

Overview

"Ultimate fun mountain cycling tour, from plains to highlands."

Upper Mustang is a hidden gem in Nepal where tourists can enjoy unparalleled beauty of nature and witness the unique culture and religion of the Mustang people. Lo-Manthang is very popular with its whitewashed walls and flat-roofed mud houses. In the past, Lo-Manthang was a separate kingdom ruled by a local king in Mustang. It lies north of the Trans-Himalaya border of China and Dolpo. Until 1992, it was forbidden to foreigners, and it is still a restricted area of Nepal that requires special permits for foreign tourists. The permit cost is USD 500 for 10 days per person, with an additional USD 50 per day thereafter. According to the Nepalese Government, foreign tourists are not allowed to trek in this area alone, and there should be at least two people in a group, including a guide and porter.

Mustang offers a truly amazing arid landscape, making it well-known as a "rain shadow valley." The hills are formed by sandstone with brown and pink colors, and there are fewer trees in the barren landscape. The main villages in this valley are Lo-Manthang, Tsarang, and Ghami, which were founded before the 15th century and are great for side trips. Additionally, there are many significant monasteries, manes and stupas built here before the 12th century, such as Logheghar or Ghara Gompa, and lines of colorful mane walls.

Lo-Manthang is a small valley surrounded by vibrant sandstone hills and splendid white snow-capped peaks. There are many beautiful things to see, such as ancient and significant monasteries, a monk school, clean and comfortable tea houses, lodges, shops, and an administrative office in the valley. However, the main attraction of this valley is the distinctive culture and religion of the Mustang people, with their whitewashed walls and flat-roofed buildings, as well as the Tiji festival that takes place in the spring and the breathtaking natural beauty. The cultivated fields are in bloom with colorful flowers and crops from late May to late September. The main sources of income for the people here are business, agriculture, and animal husbandry. This place is a fantastic destination for adventurous motorcycle and bicycle tours, allowing you to explore the arid valley of Mustang in a short time.

Introduction to the Trail:

A cycling tour of Upper Mustang is one of the best ways to enjoy the captivating views of this region. We will begin our journey from Kathmandu to Pokhara via the Greenland tourist bus, and then take a short and serene flight to Jomsom, which is the starting point for our exciting cycling trip. We will embark on our cycling tour towards Upper Mustang through the world-famous Kaligandaki sandy river valley with gorgeous views of the Lower Mustang valley, including the Tilicho and Nilgiri magnificent backdrop views.

We will make our first stop in Kagbeni village, where there is a police check post office. We will need to register our permit and exit to ensure our entry and exit from the restricted

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area. After a short break for refreshments and to register the permit, we will continue following the newly constructed motorable road along the Kaligandaki River through Chhuksang, Tsaile, Samar, Syangboche, Ghani, Dhakmar, Tsarang, and Lo-Manthang, with their authentic Buddhist culture. During our cycling trip, we will be treated to splendid landscapes. However, our Himalayan Diamond Adventure team will take a route to Muktinath, the shrine place for the best view of Dhaulagiri mountain, and explore the periphery of Muktinath village.

Before the availability of a new motor road to this valley, it was a caravan trail up to the border of China for trade. In the past days, Nepalese people used to transport salt, clothes, and other daily necessities from this caravan path using horses, yaks, and sheep to sell in local markets. If you have extra time, you can make a round trip through Yara-Ghara, Tangge, Tetang, and Chhusang. Then, the trip will switch back to Kagbeni, Jomsom, and continue to ride down to Beni to catch a bus for Pokhara. After sightseeing beautiful Pokhara, we will fly back to Kathmandu.

Itinerary Details