



1 Day Kathmandu Cycling Tour

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

Duration	Per Person Cost	Difficulty
1 Days	USD 115	Easy
Group Size	Maximum Elevation	Trip Route
1-16	2600 meters	Kathmandu

Trip Includes

Discover the magic and mystery of Kathmandu.

Guided Biking Trip in & around Kathmandu.

Explore the rugged terrain on Mountain Bike.

Colorful array of bustling streets, historic sites, exquisite temples, and religious sites.

Trip Overview

Overview of Kathmandu Cycling Tour

Kathmandu Valley offers an unmatched variety of cycling trails. Whether you're up for a full-day climb or a thrilling single-track ride through the National Park, the valley has something for every rider. Kathmandu cycling tour takes you up to 2,200 meters in elevation, winding through picturesque Newari villages and traditional farms.

Along the way, you'll soak in breathtaking views of the Himalayas, dense forests, and protected National Parks. Ride along rambling single tracks that cut through rice fields and vibrant local villages. This one-

day biking adventure is perfect for anyone eager to explore the valley on wheels.

We've listed a few of the many biking routes available in and around Kathmandu Valley below. Feel free to choose the one that suits you best. If you're unsure, we'll help you pick the ideal kathmandu cycling tour trail based on your schedule and can even combine a few routes to create the ultimate mountain biking experience.

What's Included:

- English-speaking guide
- Mountain bike
- Helmet

Want to extend your trip? We can help you plan additional adventures to [Pokhara](#), [Chitwan](#), and other beautiful destinations.

Popular Kathmandu Cycling Tour Trails

Mudkhu-Tokha Trail

Perfect for beginners, this half-day ride is easily accessible from Thamel. It takes just 3 to 4 hours to complete and return to your hotel.

Budhanilkantha-Kapan Trail

This more technical route takes 5 to 6 hours and begins in Kathmandu. You'll cycle through Budhanilkantha and Kapan before returning to your hotel. The trail passes two serene Buddhist monasteries—stop to visit, meet the monks and nuns, and experience the spiritual calm if you have time.

Jamacho Route

Ideal for intermediate riders, this 21-km trail leads you up Nagarjun Hill (2,128 m) inside Shivapuri National Park. The ride is tougher than Mudkhu-Tokha but remains manageable for most. Reach the top in about 5 to 6 hours and enjoy panoramic views of the valley.

Phulchowki Route

Conquer one of the highest biking points in Kathmandu at 2,600 m. This trail features forest paths, farmlands, and some exciting jumps near the summit. The thrilling downhill ride has made Phulchowki a favorite among mountain bikers.

Trip Includes

- Experiences, first aid trained, government licensed English speaking cycling guide
- Branded bikes and helmet
- Entry permits and fees to heritage sites and parks
- Support vehicle for emergency

Trip Excludes

- Meals
- Personal expenses
- Tips for guide and driver

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal