



UPPER MUSTANG MOTORCYCLE EXPEDITION

Ride into the Forbidden Kingdom

THE LAST FORBIDDEN KINGDOM. HIDDEN BEYOND THE ANNAPURNA AND
DHAULAGIRI RANGES LIES A LAND SHAPED BY WIND, SILENCE AND CENTURIES OF TRADITION.

14 DAYS • 13 NIGHTS

ROYAL ENFIELD HIMALAYAN 450

PREMIUM MOTORCYCLE EXPEDITION

*"Ancient trails. Tibetan culture. High-altitude desert. One extraordinary ride through the hidden
Himalayas of Nepal."*



WHY THIS EXPEDITION IS DIFFERENT

A Complete Journey Across *Nepal*

"This is Upper Mustang without the rush."

Most Upper Mustang itineraries are built around a single objective: reach Lo Manthang and turn back. The riding days are long, the stops are brief, and the return follows the same road in reverse. Riders finish exhausted, having seen the destination but barely experienced.

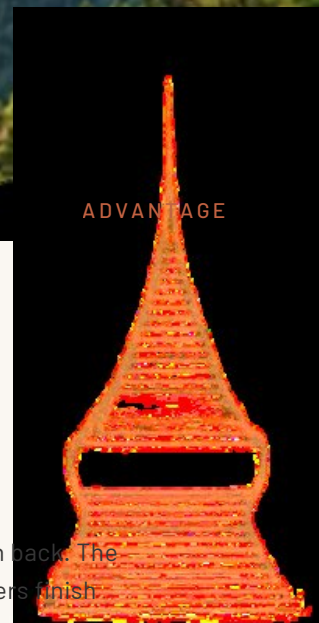
This expedition was designed from the ground up to solve that problem.

First, the pacing is deliberate. Rather than racing through Tsarang in an hour, you arrive in the late afternoon with time to walk the crumbling dzong, visit the red-walled monastery and watch the light change over the eroded canyons. In **Lo Manthang**, two nights mean you can explore the Chhoser sky caves, ride out to the remote gomapa at Namgayal and still have an unhurried evening inside the walled city.

Second, the route extends well beyond Mustang itself. After **descending** through the Kali Gandaki, riders spend a second day in **Pokhari** before continuing south into an entirely different Nepal – the subtropical lowlands of **Chitwan**, where jungle safaris replace mountain passes, and the hilltop trading town of **Bandipur**, frozen in time since the highway bypassed it decades ago. The expedition closes in **Kathmandu**, where three millennia of history sit layered between temple squares and narrow alleys.

Third, the support structure removes the usual friction of Himalayan motorcycle travel. A **dedicated mechanic** travels with the group. Luggage moves separately. Hotels are selected for character and comfort, not just availability. Permits, permits, stop calls and border formalities are handled in advance so riders can focus entirely on the road and the landscape.

The result is an expedition that treats Upper Mustang as the centrepiece of a much larger story – one that spans climate zones, cultures and centuries across the full breadth of Nepal.



CULTURAL DEPTH

Two nights in Lo Manhang, a full evening in Tasrang, wildlife in Chitwan, heritage in Bandipur and temples in Kathmandu. Every stop is given the time it deserves.

COMFORT & SUPPORT

Experienced expedition team, dedicated mechanics, carefully prepared Royal Enfield Himalayan 450s, premium hotels and heritage properties throughout the journey.



EXPEDITION OVERVIEW

The Upper Mustang Route

MUSTANG ROUTE

D1 Pokhara —125 km → D2 Kalopani —75 km → D3 Muktinath —90 km → D4 Tsarang —40 km → D5-6 Lo Manthang

RETURN & SOUTHERN NEPAL

D7 Lo Manthang —145 km → D8 Marpha —155 km → D9 Pokhara —175 km → D10-11 Chitwan —150 km → D12-13 Kathmandu

ROUTE HIGHLIGHTS

Total Distance: ~1,200 km | Duration: 13 Days | Max Elevation: 3,800m (Muktinath)

EXPEDITION STATISTICS



DURATION

14 Days • 13 Nights

TOTAL RIDING DISTANCE

Approximately 1,200 km

HIGHEST ALTITUDE

3,840 metres (Lo Manthang)

DAILY RIDING

3 - 6Hours

MOTORCYCLE

Royal Enfield Himalayan 450

GROUP SIZE

8 - 12 Riders

TOUR START

Pokhara (PKR)

TOUR FINISH

Kathmandu (KTM) – Fly Out

EXPECTED TERRAIN

Mountain Highways

Grave Roads Rocky

Trails

River crossings

Scenic Off-road

Heritage Roads

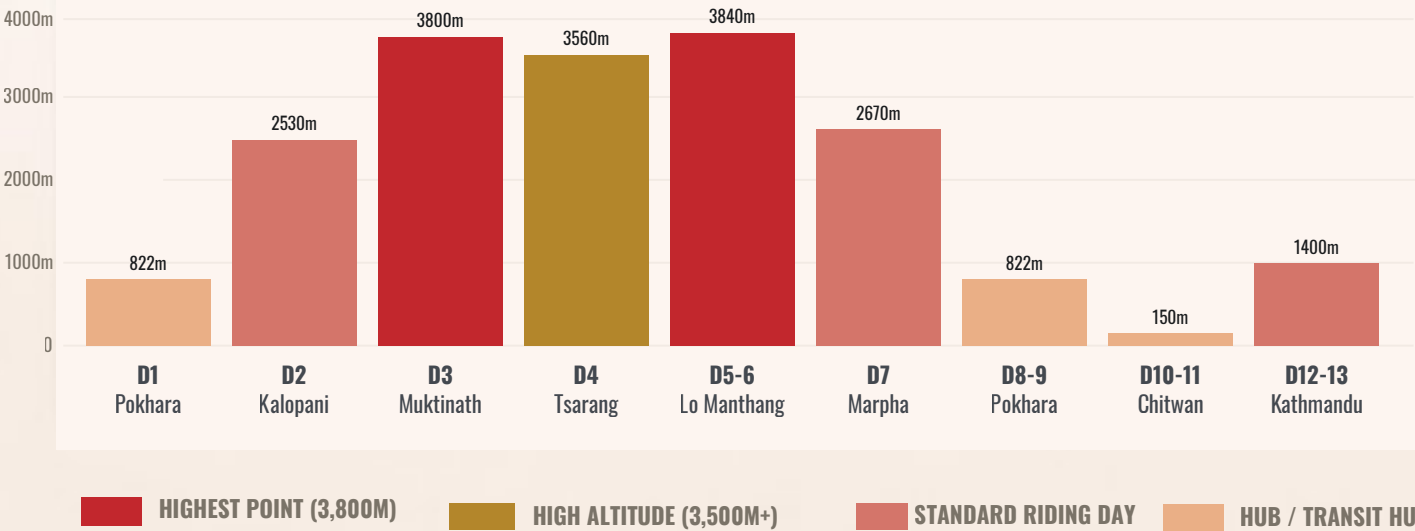
ACCOMMODATION

-  Premium Boutique Hotels
-  Mountain Lodges
-  Heritage Hotels
-  Authentic Himalayan guesthouses

ELEVATION DATA

ALTITUDE PROFILE

METRES ABOVE SEA LEVEL • 13-DAY EXPEDITION





EXPEDITION HIGHLIGHTS

05 HIGHLIGHTS

The Forbidden Kingdom

RIDE THROUGH THE KALI GANDAKI GORGE

Follow the deepest gorge on Earth, flanked by Annapurna and Dhaulagiri.

VISIT SACRED MUKTINATH TEMPLE

A holy pilgrimage site at 3,800m revered by Hindus and Buddhists.

REACH THE WALLED CITY OF LO MANTHANG

Spend two nights in the capital of the former Kingdom of Lo.

EXPLORE THE STONE STREETS OF MARPHA

Whitewashed houses, apple orchards and prayer wheels.

WALK THROUGH BANDIPUR'S HERITAGE QUARTER

A preserved Newari hill town with panoramic Himalayan views.

RELAX BESIDE PTHEWA LAKE IN POTHKARA

Nepal's lakeside adventure capital and Annapurna gateway.

CROSS THE HIGHEST POINT AT THORONG LA VIEWPOINT

Ride to over 4,000m with sweeping views of the Annapurna and Nigri massifs.

PHOTOGRAPH THE ERODED CAYONS OF DHAKMAR

Red and ochre cliff formations unlike anywhere else in the Himalayas.

ENTER THE RESTRICTED REGION OF UPPER MUSTANG

Cross into a land closed to outsiders for generations.

STAY IN THE HISTORIC VILLAGE OF TSARANG

Explore Tsarang Palace and monastery in Upper Mustang.

RIDE TO CHHOSER AND THE SKY CAVES

Discover remote cave settlements beyond Lo Manthang.

EXPERIENCE A WILDLIFE SAFARI IN CHITWAN

Encounter rhinos and tigers in Nepal's premier national park.

DISCOVER KATHMANDU'S ANCIENT TEMPLES

Stupas, durbar squares and centuries of living history.

RIDE THE ROYAL ENFIELD HIMALAYAN 450

Purpose-built for adventure, supported by dedicated mechanics.

VISIT THE APPLE BRANDY DISTILLERIES OF MARPHA

Taste locally produced cider and brandy in Nepal's apple capital.

RIDE ACROSS THE TIBETAN PLATEAU LANDSCAPE

Upon desert plains, vast skies and ancient trade routes near the Chinese border.

DAY 01

ARRIVAL IN POKHARA

Elevation: 822m | Welcome Day | Difficulty: Easy

Welcome to Pokhara, Nepal's adventure capital and the gateway to the Himalayas. Upon arrival, our team will welcome you and transfer you to your hotel before the expedition briefing and motorcycle handover. In the late afternoon, ride to Pumdikot for a sunset view and to get familiar with the bikes. In the evening, enjoy dinner at a lakeside restaurant.

- Dinner at a lakeside restaurant.
- Expedition Briefing
- Motorcycle Handover



DAY 02

POKHARA → KALOPANI

Elevation: 2,530m | Distance: 125 km | Ride Time: 6-7 hrs | Difficulty: Moderate

The expedition begins by following the legendary Kali Gandaki River through lush valleys, dramatic gorges and traditional mountain villages. Along the way, we stop at the spectacular Rupse Waterfall before climbing deeper into the Himalayas. Nestled beneath the towering peaks of Dhaulagiri and Nilgiri, Kalopani offers breathtaking mountain scenery and marks the beginning of your true Himalayan riding experience. En route, visit Titi Lake.

- Kali Gandaki Gorge
- Rupse Waterfall
- Dhaulagiri & Nilgiri Views



DAY 03

KALOPANI → MUKTINATH

Elevation: 3,800m | Distance: 95 km | Ride Time: 5-6 hrs | Difficulty: Moderate-Hard

Today's ride passes through the beautiful apple village of Marpha, the windswept town of Jomsom and the ancient settlement of Kagbeni before climbing towards Muktinath. As the forests gradually disappear, the landscape transforms into the rugged beauty of Mustang. Sacred to both Hindus and Buddhists, Muktinath is one of Nepal's most important pilgrimage destinations and an unforgettable stop on the expedition. Along the way, visit Dumba Lake and the Jomsom View Tower before continuing towards Muktinath.

- Marpha Village
- Jomsom View Tower
- Kagbeni
- Muktinath Temple



DAY 04

MUKTINATH → TSARANG

Elevation: 3,620m | Distance: 100 km | Ride Time: 6-7 hrs | Difficulty: Hard

Today we ride into the legendary Restricted Area of Upper Mustang, leaving the familiar Himalayas behind as the landscape transforms into colourful cliffs, vast canyons and remote Tibetan settlements. Following ancient trade routes once used between Nepal and Tibet, the journey feels like travelling back in time. We end the day in historic Tsarang, home to one of Mustang's oldest monasteries and an impressive royal palace.

- Upper Mustang
- Tsarang Monastery
- Royal Palace



DAY 05

TSARANG → LO MANTHANG

Elevation: 3,840m | Distance: 40 km | Ride Time: 2-3 hrs | Difficulty: Moderate

A short but spectacular ride across the windswept plateau brings us to Lo Manthang, the ancient walled capital of the Kingdom of Lo. Hidden from the outside world for centuries, this remarkable city preserves its Tibetan culture, traditional architecture and centuries-old monasteries. The afternoon is yours to explore its narrow lanes and discover one of the Himalayas' most fascinating cultural treasures.

• Lo Manthang • Royal Palace • Ancient Monasteries



DAY 06

EXPLORE LO MANTHANG

Elevation: 3,840m | Local exploration | Difficulty: Easy-Moderate

Today is dedicated to discovering the hidden treasures of Upper Mustang beyond the city walls. Ride to the remote village of Chhoser, visit the mysterious Sky Caves carved high into the cliffs and explore ancient monasteries that have stood for centuries. Spending two nights here allows you to experience the region's rich culture and history without rushing through one of Nepal's most extraordinary destinations.

• Chhoser Village • Sky Caves • Tibetan Culture



DAY 07

LO MANTHANG → MARPHA

Elevation: 2,670m | Distance: 145 km | Ride Time: 6-7 hrs | Difficulty: Moderate-Hard

Leaving the Kingdom of Lo behind, we retrace our route through Upper Mustang's dramatic landscapes before descending into greener valleys. The changing scenery reminds you just how diverse Nepal's landscapes truly are. By evening we arrive in Marpha, a charming Himalayan village renowned for its whitewashed houses, apple orchards and warm mountain hospitality.

• Upper Mustang Landscapes • Marpha Village • Apple Orchards



DAY 08

MARPHA → POKHARA

Elevation: 822m | Distance: 170 km | Ride Time: 6-7 hrs | Difficulty: Moderate

Following the mighty Kali Gandaki River south, today's ride combines flowing mountain roads with spectacular Himalayan scenery. En route to Pokhara, we stop at the Kushma Suspension Bridge, with an optional chance to take on the world's highest bungee jump. As the altitude drops, the barren landscapes gradually give way to lush forests and vibrant valleys. Returning to Pokhara feels like a well-earned reward after completing one of the world's most remarkable mountain rides.

• Kali Gandaki Valley • Scenic Mountain Roads • Pokhara Lakeside



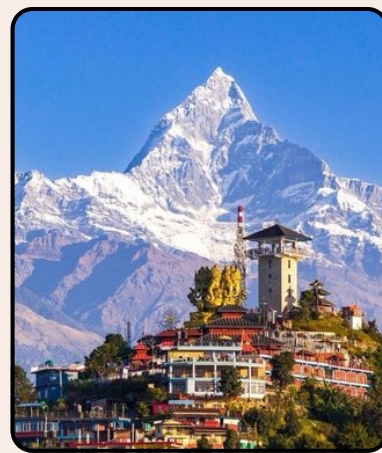
DAY 09

EXPLORE POKHARA

Elevation: 822m | Rest Day | Difficulty: Easy

After days of adventure in the mountains, enjoy a relaxed day exploring Nepal's adventure capital. Take a boat ride across Phewa Lake, visit the lively lakeside cafes or simply unwind while enjoying magnificent views of the Annapurna Range. Visit the famous International Mountain Museum, one of the highlights of the day. This pause allows you to recharge before discovering another completely different side of Nepal.

• Phewa Lake • Lakeside Pokhara • International Mountain Museum • Leisure Day



DAY 10

POKHARA → BANDIPUR → CHITWAN

Elevation: 150m | Distance: Extended route | Ride Time: Full day | Difficulty: Moderate

Today's ride starts in Pokhara and winds through changing Himalayan landscapes toward Bandipur, where we pause for a short halt and time to explore its heritage streets, take in the hilltop views or refresh before continuing onward. We then ride to Chitwan the same day, transitioning from mountain scenery through historic hill country to the warm subtropical plains. It is a varied and rewarding day that brings together open road riding, cultural discovery and the promise of Chitwan's wild landscapes.

• Bandipur Halt • River Crossings • Chitwan Arrival



DAY 11

CHITWAN NATIONAL PARK

Rest Day | Non-riding | Wildlife Safari | Difficulty: Easy

From Himalayan roads to the jungles of Nepal — today we park the motorcycles and swap two wheels for a 4x4 wildlife safari, searching for rhinos, deer, crocodiles and, with some luck, the Bengal tiger. The evening slows down beside the Rapti River before we experience the traditions, music and dance of the indigenous Tharu community.

• Jeep Safari • One-Horned Rhinoceros • Tharu Culture



DAY 12

CHITWAN → KATHMANDU

Elevation: Subtropical plains → Mid-hills | Final riding day | Difficulty: Moderate

Our final riding day leaves Chitwan's subtropical plains behind as we climb steadily into the green mid-hills of central Nepal. The road winds through market towns, river crossings and terraced hillsides, revealing the diverse landscapes that have defined this expedition. After high-altitude deserts, ancient kingdoms, dense jungles and heritage hilltops, the first glimpse of Kathmandu's sprawling valley feels like entering another world. This is our last ride through the Himalayas. On reaching the capital, we check into our hotel and hang up our riding gear for the final time.

• Mid-hill Crossing • Kathmandu Arrival • Final Ride



DAY 13

EXPLORE KATHMANDU

Elevation: 1,400m | Cultural Exploration | Difficulty: Easy

Today, we explore Kathmandu not by bikes but by car, giving you the chance to discover the city at your own pace. Visit the ancient stupas of Boudhanath and Swayambhunath, wander through the narrow lanes of Thamel, or explore the historic Durbar Squares. Absorb the spiritual energy of Nepal's capital, a fitting end to a journey from the highest deserts to the deepest gorges. In the evening, gather for a memorable farewell dinner and celebrate the roads, friendships and experiences of the Upper Mustang expedition.

• Boudhanath & Swayambhunath • Thamel • Kathmandu Valley



DAY 14

FLY HOME

Airport Transfer | End of Expedition

After breakfast, transfer to Tribhuvan International Airport for your onward flight home. Your Upper Mustang expedition ends here, but the roads conquered, friendships made and memories of the Forbidden Kingdom will remain long after you return home.

• Airport Transfer • Onward Flight • End of Expedition





CONFIDENCE IN MOUNTAINS

OPERATIONS

Why Ride With **BRM**

Adventure is about far more than reaching a destination. The finest expeditions are built on trust, experience, and the confidence that comes from travelling with people who genuinely understand the mountains.

At BRM Expeditions, we don't believe in rushing from one destination to the next or simply ticking famous landmarks off a list. We believe the most memorable moments happen between the destinations—the unexpected conversations with locals, the quiet mountain villages, the hidden viewpoints, the roads that never make it into guidebooks, and the shared experiences that become stories for a lifetime.

Every expedition is designed with one simple goal: to let you experience Nepal, not just ride through it. We take the time to embrace the culture, savour the landscapes, and enjoy the journey at a pace that allows every day to feel meaningful.

Our role is to remove the stress of logistics so you can be fully present in the adventure.

From the moment you arrive, you can simply focus on the road ahead, the people around you, and the extraordinary experiences that make the Himalayas one of the greatest motorcycle destinations on Earth.

When you ride with BRM Expeditions, you're not joining a commercial tour—you're becoming part of a carefully crafted expedition designed by riders, for riders.

17 Years of Himalayan Expertise

- ✓ Thousands of km of experience across Nepal, India & the Himalayas
- ✓ Every road personally ridden, tested & refined by our team
- ✓ Premium Royal Enfield Himalayan 450 fleet
- ✓ Small groups (max 12 riders) for a personal, flexible journey
- ✓ Professional ride leaders, mechanics & support crew
- ✓ 4x4 backup vehicle carrying luggage, tools & spare parts

What You Get

- ✓ Hidden villages, monasteries, scenic trails & local culture
- ✓ Handpicked hotels & heritage stays for comfort & character
- ✓ Balanced itinerary combining riding with culture & relaxation
- ✓ Comprehensive safety briefings, first-aid & backup throughout
- ✓ Incredible landscapes & unforgettable photo opportunities
- ✓ Everything organised — transfers, permits, accommodation & logistics
- ✓ Professional Photography & Videography



EXPEDITION GALLERY



BRM EXPEDITIONS

RIDE BEYOND THE ORDINARY

UPPER MUSTANG EXPEDITION - NEPAL

At BRM Expeditions, we specialise in delivering premium motorcycle adventures across the Himalayas for riders who value authentic experiences, exceptional service and unforgettable roads. Every expedition is led by experienced professionals and supported by a dedicated mechanic, support vehicle and carefully planned logistics.

INQUIRE BOOKING

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www.brmexpeditions.com

CONTACT

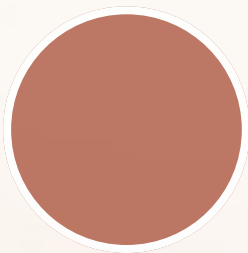
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