

Lower Mustang Cross-Country Mountain Biking Tour

Basic Package

Price Starting at: \$ 2,621.30

Inclusions

1. Airport Pick up on arrival and drop off after the trip
2. Hardtail Mountain bike and gears (please ask specification after letting us your bike size)
3. Mountain Bike Guide and Porter
4. Food and accommodations (first day dinner to final day breakfast)
5. All the required permits and local taxes
6. Mineral water
7. Food, accommodations, salary, insurance and transportation for supporting staff
8. Flight to Jomsom
9. Office service charge

Exclusions

1. Visa fee to Nepal
 2. Flight to and from Nepal
 3. Domestic flights
 4. Alcoholic drinks
 5. Dual suspension bike(550 \$ extra for the biking trip)
 6. Beverage/soft drinks and mineral water in the mountains
 7. Travel, activity, medical and emergency evacuation insurance
 8. Tipping for guides, porters and supporting staff
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Standard Package

Price Starting at: \$ 2,621.30

Inclusions

1. Airport Pick up on arrival and drop off after the trip
2. Hardtail Mountain bike and gears (please ask specification after letting us your bike size)
3. Mountain Bike Guide and Porter
4. Food and accommodations (first day dinner to final day breakfast)
5. All the required permits and local taxes
6. Mineral water
7. Food, accommodations, salary, insurance and transportation for supporting staff
8. Flight to Jomsom
9. Office service charge

Exclusions

1. Visa fee to Nepal
 2. Flight to and from Nepal
 3. Domestic flights
 4. Alcoholic drinks
 5. Dual suspension bike(550 \$ extra for the biking trip)
 6. Beverage/soft drinks and mineral water in the mountains
 7. Travel, activity, medical and emergency evacuation insurance
 8. Tipping for guides, porters and supporting staff
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Premium Package

Price Starting at: \$ 2,621.30

Inclusion

1. Airport Pick up on arrival and drop off after the trip
2. Hardtail Mountain bike and gears (please ask specification after letting us your bike size)
3. Mountain Bike Guide and Porter

4. Food and accommodations (first day dinner to final day breakfast)
5. All the required permits and local taxes
6. Mineral water
7. Food, accommodations, salary, insurance and transportation for supporting staff
8. Flight to Jomsom
9. Office service charge

Exclusions

1. Visa fee to Nepal
 2. Flight to and from Nepal
 3. Domestic flights
 4. Alcoholic drinks
 5. Dual suspension bike(550 \$ extra for the biking trip)
 6. Beverage/soft drinks and mineral water in the mountains
 7. Travel, activity, medical and emergency evacuation insurance
 8. Tipping for guides, porters and supporting staff
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Itineraries

1. Day 1: Land and arrival in Kathmandu (1400m)

Namaste and welcome to Nepal at the Kathmandu airport where our our friendly crew will be waiting you with your name written signboard. Your guide will take you to the hotel on the private Jeep. Wander through chaotic busy road and colorful alleys of Thamel. After reaching in the hotel based on your available time you can take a short walk to bustling Ason bazaar, soaking in scents of spices and local life.

2. Day 2: Kathmandu Heritage Tour

Today, let's dive into Kathmandu's rich culture and history to make our mountain biking holiday extra special. We'll explore sacred sites like Pashupatinath, Boudhanath, Swayambhunath, and wander around Durbar Square's ancient courtyards. If you prefer, we can swap sightseeing for a cross-country ride on local trails too!

3. Day 3: Drive to Pokhara (850m)

Start your day with a good breakfast at the hotel, then get ready for a drive to Pokhara. The road takes you through green hills, rivers, and small villages like Dhading, Gurkha, Muglin, and Damauli. You'll see how people live in the countryside and enjoy the beautiful views along the way. When you reach Lakeside

Pokhara, check into your hotel, have a welcome drink, meet your biking team, get your bike ready, and take a walk by the peaceful lake. It's a great place to relax and enjoy the evening.

Altitude gain/loss: –600 m | **Distance:** 200 km

4. Day 4: Pokhara warm-up Cross-Country Ride

Get ready after your breakfast for the cross-country warm up mountain bike ride, the day with an easy ride from the lakeside to Pame trails and the countryside. Pedal past emerald rice fields, water buffalo, and friendly Gurung villages. Spot wildlife, soaring eagles, people farming, fishing, and local fisheries. All while enjoying stunning views of the Annapurna and Fishtail mountains on Fewa Lake. Feel village life and new sights at every turn on this scenic Pokhara ride.

Distance: ~25–30 km | **Altitude gain:** ~350 m | **Loss:** ~350 m

5. Day 5: Flight to Jomsom (2730m) and Ride to Thini Village (2900m)

Start your day early! Fly to Jomsom between the huge Dhaulagiri and Annapurna I mountains—an epic flight over deep gorges and stunning landscapes, all in just 20 minutes. Or take a scenic 4–5 hour jeep ride along the Baglung Highway past Ghasa, Kalopani, Larjung, and Marpha. Once in Jomsom, hop on your bike and pedal toward the charming Thini village.

Biking distance: ~ 10–12 km | **Altitude gain:** ~180 m | **Loss:** ~100 m | **Flight time:** 20-Min with breathtaking views

6. Day 6: Thini Village to Kagbeni (2800m)

Today we ride from Thini to Kagbeni along the peaceful Kali Gandaki River, passing farms, open fields, and old caves. The cross-country riding route is smooth and easy, with stunning views and we can visit and stop at Dumba Lake viewpoint. It's a calm day without needing jeep support, ending with time to explore Kagbeni — a charming ancient village rich with stories from the old salt trade and pilgrimage route.

Distance: ~ 15 km | **Altitude gain:** ~150 m | **Loss:** ~250 m

7. Day 7: Kagbeni to Muktinath (3810m)

Today's cross-country mountain bike ride in Mustang from Kagbeni to the holy Muktinath, passing the charming Jharkot village and Batasedanda viewpoint with grand views of Thorong-La and Upper Mustang. Discover old caves and see local life unchanged by time. Enjoy gentle uphill roads, and if it gets tough, our jeep support is ready to help. Step by step, we reach Muktinath Temple—a peaceful place where faith and the magic of the Himalayas come together.

Biking distance: 17 km | **Altitude gain:** ~950 m | **Loss:** ~30 m

8. Day 8: Muktinath to Marpha (2700m)

Ride downhill on easy and flowy trails from Muktinath to Kagbeni and mostly flat trails to Marpha through ancient Zhong village, visiting its monastery and meeting warm, smiling locals. Descend past salt mines, red canyons, and grazing mountain goats with stunning views of the Kali Gandaki valley and Kagbeni. Enjoy a scenic ride through apple orchards to Marpha, famous for apple brandy and stone-paved alleys. A support jeep is always there if the ride feels to stay on the vehicle.—ride or relax, your adventure, your pace.

Distance: ~ 26 km | **Altitude gain:** ~200 m | **Loss:** ~1,290 m

9. Day 9: Marpha to Beni (850m) and Drive to Sarangkot (1600m)

Today, we start riding from the lovely apple village of Marpha, passing quiet mountain villages like Larjung and Kalopani. We roll through pine forests and see huge peaks like Annapurna and Dhaulagiri. Riding in the world's deepest gorge, the Kali Gandaki, we cross forest trails, village roads, and jeep tracks, with waterfalls and valleys along the way. After reaching Beni Bazaar, we drive by jeep to Sarangkot to watch a beautiful sunset over the Himalayas.

Distance: ~55 km | **Altitude gain:** ~100 m | **Loss:** ~1,820 m

10. Day 10: Sarangkot Sunrise and Ride to Pokhara

We will have an opportunity to glance very unique sunrise trip this morning, Wake up early to see an amazing sunrise over Annapurna, Dhaulagiri, Fishtail, and Manaslu from Sarangkot. After breakfast, ride your bike through Pandeli village and green terrace forests for about 15–20 km back to Pokhara. If you want an easier way down, take the cable car and enjoy views of Fewa Lake and Harpan Valley. A jeep is ready if you get tired. Back in Pokhara, relax at your hotel, do some laundry, get a massage, and chill by the peaceful lakeside.

Distance: ~15–20 km | **Altitude gain:** ~50 m | **Loss:** ~800 m

11. Day 11: Cross-country MTB Trip End: Goodbye or New Beginnings

This incredible cross-country mountain biking tour comes to an end today after breakfast. Depending on your flight time, For the morning flight back to Kathmandu, we will take you to Pokhara International Airport in a private vehicle. With a love for the Himalayas, new friends, and priceless memories, you can board your flight home after arriving at KTM. You can stay longer and do more exploring if you're not ready to go. You can go on jungle safaris, go trekking in the mountains, or take other tours to learn more about Nepal's rich culture and undiscovered treasures.

Note: We deliver premium service and fair pricing for our guests, crew, and stakeholders in a way that is sustainable. Our local mountain biking experts have more than 20 years of experience in the industry and are truly concerned about your experience for the benefit of our clients.