NEPAL

'Upper Mustang'

Thank you for your interest in our Nepal – Upper Mustang adventure.
It's the jewel in the crown among our tours! We were one of the very first that went up to Upper Mustang in 2016 with a group of motorcyclist and since then we have developed an awesome tour that leads you to places where not many others have gone on a motorcycle.

Nowadays is Lo-Manthang, the 'capital' of Upper Mustang more accessible, but we still have some special (day)trips to some very remote villages/places in the area where others don't go.

Nepal is an extraordinary country for riding your motorbike, on- and off-road. Adventure is guaranteed! Below follows some information that you should know before we meet in Kathmandu.

Tour package.

Duration:	14 days (including arrival and departure day).
Participants:	min 4 and max 8 riders.
Pillion/passenger:	Pillion is not possible. Passenger, one in the support car.
Type motorcycle:	Honda CRF 250L including fuel and 3rd party insurance.
Support-vehicle:	Yes, we'll bring a 4WD car with a mechanic, your luggage, snacks and water and even fuel (there are no gas stations in Upper Mustang).

ITINERARY*

From:	To:	Distance:	Altitude:	Accommodation:
Home	Kathmandu	-	-	Luxury Hotel
Kathmandu	-	-	1200 m	Luxury Hotel
Kathmandu	Gorkha	160 km	1400 m	Hotel
Gorkha	Pokhara	110 km	1200 m	Luxury Hotel
Pokhara	Kalopani	120 km	2500 m	Guest house
Kalopani	Chele	90 km	3100 m	Guest house
Chele	Lo-Manthang	70 km	3700 m	Hotel
Lo-Manthang	Lo-Manthang	Day trip	3700 m	Hotel
Lo-Manthang	Kagbeni	80 km	2800 m	Guesthouse
Kagbeni	Tatopani	95 km	1300 m	Guesthouse
Tatopani	Bandipur	150 km	1100 m	Guesthouse
Bandipur	Kathmandu	145 km	1200 m	Luxury Hotel
Kathmandu	Home	-	-	-

* *The itinerary can be adjusted due to rider skills, weather conditions and/or the political situation*.

PRICE TOUR PACKAGE *

Price rider (own bike):	**€ 4990**
Price pillion/passenger car:	**€ 2490**
Single room supplement:	**€ 390****

** All prices are per person and are subject to change depending on accommodations, bike rental costs, etc. and applicable taxes, currency changes or VAT, etc.*
*** We can't always guarantee single rooms in Upper Mustang (at one location). But most of the time it works out fine.*

What's included?

- ✓ 14 days holiday with lots of good off-road riding and an authentic cultural experiences.
- ✓ All accommodation (luxury hotels in Kathmandu and Pokhara) and (few basic) guesthouses and hotels in Mustang.
- ✓ Very experienced Explore360 motorcycle guide (multi lingual) and local staff.
- ✓ 4-WD support-vehicle for luggage, food, gasoline, spare-parts, spare-bike, etc.
- ✓ Local mechanic (on spare-bike).
- ✓ Emergency equipment: 1st Aid kit, tools, spare-parts.
- ✓ Garmin inReach - satellite emergency system.
- ✓ Guided tours in Kathmandu and Lo-Manthang.
- ✓ Entrance fees, tolls and parking fees.
- ✓ All breakfasts, lunches and dinners during the tour.
- ✓ Honda CRF 250L including fuel and 3rd party insurance.
- ✓ Upper Mustang permits TIMS and ACAP ($ 550 per person).

What's not included?

- International flight tickets to and from Kathmandu, Nepal.
- Alcoholic) drinks*
- Travel-, Medical- and Cancellation-insurance (including helicopter Medevac). Make sure you have checked and arranged this!
- Visa; online or you pay upon arrival on the International airport Kathmandu.
- Personal expenses.
- Tips for local Nepalese staff.

**We will create a Kitty (common wallet) for the payments of drinks/alcohol. When not drinking alcohol, you'll contribute less.*

Riding abilities.

Am I good enough to join this tour?
For sure you don't need to be a hard-core off-road/rally expert.
But you do need experience with travelling in foreign countries and with riding on gravel.

We have different levels for our different tours.
The Upper Mustang tour is a level 3 (out of 5), where we do want to emphasise that for this you need to be healthy and in a good physical condition (also because of the high altitudes). The riding, in combination with the weather and/or altitude can make it challenging en strenuous.

The days can be long, depending on many factors, so you have to be comfortable in most situations in order not to suffer fatigue too quickly.
The pace is relaxed, it is not a competition, we are traveling and will take a break frequently. There will be time enough to take pictures, movies, rest etc.

On this tour we'll have a resting day in Lo-Manthang to enjoy local cultural highlights, and to refuel energy. You are on high altitude (3.800 m) so your body needs to adapt.

WHAT TO BRING?

Documents:

- **PASSPORT** (valid for 6 months with at least 2 consecutive blank pages. Please check Visa requirements for your country of origin, prior to travel)
- **DRIVER'S LICENSE** (Must be in English with a photo. Alternatively an accompanying official translation.
- **INTERNATIONAL DRIVERS LICENSE.**
- **MEDICAL AND TRAVEL INSURANCE DETAILS** (including helicopter Medical Evacuation) MANDATORY!
- **COVID-19**. Check latest requirements online.
- **CREDIT CARD**: there are ATM's in Kathmandu and Pokhara. Payment with card only in cities, hardly in Mustang.
- **CASH** (US$) for the visa and also for the deposit for the motorcycle (500 US$).
- **VISA**: Many countries can obtain a visa when entering Nepal at Kathmandu airport. You can pre-fill in the form online at home: https://nepaliport.immigration.gov.np/ . Costs $ 30 for 15 days visa (2025). Check your Foreign Affairs department what is needed when traveling from your country.

Gear/clothes:

- **Protective riding gear** with good ventilation (suit, helmet, gloves, etc). The temperature can fluctuate between 30° Celsius (Kathmandu/Pokhara) and 5° C up in the mountains or when it's raining.
- **Boots.** Bring hard (enduro)boots with hard ankle protection. It will safe you leg/ankle and therefore your holiday!
- **Sunglasses** and **sunscreen** and lip balm (with UV protection)
- **Light rain gear /rain jacket.** Temperatures can drop when riding on high altitude or when raining.
- **Casual wear** for evening dinners and non-riding days.
- **Warm fleece and hat.** Dress in layers, when riding and after during those cooler days/evenings.
- **Hydration back-pack.** Highly recommended! Necessary very handy to prevent dehydration (also to prevent altitude sickness).
- **Camera.** These magnificent views you want to capture!

- **Headlight** (like a Petzl). Some guesthouses have no electricity during the night.
- **Power bank.** Electricity is not always 24/7 available so bring a power bank as a back-up for charging you electronic equipment/phone.
- **Sleeping bag + travel pillow.** Please bring a light sleeping bag (2 season), or you can buy one for a friendly price in Kathmandu. It can be cold during the nights in the some of the guesthouses in Upper Mustang (extra blankets are available).
- **Travel towel.** Please bring a quick drying travel towel, when up in Mustang some of the accommodations are basic.
- **Swimming trousers / bathing suit.** You don't want to miss having a beer in the hot-springs in *Tatopani*.
- **Waterproof soft-bag**. You can leave your big hard suit-case in the storage of Dalai La hotel and bring a soft-bag (max 60 litre) in the support car for bringing your personal clothes during the tour.
- **Tank- or small (waterproof)tail-bag**. If you'd like to bring some gear on your bike (camera, rain-gear), please bring a small tail-bag which you can strap on the back. Or you can bring your own small (!) tank-bag (the CRF is a small bike).
- **ROK-straps/bungee cords**. If you'd like to strap a small (waterproof) bag on the back of your bike, bring some ROK-straps.
- **Your spirit for adventure!**

MEDICAL / VACCINATIONS
Please contact your local health authority for which vaccinations are needed/ mandatory. This varies per country.

Malaria. We will not go to the south of Nepal in the area around *Chitwan*, where malaria prophylaxes are recommended. When extending your tour to visit Chitwan, please advise your local health authority.

Medicines. Don't forget your personal medicines. Some painkillers and medicines against travellers-diarrhoea (Imodium) are recommended to bring. As well as re-hydration solutions (like *Resorb/ORS*).

Altitude sickness / Acute Mountain Sickness (AMS). To prevent altitude sickness it is advised to increase the altitude of where to sleep around 500 m. a day ("ride high, sleep low"). Our itinerary is adapted to that. Besides good rest, drinking enough water, it is important to avoid drinking *excessive* amounts of alcohol, smoking and other depressant drugs including, barbiturates, tranquillisers, sleeping pills and opiates. These further decrease the respiratory drive during sleep resulting in a worsening of symptoms.
There is a medicine (*Diamox*) against the symptoms of AMS, please advise your local health authority before using.
Drinking lots of water, 1 litre extra per 1000 meter in altitude is recommended, so please bring that hydration back-back.

SAFETY

Travel / medical insurance
Make sure that your insurance covers medical evacuation by helicopter! This might be the only way out of Mustang in case of an emergency. Inform us about the policy and contact number of your insurance.

Motorcycle Insurance.
The motorcycles have only 3rd part insurance. So basically what you damage is what you'll pay. These bikes are sturdy and can take a beat, so don't worry too much ;)
When involved in an accident, you might be ending up settling it on the spot together with the police and the other party.
The deposit is $ 500 per person to be paid in cash to BS-motorbikes (rental company). You will get the full amount back when no damage.
[Note: in Sweden, ERV (insurance company) has an insurance that covers up to € 2.500/SEK 25.000 self-risk on damage to rental vehicles].

Garmin inReach
We'll bring a Garmin InReach (SOS beacon that works via satellite). So in case of an emergency we can always call for help or evacuate you by helicopter.

Security

Nepal is a save country. But use common sense and take basic safety precautions. Keep valuables locked away and don't wear expensive watches or jewellery, flash expensive cameras, etc. If in doubt, ask the guide or at your accommodation for safety guidelines.

ROAD TRAVEL WITHIN NEPAL

Nepal has an extensive road infrastructure including national roads and secondary roads. Most roads are in reasonable condition, but there are a few exceptions, with some great gravel roads for our Mustang experience**.**

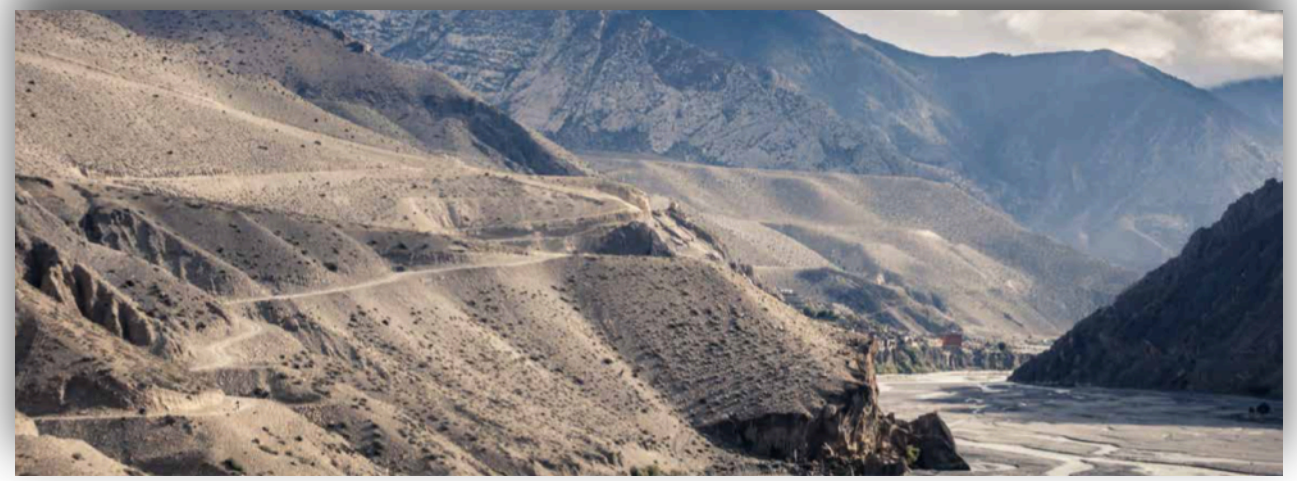
Traffic. In Nepal the traffic is on the left-hand side and especially in bigger cities/ towns (very) chaotic. But when driving slow accidents are less likely to happen. On the main roads buses and trucks are on top of the hierarchy and take over whenever they feel like it. Keep always cautious and 'expect the unexpected'!

Speed limits. Keep an eye out for the designated speed limit as these may vary depending on road conditions and law enforcement does take place next to the road.

Driver's license: You may use a valid driver's license issued in your own country as long as it has a photograph, the signature of the holder and is in English.

International Drivers license. It is mandatory you carry an official translation of your license / an international driving license. You should always have your driver's license with you when you are driving, as you will be asked to produce it if you are being pulled over by local police.

Fuel: Fuel is included in the tour price and we will refuel with the whole group. When going to Upper Mustang we'll bring our own fuel in the car as there are no gas stations there.



OTHER USEFUL INFORMATION

NEPAL

Is a landlocked -between China and India- central Himalayan country in South Asia. It has a population of 26.4 million and is the 93rd largest country by area. Bordering China in the north and India in the south, east, and west, it is the largest sovereign Himalayan state. In the past there have been some political issues with India that resulted in the border being closed for import/export (such as fuel), which led to shortage and long cues.

TIME: UTC/GMT +5:45

CLIMATE/WEATHER

Climate is influenced by maritime and continental factors, and has four distinct seasons. Spring lasts from March to May, and is warm with rain showers, and temperatures around 22°C. Summer, from June to August, is the monsoon season when the hills turn lush and green. Temperatures can get quite warm, up to 30°C and more during heat waves.

Autumn, from September to November, is cool with clear skies and is the most popular season for trekking in Mustang. Temperatures are not too warm, with daily maxima about 25°C and cool nights with minima of 5°C, it usually does not rain for more that one or two days during the entire autumn and the winter season. In winter, from December to February, it is cold at night with temperatures sometimes below zero. However, the maximum temperatures can still reach up to 20°C. Then the mountains are covered with snow including some high hills.

CURRENCY
Nepal has the Nepalese Rupee (NPR). The value is 1000 NPR = 7,0 € / US$ 7,5 (Feb 2025).

ATM.
There are cash machines available in bigger cities and towns like Kathmandu, Pokhara and Jomsom, where you can withdraw Nepalese rupees.

CASH.
Bring US$ in cash. Not only for the motorcycle deposit ($ 500) but you can always change in case needed. We fill the Kitty (common wallet) with Rupees which you can take out from an ATM.

WATER.
Water in Nepal is not safe to drink for us. When traveling to remote rural areas you should take your own drinking water along. We will buy bottled water to fill up camel bags etc.

ELECTRICITY
The Nepalese electricity supply is 220/230 volts AC 50 HZ. Up in the rural areas (Upper Mustang), electricity is not always available 24/7. In Nepal the power sockets used are of type C, D and M. More info you can find here: http://www.power-plugs-sockets.com/nepal/

Type C: This socket also works with plug E and F

Type D: This socket sometimes works with plug M

Type M: This socket has no alternative plugs

In some of the guesthouses we'll stay they have a limited period of time per day or no electricity. So we recommend to bring a power pack in case you need to charge your phone/camera.

COMMUNICATIONS
Nepal is a developing country and is extending their communication infrastructure. Internet and Wi-Fi are accessible in most urban areas but not always in rural areas.

A number of mobile phone network providers offer national coverage. When having the possibility for duals sim we suggest you'll buy a local sim card. Otherwise bring a second phone for the local sim card with internet connection.

You might not have phone connection for some stays in Upper Mustang, this is also depending of your own provider and it might get possibly very expensive. You can buy a local sim-card where you'll have connection in most places.

WiFi. Is available in the hotels in Kathmandu and Pokhara and in some stays on our way up to Upper Mustang. It can still be slow and unstable though.

TIPS AND TIPPING
As a rough guide: give like 10% to a waiter in a restaurant.

AIRPORT PICK-UP / DROP OFF. You will be picked up by a driver (with a Explore360 sign) when arriving at Kathmandu International airport and brought back when departing. Please send your flight numbers and arrival and departure timings to us.

TRAVEL SUITCASE / SOFT-BAG.
When traveling with all your gear you can bring a big suitcase. You can leave it in the Dalai La hotel where we stay upon arrival and when we come back. For during the tour, please bring a *waterproof soft-bag* (max 60 litres) which we bring on the roof-rack or flat-rack of the car.

HOTEL ARRIVAL/DEPARTURE: We will stay picturesque family owned boutique hotel called Dalai-La hotel in *Thamel*, the touristic area of Kathmandu the first two, and last night of the tour.

Info Dalai La Boutique hotel:
Address: Chaksibari Marg, Thamel, Kathmandu, Nepal.
Tel: +977 1 4701436 / 4701437
Email: info@dalailaboutiquehotel.com
Web: https://dalailaboutiquehotel.com/