



## Mountain Biking / Cycling Tour

<b>Trip code</b>	
<b>Package name</b>	Mountain Biking / Cycling Tour
<b>Duration</b>	10
<b>Max. elevation</b>	m
<b>Level</b>	beginner
<b>Transportation</b>	
<b>Accommodation</b>	
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	
<b>Cost</b>	USD 0 per person

### Highlights

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### Overview

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**The foothills of the Himalayas are a mountain biker's paradise. World class rides are accompanied by breathtaking mountain vista's. You'll be in touch with centuries-old culture, fresh mountain air, great trails and of course the greatest range of snow-capped peaks in the world.**

In recent days, Mountain biking tour has become a boom in Nepal. It is a great adventure and a perfect way to discover Nepal's great diverse landscape and breathtaking mountain views, tremendous terrain, tracks, trails, gently rolling chains of hills, trails with terraced fields of rice, subtropical forests, picturesque villages, unique people and their culture. Here you'll be introduced to epic climbs, stunning views, and pristine country roads. You'll take to the quiet, rolling roads of the

Nepal's countryside that offers incredible terrain that's a blast to pedal for cycling experts and weekend warriors alike. From the highest point on the earth to the jungle lowlands along the Indian border, there is an incredible variety of scenery, including huge glaciers, alpine pastures, thick uninhabited forests and carefully terraced hillsides. The Himalayan kingdom of Nepal is one of the world's most beautiful countries. Biking around Nepal valley offers one of the most exciting experiences with some tough climbs, technical descents, fast, flowy single track, and the most spectacular views you can imagine.

Nepal has now achieved worldwide recognition as one of the best mountain biking destination in the world. The country offers a challenging and pleasant scenic ride from the tropical plains of Terai, mid-hills, mountainous terrain and its lush valleys to the arctic climate of the high alpine region. This tour takes you away from the hustle bustle of the city-town life into serene country life, on a hidden trail rarely visited area of local villages and its traditional rural life style that has preserved for centuries. We start our adventure by biking to the beautiful town of Panauti. You bike along little-used dirt roads away from the crowded shove and commotion of the city. You will enjoy a delightful world of wooded slopes, small villages, hidden temples and the views of Mountains within a short biking from the city. During these ten days tour, you will experience all of the sights, sounds, tastes and smells that make up life in Nepal's 'Middle Hills'. You will visit the historic cities of Patan and Bhaktapur, Kulekhani Dam site, hill resort of Nagarkot and Daman with its sunrise view of the entire Nepal Himalaya and the temples, monasteries and picturesque villages tucked away in the forests along the way. This is a fun but challenging trip, suitable for those with some off-road biking experience, since a couple of trails are technical.

## Trip Itinerary

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### **Day 1 : Arrival at Tribhuvan International Airport. Upon arrival, meet and transfer to hotel**

Arrival at Tribhuvan International Airport, Kathmandu. After the clearance of customs and luggage's, exist from the Airport Departure lounge and as soon as you exist you can see number of peoples outside holding a placard. Among them one of the representative of Nature Trail Travels & Tours, Trekking & Expedition will be holding a placard with your name in it. So, closely look at them. He will then transfer you to your respective hotels. Or else, you can visit our office and after full description about your trip, you will be driven to your hotel. Overnight at hotel.

### **Day 2 : Set out a bike ride from Kathmandu to Panauti – 32 km**

You'll be assigned to your bike for the week and receive important information about the daily schedule and ride options. We begin our tour from Kathmandu and head towards the beautiful town of Panauti. Panauti is a historical city found in Nepal, as it was originally a small state given by King Bhupatindra Malla as a dowry to his sister. At the end of the 13th Century, Panauti was finally integrated into the unified kingdom of Nepal, along with Kathmandu, Patan, and Bhaktapur, which are all former capital cities of the Kathmandu valley. Panauti, consists of a variety of Buddhist and Hindu religious monuments, and is considered to be one of the most important medieval sites.

Panauti is located 32 kilometers South-East of Kathmandu. Our journey begins from Kathmandu to Patan, another historically enriched site. Further cycling, we reach a quiet Newari village of Sisneri. Regardless the fact being near to capital city, this village is still off the beaten path by tourist. For a photographer, this place is a true paradise offering a natural lush green hillside and a natural pool. With the contrast of richly colored villages against a backdrop of snowcapped mountains, we further ride on an ascending trail 500 meters ahead. This is probably the oldest route east out of Kathmandu Valley, connecting the ancient cities of the valley with Panauti. It is wild trail downhill to Panauti. Indreswor Mahadev Temple in Panauti is the oldest surviving temple in Nepal, believed to be constructed in 1294A.D.

### **Day 3 : Cycling from Panauti to Dhulikhel – 35 km**

After breakfast, we set off our ride towards Dhulikhel. Dhulikhel is the administrative center of Kavre palanchowk District, Nepal. The people in the village are Newars, Brahmin, Chhetris, Tamang and Dalit. Dhulikhel has been for centuries an important trading center on the commercial route linking Nepal to Tibet. More than twenty Himalayan peaks including Mt. Annapurna (8091 m), Mt. Ganesh Himal (7429 m), Mt. Lang tang (7234 m), Mt. Phuribichyachu (6637 m), Mt. Gaurishanker (7134 m), Mt. Lhotse (8516 m) and many others can be seen from Dhulikhel.

Today, you have two choices; either you cycle of the road and climb up to Dhulikhel, or you can ride in a more adventurous track, which goes more steeply up through terraced fields to the Buddhist pilgrimage temple of Namo Buddha and then descend down to Dhulikhel. This involves a ride of about 35 kilometers. Upon your arrival at Dhulikhel, check-in to the hotel and graze a fantastic sunset view.

### **Day 4 : Cycling from Dhulikhel to Nagarkot enroute Bhaktapur sightseeing**

On the following day, after breakfast at hotel you will commence your cycling tour towards Nagarkot. Nagarkot is a hill station located 32 km east of Kathmandu valley. Nagarkot thrills visitors with its unrestricted view of the mountain range from Annapurna in the west to the mighty Everest in the East. Historically, Nagarkot was a place for the royals of Nepal to escape the scorching heat of summer and a hectic city life. In the 60's explorers would battle the shivering winds and sleepless nights to see the stupendous sunrise and sunsets. Today, still people from all over World, from different walks of life, travel to Nagarkot, to enjoy the picturesque rural scenery of terraced rice fields, green pastures, the sunrise and sunsets.

We have to ride through a downhill trail on a little-used tarmac road towards the mediaeval town of Bhaktapur in order to reach Nagarkot. Bhaktapur literally means place of devotees is an ancient Newari city. Bhaktapur has the best preserved palace courtyards and old city center in Nepal, and is listed as a World Heritage Site by UNESCO for its rich culture, temples, and wood, metal and stone artworks. The most famous ancient historical sites like: 55 window Palace, Batsala Temple, Statue of Bhupatindra Malla, Nyatapola Temple, Golden Gate, etc. are located in Bhaktapur Durbar Square.

### **Day 5 : Rest day at Nagarkot**

Changu Narayan Temple is situated at the top of the hill surrounded by forest of Champ tree and is also known as Changu or Dolagiri. The temple complex includes one of the oldest Hindu temples in the Kathmandu valley and has intricate statues and stone tablets depicting ancient Hindu folklore. The two-storey roofed temple stands on a high plinth of stone. This shrine is dedicated to Lord Visnu and held in especial reverence by the Hindu people. Unlike other temples of Nepal, this temple is neither in Shikhara Style nor the Pagoda style. It has an architectural style which describe as a traditional Nepali temple. The temple is surrounded by forest of Champ tree which has a myth too. It remains a milestone in Nepali temple architecture with rich embossed works.

## **Day 6 : Cycling from Nagarkot to Godawari via Surya Binayak & Lubhu**

After a rest day at Nagarkot, we continue our bike ride towards Godawari via Lubhu (Lalitpur), Surya Binayak (Bhaktapur) and Phulchowki. Lubhu is known for its handmade cloth and text tile production. The temple's religious architectures date back to the Malla periods, according to stone inscriptions. There are altogether five layers of gold-plated masks of the above mentioned deities enshrined in the temple. Thus, the name of the place "Lubhu" is derived from "Lunbhu" which means golden plate. En route, we pass by the Surya Binayak temple too. Surya Binayak is a Hindu temple dedicated to the Lord Ganesh. This temple is known as the temple of rising sun. The temple is believed to have been originally built over 1500 years ago in the time of the Lichhavi King Vishnu Dev Barma. Leaving Bhaktapur behind, we head towards north-west on jeep tracks and single tracks, passing paddy fields along the gorgeous and serene forest of Phulchowki on our way to Godawari. Godawari is one of the popular hiking destinations in Nepal for its rich wildlife and splendid environment. It is also popular for its Botanical Garden which hosts a wide range of exotic and indigenous plants in its famous garden. It has been of prime importance for scientific research and observation, and is popular among both the locals and tourists because of its pleasing landscape surrounded by evergreen natural forest. You can feel a sense of tranquility and refreshment in Godavari.

## **Day 7 : Cycling from Godawari to Dakshinkali via Bungamati**

On the following day, we continue our cycling tour on the jeep track into Chapagaon village which offers excellent views of Kathmandu Valley and is also the home of the Vajra Varahi. Leaving Chapagaon behind, we head South Crossing Over Lele River and head up on a short steep climb up on a jeep track and down toward Bungamati. Bungamati is famous village for agriculture, livestock and fishing. It is the hometown of the deity Machhindranath, regarded as the patron of the valley and has large Shikhara-style temple. Machhindranath is regarded as the compassionate god of agricultural prosperity, who is revered by both Hindus and Buddhists. We then approach to the Ganesh Temple (Elephant God Temple) after crossing the suspension bridge over Bagmati River. The sealed Dakshinkali road strings together some fascinating cultural sights and while the ride out is largely uphill, it's gradual. Dakshinkali temple is dedicated to the goddess Kali. Animal sacrifices, particularly of cockerels and uncast rated male goats, are the main way that the goddess is worshipped, and this is especially seen during the Dashain festival as well as Saturday.

## **Day 8 : Cycling from Dakshinkali to Daman via Kulekhani Dam site – 72 km**

After having breakfast at the hotel, we move ahead sampling some exciting trails that lead up and across the valley rim to the south and on to the Kulekhani Dam Site. We ride through the pine forest and pass by

many small villages like; Pharping, Hudu, Humane Bhanjyang, Purandi, Fakhel and Kalanki. The slightly longer and rougher road is better for bikers. It heads broadly west and uphill from Pharping, making for the dam on the Kulekhani Reservoir. Kulekhani Dam was completed in 1982 and is the first reservoir Hydropower system of Nepal which is enormous. It is a peaceful place where the beauty of the water reservoir adds up even more beauty to the area. This picturesque lake side is a paradise for a photographer. This route is also known as the ancient trade route from India.

Leaving Kulekhani Lake behind, we take the road north along the eastern shore to Markhu (1600m), a small, newly built village (with lodges) at the reservoir's northern extremity. From Markhu, a rough spur road heads northeast for Thankot, on the Prithvi Highway; a longer but better-graded route heads 13km northwest on a good, pine-shaded road to join the Tribhuvan Raj path 15km north of Daman. We pass through different small villages; Taukhel, Bajra Barahi, Palung, Thana Bazaar and Shikarkot Bazaar. This road is a Prithvi Highway which links Nepal to India. Anyone fancying an introduction to Himalayan hill climbing (14km) can spin all the way up to Simbhanjyang. Daman is famous for its View Tower fitted with long range telescopes from where one can see widest panoramic views of the Himalayas. It has a great view of the mountains from Dhaulagiri to Mt Everest. For the view of the Breath taking grandeur of the world's highest peaks extending in one glittering arc from far-east of Sagarmatha (Mt. Everest) there is no better place than Daman.

## **Day 9 : Cycling from Daman to Kathmandu – 91 km**

Early in the morning wake up and proceed for a short hike towards Risheshwor Temple. About an hour walk from Daman leads you to this temple. This temple has a face shaped carved in a stone. People worship this stone as Lord Shiva. Unlike various Shiva Temple, this temple does not have Shiva Linga but a face of the God Shiva. People from various countries and state visit this temple in a belief that their wish comes true. There is a very small pond where people worship and throw the coins on its hole making their wish. According to the locals, during the great festival of "Thulo Ekadashi", there is a light enlightened automatically during mid-night above the Shiva's statue. So, on this day there is a huge festival in this place and is crowded with the devotees offering their prayers. On the way to the temple, you can see many prayer flags which makes the environment a peaceful. You can also see a Tibetan Monastery where Lamas. Enroute, there is a sleeping stone where it is believed that whoever sleeps here for a moment won't have any back pain problems.

After breakfast in the hotel, descend down to Palung valley retracing our foot steps back on the same trail. Then we follow a long broken tarmac road to Satghumti and further up to Naubise. From this small town we ride back to Kathmandu and transfer to the hotel.

## **Day 10 : Transfer to airport for departure**

Depending upon your flight schedule, transfer to airport for departure. With the beautiful and a lifelong memory you will take your flight to your hometown. We wish to see you back again in future.

## **Inclusions**

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**What is included?**

**What isn't included?**

**Complimentary**