Upper Mustang Motorbike Tour

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**11 Days**
DIFFICULTY	**Easy**
MAX ALTITUDE	**3840m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,450 per person**

Trip overview

The Upper Mustang Motorbike Tour is a premium restricted-region Himalayan expedition that explores the ancient Kingdom of Lo, one of the most culturally preserved and geographically unique landscapes in Nepal. This journey follows a historic trans-Himalayan trade route that once connected Nepal with Tibet, offering an exceptional combination of adventure riding, Buddhist heritage, and high-altitude desert terrain.

Beginning in Kathmandu (1,400m), the route gradually ascends through Nepal's mid-hill cultural belt, passing Bandipur and the Kali Gandaki corridor before entering the rain-shadow region of Mustang. The expedition reaches key highlights including Kalopani, Muktinath (3,800m), Ghami, Lo Manthang (3,840m), Chhoser caves, and remote valleys near the Tibetan border. The return journey descends through Yara, Chuksang, and historic Gorkha before completing the loop back in Kathmandu.

This tour is designed for experienced riders seeking a rare combination of high-altitude adventure, cultural depth, technical riding, and remote Himalayan exploration.

Geography and Landscape

Upper Mustang lies in the trans-Himalayan region within the rain shadow of the Annapurna and Dhaulagiri ranges, making it one of the driest and most dramatic landscapes in Nepal. Unlike the lush Himalayan foothills, Mustang is defined by wind-eroded cliffs, deep canyons, fossil-rich riverbeds, and vast desert plateaus.

The route begins in the green valleys of central Nepal and transitions into the Kali Gandaki gorge, one of the world's deepest river valleys. Beyond Kalopani and Jomsom, vegetation rapidly disappears, replaced by arid alpine desert terrain. As riders ascend toward Ghami and Lo Manthang, the landscape becomes increasingly rugged, with red cliffs, cave dwellings, and ancient rock formations dominating the horizon.

Near Chhoser and the Tibetan border region, the terrain becomes even more remote, with vast open valleys, sky caves carved into cliffs, and centuries-old Buddhist monasteries embedded into the mountainside.

Climate and Riding Conditions

Upper Mustang is one of the most stable riding regions in the Himalayas due to its rain-shadow location.

Spring (March – May)

- Ideal temperatures and clear mountain views
- Blooming valleys in lower Mustang regions
- Excellent visibility for photography and riding

Summer / Monsoon (June – August)

- Best hidden season for Upper Mustang (dry region)
- Clear skies while rest of Nepal experiences rain
- Warm days and cool nights

Autumn (September – November)

- Peak expedition season
- Stable weather and dry off-road conditions
- Strong Himalayan visibility

Winter (December – February)

- Extreme cold and strong winds
- Snow blockage in upper sections
- Not recommended for standard motorcycle expeditions
- People and Culture

Upper Mustang preserves one of the most authentic Tibetan-influenced cultures in the world. The region is inhabited by the Loba people, whose traditions, language, architecture, and spiritual practices are deeply rooted in Tibetan Buddhism.

Lo Manthang, the ancient walled capital, serves as the cultural heart of the region, featuring royal palaces, centuries-old monasteries, prayer walls, and chortens. Villages such as Ghami, Tsarang, and Chhoser preserve ancient cave dwellings, meditation caves, and monastic heritage sites that date back hundreds of years.

The cultural experience is deeply spiritual, shaped by Buddhist rituals, ancient trade history, and a way of life that has remained largely unchanged for centuries.

Highlights

- Ride through Nepal’s restricted Upper Mustang region
- Explore Lo Manthang (3,840m) – ancient walled kingdom
- Visit Muktinath (3,800m) sacred Hindu-Buddhist pilgrimage site
- Ride through Kali Gandaki – world’s deepest gorge
- Explore Chhoser cave system and sky caves
- Experience Tibetan-influenced Loba culture and monasteries
- Ride across high-altitude Himalayan desert terrain
- Cross fossil-rich valleys and ancient salt trade routes

- Explore Ghami, Tsarang, and remote Mustang villages
- Scenic ride through Bandipur, Kalopani, and Gorkha regions
- Fully guided professional Himalayan motorcycle expedition

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrival at Tribhuvan International Airport. Meet expedition team and transfer to hotel. Rest day for recovery, bike preparation overview, and documentation check.

Day 2 : Briefing & Preparation Day (Kathmandu)

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Comprehensive expedition briefing covering route overview, altitude risks, riding discipline, emergency protocols, and Mustang permit regulations. Motorcycle allocation and technical inspection. Short acclimatization ride around Kathmandu Valley. Evening welcome dinner

Day 3 : Kathmandu – Bandipur (1,030m)

Distance: ~140 km · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Riding: 5–6 hrs

Ride along Prithvi Highway through river valleys, terraced hills, and forested landscapes. Arrival in Bandipur, a preserved Newari hill town known for cultural heritage and Himalayan panoramas.

Day 4 : Bandipur – Kalopani (2,530m)

Distance: ~170 km · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Riding: 6–7 hrs

Ascend into the Kali Gandaki corridor through winding mountain roads, deep gorges, and riverside trails. Enter Mustang region and reach Kalopani with panoramic views of Dhaulagiri and Annapurna ranges.

Day 5 : Kalopani – Muktinath – Ghami (3,520m approx.)

Distance: ~110 km · Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Riding: 6–7 hrs

Climb through Jomsom valley toward Muktinath (3,800m), a sacred pilgrimage site. Continue into restricted Mustang terrain, crossing arid valleys and high desert trails to reach Ghami.

Day 6 : Ghami – Lo Manthang (3,840m)

Distance: ~60 km · Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Riding: 5–6 hrs

Ride through ancient canyon routes, mani walls, and fossil-rich terrain. Arrival in Lo Manthang, the medieval walled capital of Upper Mustang and former royal kingdom.

Day 7 : Lo Manthang – Chhoser & Tibetan Border Exploration

Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Full-day exploration ride to Chhoser valley, sky caves, ancient monasteries, and viewpoints near the Tibetan border. Return to Lo Manthang.

Day 8 : Lo Manthang – Yara – Chuksang

Distance: ~90 km · Stay: Tea House · Visit: Mustang Region · Meals: Breakfast Lunch Dinner

Riding: 6–7 hrs

Descend through remote valleys, fossil beds, and desert plateaus. Ride via Yara village and continue to Chuksang through rugged Himalayan off-road terrain.

Day 9 : Chuksang – Gorkha (1,000m approx.)

Distance: ~180 km · Stay: Tea House · Visit: Nepal · Meals: Breakfast Lunch Dinner

Riding: 7–8 hrs

Long descent from Mustang into mid-hill Nepal. Transition from arid desert to green hills and historic landscapes of Gorkha, former kingdom of Nepal.

Day 10 : Gorkha – Kathmandu (1,400m)

Distance: ~140 km · Stay: Tea House · Visit: Nepal · Meals: Breakfast Lunch Dinner

Riding: 5–6 hrs

Scenic return ride through winding highways and river valleys back to Kathmandu. Motorcycle handover, rest, and farewell dinner with expedition team.

Day 11 : Departure

Visit: Nepal · Meals: Breakfast

After breakfast, transfer to Tribhuvan International Airport for your departure flight. Bid farewell to Nepal with unforgettable memories of the Upper Mustang adventure.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 30°C / night 20°C
- Day 3 · Kathmandu – Bandipur · 1,030 m · day 32°C / night 23°C
- Day 4 · Bandipur – Kalopani · 2,530 m · day 24°C / night 13°C
- Day 6 · Ghami – Lo Manthang · 3,840 m · day 18°C / night 4°C
- Day 10 · Gorkha – Kathmandu · 1,400 m · day 30°C / night 20°C

What’s included

Accommodation

- Kathmandu (Arrival & Departure): 3-star or boutique hotel with private bathrooms, hot showers, Wi-Fi, and twin-sharing rooms
- Bandipur: Heritage boutique hotel or scenic hilltop lodge with Newari architecture and Himalayan views

- Kalopani / Muktinath / Ghami / Chuksang: Locally operated mountain lodges with basic clean twin-sharing rooms, warm blankets, and simple wash facilities
- Lo Manthang (Restricted Kingdom Area): Local guesthouse inside or near the walled city with traditional Mustang architecture
- Standard arrangement: Twin-sharing accommodation throughout the expedition (single room available on request at extra cost in lower regions)

Meals

- Daily breakfast included throughout the entire journey
- Welcome dinner in Kathmandu with full expedition briefing
- Farewell dinner in Kathmandu after tour completion
- Full-board meals (Breakfast, Lunch, Dinner) in Upper Mustang restricted region
- Typical foods: Dal Bhat, Thakali meals, thukpa, noodles, soups, tsampa, fried rice, pasta, chapati, eggs, porridge, and seasonal vegetables
- Tea, coffee, butter tea, hot lemon, and herbal drinks available throughout the journey
- Food becomes simpler at higher altitude but remains hygienic and sufficient for expedition needs

Transportation

- Airport pick-up and drop-off in Kathmandu
- Fully guided motorcycle expedition (Kathmandu–Kathmandu loop)
- Support vehicle for luggage, spare parts, and emergency evacuation (based on group size and terrain)
- Fuel coordination in major Mustang region towns (Jomsom, Lo Manthang corridor, etc.)
- Highway tolls, permit handling, and route logistics support
- Backup recovery support for mechanical or weather-related delays

Motorcycle & Technical Support

- Adventure motorcycles (Royal Enfield Himalayan / KTM / Honda CRF or equivalent)
- Professional English-speaking ride leader / expedition captain
- Experienced high-altitude motorcycle mechanic throughout the route
- Daily bike inspection, tuning, and safety checks
- Basic spare parts (chains, cables, tubes, clutch/brake components)
- On-route mechanical repair and roadside assistance
- Continuous monitoring of tires, oil, brakes, and suspension

Permits & Administration

- Upper Mustang Restricted Area Permit (RAP)
- Annapurna Conservation Area Permit (ACAP)
- Muktinath / Mustang regional entry permits (as required)
- Local municipality and rural government permits
- Tourism and expedition registration documentation
- Government taxes and administrative fees
- Route coordination and restricted zone compliance management

Safety & Assistance

- Pre-ride safety and altitude briefing in Kathmandu
- Upper Mustang restricted area regulation briefing
- High-altitude riding and acclimatization guidance
- Group riding discipline and spacing control system
- Emergency communication support (mobile/satellite where available)
- First-aid kit and oxygen support carried by crew
- Altitude sickness monitoring and response protocol
- 24/7 expedition leader and support team assistance
- Emergency evacuation coordination (road/air rescue if required)

Not included

International & Domestic Travel

- International airfare to and from Nepal
- Nepal entry visa fees (available on arrival)
- Domestic flights (optional upgrades if requested)

Personal Expenses

- Lunch and dinner in Kathmandu and lower regions (except included meals)
- Alcoholic beverages (beer, wine, spirits)
- Soft drinks, bottled water, snacks, energy drinks
- Personal shopping, souvenirs, laundry, phone calls
- Extra accommodation or meals not mentioned in itinerary

Motorcycle & Liability Costs

- Damage caused by rider negligence, accident, or misuse
- Traffic fines, penalties, or legal violations
- Refundable security deposit (as per company policy)
- Optional motorcycle upgrades (premium models or customization)
- Fuel used outside the planned expedition route

Personal Riding Gear

- Certified full-face or adventure helmet
- Riding jacket and pants with armor protection
- Riding gloves and durable boots
- Waterproof outer shell and rain protection gear
- Thermal layers for high-altitude sections
- Sunglasses, sun protection, and accessories
- Personal electronics (camera, drone, GoPro, chargers)

Optional Services

- Single room accommodation supplement
- Extra hotel nights in Kathmandu or en route locations
- Private motorcycle guide or VIP escort service
- Additional cultural or sightseeing extensions
- Helicopter evacuation (covered by insurance, not operator)
- Tips for guide, mechanic, and support staff

Additional Notes

- Pricing depends on group size and service level (standard / premium / private)
- Weather and road conditions may affect daily routing in Mustang region
- Emergency evacuation and medical treatment are not included
- Any deviation from fixed itinerary is chargeable separately
- Fuel availability may be limited in Upper Mustang—logistics planned accordingly
- Riders must carry a valid motorcycle license and international riding permit if required

Dates & prices

- 02 Mar 2027 – 12 Mar 2027 · USD 3,450 · Available
- 16 Mar 2027 – 26 Mar 2027 · USD 3,450 · Available
- 06 Apr 2027 – 16 Apr 2027 · USD 3,450 · Available
- 20 Apr 2027 – 30 Apr 2027 · USD 3,450 · Available
- 04 May 2027 – 14 May 2027 · USD 3,450 · Available

Best time to visit

Best months: May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is carefully selected to balance comfort, altitude adaptation, and authentic Himalayan cultural experience throughout the expedition.

In Kathmandu, riders stay in well-established 3-star or boutique hotels with modern facilities including private bathrooms, hot showers, Wi-Fi, and comfortable twin-sharing rooms.

In Bandipur, accommodation is arranged in heritage-style boutique hotels or scenic hilltop lodges offering traditional architecture, peaceful surroundings, and panoramic Himalayan views.

In the Lower Mustang region (Kalapani, Kagbeni, Chuksang), accommodation is provided in locally run mountain lodges and guesthouses. These are simple but clean, offering twin-sharing rooms, warm bedding, and basic amenities suited for high-altitude conditions.

In Ghami and Lomanthang, accommodation reflects the remote trans-Himalayan environment, with traditional mud-brick lodges and Tibetan-style guesthouses providing an authentic cultural stay experience.

In Yara and surrounding valleys, facilities are very basic due to extreme remoteness, but offer warm hospitality and essential comfort.

In Gorkha and return regions, comfortable hotels and local lodges are arranged depending on location.

All accommodation is on a twin-sharing basis throughout the expedition.

Meals

A structured meal plan is designed to support long-distance motorcycle riding across high-altitude

desert terrain and variable climates.

Daily breakfast included throughout the entire journey

Welcome dinner in Kathmandu with full expedition briefing

Farewell dinner in Kathmandu after completion of the tour

Full-board meals (Breakfast, Lunch, Dinner) in remote Mustang regions

Typical Food Options:

- Traditional Nepali Dal Bhat (energy-rich staple for riders)
- Thakali set meals (regional specialty of Mustang and lower valleys)
- Tibetan-style dishes such as thukpa, noodles, and soups
- Momo (dumplings), fried rice, pasta, and simple continental meals
- Eggs, bread, porridge, pancakes for breakfast
- Seasonal vegetables and locally sourced organic food
- Butter tea, herbal tea, coffee, and hot lemon drinks

Meal variety is excellent in cities and lower regions, while in Upper Mustang it is simple but nutritious, designed to support endurance riding.

Difficulty & Riding Requirements

The Upper Mustang Motorbike Tour is classified as a moderate to challenging high-altitude adventure expedition.

This route is suitable for experienced riders with confidence in long-distance touring and mixed terrain riding.

Riders should be prepared for:

- Long riding days (5–8 hours depending on terrain)
- High-altitude riding up to 3,800–4,200 meters
- Rocky, dusty, and off-road desert tracks
- River crossings, gravel sections, and uneven Himalayan terrain
- Strong winds and rapidly changing weather conditions

No extreme technical off-road expertise is required, but good balance, control, and endurance are essential for Upper Mustang terrain.

Permits

Upper Mustang is a restricted region; therefore, special permits are required and fully arranged in advance:

- Upper Mustang Restricted Area Permit (RAP)
- Annapurna Conservation Area Permit (ACAP)
- Local government entry permits (Gorkha and Mustang regions)
- All tourism registration and expedition documentation

All permits are handled by the organizing company prior to departure.

Transportation & Access

The expedition starts and ends in Kathmandu and follows a fully guided motorcycle circuit through Nepal's mid-hills, Himalayan valleys, and trans-Himalayan desert landscapes.

Services include:

- Airport pick-up and drop-off in Kathmandu
- Fully guided motorcycle expedition support team
- Support vehicle for luggage, tools, and emergency backup
- Fuel coordination at major towns and designated refueling points
- Recovery and logistics support in remote regions

Due to the remoteness of Upper Mustang, logistical planning and fuel management are strictly controlled by the support team.

Safety & Riding Support

Safety is a top priority throughout the Upper Mustang expedition.

The tour is led by experienced Himalayan motorcycle expedition leaders with strong knowledge of desert terrain, altitude, and remote area navigation.

Support includes:

- Pre-ride safety briefing and motorcycle orientation in Kathmandu
- Daily route planning and group riding management
- On-route mechanical support and repair assistance
- Emergency communication support (satellite/mobile where available)
- First-aid kit and altitude sickness monitoring
- 24/7 assistance from expedition leadership team

Riders are expected to strictly follow group discipline and safety instructions in all remote sections.

Additional information

Guide & Support Crew

The expedition is supported by a professional team including a lead ride captain, assistant guides, mechanics, and support drivers. The crew ensures smooth logistics, cultural interpretation, navigation support, and safety management throughout the journey.

Cultural & Natural Highlights

The Upper Mustang Motorbike Tour offers a rare combination of Himalayan desert landscapes and preserved Tibetan culture:

- Lo-Manthang – the ancient walled capital of Mustang
- Chhoser Cave Monastery and sky caves
- Tibetan Buddhist monasteries and centuries-old heritage sites
- Kagbeni – gateway to Upper Mustang
- Ghami and Tsarang traditional villages
- Yara Valley and remote Himalayan canyons

- Nepal–Tibet border landscapes and high desert plateaus
- Dramatic red cliffs, wind-carved valleys, and barren mountains
- Unique trans-Himalayan culture preserved for centuries

Essential Equipment

Recommended riding gear includes:

- Certified adventure motorcycle helmet
- Protective riding jacket with armor
- Riding pants with knee protection
- Sturdy off-road riding boots
- Gloves for cold and dusty conditions
- Waterproof and windproof outer shell
- Thermal layers for high-altitude cold mornings
- Sunglasses, sunscreen, and lip protection
- Small backpack for essentials and hydration

Proper riding gear is mandatory for safety in Upper Mustang terrain.

Communication & Connectivity

Mobile network coverage is available in Kathmandu, Pokhara, and lower Mustang regions (Kalapani, Kagbeni). However, connectivity becomes limited or unavailable in Upper Mustang (Ghami, Lo-Manthang, Yara, Chhoser).

Wi-Fi is available in select lodges but should not be relied upon throughout the journey.

Travel Insurance

Comprehensive travel insurance is mandatory and must cover:

- Motorcycle touring and off-road adventure riding
- High-altitude medical treatment
- Emergency helicopter evacuation
- Personal accident coverage
- Trip cancellation and interruption

Why Choose the Upper Mustang Motorbike Tour?

- Ride through Nepal’s most remote and restricted Himalayan region
- Experience the ancient Tibetan kingdom of Lo-Manthang
- Explore dramatic desert landscapes and sky caves
- Cross high-altitude Himalayan passes and rugged off-road trails
- Discover preserved Buddhist culture untouched for centuries
- A rare motorcycle expedition into the trans-Himalayan wilderness
- One of the most exclusive and adventurous rides in Nepal

Frequently asked questions

How difficult is the Upper Mustang Motorbike Tour?

The Upper Mustang Motorbike Tour is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Upper Mustang Motorbike Tour?

For the Mustang & Dolpo (rain-shadow) region the best months are May–June and September–October. Mustang and Dolpo lie in the rain-shadow of the Annapurna and Dhaulagiri ranges, so they are one of the few regions you can trek during the summer monsoon. May–June and September–October are ideal; winters are harsh and many lodges close.

What permits do I need for the Upper Mustang Motorbike Tour?

You need the Annapurna Conservation Area Permit and, for Upper Mustang or Dolpo, the restricted area permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Upper Mustang Motorbike Tour?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Upper Mustang Motorbike Tour as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Upper Mustang Motorbike Tour?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Upper Mustang Motorbike Tour?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/upper-mustang-motorbike-tour/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com