

Annapurna Lower Mustang Cycling Tour

Package Highlights

- One of the short and best cycling paths in the scenic Himalayan range
- One day gentle up hill and best downhill from Muktinath to Beni
- Cover historical monument visit in Kathmandu, stay and explore natural city Pokhara
- Accommodation and foods at local tea houses in Lower Mustang area
- Reach at maximum altitude 3,710 meters Muktinath
- Typical local villages, peoples, temples, monasteries, Natural hot spring and many more

Trip Facts

- Starting Price: US\$1100.00 (Per Person)
- Duration: 11 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Tour
- Accommodation: Hotel and Guest House
- Max. Altitude: 3,800 meters Muktinath
- Min. Pax: Any
- Best Season : March to May & September to December

Itinerary Details

Day 01 : Arrive at Kathmandu and transfer to Hotel (1350m)

Representative from Nepal Highland Treks pick up you from Tribhuban International airport and transfer to Hotel. It is only 7 kilometer from airport to your hotel. If time permits, check your mountain bike and preparation.

Day 02 : Day In Kathmandu. Sightseeing and final preparation of the tour. overnight at Hotel

After breakfast in Hotel, our tour guide will lead you to Kathmandu valley sightseeing. Visit Bhaktapur Durbar square, Baudhanath Stupa and Pashupatinath temple. Back to Hotel and final packing. Test ride with your cycle.

Day 03 : Drive or fly to Pokhara. Test ride with your cycle and overnight at Hotel

It is 200 kilometer via Prithivi Highway if you drive to Pokhara. It takes at least 6 to 7

hours. Fly to Pokhara is 25 minutes. We take our bike with us to Pokhara and have test ride there. Final packing your bike and stuffs for tomorrow early morning flight to Jomsom.

Day 04 : Early Morning flight to Jomsom and cycling to Kagbeni. Overnight at local tea house

Drive to Pokhara airport for your flight to Jomsom. It is just 15 minutes flight with tiny aircraft. Our guide will refit mountain bike and start riding to Kagbeni. It is 11.4 kilometer takes about 3 hours. The first day of riding is in wide Kaligandaki River valley and typical local villages. Reach at kagbeni and visit around. Kagbeni is the charming village of Annapurna Lower Mustang.

Day 05 : Cycling to Muktinath (3,800m) Overnight at Hotel

The second day of riding is gentle uphill. we stop at lots of interesting places and places of picturesque. Visit Typical villages with oldest monasteries. Landscape in between Kagbeni and Muktinath is less vegetation as Plateau. Nirgiri, Dhaulagiri and other mountains are stunning from on the way. Reach at Muktinath and visit famous Muktinath temple at lope of Thorogla Himalaya region.

Day 06 : Cycling down to Kalopani via Marpha and other villages. Overnight at local house

Today is the long day and down hill riding to Kalopani from Muktinath. we start quite earlier. it is fun riding down via typical villages like Marpha, Jomsom and others. we stop several times to explore local villages, monastery and eating Lunch. Riding path is all jeep track along the bank of Kaligandaki River.

Day 07 : Cycling to Tatopani. Enjoy natural hot spring. overnight at tea house

It short riding to Tatopani today. Most of the cycling track is downhill involving some interesting monuments. Beautiful waterfalls, typical cultural villages, scenic mountain, wide Kaligandaki River valley and many more. Reach at Tatopani by Lunch time. Enjoy bath at natural hot spring.

Day 08 : Cycling to Kushma. overnight at Hotel

About 20 kilometer rough road and down hill reach at Beni Bazzar. Riding road at the bank of Kali gandaki River is in between two high hills. Afre beni it is riding on paved road (highway) up to Kushma Bazzar. Local villages, greenery landscape and peoples activities on the way is interesting. we also have option to ride and half way drive to reach Pokhara by today evening.

Day 09 : Cycling back to Pokhara. overnight at Hotel

It is day to reach Pokhara again. Riding section via main highway with mix up of flat, up and down hill. Annapurna Himalayan ranges are scenic from on the way. The most beautiful Pokhara valley and surrounding are scenic from top of the villages. back to Pokhara and check in Hotel. Evening walking at Lake side.

Day 10 : Drive or fly back to Kathmandu. Overnight at Hotel

After your breakfast in Hotel, start sightseeing in Pokhara. International mountain museum, David fall, Gupteswor Mahadev cave and boating at fewa lake. Afternoon drive with private transportation or fly back to Kathmandu. Transfer to Hotel. Evening fair well dinner at Typical Nepali restaurant with cultural dance and Nepali foods.

Day 11 : Departure

Till departure time, free and we drop you to international airport for your final departure. It is important to reach at airport before three hours from your original flight time

Cost Includes

- Arrival and departure arrangement
- Accommodation in hotels with breakfast in Kathmandu and in Pokhara
- Accommodation in local tea houses during cycling Lower Mustang
- All the foods during cycling in Lower Mustang region
- Professional cycling guide as Mechanic
- Backup transportation
- Annapurna conservation area permit and TIMS card
- First Aid kit box with basic medicines
- Management of emergency evacuation in case of need
- Cycle on hire and its parts

Cost Excludes

- Lunch and Dinner in Kathmandu and Pokhara
- Personal equipment, personal cycling gear
- Cost of cycle hire, It comes per day cost depend on which quality you choose
- Cost of personal insurance
- Cost of emergency evacuation is case of need
- Your personal medical expenses
- Bar bills and bottled drinks

Useful Note

Trip Note

Departure Note