

## **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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