



## Bridge Nepal Treks & Travels

Ananda Bhairab Marg, Naxal, Kathmandu

Phone: +977 9802397328 | +977 9851425260

Email: info@bridgenepaltreksandtravels.com

Website: www.bridgenepaltreksandtravels.com

# Kathmandu Lo Manthang Bike Tour Nepal; 9 Nights and 10 Days | Upper Mustang Motorcycle Adventure | Bridge Nepal Treks and Travels

<b>Price</b>	1800.00
<b>Duration</b>	9 Nights / 10 Days
<b>Location</b>	Nepal

### Tour Overview

## TOUR OVERVIEW OF KATHMANDU - POKHARA - KAGBENI - LO-MANTHANG - KATHMANDU BIKE TOUR IN NEPAL

Experience the legendary forbidden kingdom of Mustang on this thrilling 10-day Royal Enfield motorbike adventure one of the most dramatic and culturally rich motorcycle journeys on earth. This compact itinerary distills the very best of Upper Mustang into a single, unforgettable ride: from the ancient temples and buzzing streets of Kathmandu, through the lakeside serenity of Pokhara and the hot-spring valley of Tatopani, all the way to the medieval walled city of Lo-Manthang at the foot of Tibet.

Ride through the world's deepest gorge along the Kali Gandaki Valley, flanked by 8,000-metre giants Dhaulagiri and Annapurna before crossing into the restricted high-altitude desert of Upper Mustang. Discover eroded red cliffs, ancient cave dwellings, Tibetan Buddhist monasteries, royal palaces, and a landscape that resembles the Tibetan plateau more than anything else in Nepal. Venture to the Nepal-Tibet border at Kora La (4,660m) before returning south through the sacred pilgrimage site of Muktinath and the apple orchards of Marpha.

Bridge Nepal Treks & Travels brings expert local knowledge, well-maintained Royal Enfield motorcycles, experienced English-speaking road captains, and a fully supported backup vehicle ensuring that every kilometre of this ride is as safe as it is spectacular. Whether you are a seasoned adventure rider or an enthusiastic first-timer eager to explore beyond the ordinary, this is the ride of a lifetime

## Trip Highlights

- Ride iconic Royal Enfield motorcycles through the world's deepest gorge the Kali Gandaki Valley
- Enter the restricted Kingdom of Upper Mustang, closed to foreigners until 1992
- Explore Lo-Manthang, the medieval walled capital of the former Kingdom of Lo
- Visit the Nepal-Tibet border at Kora La pass (4,660m) a rare and breathtaking frontier
- Visit the Nepal-Tibet border at Kora La pass (4,660m) a rare and breathtaking frontier
- Discover ancient cave dwellings, Tibetan Buddhist monasteries, and royal palaces
- Ride through surreal desert landscapes with dramatically eroded cliffs and coloured rock formations
- Visit the sacred Muktinath Temple, revered by both Hindus and Buddhists
- Relax in Tatopani's famous natural hot springs after a long riding day
- Savour the apple orchards, brandy, and traditional architecture of Marpha village
- Enjoy the lakeside beauty of Pokhara with views of the Annapurna Himalaya
- Fully supported tour with experienced guide, backup vehicle, and permits included

## Detailed Itinerary

### DAY 1: ARRIVAL IN KATHMANDU

Welcome to Nepal! Upon landing at Tribhuvan International Airport, you will be warmly greeted by our Bridge Nepal Treks & Travels team and transferred to your hotel in the heart of Kathmandu. After checking in and freshening up, spend the afternoon exploring the vibrant streets of Thamel Kathmandu's famous traveller's hub filled with colourful shops, cosy cafes, and lively atmosphere. In the evening, our guide will provide a comprehensive tour briefing, introduce you to your Royal Enfield motorcycle, and answer any questions so you are fully prepared for the extraordinary journey ahead through the forbidden kingdom of Mustang.

Activities:

- Airport pickup and private transfer to hotel in Kathmandu
- Check-in, rest, and freshening up
- Afternoon city walk through Thamel — local culture and street life
- Optional visit to Pashupatinath Temple or Boudhanath Stupa
- Evening tour briefing, route overview, and Royal Enfield bike familiarisation
- Welcome dinner with the Bridge Nepal team

Overnight Stay: Kathmandu

## **DAY 2: KATHMANDU CITY TOUR ON MOTORBIKE & RIDE TO POKHARA**

Begin the adventure with a thrilling motorbike tour of Kathmandu's UNESCO World Heritage Sites the sacred Pashupatinath Temple, the iconic Swayambhunath Stupa (Monkey Temple), the vast Boudhanath Stupa, and the medieval Kathmandu Durbar Square. After a final pre-ride briefing covering safety protocols and route details, leave the capital behind and embark on your first major ride to Pokhara 210 kilometres of scenic countryside following the winding Trishuli River, its dramatic gorges, and occasional white-water rapids. Stop at Mugling for fresh river fish lunch, a local speciality. Arrive in Pokhara by evening at the serene Phewa Lake, with the Annapurna range reflected in the water at sunset.

Activities:

- Morning motorbike tour of Kathmandu UNESCO heritage sites
- Visit Pashupatinath Temple, Swayambhunath, Boudhanath, and Durbar Square
- Final pre-ride briefing and safety check
- Scenic ride along Prithvi Highway following the Trishuli River gorge
- Lunch stop at Mugling famous for fresh river fish
- Arrive Pokhara lakeside check-in with Annapurna views

Overnight Stay: Pokhara

Altitude: 850m

Ride Distance: Approx. 210 km

Ride Duration: 6-7 Hours

Ride Route: Kathmandu → Naubise → Malekhu → Mugling → Dumre → Pokhara

## **DAY 3: POKHARA TO TATOPANI**

After a leisurely lakeside breakfast with those iconic Annapurna reflections, gear up and head deeper into the Himalayan foothills. Today's 111-kilometre ride passes through Kusma home to one of Nepal's longest suspension bridges and the district headquarters of Baglung. The route follows the mighty Kali Gandaki River, with roads becoming increasingly adventurous as you approach Beni, the gateway to the Mustang region. Arrive in Tatopani meaning 'hot water' where natural geothermal springs provide perfect relaxation for tired muscles after your 5-6 hour riding day. A well-earned soak in the hot springs before dinner.

Activities:

- Morning departure from Pokhara via Kusma and Baglung
- Photo stop at Kusma suspension bridge
- Scenic ride following the Kali Gandaki River valley
- Arrival at Tatopani hot springs soak and relax
- Evening village walk and traditional dinner

Overnight Stay: Tatopani (Tea House)

Altitude: 1,190m

Ride Distance: Approx. 111 km

Ride Duration: 5-6 Hours

Ride Route: Pokhara → Kusma → Baglung → Beni → Tatopani

## **DAY 4: TATOPANI TO KAGBENI — GATEWAY TO UPPER MUSTANG**

Enter the world's deepest gorge as you ride north through the spectacular Kali Gandaki Valley, flanked by the towering 8,000-metre peaks of Dhaulagiri and Annapurna. Pass through traditional Thakali villages including Ghasa and Tukuche before stopping in Marpha famous for its whitewashed houses with slate roofs, apple orchards, and locally produced apple brandy. Kagbeni serves as the official checkpoint and gateway to Upper Mustang a medieval village of striking architecture, an ancient monastery, and a dramatic position at the confluence of the Kali Gandaki and Jhong Khola rivers. Spend the evening exploring the lanes of this fascinating village.

Activities:

- Ride through the spectacular Kali Gandaki Gorge
- Pass through Thakali villages of Ghasa and Tukuche
- Stop in Marpha apple orchards, brandy tasting, and traditional architecture
- Upper Mustang permit check at Kagbeni checkpoint
- Explore Kagbeni village and its ancient monastery

Overnight Stay: Kagbeni (Tea House)

Altitude: 2,820m

Ride Distance: Approx. 68 km

Ride Duration: 5-6 Hours

Ride Route: Tatopani → Ghasa → Kalopani → Marpha → Jomsom → Kagbeni

## **DAY 5: KAGBENI TO LO-MANTHANG VIA GHILLING & TSARANG**

Today's ride takes you into the heart of Upper Mustang a dramatic and deeply rewarding journey covering three distinct stages in a single day. Cross into the restricted area beyond Kagbeni as the landscape transforms into a high-altitude desert resembling Tibet. Ride through Chhusang, Samar, and Ghilling villages of traditional mud-brick houses set among surreal eroded cliffs. Cross the Ny La and Ghami La passes, passing through Dhakmar with its extraordinary red cliff faces and ancient cave dwellings. Via Tsarang home to one of Mustang's most important monasteries make the final approach across the Sungda La and Lo La passes for your unforgettable first view of Lo-Manthang.

Activities:

- Ride through Chhusang, Samar, and Ghilling — authentic Mustangi villages
- Cross Ny La and Ghami La passes with panoramic Himalayan views
- Explore Dhakmar's red cliffs and ancient cave dwellings

- Visit Tsarang Monastery and former royal palace ruins
- First arrival at Lo-Manthang the medieval walled capital of the Kingdom of Lo
- Afternoon exploration of Lo-Manthang's royal palace and monasteries

Overnight Stay: Lo-Manthang (Tea House)

Altitude: 3,860m

Ride Distance: Approx. 52 km

Ride Duration: 7-8 Hours

Ride Route: Kagbeni → Chhusang → Samar → Ghiling → Ghami → Dhakmar → Tsarang → Lo-Manthang

## **DAY 6: LO-MANTHANG: CHHOSAR, KORA LA & NEPAL-TIBET BORDER**

Dedicate a full day to exploring the extraordinary reaches of the Upper Mustang region. Venture north to the ancient settlement of Chhosar, renowned for its extensive cave systems carved into the cliffs once used as dwellings, meditation chambers, and entire villages. Visit the hilltop Namgyal Monastery with its sweeping panoramic views toward the Tibetan plateau. Depending on conditions and permissions, approach the Nepal-Tibet border at Kora La pass (4,660m) the highest point of the entire journey and a rare glimpse into the remote borderlands between these two Himalayan nations. Return to Lo-Manthang for a second evening to further explore the walled city.

Activities:

- Ride to Chhosar ancient cliff cave systems and settlements
- Visit Namgyal Monastery with panoramic Tibet views
- Approach Kora La (4,660m) Nepal-Tibet border point
- Return to Lo-Manthang for further exploration of monasteries and royal palace
- Evening cultural walk through the medieval lanes of the walled city

Travel Time: 6-7 hours total

Overnight Stay: Lo-Manthang (Tea House)

Maximum Altitude: 4,660m

Ride Distance: Approx. 70-90 km

Ride Duration: 6-7 Hours

Ride Route: Lo-Manthang → Chhosar → Namgyal Monastery → Kora La (Nepal-Tibet Border) → Lo-Manthang

## **DAY 7: LO-MANTHANG TO MUKTINATH VIA SYANGBOCHE**

Begin the return journey southward, retracing the spectacular Mustang landscape with fresh eyes and different light on those dramatic rock formations. Stop at Chungsi Cave the 'Cave of Self-Emanated Avalokiteshvara' where a naturally formed stalagmite is revered as a manifestation of the Buddha of Compassion. Pass through Syangboche and continue to the sacred Muktinath Temple, one of the world's highest religious sites at 3,800

metres, revered equally by Hindus and Buddhists for its eternal flame and 108 water spouts. The descent toward Jomsom offers stunning views of the Mustang valley.

Activities:

- Depart Lo-Manthang — return journey through upper Mustang
- Visit Chungsi Cave — sacred stalagmite of Avalokiteshvara
- Stop at Syangboche village and interact with local Mustangi community
- Visit sacred Muktinath Temple — eternal flame and 108 water spouts
- Ride through Jomsom — administrative capital of Mustang district

Overnight Stay: Marpha or Jomsom (Tea House)

Altitude: 3,800m

Ride Distance: Approx. 95 km

Ride Duration: 6-7 Hours

Ride Route: Lo-Manthang → Tsarang → Ghami → Samar → Kagbeni → Muktinath → Jomsom / Marpha

## **DAY 8: MARPHA / JOMSOM TO POKHARA**

Savour a final morning in Marpha famous for its apple orchards, traditional whitewashed architecture, and locally produced cider, brandy, and apple pies. Then begin the long descent back through the Kali Gandaki gorge, passing through Kalopani with its magnificent views of Dhaulagiri and the Annapurna massif, and through Ghasa and Beni as the landscape transforms from high desert to lush subtropical foliage within just a few hours. Arrive in Pokhara with time to visit the World Peace Pagoda for sunset views, or enjoy a relaxing boat ride on Phewa Lake to celebrate your successful completion of the Mustang circuit.

Activities:

- Morning in Marpha — sample apple products and explore traditional lanes
- Descend through Kali Gandaki gorge via Kalopani and Ghasa
- Views of Dhaulagiri and Annapurna massif from Kalopani
- Arrive Pokhara — optional World Peace Pagoda sunset or Phewa Lake boat ride
- Celebratory dinner with the team in Pokhara

Overnight Stay: Pokhara (Hotel)

Altitude: 850m

Ride Distance: Approx. 155 km

Ride Duration: 7-8 Hours

Ride Route: Marpha → Jomsom → Kalopani → Ghasa → Tatopani → Beni → Baglung → Kusma → Pokhara

## **DAY 9: POKHARA TO KATHMANDU**

Enjoy a final Pokhara breakfast with those iconic Annapurna reflections on Phewa Lake, then saddle up one last time for the final ride of this epic journey. The Prithvi Highway back to Kathmandu follows the roaring Trishuli

River gorge through lush green valleys, small roadside bazaars, and mountain scenery that never grows old a fitting farewell to the open road. Stop at Mugling for refreshments, and arrive in Kathmandu by late afternoon. Hand back the bikes to the Bridge Nepal team, then spend the evening at leisure in Thamel explore the markets, enjoy a last dinner, or simply rest and relive the extraordinary memories of the past ten days.

Activities:

- Hearty breakfast with final lakeside views in Pokhara
- Gear up and depart on Royal Enfield — final riding day
- Scenic ride along Prithvi Highway following the Trishuli River gorge
- Refreshment stop at Mugling
- Arrive Kathmandu by late afternoon — hotel check-in
- Bikes handed back to the Bridge Nepal Treks & Travels team
- Farewell dinner with the entire team — celebrating the Mustang adventure

Overnight Stay: Kathmandu (Hotel)

Altitude: 1,350m

Ride Distance: Approx. 210 km

Ride Duration: 6-7 Hours

Ride Route: Pokhara → Dumre → Mugling → Malekhu → Naubise → Kathmandu

## DAY 10: FINAL DAY & DEPARTURE

Your Upper Mustang adventure comes to a close today. After a leisurely breakfast, spend any remaining time soaking up the last of Kathmandu's vibrant energy visit a nearby temple, pick up final souvenirs in Thamel, or simply enjoy a quiet coffee reflecting on the extraordinary journey through the forbidden kingdom. Our team will assist with luggage, hotel check-out, and your airport transfer at the appropriate time. It has been an honour riding with you through one of the world's most legendary and remote landscapes we hope the roads, the mountains, the ancient monasteries, and the warm people of Mustang have left a mark that lasts a lifetime. Until next time Namaste!

Activities:

- Leisurely breakfast at the hotel
- Free time for last-minute shopping or sightseeing in Kathmandu
- Hotel check-out assistance from Bridge Nepal Treks & Travels team
- Airport transfer at scheduled time
- Warm farewell from the entire Bridge Nepal team
- Depart Nepal with unforgettable Upper Mustang riding memories

### Included Services

- Airport pickup and drop-off service
- Royal Enfield motorcycle hire (350cc- 500cc) with helmet and riding gloves

- Experienced English-speaking motorcycle guide and road captain throughout the tour
- Backup support vehicle for luggage and emergencies
- 9 nights accommodation — hotels in Kathmandu and Pokhara, tea houses on route
- Daily meals as specified (breakfast, lunch, and dinner during riding days)
- Bike fuel expenses throughout the tour
- All government taxes and service charges
- Upper Mustang Restricted Area Permit (RAP)
- Annapurna Conservation Area Permit (ACAP)
- Welcome dinner in Kathmandu and farewell dinner in Kathmandu
- 24/7 assistance from Bridge Nepal Treks & Travels throughout the tour

### Excluded Services

- International airfare and Nepal visa fee
- Travel insurance (strongly recommended for all motorcycle tours)
- Tips for guide and driver
- Hot showers and Wi-Fi at tea houses (payable locally)
- Any services not explicitly mentioned in the included section

### Fixed Departure Dates

- | |

### Frequently Asked Questions

#### **Q: Do I need a motorcycle license for this tour?**

Yes, a valid motorcycle license from your home country is required. International Driving Permits (IDP) are strongly recommended. Our team will advise on local requirements upon booking.

---

#### **Q: What motorcycles are used on this tour?**

We use well-maintained Royal Enfield motorcycles (350cc-500cc), perfectly suited for Nepal's mountain and off-road conditions. Pillion riding is also available on request

---

#### **Q: : How difficult are the roads on this tour?**

The tour ranges from moderate to challenging. Paved highways connect Kathmandu, Pokhara, and the lower Kali Gandaki valley, while the Upper Mustang segment involves unpaved mountain tracks and river crossings. Some prior off-road or mountain riding experience is helpful, but our experienced guide will support you throughout.

---

### **Q: What is the altitude on this tour?**

The highest point is Kora La at 4,660m near the Nepal-Tibet border. Lo-Manthang sits at 3,860m. Altitude acclimatisation is built into the itinerary with a gradual ascent. Staying well hydrated, avoiding alcohol at high altitude, and listening to your guide's advice is strongly recommended

---

### **Q: What is the best time for this motorbike tour?**

The best seasons are Spring (March - May) and Autumn (September - November). These seasons offer dry roads, clear skies, and the finest mountain views. Upper Mustang is also one of the few areas in Nepal that is accessible during the monsoon (June - August) due to its location in the rain shadow.

---

### **Q: Is this tour suitable for beginner riders?**

Intermediate riding experience is recommended. You should be comfortable riding on winding mountain roads. Complete beginners may find the Upper Mustang tracks challenging, but our guides will always be present to assist and advise.

---

### **Q: Can I customise the itinerary?**

Absolutely. Bridge Nepal Treks & Travels specialises in tailored journeys. Contact us to discuss custom departure dates, extended routes, additional days in Lo-Manthang, or alternative destinations

---

### **Q: What should I pack for this tour?**

Riding jacket and trousers, sturdy riding boots, warm thermal layers for high altitude, light clothing for lower elevations, rain gear, sunscreen, sunglasses, and a small day-pack. A complete packing list is provided upon booking.

---

### **Q: Why choose Bridge Nepal Treks & Travels?**

We are a locally owned and operated company with deep roots in Nepali adventure travel. Our guides are passionate riders with intimate knowledge of every route in Mustang. We prioritise your safety, comfort, and authentic cultural experiences at every stage of the journey

---

## **Trip Information**

- About The Trek

---

**Bridge Nepal Treks & Travels**  
[www.bridgenepaltreksandtravels.com](http://www.bridgenepaltreksandtravels.com)

