from Jomsom to Pokhara. Bike assembling and ride to Kagbeni

We take an early morning flight to Jomsom. Jomsom is the headquarters of the Mustang region and is a bustling tourist destination. Upon reaching Jomsom, the group will assemble their bikes and set off for Kagbeni. The ride is a short one for the day, and we spend the night in Kagbeni. This region is also popular for housing one of the deepest gorges in the world, Kali Gandaki Gorge.

Day : Ride from Kagbeni to Chele (3,050 meters)

We have a hearty breakfast to set ourselves for the ride ahead. The landscape from now on is pretty dry, and the bike ride can be a bit rugged as the terrain of the lower Mustang region is a bit on the tougher side. On our way, we can see a handful of trekkers and pilgrims, mainly from India, for a visit to the holy site of Muktinath, which lies in the lower Mustang region in Nepal.

Day : Ride from Chele to Tsarang

The biking trip today offers amazing scenery. The jeep track takes you through the rugged terrain and to the small villages of Tsarang.

Day : Ride from Tsarang to Lo-Manthang

Today, we set our mountain bike and will set off to the forbidden kingdom of Lo Manthang. You may also see fellow mountain bikers on the trail and other travelers on a trek to the region. The culturally rich destination once used to be the capital of the Kingdom of Mustang. We will also see many prayer wheels on our way.

Day : Ride to Korala and back to Lo-Manthang in Korala

We have ample breakfast in the morning and set for a 12 km ride to the Nepal/ Tibet border named Korala as we embark on the upper Mustang region. We spend some time there and ride along the Chooser trail towards the ancient caves at Garphu, where we will explore the cave monastery.

Day : Rest day in Lo-Manthang

We put our expedition to the upper Mustang on a halt today, and we will take some much-needed rest today. We can see Tibetan culture in this region more so than traditional Nepali culture. We explore the beauty of the upper Mustang region today. The walled city of Lo Manthang has much to offer, and a tour will take us back in time.

Day : Ride from Lo-Manthang to Dhi Goan

This day marks as an exciting and challenging adventure of our upper Mustang bike tour. The trail starts from a yak pasture towards the edge of the canyon. The trail on our way down is dusty on the way and is the most difficult section of our mountain biking trip. We spend the night in the picturesque Dhi Goan.

Day : Ride from Dhi Goan to Tangge

We will pedal ourselves into the wilderness today and to our destination. The trail today has got some great single tracks and downhill to a river. We ride all the way to Tangge, where we rest for the night.

Day : Ride from Tangge to Chhusang

We have a hearty meal in the morning as we have to push and carry through most parts of the trail. The downhill ride is a thrilling one on mostly single tracks as we traverse the rugged terrain of the lower region.

Day : Ride from Chhusang to Marpha (2,670 meters) via Muktinath (3,760 meters) and Lupra Valley (2,740 meters)

We ride down to the sacred temple of Muktinath and offer prayers. We ride along the Dhangladanda on a lesser-used trail. The trail is quite an enjoyable one as we ride on single tracks for most of the time down to the river bed in Lupra Valley. We continue our journey to Jomsom, where we will rest and have lunch. We peddle further to reach Marpha, a place well-known for its local brandy. We will stay the night in Marpha.

Day : Ride from Marpha to Tatopani

Today is another exciting part of our trip, as 90 percent of our trail today is rideable. The trail is easy in the beginning, but once we reach Rupse Chaahara, the trail drops about 1,000 meters, making the downhill quite thrilling. It's a challenging adventure that takes us to Tatopani's natural hot springs. We make a visit to the natural hot spring and take a dip to relieve the stress from our legs.

Day : Ride from Tatopani to Beni and drive back to Pokhara

This is the last day of riding, and our mountain biking expedition ends today and we bid adieu to Annapurna region. We ride to Beni and rest our legs from there on. We transfer back to Pokhara via a 4-hour drive from Beni. We stay the night in Pokhara

Day : Drive back to Kathmandu

We will make a return trip to Kathmandu following the same scenic route we used to get to Pokhara. In

the evening, you will have a farewell dinner hosted by Naata Trek and Tours.

Day : Airport departure

Our tour ends today, and a representative from Naata Trek and Tours will transfer you to the international airport for your trip back home.

Trip Includes

- All international and domestic airport transfers in private tourist vehicle.
- Accommodation in 3-star hotel in Kathmandu and Pokhara on twin sharing basis.
- Accommodation in teahouses during the trail on twin/triple sharing basis.
- All ground transportation in private tourist vehicle.
- All domestic airfares.
- Experience government licensed, English speaking guide for the trip.
- All necessary permits and entry fees.
- Restricted area permit for upper-mustang.
- Accommodation, salary and allowances for all the staff.

Excludes

- Mountain bike. You can hire a full suspension mountain bike for around 40-50 USD per day.
- International flight and visa processing fee.
- Any beverages including hot water.
- Travel insurance along with high-altitude evacuation coverage.
- Tips to staff.
- Biking gears.
- Any expense not included in the includes section.

Additional Information

Best Time to Visit

Spring season (March to May)

The spring season is one of the **best seasons** to trek in Nepal, and the Mustang mountain biking tour is

one of the trending trips for the year 2024. The spring season is the pre-monsoon season of the year, and the weather is quite favorable for doing any activity in the mountains. It is mild and warm during the day and chilly during the night. The views are vivid, with clear skies and great views from all around.

Autumn season (September to November)

The other favorable time of the year for this trip is in the autumn season. This is the time of the year when trekkers and adventure seekers are full on the trail. This season, too, the weather is favorable, providing clear views from all around. This season also marks the biggest festive season in Nepal, and you will get a chance to see the celebrations of the festivals as well.

Cycling Difficulty

Cycling in the Himalayan region is always a **challenging** feat. Your biking expedition to the Upper Mustang begins above 3000 meters. You must possess good stamina and sprinting skills to ride up to the hills. Altitude sickness is the biggest hindrance during a high-altitude trek or tour. You need to be physically and mentally prepared for this tour. You must cycle through the rough and rugged terrains, where you must spend almost **6-8 hours of ride per day**.

The weather in the Himalayas can't be predicted. If it rains or receives a snowfall, the trails get slippery, making it challenging to ride. Only 80-90% of the paths in this tour are rideable. You must carry your bike up and down in several challenging uphill and downhill climbs. Since this tour is a long tour that almost lasts for three weeks, you might feel monotonous.

Moreover, if you plan to explore the beauty of Upper Mustang on a mountain bike, you must possess cycling skills. You should wear all the safety gear to avoid injuries and maintain your safety. It would be great if you have prior cycling experience on rugged terrains or any off-the-beaten paths. However, you will be accompanied by a professional guide who will encourage you and provide you with a memorable biking trip to Mustang.

Food

The food found on this trip is the same as what you would get in any [Annapurna region](#). The staple Nepalese food to try is Dal Bhat (rice, lentils, and curry), Momo (dumplings), Thukpa or Thenduk (hand-pulled noodles in hot soup), Tibetan Bread with potatoes, etc. Some international cuisines you can get on the trail are omelets, pasta, spaghetti, muesli, burgers, pancakes, and pizza, among others. The options available are commendable, considering the difficulty in transporting goods in these remote regions.

Accommodation

As for the accommodation during this trip, you will be staying in *2-3-star hotels in Kathmandu* and Pokhara. *On the trail, you will be staying in **local lodges** and **teahouses***. Since you're trekking to one of the remote parts of Nepal, you won't find good star-rated hotels. These teahouses have quite basic facilities and amenities, but the locals have warm hospitality. The rooms are shared between 2-3 people, and the bathrooms are shared as well. You will have the options of the hot shower, charging, etc., but you will be charged a few dollars for it. However, the sanitation is decent, considering the remoteness of the place.

Permits for Trip

You will require three types of permits for the trip. You will need an **ACAP** (Annapurna Conservation Area Permit), **TIMS** (Trekkers Information Management System) Card, and RAP (Restricted area permit) to go cycling in this region.

You can get the ACAP from the Tourism Board in Kathmandu or Pokhara. TIMS can be obtained from the TAAN office in Maligaon or the Tourism Board office. As for the Restricted area permit, you can obtain it from the Department of Immigration only through a registered trekking agency. The cost of a TIMS card is NPR 2000 for everyone. Meanwhile, an ACAP costs NPR 3000 for foreigners and NPR 1500 for visitors from SAARC nations. Finally, the price for a restricted area permit is \$500 for the first ten days of the tour. You must pay an extra \$50 per day if you exceed the ten days.

Safety Measures

Although this trip takes us to the heart of the Himalayas, the tour doesn't gain much altitude. Thus, altitude sickness should not be an issue. However, as this is a biking trip, ensure your bike is in the best of conditions and is serviced by a professional before the trip. Also, ensure that you carry proper riding gear to limit the damage in case of a crash. As for the altitude, your guide will carry a first aid kit in any case of difficulty due to the thin air.

Altitude sickness

Altitude sickness is a common concern while trekking or cycling in the Himalayas. In this Upper Mustang cycling Odyssey, *your ride begins from around 3000 meters and reaches an altitude of 4600 meters from sea level.* The chances of altitude sickness increase for anyone above **2500** meters from sea level. So, cycling up in the Upper Mustang region increases the chances of altitude sickness. You need to prepare your body accordingly for higher altitudes. Performing cardiovascular exercises will help you breathe at higher altitudes where the oxygen level is shallow.

If you feel any symptoms of altitude sickness, you should quickly descend to lower altitudes and seek medical attention. Ignoring these symptoms can worsen your health and can be life-threatening. The symptoms of altitude sickness include Shortening of breath, vomiting, headache, nausea, chest pain, etc. You should always be proactive about altitude sickness and how to deal with it if you're hiking or cycling during the Mustang Odyssey.

Biking alongside the deepest Gorge in the world, Kali Gandaki Gorge

The Upper Mustang cycling tour will allow you to ride alongside the Kali Gandaki Gorge. This gorge provides you with breathtaking views of a mountain cutting through the heart of the Himalayas. Kali Gandaki River is the only place where you can find the highly valued Saligram worshipped by both Hindu and Buddhist pilgrims. As you pedal along the trail, the dramatic contrast between the steep canyon walls and the river below creates a surreal experience.

The ride to the Upper Mustang might be challenging, with rocky paths and varied altitudes, but the

stunning views of Annapurna mountain ranges and the serene beauty of the Upper Mustang region make it worthwhile. You can park your bike, sit alongside the Gorge, and meditate for a while. This will help you get a spiritual awakening during your weeks-long tour.

A typical day at a cycling tour

Your typical day of a cycling tour begins with breakfast at a place of your accommodation. You will attend a short briefing session from our tour guide right after your breakfast. Now, you'll pack your bags and start your ride towards the next day's destination. You will stop at several scenic stops for photos and videos or to soak yourself in nature's beauty. The riding trails are not 100% rideable, so you will need to pull or carry your mountain bike, which has some steep ascents or descents.

Your lunch will be in the middle of your ride. You will stop in a Tea House or a Guest House in the middle of the ride. Depending on the remaining distance covered, you might have a short resting period right after lunch. You will now ride towards your final destination of the day. Your dinner will be at your accommodation. After riding for around 6-8 hours, you will be at your accommodation, where you rest, interact with the locals, and rest for tomorrow's adventure.

Frequently Asked Questions

What makes the Upper Mustang a popular cycling destination?

The deserted mountain terrain, with cycling at high altitudes amidst the lap of the Himalayas, makes it a unique cycling destination in the Himalayas. Moreover, the small charming village of Upper Mustang is historically significant and used to be a forbidden kingdom.

Can I rent a cycle for the Upper Mustang or bring my own?

Yes, you can rent a cycle for the Upper Mustang cycling Odyssey. You can rent a mountain bike at Kagbeni and begin your ride to explore the beautiful Mustang region. It will cost you around 30-50\$ per day. You can also bring your own cycle, assemble it and start riding from Kagbeni.

What are the must-see attractions or landmarks for cyclists in Upper Mustang?

Must-see attractions for cyclists in Upper Mustang include the ancient walled village of Lo Manthang, the stunning red cliffs of Dhakmar, the sacred Muktinath Temple, and the dramatic Kali Gandaki Gorge. Cyclists will also enjoy breathtaking views of the Annapurna and Dhaulagiri ranges.

Should cyclists know any particular challenges or difficulties in the Upper Mustang?

Cyclists in Upper Mustang should be aware that while 85-90% of the paths are rideable, some ascents can be challenging and require extra caution. The rugged terrain, high altitude, and unpredictable weather also pose additional difficulties. Proper preparation and acclimatization are essential.

What is the total cycling distance in the Upper Mustang Cycling tour?

The total cycling distance in the Upper Mustang Cycling Tour is approximately 240 kilometers (150 miles). During this 240 km long ride, You will cover rugged terrain, ancient monasteries, and the stunning landscapes of the Upper Mustang region in Nepal.

Is riding a bicycle in the Himalayas hard?

Yes, riding a bicycle in the Himalayas is challenging due to the high altitudes, steep ascents, rugged terrain, and unpredictable weather. Cyclists must be well-prepared physically and mentally, with proper acclimatization and suitable gear to handle the demanding conditions.

How long does the Upper Mustang Cycling Tour take?

The Upper Mustang Cycling Tour typically takes about 10 to 12 days. This duration includes time for acclimatization, cycling through rugged terrain, visiting ancient monasteries, and enjoying the stunning landscapes of the Mustang region in Nepal.

How far is Mustang from Pokhara?

Mustang is approximately 170 kilometers (105 miles) from Pokhara. You can either drive to Mustang from Pokhara. It will take you around 8-10 hours to reach Mustang. You can also fly from Pokhara to Jomsom. It will take you around 15-20 minutes.

Address

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