



Mustang – Mountain Biking - Overview

Duration : 14 Days

Destination : Mustang

Group Size : Any Private Group

Transportation : Cyclicling

Activity : Cycling

Best Season : March-October

Accomodation : Hotel

Meals : Breakfast/Lunch/Dinner/Snack

Mustang – Mountain Biking - Itinerary

Day 1: Arrival in Kathmandu

- Arrive in Kathmandu and transfer to your hotel.
- Take some time to rest and prepare for the upcoming adventure.
- Visit a local bike shop if needed for any last-minute supplies or bike adjustments.

Day 2: Flight to Pokhara

- Take a domestic flight from Kathmandu to Pokhara.
- Explore Pokhara and make any necessary preparations for the mountain bike trip.
- Overnight in Pokhara.

Day 3: Pokhara to Kagbeni

- Transfer to Jomsom by flight from Pokhara.
- Assemble your bikes and start your mountain bike journey.
- Ride from Jomsom to Kagbeni.
- Enjoy the scenic beauty and unique landscapes of the Mustang region.
- Overnight in Kagbeni.

Day 4: Kagbeni to Chele

- Continue your mountain biking adventure from Kagbeni to Chele.
- Pass through charming traditional villages and enjoy the views of the surrounding mountains.
- Experience the unique culture and lifestyle of the local people.
- Overnight in Chele.

Day 5: Chele to Syanboche

- Ride from Chele to Syanboche.
- Encounter various off-road trails, river crossings, and stunning landscapes.
- Visit monasteries and explore the cultural heritage of the region.
- Overnight in Syanboche.

Day 6: Syanboche to Tsarang

- Depart from Syanboche and ride to Tsarang.
- Enjoy challenging yet rewarding mountain bike trails.
- Explore Tsarang village, visit Tsarang Monastery, and immerse yourself in the local culture.
- Overnight in Tsarang.

Day 7: Tsarang to Lo Manthang

- Bike from Tsarang to Lo Manthang, the capital of Upper Mustang.
- Ride through desert-like landscapes, ancient caves, and Tibetan-influenced villages.
- Explore the walled city of Lo Manthang, visit monasteries, and immerse yourself in the unique culture.
- Overnight in Lo Manthang.

Day 8: Explore Lo Manthang

- Spend a day exploring Lo Manthang.
- Visit the Royal Palace, monasteries, and other cultural landmarks.
- Interact with the locals and learn about their traditions and way of life.
- Overnight in Lo Manthang.

Day 9: Lo Manthang to Ghami

- Bid farewell to Lo Manthang and start biking towards Ghami.
- Enjoy the stunning views of the Himalayas and experience the pure wilderness of Upper Mustang.
- Overnight in Ghami.

Day 10: Ghami to Samar

- Continue your journey from Ghami to Samar.
- Traverse through rugged terrains and mountainous trails.
- Experience the serenity of the remote landscapes and enjoy the peaceful environment.
- Overnight in Samar.

Day 11: Samar to Kagbeni

- Ride back from Samar to Kagbeni, retracing your steps.
- Enjoy the final leg of your mountain biking adventure in the Mustang region.
- Overnight in Kagbeni.

Day 12: Kagbeni to Jomsom and Return to Pokhara

- Ride back to Jomsom from Kagbeni.
- Take a flight from Jomsom to Pokhara.
- Celebrate the completion of your mountain biking journey.
- Overnight in Pokhara.

Day 13: Return to Kathmandu

- Drive or fly back to Kathmandu from Pokhara.
- Spend the rest of the day exploring Kathmandu, visiting cultural sites, or shopping for souvenirs.

Day 14: Departure

- Depart from Kathmandu with incredible memories of your mountain biking adventure in Upper Mustang.

Mustang – Mountain Biking - FAQs

1. Can Mountain Biking be safe?

Just like any other sport, mountain biking has its risks. Injuries can range from cuts and scrapes to broken bones and even death. Mountain biking is a risky sport because it involves high speeds and obstacles.

2. How hard is mountain biking?

Just like any form of exercise, mountain biking can be physically challenging especially when you're just starting out and your muscles aren't conditioned to riding a bike.

3. What is the best time for Mountain Biking?

Mountain Biking in Lower Mustang can be done all year round. However, the best time to mountain bike in lower Mustang is March to June and September to November.

4. What is the best speed for mountain biking?

The average speed is 17mph (27kph) with peak speeds upwards of 30mph (48kph) during downhill mountain bike riding.

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