

NEPAL

# HIMALAYAN ADVENTURE



**ESCAPE - EXPLORE - DISCOVER**

## Tour at a glance

<b>Region</b>	Nepal - Himalaya Upper Mustang Region
<b>Date</b>	5th - 16th March 2025
<b>Duration</b>	12 Days (11 Days riding)
<b>Accommodation</b>	Hotel / Guest Houses
<b>Motorcycle</b>	Royal Enfield Himalaya 450cc
<b>Max Altitude Reached</b>	4000mtrs
<b>Average Daily Distance</b>	100kms
<b>Total Distance</b>	1400kms
<b>Terrain</b>	Moderate to tough

## Highlights

### **Ride in the home of the highest mountains in the world**

- Majestic views of the Annapurna Range and Upper Mustang
- Wander the atmospheric streets of Kathmandu
- Discover the unique tradition and rich history and culture of Nepal
- Experience the architectural excellence and spiritual awakening at Pashupatinath Temple
- Boudhanath Stupa
- Appreciate the rich and diverse flora and fauna



## Itinerary

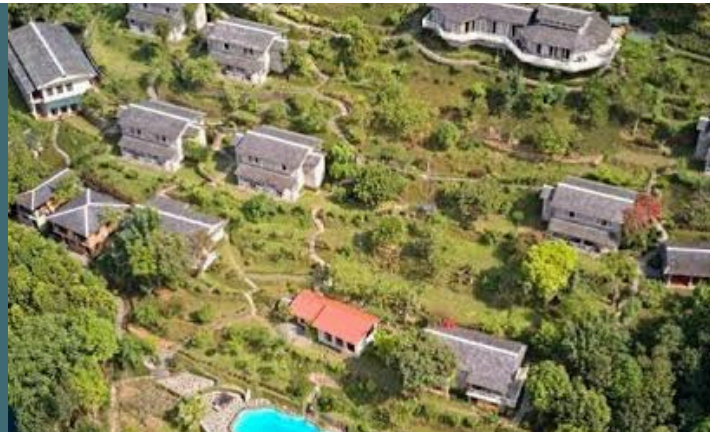
### DAY 01 - ARRIVE KATHMANDU (1400M)

Upon arrival, you'll be met by an Ellwood representative and transferred to the hotel in a private vehicle. Your cultural immersion begins with contemplation of the cycle of life at the Pashupatinath temple where the cremation of relatives sends Hindu souls into the afterlife. The end of the day is celebrated with a traditional Nepal dinner. Overnight stay at a hotel.



### DAY 2 - KATHMANDU TO LAKE BAGNAS 190KMS

After pre tour briefing and breakfast we negotiate our way through the busy Kathmandu traffic and into the Nepalese countryside. The long first day's ride will finish with a relaxing canoe ride to our resort style accommodation at the beautiful Bagnas Lake where we start to see the amazing snow-capped Himalayan Mountain range in the distance.



### DAY 3 - BAGNAS LAKE TO TATOPANI 200KMS

We head to Kusma tackle some of the highest swinging bridges in Nepal. The 340 metre bridges dangling 117 metres above the valley floor will definitely get your heart racing

The scenery starts to change dramatically as we follow the winding rivers and deep valleys until we reach our accommodation for the night at Tatopani. Famous for the piping hot thermal springs which we will spend the afternoon relaxing, Another luxury hotel to rest and relax for night.



### DAY 4 - TATOPANI TO LO MANTHANG 100KMS

The morning is spent exploring the local trails and villages in the valleys as we make the climb to the Upper Mustang region. Breathtaking views of Mt Dhaulagiri (8167m), Tukucho (6920m) and Niligiri (7061m) whilst en route. The amazing sandstone formations of the Upper Mustang appear as we approach our final destination for the day at the Village of Lo Manthang for our overnight stay in one of the local guest houses.



### DAY 5 - EXPLORING LO MANTHANG

After a few big days on the bike, we will have a shorter riding day spent exploring some ancient monasteries and historic cave dwellings perched 150 feet above the valley floor. You will be charmed by a visit to the Kings winter palace and ride close to the Tibetan border where you will literally have your breath taken away reaching altitudes above 4000 metres.



## DAY 6 LO MANTHANG TO MUKTINATH 50KMS

We wind our way through the mountain ranges to the holy town of Muktinath. The afternoon is spent with a visit to one of the highest temples in the world at a high of around 3800 metres. You are welcome to join the Buddhist and Hindu pilgrims in the ancient ritual of walking through the 108 glacier fed fountains believed to free you from all your bad karma. Mountain lodge for the nights accommodation.



## DAY 7 MUKTINATH TO POKHARA 175KMS

After breakfast we negotiate the twisty trails and steep drop offs as we make our decent down the valley. The destination is the country's second biggest town of Pokhara. Still a busy city but it has a chilled-out vibe where we can enjoy the stunning views of the Annapurna range whilst chilling out with a few drinks at the local bars on the banks of the Phewa lake. Our accommodation is a beautiful lakeside resort.



## DAY 8 POKHARA TO JAGET 80KMS

We gradually leave the hustle and bustle of the city life and its not long before we're back in the Nepalese countryside winding our way past the picturesque, terraced farmlands until we hit the Manang valley. The increasingly demanding ascent on the rocky single lane trail is an exciting and scenic afternoon on the bikes. The nights accommodation is a cosy mountainside lodge with some friendly local hospitality.



## DAY 9 JAGET TO MANANG 80KMS

The distance of today's ride may look short but has no shortage of adventure and will definitely leave a smile on your face. The decent takes us slowly up the valley past mountain side villages whilst following the turquoise coloured Marsayangdi river. The steep winding roads with jaw dropping scenery takes us to the Pilsang village. A masala tea can be enjoyed whilst admiring the magnificent views of the Annapurna massif. We reach the end of the road at Manang. We have an overnight stay in a comfortable mountain lodge.



## DAY 10 MANANG TO BANDIPUR 150KMS

We begin our decent from the higher altitude regions of the Himalayas and pass through the villages of Braga, Chamje, Pilsang and Bhulbul. Traversing through the mountains the scenery changes to lush forests as we leave the snow-capped mountains in the distance and make our way to the hilltop settlement of Bandipur. We will enjoy a night stay in a heritage hotel right in the centre of the village.



## DAY 11 BANDIPUR TO NAWAKOT 100KMS

After a relaxing breaky in Bandipur we kick up the stands and start meandering our way through the mountains to the historical town of Gorkha, best known for magnificent views of Mt Manaslu (8163m 8th highest mountain) and where the famous Gurkha battalion in the British army originated. We follow the mountain ranges to our destination for the night in Nawakot. Dinner and overnight stay at the Famous Farm.



## DAY 12 NAWAKOT TO KATHMANDU 120KMS

The final day of riding will be an adventurous day starting with a ride through the trails and tracks in the farmland areas of the region. We head over to the village of Dhulikhel famous for incomparable views of the snow-capped Himalayan Mountain range. The countryside slowly disappears and suddenly we are back in the busy traffic leaving no doubt we are back in the hustle and bustle of Kathmandu city.



## DAY 13 - FINAL DEPARTURE

We hope that you've fallen as much in love with Nepal as we have on this adventure. Check-out is at noon and from there, you'll be transferred to the airport for final departures according to your schedules. Should you wish to extend your stay and require our assistance, please let us know in advance, so we can assist with bookings accordingly.



## What your tour includes

- All ground transfers in Nepal, airport to airport, in a private vehicle
- Royal Enfield Himalayan 450cc Motorcycle and fuel for the entire trip
- Accommodation (twin sharing in comfort hotels / similar) neat and clean
- English speaking tour guides
- Breakfast and dinner in the hotel and lunch on the way in local restaurants
- Mineral water will be provided during the expeditions
- Medical kit
- Mechanics with all necessary spare parts
- Support vehicle (if riders suffer from a sore @\$\$, they may jump into our backup jeep to relax!!)
- All sightseeing tours as per the itinerary with monument fees (excl. camera fees) for the entire tour
- Upper mustang permit worth \$500USD (\$720AUD).

## Exclusions

- Nepal entry visa fee (available on arrival at Tribhuvan International Airport in Kathmandu)
- International flights
- Any medical / travel insurance coverage and personal expenses
- Any telephone calls / internet charges
- Any tips for the guide, driver and mechanic (suggested at \$100)
- Any items not mentioned in the included section
- Alcoholic beverages
- Any damage to the motorcycle must be covered by the rider in full
- Any itinerary extensions will be subject to additional cost
- Costs incurred or expenses arising due to natural calamities, strikes, breakdowns and any other unforeseen calamities beyond the control of Ellwood Motorcycle Adventures and its associates



## Start to Finish

Once you arrive in Kathmandu you will be greeted by an Ellwood Motorcycle Adventures representative which will take you to your accommodation where you will meet the rest of your new riding partners. It is a good idea to organise your flights to Kathmandu as early as possible so we can make sure we know everyone's pick up times. The first day in Kathmandu will be a sightseeing day. The bus will pick everyone up from the accommodation and it gives you some time to settle into the Nepal lifestyle and get any last minute supplies before you start riding the following day. The briefing and sign on will also happen prior to departure from Kathmandu where you will get a chance to meet the crew

## Documentation

- Current passport with an expiry date of no less than 6 months
- You will be required to purchase an international drivers licence online which is a relatively easy process.
- Travel insurance which covers large capacity motorcycles. We recommend Allinaz as they have proven to be a trust worthy and reputable company which has an adventure package which will cover motorcycling, however any company you choose must cover large capacity motorcycles.
- Flight arrival and departure details
- **MUST DO:** All information and documents listed above must be provided as soon as possible once booking and no later than 1 prior to departure date.
- Visa: For Nepal, this is issued at Tribhuvan International Airport on arrival.

## Luggage and Gear

Obviously you will be limited with what luggage you can carry as you will only be able to take what you can carry on your flight over to Kathmandu. The support vehicles will be on tour

every day to carry all your luggage whilst you are on the bike so all you will need is a small backpack whilst riding.

## Sleeping and Accommodation

You will be comfortable as every night will be hotel style accommodation. Every hotel will provide you with extra bedding if required if it gets cold at night, however just remember to pack your thermals for sleeping which will keep you warm at night as most hotels will have no heating or a sleeping bag if you really feel the cold and like to be zipped up. It can get down to around minus 10 degrees when we are high up in the mountains. Temps in March range from minus 10 to 25 degrees.



## Vaccinations and Health

Altitude sickness can effect people differently, we are only going to a max 4000mtrs so altitude sickness can effect you, if you think you may experience altitude sickness please see a doctor before you leave and get a prescription for medication to prevent this.

Each rider should be physically and medically fit enough to ride long days, sometimes more than 7 hours in the saddle, and at high altitudes. When in doubt, participants should please check with their physicians.

Please remember to take any medications you may need for the entire stay in Nepal, chemists are far and few between in the Himalayas and its not guaranteed you will be able to purchase the medications you may need.



We take extreme precautions with food and only drink bottled water, we eat at restaurants we know are clean and cook and avoid uncooked food. You need to be careful when ordering any drinks with ice and must make sure the ice has been made with bottled water.



## Some other things to know

Each night we have access to toilet and shower facilities with linen and towels provided. There is 240Volts available every night to charge phones and cameras.

Our back up vehicle will be following along in the background in case of a breakdown or emergencies.

There is Wifi at most of the hotels and restaurants along the way.

The hotel we stay at on the last night provides a washing service for all gear and can clean boots for quarantine to fly home, this is an extra cost and is generally around \$40 AUD to clean.

## Packing List

- Helmet (we recommend an adventure style helmet with a visor)
- Boots
- 1 set of riding gear (long sleeve jersey and long pants)
- Riding socks
- Gloves (warm gloves for the higher altitude)
- Goggles (if you are wearing a motocross style helmet)
- Protective gear (recommended) Armour/Knee braces/pads/Elbow guards
- Light wet weather jacket
- Hydration backpack (we stop often at cafes for snacks and lunch/water)
- Pair of pants/jeans
- Shorts and shirt
- Jumper/flanno
- Thongs
- Toiletries
- Thermal underwear
- Type C 240Volt power adaptor
- Sunscreen
- Camera
- Chargers/battery pack (there is 240 every night to charge from)
- Ear Plugs
- Any special foods or snacks you would like to bring along

Please remind us before your tour if you have any dietary or medical requirements prior to your arrival in Kathmandu so we can cater to your needs.

Please use the links below for our terms and conditions and some FAQs for more info.

FAQS: <https://www.ellwoodmotorcycleadventures.com.au/general-6>

Terms & Conditions: <https://www.ellwoodmotorcycleadventures.com.au/terms-and-conditions>

**We can't wait to ride with you through the Himalayas!!**

**Ellyse and Woody**

**0458004907**