

Himalayan Journeys

MTB Escapades

Nepal is blessed with terrain that attracts outdoor bugs of all kinds, mountain bikers being no exception. Explore two journeys in the Himalayan highlands on two wheels, combining dusty trails, immaculate natural beauty, and age-old culture along the way. Here are brief itineraries of two popular Himalayan journeys: Annapurna Circuit and Upper Mustang.

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Annapurna Circuit

This classic mountain biking adventure around the Annapurnas leads you through pristine villages inhabited by diverse ethnic groups while riding along arguably the most beautiful Himalayan range. Since being opened to tourists in 1977, the route didn't take long to be one of the most popular for getting away from the hustle and bustle of urbanized towns and into awe inspiring Himalayan wilderness. Biking across Thorung La Pass at 5,416 m, the highest point in this biking trip, will be quite a feat. The climb—certainly requiring some mettle, often times having to push or carry your bike—is followed by the thrill of going downhill all the way to the holy Muktinath Temple, an experience to savor for a lifetime. Wash away your sins, or so goes the legend, at the 108 spring taps in Muktinath, and dip in the hot springs in Tatopani to relax your muscles after a challenging bike trip. From the alpine landscape of Manang to the deserts of lower Mustang, ride along the best of both worlds in mountain biking journey around Annapurna.



Day 01	Drive from Kathmandu to Besi Sahar. Bike from Besi Sahar to Khudi
Day 02	Bike from Khudi to Tal
Day 03	Bike from Tal to Chame
Day 04	Bike from Chame to Manang
Day 05	Rest day at Manang
Day 06	Bike from Manang to Yak Kharka
Day 07	Bike from Yak Kharka to Thorung Phedi
Day 08	Bike from Thorung Phedi to Muktinath, via Thorung La Pass (5,416 m)
Day 09	Bike from Muktinath to Tukuche, via Jomsom
Day 10	Bike from Tukuche to Tatopani
Day 11	Bike from Tatopani to Beni. Drive from Beni to Pokhara

Note: You can also choose to either fly (35 min) or drive (10 h) from Jomsom or Pokhara.



Upper Mustang

Dominated by an endless expanse of otherworldly landscape on the southern tip of the Tibetan plateau, Upper Mustang carries isolated and mystical vibes. Complementing the wild and erratic landscape is this Forbidden Kingdom's rich and pristine native tradition that dates back centuries. Biking here instantly makes you a local celebrity, as children with scary wind-blown hair and apple red cheeks surround to greet you. We bike mostly along jeep tracks to reach the walled city of Lo Manthang, the crown jewel of Upper Mustang. Ride on arid landscape through immaculate and distinctly Tibetan villages,



Day 01	Drive from Kathmandu to Pokhara
Day 02	Fly from Pokhara to Jomsom. Bike from Jomsom to Kagbeni
Day 03	Bike from Kagbeni to Chele
Day 04	Bike from Chele to Ghami
Day 05	Bike from Ghami to Lo Manthang
Day 06	Rest day at Lo Manthang
Day 07	Bike from Lo Manthang to Ghami, via Dhakmar
Day 08	Bike from Ghami to Samar
Day 09	Bike from Samar to Chhuksang
Day 10	Bike from Chhuksang to Jomsom
Day 11	Drive from Jomsom to Pokhara, via Beni

meet friendly locals, admire giant Himalayan mountains on the horizon, and get on a horse when you feel like taking a break. Upper Mustang biking trip will indeed make for quite a humbling experience, and a holiday of a lifetime.

Note: You can also choose to either fly (35 min) or drive (10h) from Pokhara to Jomsom, and vice versa. Alternatively, you can ride on jeep tracks from Jomsom to Beni, whence Pokhara is a 4-hr drive away.