

MOUNTAIN BIKE THE
DEEPEST VALLEY IN THE WORLD
LOWER MUSTANG, NEPAL

ENDURO THIN AIR



Experience a variety of terrain as you travel through this remote region, from smooth singletracks beneath pine trees to fun doubletracks and steep, loose switchbacks that test your skills.

Along the way, you'll cross suspension bridges over deep ravines and wooden bridges over streams, with the Mustang trails offering plenty of twists and turns for an adrenaline-filled ride.

Your journey begins in Kathmandu, continues through the Nagarkot Hills, and heads on to Pokhara - the gateway to the world's deepest valley.

This thrilling mountain bike adventure plunges into the heart of the Himalayas, guiding you through exhilarating trails in the Lower Mustang region, including the renowned Lubra Valley trail.

Traverse high-altitude paths surrounded by villages seemingly untouched by time. Conquer a variety of challenging terrains and bask in the mesmerising vistas of Lower Mustang.

Meticulously crafted, this tour ensures you savour not only first-rate biking experiences but also delectable cuisine and immersive cultural encounters.

Are you ready for an unforgettable holiday that delivers adrenaline-charged trails, rich cultural discoveries, and memories that will stay with you long after your final ride?

OVERALL

Duration:
11 Days 10 Nights

Ride Type:
All Mountain / Enduro

Skill Level:
5 (Intermediate)

Fitness Level:
4 (Fit Enough)

Number of Ride Days:
6

Ride Duration per Ride Day:
4 hours

Guide to Client Ratio:
1:4

TOUR DATES
11-21 OCT, 2027

PACKAGE PRICE
USD 3,500





INCLUDES

- ✓ All land transportation: Baggage and bike transfers, airport pick-up and drop-off
- ✓ 3 domestic flights: KTM–PKR, JOM–PKR, PKR–KTM
- ✓ Shuttle service & back-up vehicle (4x4 Mahindra Bolero)
- ✓ All meals during bike days in Lower Mustang (breakfast, lunch, dinner from Day 04 to Day 09)
- ✓ Twin-sharing accommodations:
  - ✓ 3-star hotels on a B&B plan in Kathmandu and Pokhara
  - ✓ Teahouses in Lower Mustang
- ✓ A Singapore host, English-speaking local MTB guides, and a dedicated support team

EXCLUDES

- ✗ International airfare
- ✗ Nepal visa
- ✗ Travel and medical insurance
- ✗ Personal expenses
- ✗ Mountain bike rental
  - ✗ Full suspension bikes: USD 45–70/day
  - ✗ E-bikes: USD 110/day
- ✗ Meals (lunch & dinner) in Kathmandu & Pokhara
- ✗ Single supplement room option: USD 499
- ✗ Beverages (alcoholic & non-alcoholic)
- ✗ Guide tips (USD 150 recommended)

TRIP HIGHLIGHTS

HIGH ALTITUDE HIMALAYAN SINGLETRACK
Ride flowing trails and ancient footpaths high above the clouds (between 3,000 - 4,000m) and experience grin-inducing descents in a truly alpine setting.

FULLY SUPPORTED MTB TOUR
Travel with ease thanks to comprehensive support and shuttle services throughout your adventure, giving you peace of mind as you explore and ride.

MAGICAL LOAMY FORESTS
Enter the quiet, mossy rhododendron and pine forests of Ratnange, famous for its hero-dirt singletrack trails that feel wild, remote and perfectly natural.

EXHILARATING FLIGHT
Board a small aircraft and fly through the world's deepest valley. Marvel at the stunning landscapes below on a thrilling journey from Jomsom to Pokhara, revealing the full beauty of Lower Mustang's diverse terrain.

ANCIENT CITIES
Wander through Kathmandu's timeless streets and immerse yourself in its centuries-old culture. Then venture to Marpha and Kagbeni, each with its own unique heritage to explore.

THE WATERS OF TATOPANI
Immerse yourself in the rejuvenating warmth of Tatopani's hot springs, where mineral-rich waters soothe both body and spirit, offering a unique sense of relaxation and renewal.

MAGIC OF THE LOWER MUSTANG
Ride through villages and hamlets, meet welcoming locals, and experience a vibrant culture they're eager to share with visitors.

UNESCO WORLD HERITAGE SITES
Marvel at the cultural and architectural wonders of Nepal's historic UNESCO sites and discover the spiritual richness of Muktinath Temple - a sacred destination revered by pilgrims around the world.



DETAILED ITINERARY

DAY 01

ARRIVAL IN NEPAL + WELCOME DINNER

Welcome to Nepal. A land of breathtaking landscapes and vibrant cultural heritage. Upon arrival, our representatives will greet you at the airport and transfer you to Thamel in Kathmandu. Once settled, we'll assemble our bikes for the adventure ahead, followed by a trip briefing and a welcome dinner in the evening.

DAY 02

RIDE 'ASIAN ENDURO SERIES' TRAILS IN NAGARKOT

The hills of Nagarkot feature 8 unique trails, each catering to different riding styles and providing the perfect setting for a tune-up ride. This area is also home to the annual Himalayan Enduro (AES Race), a high-adrenaline event beloved by riders. With our support vehicle on hand, you'll confidently navigate the thrilling descents and take in the breathtaking views. After a day packed with excitement, we'll drive back to Thamel, sharing stories of the day's adventures.

DAY 03

MORNING FLIGHT TO POKHARA + DRIVE TO LETE (2,500M)

A short 25-minute flight from Kathmandu brings us to Pokhara. From there, we embark on a scenic 5-hour drive along the main highway toward Mustang, passing through the picturesque towns of Kalopani and Lete. Travelling alongside the sacred Kali Gandaki River (one of Nepal's holiest waterways), we'll pause at Tatopani's hot springs before heading deeper into the Mustang. Enjoy the sweeping views of some of the world's highest peaks as you relax on the drive. By the time we reach Lete at 2,500m, you'll be ready to unwind and soak up the peaceful surroundings. Welcome to Mustang, a land rich in both ancient culture and breathtaking landscapes!

DAY 04

ACCLIMITISATION + WARM UP RIDE AROUND TITI LAKE (2,727M)

Acclimatisation is crucial at high altitudes, so today we'll take a three-hour loop ride through Lete's pine forests and around Titi Lake, mixing singletrack, jeep trails, and paved roads, and visiting two picturesque lakes along the way. Surrounded by the towering peaks of Dhaulagiri and Annapurna, this route offers a perfect introduction for the rides ahead. We'll return to Lete for the night, rest up and get ready for more mountain adventure.



DETAILED ITINERARY

DAY 05

‘TOWER POWER’ + ‘YAK BAK’ TO KAGBENI (2,800M)

We’re going higher baby. Following a smooth drive up to Jomsom, we take the road less travelled up to Jomsom Tower at 2,743m to commence our descent of the ‘Tower Power’ switchback trail on loose terrain. After lunch, we drive up to Phalyak on the other side of the valley, to ride the ‘Yak Bak’ trail all the way down to the river, which we cross before riding into Kagbeni. We’ll spend the night in a 200-year-old teahouse lodge, nestled in the timeless charm of this remote mountain village.

DAY 06

‘TEMPLE RUN’ + ‘THE HOOK’

Today starts with a shuttle to the high point of our journey at 4,200m. As we descend ‘Temple Run’ trail toward Muktinath, the rocky terrain rides surprisingly smoothly. At the pass, we take a detour to ride ‘The Hook’ - a cliff-hugging trail that will tighten your grip. From there, it’s an exhilarating drop down seemingly endless singletrack, eventually settling at 2,800m for another peaceful night under the stars in Kagbeni.

DAY 07

SIGNATURE LUBRA TRAILS

We start our day with a spot of ‘Lubracation’, a 4km descent with clues as to what lays in store on the renowned 7km ‘Lubra” trail. On the ‘Lubra’ trail itself, you will view breathtaking panoramas at every turn as you navigate thrilling switchbacks, before blazing across the desert-like land. After a quick stop for lunch, most people opt to ride ‘Lubra’ trail a second time. The descents wrap up with a pedal / shuttle back to Jomsom, where you can rest and reminisce about the day’s adventures.



DETAILED ITINERARY

DAY 08 **‘REBEL’S HIDEOUT’ TREK + DOWNHILL RIDE TO JOMSOM**

After breakfast, get ready for a trek of more than 800m vertical to reach the awe-inspiring Rebel’s Hideout – an alpine paradise that will capture your heart. We’ll pause for lunch by the tranquil lake before beginning our descent toward Jomsom, eventually returning to Lete. This all-mountain ride demands plenty of energy, so save enough to tackle the thrilling trails and soak in a day of breathtaking views.

DAY 09 **FLY BACK TO POKHARA. RELAX**

After breakfast, we’ll catch a morning flight to Pokhara, energised by the excitement of accomplishing our journey. Once in Pokhara, the lakeside area provides the perfect setting to unwind, surrounded by scenic beauty and a lively atmosphere. In the evening, we’ll gather for a traditional closing dinner, and a chance to share stories, celebrate, and soak in the final moments of the tour.

DAY 10 **FLY BACK TO KATHMANDU + PACK BIKES**

In the morning we'll fly back to Kathmandu, to begin packing our bikes. Spend the rest of the day exploring the city - browsing for souvenirs, relaxing in a café, or soaking up the local sights. Enjoy this downtime before we conclude our Nepal adventure.

DAY 11 **INTERNATIONAL DEPARTURE**



TRAVEL INFO

VISA

Visas for Nepal can be obtained upon arrival at Kathmandu's airport (recommended) or in advance from your home country via http://online.nepalimmigration.gov.np/tourist-visa.

A 15-day visa costs USD 30. To speed up processing, bring the exact amount in cash and two passport-sized photos.

ALTITUDE & HEALTH

Acclimatisation is crucial for tackling the elevations we'll face on this trip. Our 'ride high, sleep low' approach at the trip's start helps you adjust. If you're in good health with no specific concerns, this routine usually suffices.

Please inform us of any health issues so we can offer tailored guidance. For extra reassurance against altitude effects, consider arriving a day or two earlier and joining an acclimatisation ride around Kathmandu.

TRAVEL INSURANCE

Travel and medical insurance is mandatory for all riders. Your policy must include coverage for helicopter rescue (Heli-evac) in the mountains. Please provide us with a copy of your insurance and your passport before travelling.

CLOTHING TIPS

Nepal's temperatures vary widely from day to night. Choose breathable layers that keep you warm without causing you to overheat, allowing you to adapt to changing conditions. Pack a few sets of riding clothes and comfortable footwear for the downtime between rides.



THINGS TO NOTE

SKILL & FITNESS LEVELS

This adventure demands a skill level of 5, with trails graded Blue and Red. A fitness level of 4 is recommended as the trails can involve carrying and pushing your bike.

Biking in these conditions can be challenging, so always ride within your comfort zone and skill level. Regularly maintain your bike and stay hydrated. **Respect your limits!**

PACKING LIST

- Well-serviced full-suspension mountain bike with disc brakes
- Helmet
- Body armour (knee pads, elbow pads)
- MTB clothing (jerseys, shorts/trousers, long socks, shoes, gloves, buff, windbreaker, sunglasses)
- Skincare essentials (lip balm, sunblock)
- Hydration pack & supplements
- Additional clothing (thermal wear, fleece, beanie, sandals)
- Multi-tool, Swiss Army knife & puncture repair kit
- Spare brake pads & hanger
- Optional items (sleeping bag, headlamp)
- Weather conditions vary widely and change quickly. Be prepared for all scenarios.

FOOD & ACCOMMODATION

The Teahouses in the Lower Mustang offer local cuisine, that tends to be spicy. Western dishes are also available. Expect clean and comfortable accommodations with hot showers, in each village.

SAFETY ASSURANCE

Your mountain bike leader is a certified First Aid Responder from Himalayan Medics, ensuring your safety throughout the journey.

PAYMENT

- Payment is to be made directly to Gnarly in USD.
- A deposit of USD 1,000 is required 4 months before the tour.
- The balance is due 1 month before the tour. Alternatively, it may be paid in cash upon arrival.
- Bank charges must be borne by the sender.

NOTE: If for any reason, you are unable to attend the tour, your payment can be transferred to another tour.

BANK DETAILS

Account Name: **Gnarly Pvt Ltd.**
Account No.: **132011 0000 3773**
Swift Code: **NIBLNPKT**
Bank: **Nepal Investment Mega Bank Ltd.**
Address: **Thamel, Kathmandu, Nepal**
Phone: **+977-01-4701357**



TESTIMONIALS

“YES! Truly amazing experience and such a different holiday to last year which was in my top 3, now this year has pushed it out. Thanks, boys, for making it special and thanks to Shyam and your wonderful team.”

Paul Kiff (UK)

“No question this was a trip to remember, thank you all for making this epic. I know we have all done many bike trips, but I have to say this one was off the chain.”

Dean Kearns (Australia)

“What a fantastic, memorable experience. I am forever in debt to each of you, it has been the experience of a lifetime. Thanks for having me with. See ya’s next time.”

J.J Meyer (South Africa)

“It’s people that make trips truly great. You guys made this one of the best holidays of my life. Thanks all.”

Rico Esmeijer (Netherlands)

“Awesome. Looking back at our trip I have to say how impressed I am about how organised you made everything. The rides were perfectly selected to match our skills, yet challenging and fun. The accommodations were top notch. The beds I slept in were better than my own at home! The service the drivers and trail guides provided were over the top, helping in the kitchens, serving the meals, cleaning and lubing the bikes... I felt like a spoiled, "prince"! This was one of most expensive vacations I have had, but worth every penny! It really was a great deal for all we got. Remember, I'm basically a dirt bag surfer at heart!”

Mike Conway (USA)



WHY CHOOSE GNARLY?

At Gnarly, we live and breathe riding, driven by a passion for exploration and adventure.

We're not just tour planners - we're architects of exhilarating experiences that set new standards for holiday thrills. Our goal is simple: to craft journeys that amplify your enjoyment, allowing you to savour the very best that Nepal has to offer while returning home with tales to inspire fellow adventurers.

Gnarly isn't just another name in the industry; we've been the driving force behind some of the most exciting events and tours of recent years. From organising prestigious races like the AES (Asian Enduro Series) to crafting epic bike tours such as 'Enduro Thin Air' and 'Everest Express', we know what it takes to transform a standard holiday into an unforgettable experience.

So, join us and discover a journey that is more than just a ride - it's a deep dive into the very essence of life and adventure. With Gnarly, you're not just booking a tour; you're creating memories that last long after the wheels have stopped spinning.





ATTENTION PARTICIPANTS

Your safety is our priority. Before embarking on the tour, it's crucial for all participants to disclose any pertinent medical history to our team. Your well-being matters, and this information enables us to ensure a safe and enjoyable experience for everyone. This important step allows our team to be fully aware of any medical conditions you may have. It empowers us to remind participants about their regular medications if necessary, ensuring that everyone can maintain their health throughout the tour. We're committed to creating a secure environment for all, and your cooperation in sharing medical information plays a pivotal role in achieving this goal. Let's prioritise safety and enjoyment as we embark on this adventure together!

TRIP WAIVER

The following Trip Waiver constitutes release of liability, waiver of claims, assumption of risks and indemnity agreement. By signing this document, you will waive certain legal rights, including the right to sue. Please read carefully. Exclusion of Liability except where stated otherwise, GNARLY PVT.LTD. acts as agent for service providers when making arrangements for your ENDURO THIN AIR – LOWER MUSTANG MTB TOUR where GNARLY PVT.LTD. provides services, it will do so with due care and skill. GNARLY PVT.LTD. is not responsible for the acts and omissions of others, including airlines and accommodation providers or for any loss, damage, death, injury or expense (including loss of money paid in advance), which you may incur as a consequence of the acts and omissions of others. You warrant that you have not relied on any representation made by GNARLY PVT.LTD., any travel agent or other Representative, which has not been stated expressly in any written or electronic statement from us. GNARLY PVT.LTD. will not accept responsibility or liability if you contravene any law or regulation of any country or region visited. Any independent arrangements that you make that are not a part of the GNARLY PVT.LTD. trip (including pre- and post-accommodation) are entirely at your own risk and GNARLY PVT.LTD. cannot and does not give you any assurance, representation, or warranty in connection with any such arrangements.

To the fullest extent permitted by law and subject to the exception set out below, GNARLY PVT.LTD. does not accept liability for any loss, damage, death or injury however caused (including through negligence), which you may directly or indirectly suffer in connection with or arising from this contract or your participation in a trip, or in respect of a failure or omission on the part of GNARLY PVT.LTD. to comply with its obligations under this contract, or in respect of any other conduct that GNARLY PVT.LTD. undertakes in connection with a trip. To the fullest extent permitted by law and subject to the exception set out below, you also agree to release GNARLY PVT.LTD. and its officers, employees, agents and representatives from all costs, liability, loss and damage incurred by you in connection with your participation in any trip, and waive any associated claims that you may have against GNARLY PVT.LTD. or its representatives as a result of your participation in any trip. For these purposes, GNARLY PVT.LTD. enters into these Conditions as trustee or agent for its Representatives.

In entering into this Agreement, I am not relying on any oral or other written representations or statements made by GNARLY PVT.LTD. with respect to the safety of tours, other than what is set forth in this agreement. I confirm that I have read and understand this agreement prior to signing it, and I am aware that by signing this agreement I am waiving certain legal rights which I or my heirs, executors, administrators and representatives may have against GNARLY PVT.LTD.

