



# ADVENTURE AWAITS

TAKE THE FIRST STEP

BIKE TOUR OF LOWER  
MUSTANG VALLEY

14N/15D  
RS. On Demand

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## HIGHLIGHTS

Lower Mustang has always been surprisingly beautiful for the travelers who are known as to this territory. Lower Mustang Mountain Biking Trip combines the rugged mountain terrain of Jomsom, pilgrimages of Muktinath and the green hills of Tatopani. It is located north of the main Himalayan chain between the snow-capped mountain on the east and west bordering Tibet and relatively wide and leveled ridge towards the north with pass not higher than 4,600m. The climate and land of this valley is dry and arid. Lower Mustang trek lying in the rain shadow of the mountains is perhaps the last enclave of pristine Tibetan culture.

In this tour, we also include the Jomsom Muktinath which is the famous pilgrimage site for Hindu and Buddhist people. Peoples believed that once you reach Muktinath and take a bath by walking under 108 water spouts, your sins will be washed away and you will be as innocent as a child again. In this biking tour, you will embrace an amazing experience of biking in between the two eight thousand meter mountains of Dhaulagiri and Annapurna I, as we will ride through the deepest gorge in the world.

### Important Information about the Trek:

- **Dates 2018:** 1st April 2018 to 15th April 2018
- 16th April 2018 to 30th April 2018
- 3rd May 2018 to 18th May 2018
- **Ascent:** 6000 M
- **Descent:** 6000 M
- **Location:** Arrival and depart in Kathmandu
- **Lodging:** 14 nights' accommodation in a mix of hotels (based on double occupancy twin bedrooms)

tea houses and a mountain hut (group dormitory rooms)

## ITINERARY

**Notice;** this is only sample itinerary. We understand that every rider is different, so we design each trip to cater to the specific needs of the group/individual. Easy, Moderate, Advanced, faster, chilled, or cruising.... We are here to listen, consult and understand your needs.

### DAY 01

#### ARRIVAL IN KATHMANDU

Upon arrival in Kathmandu Airport, greeting by our team representative and escort you to the hotel. Take your time to relax & soak in Nepal's ancient capital with some sightseeing. Kathmandu is a captivating city to be discovered. Today the city is slowly rebuilding after the earthquake and most of the tourist attractions have reopened making the city a must visit again while traveling in Nepal. This city combines the best of the country: from old-world streets, rich art and architecture dating back to centuries, to the finest temples and delicate handicrafts, the hustle and bustle of its colorful markets and the popular Nepali food.

Overnight, stay at the hotel.

### DAY 02

#### TRANSFER TO POKHARA IN A PRIVATE JEEP (Altitude 2,689 ft)

Early morning, our jeep transfer to Pokhara / 820m, about 6-8 hours drive. Pokhara is the largest city of Nepal in terms of area. En-route, you will see some stunning views from the road along the way as we skirt the impressive Annapurna Massif. It is the 10th Highest Mountain in the world. Annapurna Massif is a memorable hike that circumnavigates the Annapurna massif, displaying some of the most astounding scenery on the planet.

Our hotel at the lake side of the Phewa Lake in Pokhara will let you get a first panoramic view of the Dhaulagiri, Annapurna, and Manaslu mountain range. Dhaulagiri is situated in western Nepal, which is standing as the seventh highest mountain in the world.

Overnight, stay at the hotel.

## DAY 03

### FLIGHT FROM POKHARA TO JOMSOM

Ride Jomsom (2730m) to Kagbeni (2800m)/ Distance Ride-12 km

We'll leave early to take the spectacular flight from Pokhara to Jomsom, (approximately 20 minutes). Upon arrival at Jomsom airport, we assemble our bikes and have breakfast in the lap of Mount Nilgiri. After breakfast, we start biking to Kagbeni (2800m). Our ride will follow the Kaligandaki gorge on a flat, rocky jeep track along a famous holy trekking trail. This is the entry point to Upper Mustang where we will stay in the hotel.

Overnight, stay at the hotel.

## DAY 04

### KAGBENI (2,800 M) TO MUKTINATH (3,800 M)

**Distance Ride- 20 km**

After delicious breakfast, we will ride up to Muktinath and be gaining nearly 1000m in elevation. After that, you can overview the mystical dry and desert-like valley of Mustang and the ice-covered mountains of Dhaulagiri. Muktinath is famous for the holiest sites in Nepal, a lot of Indian and Nepali pilgrims are visiting it's holy Hindu and Buddhist sites. We will have lunch at Jharkot exploring afterward some of the monasteries and local culture.

**DAY 05****MUKTINATH (3800 M) TO CHAILE (3050M)****Distance Ride- 18Km**

On that day, we will drive to the forbidden land of Upper Mustang. After that, you will ride uphill to the Gyu La pass descending to Chusang where we will have lunch and rest for a while. After having lunch, we'll follow the banks of the Kali River and cross by the bridge, riding uphill to reach Chaile. This village offers a beautiful view of mount Nilgiri and the Kaligandaki valley from a different angle than the first day in Jomsom. In Chaile we can explore some ancient buildings and a monastery.

**DAY 06****CHAILE (3050 M) TO SYANGBOCHE (3800 M)****Distance Ride- 20 Km**

Today, you will be heading further North into the Himalayas we will ride and push the uphill's, enjoying the downhills after the passes. There are 4 passes in between Chaile and Syangboche. then, we will stop at Samar for lunch then ride again towards Syangboche, being likely to meet some village people, Trekkers, ponies and donkeys along the way!

**DAY 07****SYANGBOCHE (3800 M) TO CHRANG (3560 M)****Ride Distance; 22 km**

To start we have the short climb to reach the first small pass with two more passes to come. When we will reach first pass, we will be rewarded with an amazing view of Annapurna, Nilgiri, and Mustang. We will ride, first on gentle track then hair rising downhill, to the Gilling then uphill again through some beautiful villages on single track. After that, we will ride the downhill to Ghami.

We'll have Lunch at a local tea house with some delicious food from the Tibetan influenced kitchen. After that, we will ride down through some farmland where Chauri graze yak and cross a bridge riding past Mani wall and an ancient Gumba. Then we'll approach the last pass followed by a downhill taking us towards Charang where finally we can relax after the big day!

**DAY 08**

## **CHRANG (3560 M) TO LO- MANTHANG (3800 M)**

### **Ride Distance- 20 km**

Today we'll finally reach our destination of Lo-Manthang, the walled city of Buddhist heritage. It is a relatively easy day's ride with only the Lo-la pass (3810m) to cross. On this Himalayas landscape, views are amazing and there are some 360-degree view points where we can stop and take photos. We'll be riding through open jeep tracks and some trekking trails. After the pass, we'll reach Lo-Manthang after about half an hour. We'll take lunch in our guest house and relax for the rest of the day.

**DAY 09**

## **LO- MANTHANG (3800 M**

Today, we get the chance to explore the fascinating Lo-Manthang with its centuries-old Gumba, Royal Palace, inhabited caves, museum and ancient Buddhist ways of life. We may even get the chance to meet the traditional King and Queen of the region!

**DAY 10**

## **LO- MANTHANG (3800 M) TO GHAMI VIA GHAR GUMBA**

### **Ride Distance: 30 Km**

This is time to be leaving Lo-Manthang and head back through some new single-track routes. We' will have to pass two passes over 4000 meters, looking back up the Mustang Valley with some amazing views. We will be able to see the Ghar Gumba from the other direction and later in the evening, we will explore the village of Ghami and we had our lunch in on the way to Lo-Manthang.

**DAY 11**

## **GHAMI TO SAMAR**

**Ride Distance: 32 Km**

Today, we will now be reversing the route we took coming towards Lo-Manthang with the views and scenery just as spectacular as before! After that, we will take lunch in Syangboche then ride up to the pass followed by a downhill to reach Samar village.

**DAY 12**

## **SAMAR TO KAGBENI (2800 M)**

**Ride Distance: 20 Km**

Today, we will ride the small climb up to Da-Jorila pass (3737m) then a downhill ride to Chaile. After that, we are going to ride the Kali Gandaki river bank to Chhusang and eat lunch. Then, we will ride back along the kaligandaki gorge to Kagbeni. We will stay overnight in Kagbeni.

**DAY 13**

## **KAGNENI TO MARPHA VIA LUPRA**

**Ride Distance: 40 km**

Early wake up in the morning, we have the chance to explore some of Marpha. On that day, we are going to ride on the simplest single track that Nepal which has to offer where world it will reward and build your great confidence. To get this single track we need to climb up hill or hire a Jeep to get on the top. After Lupra valley, we are going to ride toward Marpha on the Kaligandaki gorge. Marpha is understood jointly of the attractive place with apple garden.



**DAY 14****MURPHA TO BENI THAN DRIVE TO POKHARA**

After delicious breakfast, we will ride on our journey toward a more subtropical region along the Kaligandaki River with some jeep and single tracks. It's downhill all the way with lush, green scenery and more oxygen in your lungs, what a great feeling! We'll reach Tatopani (meaning 'hot spring' in Nepali) which is a famous place among locals for treating skin ailments. We will take lunch here in Tatopani. After lunch, we will ride along the river to the Beni Bazaar where we will meet the Pokhara road. Our vehicle will be waiting for us to take us back to Pokhara.

**DAY 15****POKHARA TO KATHMANDU**

Today is the last day of your bike tour; you will transfer from Pokhara to Kathmandu and fly back to home.





## INCLUSIONS:

- Airport Pick up and Drop Off.
- All accommodation and meals
- ACAP Permit and TIMS

- Flight from Pokhara to Jomsom
- Bike cargo from Pokhara to Jomsom

## EXCLUSIONS:

- Anything which is not mentioned in the itinerary.
- Nepalese visa

- Flight to and from Nepal

## How to Book

We at Nirvana are more than happy to book your trip. Drop a mail at: [info@nirvanatrip.in](mailto:info@nirvanatrip.in)  
Or call Tollfree: 180-010-284-07 **Support: (24/7)** 0120-4858900/49

## Cancellation Policy:

Nirvana Trip realizes that most people who cancel their reservations do so out of necessity. Nevertheless, cancellations are costly to administer and involve dedicated staff time and communications costs.

Therefore, all cancellations made before 30 days after booking are subject to 8% deduction of total tour cost.

- Cancellation made between 29-22 days after booking is subject to a non-refundable of 22%.
- Cancellation made between 21-16 days after booking is subject to a non-refundable of 50% deduction of total tour cost.
- Cancellation made 15-9 days before commencement of tour after booking are subject to a 70% of tour cost. Cancellation made within 9-3 days prior to departure 90% of total tour cost.
- Cancellation made Day of departure or now shows – 100% of tour cost.

Cancellations are based on total package bases. Please note, however, that reservations made after the final payment date are immediately subject to cancellation charges.

If you need to cancel your reservation, please send us a mail at [info@nirvanatrip.in](mailto:info@nirvanatrip.in) and contact a Nirvana Trip Customer Service Representative. To receive any refund, if applicable, that may be due will be processed within 35 days after our receipt of your written notice of cancellation. Traveler substitutions are considered reservation cancellations and are subject to cancellation fees. Please note that we do not make any refunds for any unused portion of your trip.

**\* Refund will be processed through the same online mode in 10-15 working days.**

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