

Mustang Valley Nepal

Rider Handbook

02 to 19 March 2023

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Welcome to an Experience Never Felt Possible!

Congratulations on Dreaming Big and joining the Nepal Experience Not Felt Possible Tribe, we could not be more excited to share this experience with you.

We believe a true Experience is more than 'reaching a goal' - it is the journey you take and the memories you create on the way to 'the top of your mountain' that make us the people we are.

To achieve this, we design our Experiences using with the following criteria:

- **Meaning** - the experience has personal meaning to you
- **Sacrifice** - you are giving up something to embark on this experience
- **Acquisition** - you need to learn a new skill or achieve a new level of fitness
- **Giving** - there needs to be component of helping others
- **New Setting** - somewhere you have not been before

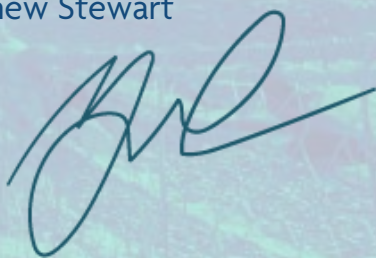
To do this you need to Dream Big, think what is possible rather than impossible and when we remove constraints we open up the possibility of having Experiences Not Felt Possible.

Our belief is that when you create an experience that does this it will become a memory that is etched as a page in your book of life.

We are honoured to be part of your Experience Not Felt Possible.

DREAM BIG

Matthew Stewart





SCOTT SINCLAIR

GENERAL MANAGER

Scott has spent many years leading high performance Supercar teams with experiences most people would only dream of (including winning a Supercar Championship). Scott has managed racing teams at some of the best circuits in the world but now finds himself leading travellers on Experiences Not Felt Possible. All this whilst being a super dad to his three daughters.



SANJIB

NEPAL PROJECT MANAGEMENT AND LOGISTICS

A seasoned adventure tour operator since 2003 with first hand knowledge of the trails and creating unique travel experiences. Having worked and travelled throughout Nepal, Tibet, Sri Lanka other parts of Asia and Australia, trekking and biking trails are his backyard. With more than 10 expeditions from Lhasa to Kathmandu via Everest Base Camp his stories are numerous.



ROB BELL

0418 714 590 DIRECTOR

Rob manages our Experience Not Felt Possible business, as well as marketing and technology across all our businesses including PEAK, Employ Health, and Experience Not Felt Possible. He has experience working on multiple multi day biking experiences including riding from Townsville to Brisbane, Brisbane to Sydney (twice) and having been a member of the Nepal Mountain bike Experience Not Felt Possible tribe multiple times.

THE FORBIDDEN KINGDOM

Why the Mustang Valley?

The Kingdom of Upper Mustang was once a forbidden destination and now offers an immense opportunity to see and embrace the untouched lifestyle of the local people, inspiring social practice and authentic religious and cultural aspects of their lives.

This mixed with unique landscapes creating natural Himalayan biking trails. The Upper Mustang is a 'bucket list' adventure for mountain bikers from all over the world.

EXPERIENCE HIGHLIGHTS

- World's highest pass - View 3 x 8,000m peaks from one place
- Access what used to be a restricted area
- Remote lifestyles – no modernisation
- Full immersion with local people and traditions
- Exposure to mixed Buddhist and Hindu culture
- Experiences enriched by Tibetan culture
- Bucket list biking destination
- Epic ride and flight in between two 8,000+ meter peaks
- All things apple: Apple gardens, apple cider and apple pie
- Mixed Himalayan high desert to tropical topography
- Biking through age old infrastructure and salt trading route to Tibet
- Hustle and bustle of Kathmandu with temple and monasteries
- Relaxed lakeside environment of Pokhara

NEPAL VISA

On arrival you'll be required to get a single-entry travel visa for the 18 days. As we are travelling from Thursday 2nd of March to Sunday 19th of March, we are in Nepal for 18 days. The Nepal Visa options are 15 days for \$30USD or 30 Days for \$50USD. You will be required to choose the 30 day option.

We are staying at the:

The Address Kathmandu Hotel in Kathmandu

Everyone is required to carry \$50USD into Kathmandu, Nepal. This will aid with a quick entry into the country and ensure everyone makes his or her way to baggage.

MONEY

The local currency is the Nepalese Rupee (NPR).

We suggest that you budget \$50AUD per day for food. We also recommend people travel with a debit card that can withdraw more cash for additional expenses such as presents, additional trips or other expenses. Nepalese tourism has a tipping culture for guides and porters.

Please also put aside \$80 AUD for guide tips. Feel free to tip more if you want.

The Current Exchange Rate is \$1 AUD is \$90NPR

WATER

Throughout the Experience water will be available for purchase from the towns we pass through and stay in. We recommend using bottled water including for brushing teeth. Water should be budgeted for in your daily food budget and ranges in price from \$1 - \$3 AUD per Litre bottle.

Purchasing water is your responsibility.

SAFETY AND SECURITY

Pickpocketing and petty theft is common, especially at tourist sites and airports.

- Carry only what you need. Leave other valuables, including your passport in a secure location.
- Carry a copy of your passport at all times
- Don't tempt thieves – avoid showcasing expensive materials
- Avoid carrying bags that are easy to snatch
- Walk on footpaths (where available)
- Pay attention to your belongings
- Never accept food, drink, gum or cigarettes from strangers
- Stick with people you trust – avoid travelling alone

FATIGUE

Riders will be monitored by the guides and support staff to look for signs of fatigue. You will be encouraged to eat and drink regularly as well as maintaining good coverage with sunscreen or long clothing. Helmets, glasses and cycling gloves will be worn at all times.

Guides will keep an eye on you looking for signs of fatigue or altitude sickness, and have plans in place to accommodate you. If you are feeling unwell or fatigued to the point where you need support please ensure you communicate with your guides - they are here to help you.

FOOD

Set against the backdrop of the Himalayas, the people of Nepal have many different backgrounds and ethnicities, and this multitude of influences is reflected within the country's cuisine. Nepalese dishes are generally healthier than most other South Asian cuisine, relying less on using fats and more on chunky vegetables, lean meats, pickled ingredients and salads. Whilst Nepal does take heavy influences from its closest geographical companions such as India, China and Tibet, this mountainous country only opened up its borders to outsiders in the 1950s. This factor, in addition to transport and trade difficulties in Nepal's geographical setting, has maintained a focus on using locally grown produce.

Common ingredients found across Nepalese cuisine include: lentils, potatoes (which are particularly popular within the Newar communities in the Himalayas and Paharregion), tomatoes, cumin, coriander, chilies, peppers, garlic and mustard oil.

POWER + ELECTRICITY

In Nepal the power plugs and sockets are of Type C, D and M. The standard voltage is 230V and the standard frequency is 50Hz. Type C is the most common.

Please understand that as we travel to more remote locations the availability of power is not always predictable. Another option is to take a "Power Bank" as a back up. Most teahouses will have some sort of power to charge cameras and phones.

INTERNET + PHONE COVERAGE

Kathmandu and Pokhara will have public Internet access (Wi-Fi). Once we move into the ride Internet is commonly available at our guest houses but can not be guaranteed.

We recommend that travellers who require some form of communication with back home during the experience either speak with their Australian provider to get international roaming or purchase a Nepal SIM card in Kathmandu or Pokhara. Please understand that there will be periods or days where there may be limited or no Internet connection. If you do get a local SIM card we ask you to share the number in case of an emergency and contact from Australia is required.

EMERGENCY RESPONSE

We take your safety (and that of the group) very seriously. Our Risk Management Plan has highly detailed responses to differing types of scenarios – from a serious crash-related injury to treating riders for fatigue.

We carry a well-stocked Remote Area First Aid Kit, as well as a Satellite Phone.

CLIMATE

The month March is one of the best months to visit Nepal. The weather and visibility during these months are just perfect for trekking and outdoor activities. The average daytime temperatures are around 20°C (68°F): just the perfect temperature to enjoy hikes and walks without getting sweaty.

For riding below 4000m, the daytime temperatures in this season will normally allow rider to be comfortable in a t-shirt and a long sleeve shirt - possibly a light jacket on some days. Above 4000m a fleece jacket may also be needed. At altitudes above 3000-3500m, night-time temperatures will be low (often down to around freezing), but a down jacket or staying tucked up comfortably in a warm guest house will be enough to stay comfortable.

Most days riding altitudes will be between the range of 2500m and 3500m, meaning a t-shirt and jacket will be appropriate. For the hike up Thorong La Pass, and after helicoptering up to Lake Tilicho, we will be well above 4000m in altitude. This will mean that multiple layers of clothing will be needed during the day in order to avoid freezing and hypothermia. These days the temperature will be below zero.

RECOMMENDED VACCINATIONS

Currently full COVID-19 vaccinations are needed to travel to Nepal. The main recommended vaccinations for Nepal are Hepatitis A, Typhoid, and Meningitis.

Boosters are also recommended for Tetanus, Polio, Mumps, and Measles.

Depending on your travel plans; you may also consider inoculations against Japanese Encephalitis, Hepatitis B, and Rabies. This is especially important if you have young children, are visiting for an extended period of time, working in health care, or visiting rural areas and the Terai.

You no longer need a COVID-19 test to travel to Nepal if you're fully vaccinated. You'll need to present your COVID-19 vaccination certificate on arrival in Nepal.

Please consult your GP/Doctor.

BIKE EQUIPMENT

- ☐ MOUNTAIN BIKE
- ☐ 2 x KNICKS
- ☐ 2 x JERSEYS
- ☐ SOCKS (4 - 5 Pairs)
- ☐ GLOVES
 - 1 x RIDING PAIR
 - 1 x WARM PAIR
- ☐ HELMET
- ☐ BIKE PARTS
 - Derailleur Hanger
 - Tubes
 - Brakes
 - Chain Links
 - Dry Condition Chain Oil
- ☐ CHAMOIS CREAM
- ☐ CYCLING SHOES

OTHER EQUIPMENT

- ☐ SUNGLASSES
- ☐ UNDERWEAR (4 - 5 PAIRS)
- ☐ THERMALS (2 - 3 PAIRS)
 - LONG SLEEVE TOPS
 - LONG BOTTOMS
- ☐ LIGHTWEIGHT FLEECE
- ☐ LIGHTWEIGHT FLEECE PANTS
- ☐ T SHIRTS (3 - 4)
- ☐ TOILETRIES
- ☐ WALKING / HIKING SHOES
- ☐ NEPAL POWER ADAPTER
- ☐ POWER BANK
- ☐ HEAD TORCH
- ☐ CASH AND PHOTO ID
- ☐ CAMEL PACK - HYDRATION
- ☐ WATER BOTTLE (600ml +)
- ☐ SLEEPING BAG LINER
- ☐ DEVICE CHARGER & ADAPTER
- ☐ DRY BAGS FOR WASHING

BAGS

- ☐ DAY PACK - WHAT YOU WANT TO CARRY EACH DAY
- ☐ 30L BAG - FOR 3 DAYS FROM LAKE TILICHO TO BESI SAHAR

FIRST AID KIT

- ANTISEPTIC CREAM
- INSECT REPELLENT
- PAIN KILLERS
- ANTI INFLAMMATORY
- ALTITUDE MEDICATION
- HAND SANITISER
- DIARRHEA MEDICATION
- CONSTIPATION MEDICATION
- BAND AIDS
- HYDRATION TABLETS/POWDER
- THROAT LOZENGES
- ANY OTHER MEDICATION PRESCRIBED BY YOUR DOTOR

WE WILL PROVIDE

- ☐ LONGSLEEVE SHIRT
- ☐ HAT
- ☐ WARM JACKET
- ☐ DUFFLE BAG

USE OF JEEPS

In Nepal a 4WD car will usually be referred to as a Jeep.

We will have a support Jeep that will be with us for the part of our Experience where we are in the Mustang Valley. The role of this Jeep is to manage the transportation of our luggage between where we stay and to provide emergency support for our travellers where there is a medical situation. It is not provided for riders who feel like a rest day or part of a day.

If you are unable to ride due to fatigue or being unprepared and Jeep transport is required outside of the support Jeep that travels with us this will come at an additional charge to the rider. The cost for a Jeep varies based on where we are located however as a rule of thumb \$350 AUD per day should be used as a guide for the cost of a Jeep per day. If there is more than one rider that requires the use of a Jeep then this cost will be split between the number of riders in the Jeep.

ITINERARY CHANGES

In the event that you are not able to continue riding for a day or number of days our guides are equipped with a number of alternative plans and routes to accommodate your needs. This may involve getting a Jeep to take you from one location to another where you can remain with the riding group for that evening or where you are taken to a forward location where you may wait for the rest of the riding group for a day or possibly two. If this happens one of our guides will accompany you. Any changes to the itinerary of the Experience made for the Traveller will be paid for by the Traveller. This covers any additional travel, transportation and accommodation costs involved with the unanticipated changes.

Changes caused by the following are not covered by ENFP:

- Being unable to keep up, or a lack of fitness
- Wanting to depart the Experience early
- Not wanting to participate and needing transport to the next destination.

Where there is a medical emergency this is something that should be covered under your travel insurance however there may need to be payment for evacuation transport and medical services before these are approved by your travel insurance provider.



START OF TOUR

Bikes will need to be brought to Nepal in a bike box. They will be assembled either in Pokhara or Kagbeni (specifics provided in Kathmandu), where we will be leaving the bike boxes while we are on the Experience.

BIKE SERVICE

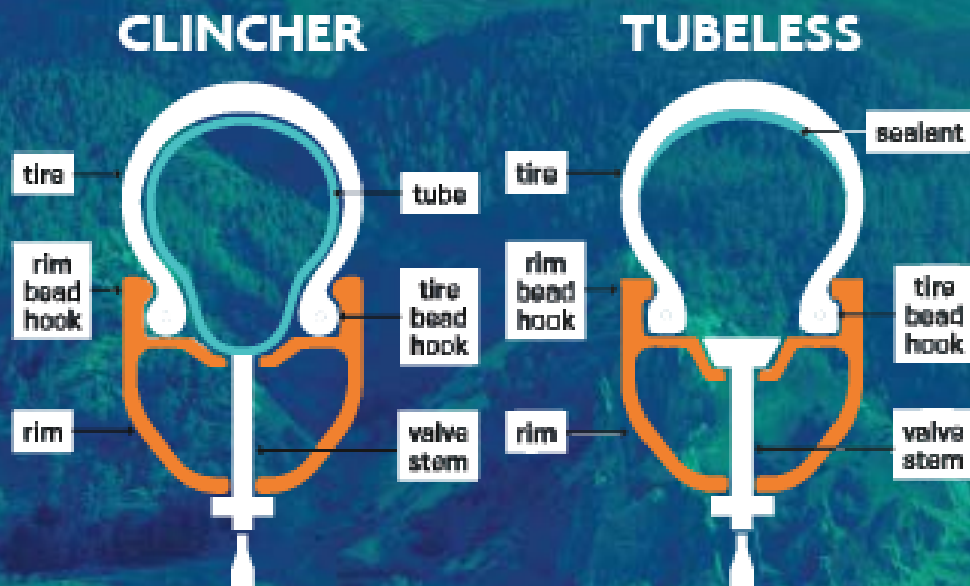
Prior to the Experience it is important that you enter your bike in for a service, just as you would with a vehicle before a trip. Take your bike to your local bike shop and they should be able to help you make sure your bike is ready to go.

TUBELESS TIRES

Tubeless tires feature the same general cross-section as a conventional clincher, but without an inner tube. Instead, a layer in the tire casing or liquid sealant is used to make the tire impermeable to air. The rim and tire beads have a different shape than conventional clinchers, with interlocking profiles that form a seal under pressure. Please note CO2 cartridges are not permitted on domestic flights within Nepal, so carrying a spare tube is essential.

END OF TOUR

Bikes will be packed into their boxes by their owners at the end of the ride. These will be transported back to Kathmandu, ready for transport back to Australia. Be sure to know your baggage weight limit of your flight and pre-book additional baggage for your return flight if you need to.



RIDING SHOES

Clip in mountain biking shoes can be a great investment for this Experience. They allow you to walk comfortably and easily clip into your pedals when you ride.

This decision however is up to your personal preference and what you have trained with. Some days include pushing your bike for sections and there are some long stretches of walking. Keep that in mind when deciding on what shoes to use.



KEY NEPALESE TERMS

These key Nepalese terms will be useful for communicating with the local people we will meet in villages and teahouses on our experience.

MANNERS

Hello / Greetings	- Namaste
Thank you	- Dhanyabad
Excuse Me / Sorry	- Maaph garnuhos
Good bye	- Pheri bhetaunla
How are you?	- San tché tcha ?
Fine, thank you, and you?	- Malai sanchai chha, tapai ?
You are welcome	- Tapailai swagat cha.

GENERAL

Yes	- Ho
No	- Hoīna
I Understand	- Mabujhchu
I Don't Understand	- Maile bujhina
My name is...	- Mero naam <NAME> ho
You're welcome	- Kehi

COMMERCE

How much is it?	- Kati ho?
I would like to buy this one!	- Kinnunuparyo
I'm just looking around.	- Yeso hereko

NUMBERS

One Ek	Two Dui	Three Tin	Four Char	Five Pancha
Six Chha	Seven Sat	Eight Ath	Nine Nau	Ten Das
Twenty Bis	Thirty Tis		Fourty Chalis	Fifty Pachas
Sixty Sathi	Seventy Sattari		Eighty Asi	Ninty Nabbe
One Hundred Ek Say		One Thousand Ek Hajar		Ten Thousand Das Hajar

TITLES

Mother - Aama
 Father - Baa - OR - Buwa
 Older Sister - Didi
 Older Brother - Dai
 Younger Sister - Bahini
 Younger Brother - Bhai

When to use: Not only would you use these when speaking to a sibling, you can also use these pronouns when speaking to a friend to make them feel like part of your family.

Mustang Valley Map



RIDING SCHEDULE

DAY 1 FLY - AUSTRALIA TO KATHMANDU

DAY 2 FLY - KATHMANDU TO POKHARA

DAY 3 REST DAY IN POKHARA

DAY 4 DRIVE - POKHARA TO KAGBENI

DAY 5 RIDE - KAGBENI TO SAMAR

DAY 6 RIDE - SAMAR TO GHAMI

DAY 7 RIDE - GHAMI TO TSARANG

DAY 8 RIDE - TSARANG TO LO MANTHANG

DAY 9 LO MANTHANG EXPLORE - OPTIONAL CHUSAR CAVES

DAY 10 RIDE - LO MANTHANG TO YARA

DAY 11 RIDE - YARA TO TANGGE

DAY 12 RIDE - TANGGE TO CHHUSANG

DAY 13 DRIVE - CHHUSANG TO MUKTINATH - HIKE TO PHEDI

DAY 14 HIKE - THORONG LA PASS - DRIVE TO JOMSOM

DAY 15 HELICOPTER TO LAKE TILICHO - RIDE TO MANANG

DAY 16 RIDE - MANANG TO CHYAMCHE - DRIVE TO BESISAHAR

DAY 17 DRIVE - BESISAHAR TO KATHMANDU

DAY 18 FLY - DEPART FROM NEPAL

AUSTRALIA TO KATHMANDU

Fly from Australia to Kathmandu - arriving March 2nd. You will be met by the team after you collect your baggage at the airport and taken to the accommodation. We are staying at The Address Kathmandu Hotel in Kathmandu. Get to know the rest of the travellers and relax before the Experience kicks off.

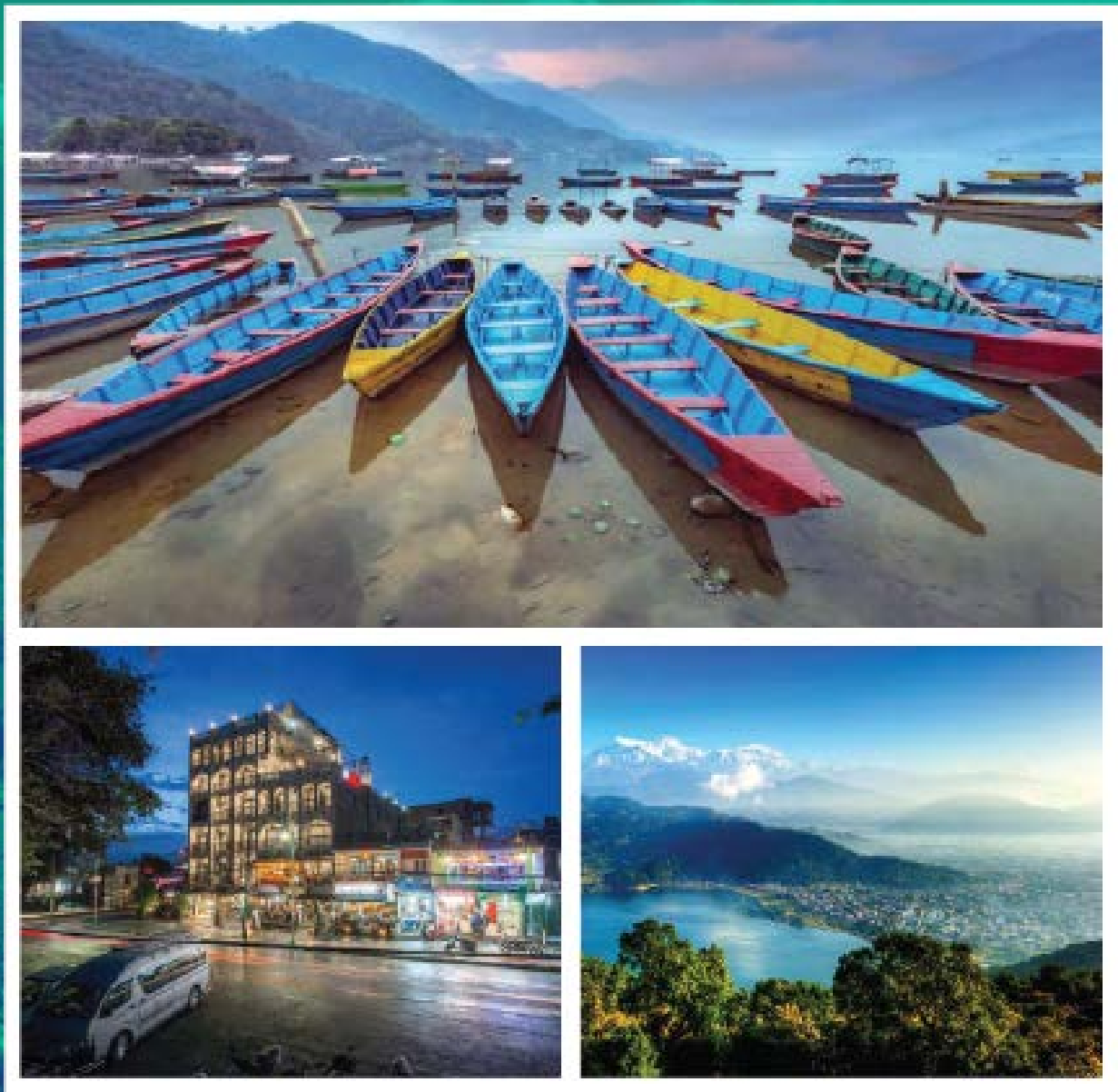


NOTE

Do not give your bags to any unidentified porters or take assistance with your bags. Stay as a group where possible and ask the team members for assistance. Passports will need to be given to the team members in order to complete the documentation for the Mustang Valley and Annapurna Permits.

KATHMANDU TO POKHARA

We are flying from Kathmandu to Pokhara which is a short 30 minute flight. Pokhara, otherwise known as the Jewel of the Himalaya is on a picturesque lake that is full of temples and other attractions. This is a good location to pick up any last minute necessities before we head up to the Mustang Valley.



Enjoy your free afternoon to explore the town of Pokhara, there is a lot for you to see and do. Your stay in Pokhara will be at the Tuki Resort.

POKHARA EXPLORATION DAY

Take the day to explore the beautiful lakeside town of Pokhara. Rent out paddle boats and take to the lake. Visit the Pokhara Peace Stupa and a Hindu temple located on an island on the lake.

The town has plenty of attractions for you to explore.

Pokhara even offers Tandem paragliding from the nearby Sarankot.



POKHARA TO KAGBENI

We drive from Pokhara to Kagbeni, going from an altitude of 820m to 2743m. This is an exciting journey, coming up between two of the highest peaks in the world.

In Kagbeni, we will put together our bikes to be ready for the first ride of the Experience the next morning. Kagbeni is the starting point of our riding in Nepals Mustang Valley and is home to the world famous Yak Donalds Tea house.



KAGBENI TO SAMAR

Departing from Kagbeni we ride North along the river that snakes through the Mustang Valley. Riding into the Chhusang region of the valley, the days riding is a total of 28.05km with an altitude gain of 1808m.

We finish the days ride with the climb up and into the village of Samar, where we spend the night.

DAILY STATISTICS

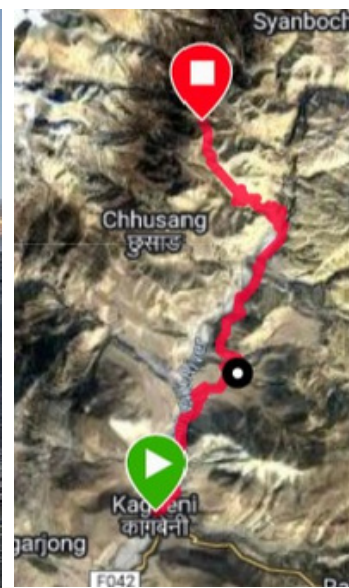
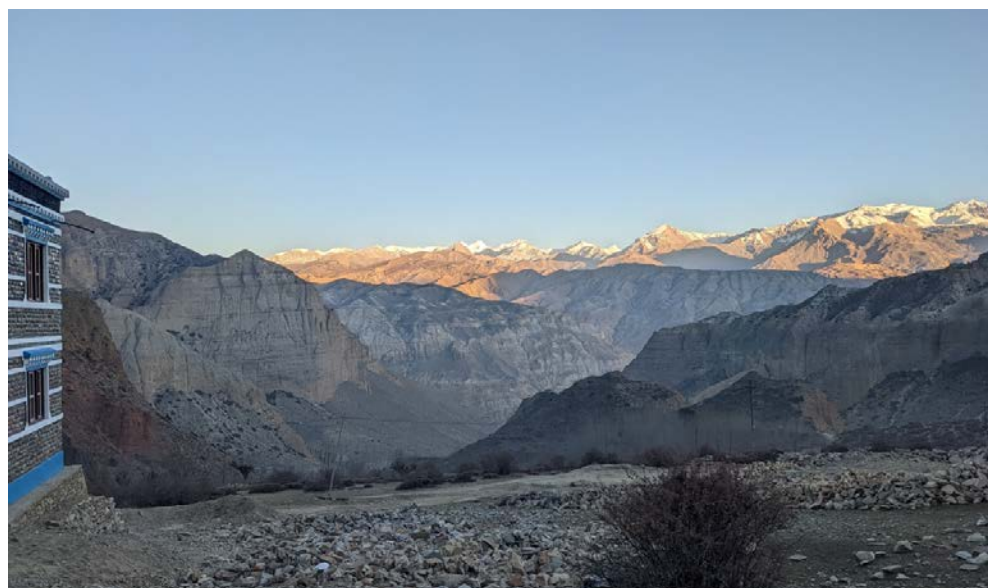
DISTANCE: 28.05 Km

ALTITUDE GAIN: 1,808m

HIGHEST ALTITUDE: 3616m

APPROX RIDE TIME 7 Hrs 20 Min

LUNCH LOCATION: Chele



SAMAR TO GHAMI

Today's ride is equal parts uphill and downhill, dipping down approximately 1000m and then climbing back up approximately another 1000m. We leave the small village of Samar and ride further North to the Mustang Valley village of Ghami.

Covering 33km, these tracks will be good fun and provide plenty of challenge. We reach a maximum altitude for the day of 4000m - giving us a taste of what higher altitudes will be like, before returning down to 3601m for the night.

DAILY STATISTICS

DISTANCE: 33.9 Km

ALTITUDE GAIN: 1349m

HIGHEST ALTITUDE: 3995m

APPROX RIDE TIME 7 Hrs 50 Min

LUNCH LOCATION: Syanboche



GHAMI TO TSARANG

Riding uphill out of Ghami, we head on some less defined tracks towards the ancient temple of Ghar Gumpa. We will stop here for a pre packed lunch before riding downhill to Tsarang, a beautiful old town with Stupas and old temples to explore.

You will definitely be feeling the the altitude above 4000m, but the downhill will be worth it.

DAILY STATISTICS

DISTANCE: 15.8Km

ALTITUDE GAIN: 1300m

HIGHEST ALTITUDE: 4140m

APPROX RIDE TIME 7 Hours

LUNCH LOCATION: Ghar Gumpa



TSARANG TO LO MANTHANG

Riding from Tsarang to Lo Manthang, we will be taking off early in the morning to give you more time in the ancient capitol city.

As we ride down into the walled city, you will be able to admire the view of it perched among the mountains.

DAILY STATISTICS

DISTANCE: 12.3 Km

ALTITUDE GAIN: 750m

HIGHEST ALTITUDE: 3970m

APPROX RIDE TIME 4 Hours

LUNCH LOCATION: Lo Manthang



LO MANTHANG EXPLORATION

After a few solid days of riding, we take a rest day in Lo Manthang and take the time to explore the Forbidden Kingdom's capital. Optional day expeditions are offered - with you being able to join a local guide into the nearby cave systems. These are options that are additional costs. The cultural landmarks throughout Lo Manthang are sure to be a highlight for the Experience. The ancient walls and temples of the city are full of history.



LO MANTHANG TO YARA

Leaving Lo Manthang and heading South into the valley, we now explore the Eastern section of the valley. The day has some small steady inclines followed by some exciting downhill action. We finish the day pulling into Yara, where we stay for the evening. We will reach a maximum altitude for the day of 4045m before the descent to Dhee village (3390m) at the Kaligandaki river bank then a gentle climb to Yara at 3607m.

DAILY STATISTICS

DISTANCE: 19.8 Km

ALTITUDE GAIN: 782m

HIGHEST ALTITUDE: 4045m

APPROX RIDE TIME 6 Hrs 30 Min

LUNCH LOCATION: Dhigaun



YARA TO TANGEE

Start the day with some uphill then take flat and push sections for a few minutes. Once you get to the top of the first hill which is about 1.5km from the start your single trail ride starts for another 3.5km until you get to the gorge of Dhye Khola (river). From the top we push or carry bikes to the river bank for about 600m then we cross the river.

Starting the ride up the jeep track for about 8km to get to the top of the pass which is 4,015m high. This section is 3km long then we reach at the ridge of the hill from where we can see a beautiful 6km trail going downhill till the end of our view. Tangge village is at the bottom of this hill.

DAILY STATISTICS

DISTANCE: 21.1 Km

ALTITUDE GAIN: 985m

HIGHEST ALTITUDE: 3906m

APPROX RIDE TIME 6 Hrs 50 Min

LUNCH LOCATION: Surkhang



TANGEE TO CHHUSANG

This is probably the largest and most challenging days for the group.

From the Tea House to the river side which is 2.4k and mostly rideable, we cross the river. From here it is a continuous uphill where the bikes are carried by horses to the top of Baha Pass. Where we hike to the altitude of 4,330m. It is 4.5k from the bottom of the hill until the top of the pass and could easily take 5-6 hours.

We have no support vehicle and have no tea house in between so packing lunch and bringing sufficient water is very important. From the start to the top of the pass is 7km.

From the pass we start riding bikes on the single track. You can enjoy this single trail ride for another 12km. When you see Chhusang from the top of the hill then the trail gets very technical downhill. This part is about 4km in distance.

DAILY STATISTICS

DISTANCE: 28.9Km

ALTITUDE GAIN: 1418m

HIGHEST ALTITUDE: 4330m

APPROX RIDE TIME 9 Hrs 10 Min

LUNCH LOCATION: Packed lunch on-route



CHHUSANG TO MUKTINATH - PHEDI

Today is a lower intensity day, starting with a jeep ride from Chhusang up to Muktinath. We enjoy lunch and a break in Muktinath before hiking a short 4km up to PEDI, where we stay and prepare for our next days hike. PEDI is the highest location that we will be staying on the Experience, with an altitude of 4190m. This makes layered clothes essential as temperatures will drop even lower overnight.

DAILY STATISTICS

DISTANCE: 4.8 Km

ALTITUDE GAIN: 486m

HIGHEST ALTITUDE: 4113m

APPROX HIKE TIME: 2 Hrs 20 Min

LUNCH LOCATION: Muktinath



THORONG LA PASS TO JOMSOM

Taking off early in the morning from Phedi, we will be hiking up Thorong La Pass to the highest point we reach on the experience, 5416m above sea level. This hike will be extremely cold, and you will need to have multiple layers of clothing to protect you from the conditions.

This is one of the more difficult challenges we will take on over the experience. Hike back down the pass, through Phedi to Muktinath, where we will Jeep down to Jomsom.

By the end of the day we will have descended 2673m lower.

DAILY STATISTICS

DISTANCE: 20.64 Km

ALTITUDE GAIN: 1527m

HIGHEST ALTITUDE: 5416m

APPROX HIKE TIME 10 Hrs 50 Min

LUNCH LOCATION: Muktinath



TILICHO LAKE TO MANANG

Starting the day in Jomsom, we helicopter up to the world famous Lake Tilicho - one of the highest lakes in the world. This is one of the highlights of the trip at an altitude of 4920. From there we then bike downhill along the track to Manang.

For this portion of the trip through to when we reach Kathmandu, you will need to carry everything that you need on yourself. Keep in mind that you will still need warm clothes for the altitude and evenings - but the less you have to carry on yourself the better.

DAILY STATISTICS

DISTANCE: 24.18 Km

ALTITUDE GAIN: 745m

HIGHEST ALTITUDE: 5009m

APPROX RIDE TIME 7 Hrs

LUNCH LOCATION: Tilicho Base Camp



MANANG TO CHYAMCHE - BESISAHAR

The last day of riding and the longest on the Experience. This portion of the Experience takes place in the Annapurna region, and you will notice that on this side of the mountain range it is an entirely different ecosystem. We will enjoy a lot of downhill riding, finishing the ride in Chayamche.

From there we will Jeep on to the city of Besisahar to spend the night.

DAILY STATISTICS

DISTANCE: 70.5 Km

ALTITUDE GAIN: 1600m

HIGHEST ALTITUDE: 3550m

APPROX RIDE TIME 8 Hrs 10 Min

LUNCH LOCATION: Chame



BESISAHAR TO KATHMANDU

A big day in the bus, we start early and do what we can to get to Kathmandu as soon as possible. The traffic and logistics on this day will determine what time we arrive in Kathmandu but we plan on getting into Kathmandu late afternoon. While not as up close as it has been on the bike, you will get to see a lot of Nepal today, all the different ecosystems and villages along the way.

Enjoy this rest day after your massive efforts on the Experience.



KATHMANDU TO AUSTRALIA

Depending on your booked flight time, you may have time today to explore Kathmandu.

Remember the safety instructions and try to stick together in groups where possible. Make sure to get to the airport with plenty of time, as checking your bike box can take longer than usual. You must have a valid VISA on your passport in order to depart the country.

Flying out from Kathmandu Airport concludes the Mustang Valley ENFP, but we will see you back in Australia soon, and the experiences you had will be with you for the rest of your life.





THE CUSTODIAN WAY

GROUP OF COMPANIES

PEAK


EmployHealth



EXPERIENCE NOT
FELT POSSIBLE