Upper Mustang Motorbike Tour

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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