



## Motor bike tour in upper mustang 16 Days

### Details Itinerary


The motor bike tour to the upper regions of Mustang is an adventure into a land that time seemed to have forgotten. Each morning the loud bell at one of the monasteries going for a wake-up call, Villagers take it as a sign of beginning their daily chores, mostly religious ones, before engaging in other duties such as cooking or foraging. The region is graced by crystal-clear views of Nilgiri and Dhaulagiri peaks. Here, life is at close adherence to nature - with very little involvement of modernity or mechanization.

This is a less-crowded trekking route preferred for pristine environment, immersive experience, and appreciation of natural diversity. This motor bike tour is a rare chance to get involved and see the remote but diverse landscapes of Nepal. A culture and lifestyle that has sustained for hundreds of years at this location, is a sight to behold. The incredible windswept barren landscapes in villages that you see here, is indeed a testament to the amazing diversity of nature.

Sharing borders with Tibet, the culture might seem somewhat similar. The religion they follow is Buddhism, that dictates their lifestyle and traditions. The brown cliffs and barren landscapes of the entire valley will remind you of a desert, but it is in fact a rain shadow of the majestic Himalayan Range. It is important to note that this area has lots and lots of mysterious looking caves at various locations in the cliffs.

As the sayings go, the walled city of Lo-Manthang is at least one thousand years old - that prospered and flourished in the medieval trade route with Tibet and beyond. Still today, people travel to Tibet each year for their various needs. Located at the top of the Kali-Gandaki River basin, it is also called the Forbidden Kingdom of Lo-Manthang. Visiting this restricted area requires special permit. Discovery Mountain will take care of the papers while you prepare the trek to Upper Mustang. Requiring a good level of stamina, this adventurous trek is one of a kind in Nepal. Go on this trip for an experience of remote Nepal at the rain shadow of the mountains.

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Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	4640m
Duration:	:	16 Days
Activity:	:	Riding Motor bike, Hiking and sightseeing
Best Period:	:	APR   MAY   JUN   JUL   AUG   SEP   OCT   NOV

## Itinerary

### DAY 1 : ARRIVAL IN KATHMANDU (1365M)

Upon landing at Kathmandu International Airport, our staff will pick you up and transfer you to your hotel. Spend the rest of the day at leisure, and in the evening join us for a well come dinner. Stay overnight in a hotel.

### DAY 2 : KATHMANDU: SIGHTSEEING

Today you will ride your motor bike we take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. Later you will re-check and final preparation of your motor bike trip from tomorrow.

### DAY 3 : RIDE FROM KATHMANDU TO POKHARA (875M), 6/7H DRIVE, 210KM

We start ride motor bike from Kathmandu to Pokhara after our breakfast, you will be riding a scenic route along Trishuli River. The drive will take around seven hours through winding hilly roads. it takes a little under an hour. Enjoy the rest of the day around Phewa lake.

### DAY 4 : RIDE FROM POKHARA TO GHASA (2015M), 6/7H RIDE, 112KM

After breakfast you start drive to Ghasa. It is black road till Beni, 105km and takes about three an half hours. Rough road begins after Beni. You will drive following bank of Kali Gandaki River and through waterfalls and each at Tatopani, where you can enjoy hot spring take a some time to relax in the natural hot water in the pond. Then ride continue to Ghasa. Stay overnight at guest house.

#### **DAY 5 : GHASA TO MUKTINATH BACK TO KAGBENI, (2750M), 6H RIDE, 73KM**

Today you drive after your breakfast. Rough road driving through Kali Gandaki, with scenic view of Annapurna, Nilgiri and Dhaulagiri continue drive to Muktinath 3720m where the sacred pilgrimage site of Muktinath. The shrine of Muktinath and other red-painted Buddhist Monasteries offer a majestic view from the premises, then riding back to Kagbeni. Stay in guest house.

#### **DAY 6 : RIDE FROM KAGBENI TO GHILING (3540M), 5H RIDE, 31KM**

You drive ascends towards the east bank of the Kali-Gandaki River. You will drive through several villages: like Tangbe, Chusang and Chele, it is a combination of narrow alleys with white houses, barley and buckwheat fields, and some apple orchards. Mt. Nilgiri that dominates the southern skyline of Kagbeni, will offer a majestic view en road today. The Annapurna mountain range is visible far in the southern direction. Trek up village of Samar and descend to Syangboche. Later on, arrive at the village of Gheling for the night stay.

#### **DAY 7 : RIDE FROM GHELING TO LO-MANTHANG (3820M), 6H RIDE, 37KM**

After breakfast, we will start our drive with a climb up to Nyila pass. From here we need to descend below the blue, gray, and red cliffs to a place called Ghami with colorful cliffs and greenery, and continuing drive to Tsarang passing through the pass called Chinggel –La 3870m. The road is a gentle ascend and descend with a bit of climbing along the way before we arrive at Lo- Manthang. This walled city is considered as the Kingdom of Upper Mustang. Here, we will be staying at a lodge tonight.

#### **DAY 8 : DRIVE TO CHHOSER CAVES AND BACK TO LO-MANTHANG, 4H RIDE**

Today it is a kind of stay at Lo-Manthang, but with an opportunity to visit the nearby Chhoser Caves by riding your bike and carry self-packed lunch. Chhoser is a mysterious cave by all means; it looks like a cliff but inside it there are floors with more than forty rooms. This alien-looking place is by far the most memorable point of this trip. Later, return to Lo-manthang, on the way visit to Namgyal gumpa which is situated at hilltop of valley.

#### **DAY 9 : RIDE TO KORA-LA(4640M) BACK TO LO-MANTHANG, 4/5H RIDE, 38KM**

From Lo-Manthang, a short ride takes you to the Tibet and Nepal border at the pass called Kora La which is at the altitude of 4640 meters. It is about 19km one way from Lo-manthang. Get the view of Himalayas and valley of upper Mustang. Later drive again to Lomantang. Stay overnight in lodge.

#### **DAY 10 : RIDE BACK FROM LO-MANTHANG TO DHAKMAR (3820M), 5H RIDE**

Your drive today same way back is around five hours. But you will pass one night at dhakmar. stay overnight in a lodge.

#### **DAY 11 : RIDE BACK FROM DHAKMAR TO KAGBENI (2740M), 6H DRIVE**

After breakfast, leave Dhakmar and drive back to Kagbeni, take plenty of breaks along the route and enjoy the rain-shadow - a desert just in the front of the mighty Himalayan peaks! Later, arrive at the village of Tange. This beautiful and quiet village is ideal for some idle time. So take a break and relax with soothing winds and the quiet mountain landscape. Stay overnight in lodge at Kagbeni.

#### **DAY 12 : RIDE BACK FROM KAGBENI TO TATOPANI (1190M), 5/6H DRIVE**

First wake up early in the morning, and after your good breakfast the road through Kali Gandaki river till Tatopani, where you can relax in the natural hot spring after your long drive. Stay in lodge tonight.

#### **DAY 13 : RIDE BACK FROM TATOPANI TO POKHARA 5/6H DRIVE**

Today we will drive back from Tatopani to Pokhara. Driving again through Kali Gandaki river till Beni, then we drive past several villages, before arriving in Pokhara we pass through Noudanda from where you have a magnificent view of Annapurna and Dhaulagiri. Stay overnight in hotel.

#### **DAY 14 : POKHARA: SIGHTSEEING**

We lead you to ride your own motor bike for the sightseeing in Pokhara. First you visit Bindyabasini Temple, then takes you to the waterfalls called Devi's fall and Gupteshower cave then come to the end at Barahi temple in the middle Fewa lake, where we will be boating to the temple, later, you can walk around by the lake and enjoy the rest of evening sipping beer by the lake or, if you feel like it, resting in the hotel.

#### **DAY 15 : RIDE FROM POKHARA TO KATHMANDU (6/7H DRIVE)**

Depending upon the schedule, you can drive or fly to Kathmandu from Pokhara. Once you are in the capital, have a free day enjoying shopping, hot-water bathing, relaxing in a sauna, or simply seeing around town. In the evening, you are invited to join us for a farewell dinner.

#### **DAY 16 : DEPARTURE ON YOUR DESTINATION**

According to your schedule, we will take you to the airport for your flight ahead.

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### INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, food and accommodation
- Guesthouse accommodation during your ride with: Breakfast, Lunch and Dinner
- An experienced, English-speaking and government-licensed trekking Guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Down jacket and sleeping bag: to be returned after trip completion
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Special permit for restricted area in upper mustang \$500 per person
- All necessary paperwork and trekking permits: ACAP and TIMS
- Sightseeing in Kathmandu and Pokhara with all entrance fee
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Welcome and farewell dinners in Kathmandu
- Back up transportation one jeep for your entire trip
- Personal insurance for Nepalese staff for your trek
- Airport pickups and drops in a private vehicle
- Gamow bag for your safety and security
- All Government and local taxes
- Medical kit bag

### NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Personal equipment and gears
- Tips for guide, driver and mechanic
- Cost of any damage in Motor bike if hire
- Lunch and evening in Kathmandu and Pokhara
- Hiring cost of Motobike in Kathmandu -Or your own
- Petrol in your motorbike fill it in Pokhara and put on jeep
- Personal expenses laundry, bar bills, battery recharge, bottle or boiled water, shower

### ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## **Hire a bike in Kathmandu**

You may not come with your own motorbike. Motorbike hiring is available in Kathmandu. You can choose your own. The light bikes are suitable and more comfortable in this tour. KTM duke, Tornado XR or Honda CRF are recommended one. That cost you USD 25 till 70 per day without fuel.

## **Fuel for the Bike**

Fuel as per the package is extra from the cost. It also can be including in the package, we can discuss it at the time of booking. There is no any fuel station in Upper mustang region. We have to carry it from Pokhara. Backup Jeep will have space to put petrol jar which we fill in available fuel station.

## **Guide, Mechanic and Jeep driver**

Your guide, Mechanic and backup jeep driver to Upper Mustang are from Kathmandu. They are our regular staffs more responsible, friendly, and helpful English speaking. You will meet them in Kathmandu before starting your trip. They do not ride bike and stay inside jeep. Your all the stuffs also will be in jeep. Jeep will just follow you from behind. All the staffs are fully equipped, insured and package including their foods, accommodation on the way.

## **MEALS**

All meals will be provided during your driving while only breakfast will be available in Kathmandu and Pokhara. There will also be welcome and farewell dinners in Kathmandu. While on your ride, we have breakfast lunch and dinner in lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## **PHYSICAL CONDITION REQUIREMENT**

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## **BEST TIME TO TRAVEL**

The best time for this program is in spring (March to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.



## **GUIDE & STAFF ARRANGEMENT**

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## **PORTER CARE**

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

## **ENVIRONMENTAL CONCERNS**

The Annapurna Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## **TRAVEL INSURANCE**

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## **ACCLIMATIZATION**

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

### SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

### FROM HEAD TO TOE

- A cap or sunhat
- 1 pairs of light t-shirt
- 2 pairs warm inner thermal and inner trouser
- Muff to cover mouth from heavy wind and cold
- 1 pair warm wind proof warm outer trouser
- 1 pair light and warm jacket or sweater
- 1 pair wind proof jacket
- 2 pairs light shocks
- 2 pair warm shocks
- 1 pair light shoe or sandal
- 2 pairs light trouser or half paint
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- Head lamp with enough battery
- Phone, camera, battery charger
- Walking stick
- Suitable shorts
- Walking trousers
- A pair of shoe and sandals
- Thick walking socks
- Warm gloves, Hat and scarf
- Rain coat



## Equipment for riding

- Riding suite
- Special hand gloves or rough road riding
- Your own size Helmet
- Small backpack carrying with water and other things while riding

## DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

## PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

## MEDICAL

- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter

## TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

### **Booking Terms**

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

### **Cancellation Policy**

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

### **RISK & RESPONSIBILITY**

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### **IMPORTANT NOTE**

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required.