



Kathmandu Cycling Tour

URL: <https://naatatravels.com/trip/kathmandu-cycling-tour-itinerary-cost/>

Duration

13 Days

Per Person Cost

USD 1500

Difficulty

Demanding

Group Size

1-16

Maximum Elevation

2175 meters

Accommodation

3-star hotel in Kathmandu;
Resorts, Hotels and Guest
houses during the trip

arrival_on

Kathmandu

Meals

Breakfast

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

TRIP HIGHLIGHTS

- Kathmandu Cycling Tour is one of a kind experience going through nature as well as history.
- Visit to Nagarkot: a famous hill station best known for its sunrise and sunset views along with the Himalayan vistas.
- Visit to the historic cities of Basantapur, Bhaktapur and Patan.
- The Amazement: Cycling above the sea of clouds
- Insight into the life of Nepal's 'Middle Hills'.

The Kathmandu Cycling trip is a blessing in disguise. The 13 days biking trip takes us away from the thorns and horns of the city to the jovial world of wooded slopes, historic temples and small villages.

The biking trail includes simple off road jeep track to the technical single track. Along the trail we also get the picturesque views of different Mountains from Mt. Makalu to Mt. Annapurna. During the trip we will visit the historic cities of Basantapur, Bhaktapur and Patan and enjoy the sunrise view of entire

Nepal's Himalayan ranges including Mt Everest from the hill resort in Nagarkot.

With our experience of all the sights, sounds, tastes and smells through-out the Kathmandu rim biking trip, we will indeed get insight on the life of Nepal's 'Middle Hills''. We are so close to Kathmandu in terms of distance but *far*- far away in our experience.

This is an ultimate adventure and is suitable for those with at least some off-road cycling experience, as some of the trails are technical. Some tiring long ascents will be rewarded by even longer descents. Isn't having a chance to cycle above a sea of clouds early in the morning, a mountain bikers Heaven?

For more adventure package click [Compound adventure](#)

To know more about mountain biking in Nepal, visit [Mountain biking in Nepal](#)

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel.

In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu sightseeing

We will have a pre-trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa.

After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day : Ride from Kathmandu to Kakani

After the meeting we will pack our gears and start the ride to Kakani. We start off by zipping through the streets of Thamel and continue to ride on the rims of Nagarjun forest. We go through a series of uphill and downhill riding on jeep tracks until we reach Kakani. The view of the mountains once we get to the top is amazing. We will stay the night in Kakani.

Accommodation

Guest house

Meals:

Breakfast

Altitude:

2100 meters

Day : Ride from Kakani to Budanilkantha

We start off the day going downhill on single tracks. We are accompanied by the views of Ganesh and Langtang Himal through most of the ride. The track today is a biker's paradise. We reach Budanilkantha after passing through Shivapuri (link) National Park. Budanilkantha Temple is a 5th century statue of Lord Vishnu laying on coils of snakes in the middle of a small pond. We stay the night in Budanilkantha.

Accommodation

Star Resort

Meals:

Breakfast

Altitude:

1630 meters

Day : Ride from Budanilkanth to Chisapani

We have an early morning breakfast and set out for the long day ahead. We join the trail that enters into Shivapuri National park and head towards Mulkharka. We follow a jeep track that takes us to the heart of the national park. The trail is also used for Helambu trekking. Once we reach there we are greeted by good mountain views. We stay the night in Chisapani.

Accommodation

Tea house

Meals:

Breakfast

Altitude:

2430 meters

Day : Ride from Chisapani to Nagarkot

We head towards Nagarkot in the morning riding down the jeep trail and passing through jungles. We can see mountains on the backdrop as we peddle on the undulating tracks. Descending down onto a smooth path we start climbing towards Nagarkot. Nagarkot is well known hillstation with splendid views of the Himalayas and sunset in the background.

Accommodation

Star Resort

Meals:

Breakfast

Altitude:

2175 meters

Day : Rest day at Nagarkot

We take time to explore the numerous biking trails around Nagarkot, or just take some rest and enjoy the pleasant atmosphere at Nagarkot. You may also wish to visit Changu Narayan, a culturally rich temple not far from here. 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. From here you can also enjoy good views of the valley and surrounding hills.

Accommodation

Star Resort

Meals:

Breakfast

Altitude:

2175 meters

Day : Ride from Nagarkot to Dhulikhel

Today we ride pass the narrow roads towards Dhulikhel. Passing through different jungle and riding downhill, along beautiful small villages head off to Nala from where the road leads you to the historical town of Dhulikhel.

Accommodation

Star Resort

Meals:

Breakfast

Altitude:

1550 meters

Day : Ride from Dhulikhel to Balthali via Namobuddha

From Dhulikhel, we ride on the route to Balthali. Along the way we also make a visit to the sacred Buddhist monastery Namobuddha. We then continue biking to the traditional village of Balthali with ancient architecture of the houses and innumerable temples welcome us. This definitely allows for a great spot for sightseeing. The greenery and the farms make our ride very pleasant. The village of Balthali is tucked away behind the forest of Panauti and is considered as a naturally and culturally rich destination. The cozy hotel you'll be at sports a bird's eye view of green terrace field, massive surrounding hills and faint streaks of the Himalayas to the north.

Accommodation

Resort

Meals:

Breakfast

Altitude:

1445 meters

Day : Ride from Balthali to Suryabinayak via Bhaktapur Durbar Square

We descend on the mixed jeep tracks and paved road to Panauti, another ancient village, then ride down to Bhaktapur. Listed as a UNESCO world heritage site, Bhaktapur Durbar Square is a collection of pagoda and shikhara style temples grouped around a fifty-five window palace of brick and wood. The main attractions include the Lion gate, the Golden gate, the Palace of fifty-five windows, art galleries, and the statue of King Bhupatindra Malla. You get to experience the culture of Nepal at its finest in Bhaktapur and also the legendary "Jujudhau," locally made yogurt. After sightseeing here, we head to the neighboring Suryabinayak village.

Accommodation

Hotel

Meals:

Breakfast

Altitude:

1360 meters

Day : Ride from Suryavinayak to Godavari

Leaving Bhaktapur behind we head towards northwest on jeep tracks and single tracks, passing paddy fields along the gorgeous and serene forest of Phulchowki on our way to Godavari. The Godavari Botanical Garden hosts a wide range of exotic and indigenous plants in its famous gardens. 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, which also has innumerable hiking spots, including Phulchowki hill - the highest point in the Kathmandu valley.

Accommodation

Star Resort

Meals:

Breakfast

Altitude:

1545 meters

Day : Ride from Godavari to Kathmandu via Patan Durbar Square

We spend time exploring some exciting trails near Godavari then onto excellent off-road trails close to Kathmandu, a pleasant conclusion to our thrilling biking session! On the way, we will pay a visit to the Patan Durbar Square, which is an enchanting combination of palace buildings, artistic courtyards and graceful pagoda temples. The former royal palace complex is the center of Patan's religious and social life and houses a museum containing an array of bronze statues and religious objects.

One remarkable monument here is a 17th-century temple dedicated to the Hindu god Krishna, built entirely of stone. We return to the hustle and bustle of Thamel on tarmac roads and celebrate our completion of this rewarding trip. After we get to Kathmandu, Naata Trek and Tours will organize a THANK YOU farewell dinner program in the evening.

Accommodation

3- Star hotel

Meals:

Breakfast

Altitude:

1345 meters

Day : Final departure from Nepal

The wonderful journey comes to an end as a representative from Naata Trek and Tours transfer you to the Tribhuvan International Airport.

Trip Includes

- Airport pick up & drop off service by private tourist vehicle
- Twin sharing accommodation in 3-star hotel in Kathmandu
- Twin sharing accommodation in a two or three star hotel in Nagarkot.
- Twin sharing accommodation in a two or three star hotel in Budhanilkantha, Dhulikhel, Balthali and Godavari
- Twin sharing standard guesthouse accommodation in Kakani, Chisapani and Suryabinayak
- Guided city tour in Kathmandu on a private vehicle, including monument entry fees.
- All ground transportation by private car / van / Jeep/ Coaster depending on the group size
- A farewell dinner in traditional Nepali restaurant with some cultural dance program.
- Naata Travel & Adventures's licensed English-speaking mountain biking guide(s), depending upon the group size.
- Mountain bike for the number of days riding. The brands include Cube, Trek and Giant hardtail or full-suspension bikes, depending on your choice
- Food, accommodation, salary, insurance, equipment and medicine for our field staff
- Naata Travel & Adventures's duffel/kit bag and sunhat is yours to keep.
- All government taxes and official expenses.

Trip Excludes

- International airfare and airport departure tax. (See the Travel Essential)
- Your travel insurance (mandatory for the trip) (See Travel Insurance)
- Nepalese Entry Visa
- All items of personal nature like drinks, laundry etc
- Biking attire and other personal gears.
- Lunch and dinner for entire trip
- Tips for Drivers and Guides
- Others expenses not mentioned in the Price Includes section.

Additional Trip Information

Additional Information

Our website contains as much information as possible about this trip. However, if you have any further queries or want to discuss about any facet of the trip. Please feel free to contact us or call us directly at +9779818778432

Address

Naata Travel and Adventures Pvt. Ltd.

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