

07 DAYS KATHMANDU CROSS COUNTRY MOUNTAIN BIKING TOUR



Explore the countryside of Kathmandu valley; just few kilo meters riding away from the busy metropolitan city of Kathmandu. You will enjoy bike riding through the typical villages, river gorges, hill side, jungle; and so on; and spending overnights at different locality makes a totally different wonderful experience. You will also enjoy the mesmerizing views of Himalaya ranges of Annapurna, Manaslu, Ganesh Himal, Langtang and Gauri Shankar.

Type: 🏔️

Trip Duration: 07 days

HIGHLIGHTS

- Easy to moderate riding with wonderful experience
- Accompanied by Expert Guide
- Mesmerizing views of Himalaya ranges

ITINERARY

Day 01: Kathmandu to Kakani (25km)

After the meeting your hotel, we prepare our necessary equipments then we off for Kakani. In the beginning we head through the busy streets of Kathmandu and on to good wide undulating jeep tracks alongside the Nagarjun forest through Pasang Lhamu Highway to Trishuli. On the way you will enjoy with rice paddy field and views of Ganesh Himal and Langtang range. Overnight at Guesthouse.

Day 02: Kakani to Shivapuri/Budhanilkantha (31km)

Followed by breakfast and trip begin with one of the best single tracks in the valley down towards the Budhanilkantha Temple (Sleeping Vishnu), passing through the Shivapuri National Park. Budhanilkantha is a remarkable 5th century statue

Nepal Hiking Pvt. Ltd. [NepalHiking.com]

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Open Hours: 09:30 - 18:00, Mon - Fri at S. Complex, N.B Bank Building, 2nd Floor, Nayabazar, Kathmandu, Nepal

of the Lord Vishnu, reclining on the coil of giant king snakes in the middle of small pond. Your efforts are rewarded by spectacular panoramic mountain views of Ganesh and Langtang Himal on the way. Moreover, the hotel you'll be staying at in Budhanilkanta is true resort established in a rural setting with culturally rich and naturally pristine environment whose garden harbors nearly 75 species of birds and 2,000 flowering trees and shrubs. Overnight at a hotel.

Day 03: Shivapuri to Chisapani (67km)

After breakfast, climb back up onto a flat jeep trail that traces the valley rim for 7 km. The next section we call '30 Minutes of Heaven', a sweeping single track in the Jungle with great turns and descents. Re-join the jeep track and climb for a further 3km to Nagi Ghomps, a Buddhist Monastery, before the trail again begins to descend for about 9km of super fun rocky trail, single track and pure jungle scenery to Mulkharka for lunch. Pause and look around you, the hillside is dotted with small farms, towering corn crops and paddy fields. After about an hour of uphill cycling and a bit of push, the trail flattens out and enters the jungle. Its course follows a beautiful stream and undulates gently for 7 km until we rejoin the main jeep track. Passing a series of small lakes we make our last 3km of uphill to Chisapani, a small collection of Tea Houses and the gateway into trekking in Helembu and Langtang. We have now crossed out of the valley and you should be confronted with breathtaking views of the Himalayas, from Gauri Shanka in the east all the way to Annapurna in the west. Overnight at hotel.

Day 04: Chisapani to Nagarkot (37km)

Leaving behind the lodge at Chisapani, we follow the ridge and retrace our steps of yesterday for about 6km. If the day is clear we should see Himalayan views as we ride. Continue on the undulating, rugged jeep track for around 12 km until we reach an intersection with a narrow path leading downwards. Follow this steep single track down to Jhule where there is a small teahouse. We can stop here for food and drinks. From Jhule the trail proceeds downwards carving through the hill side, it's quite technical and depending on the season there might be some carrying involved. We join another jeep track and follow its gentle course for 7km until we again climb upwards. The last 3km to Nagarkot is steady uphill, once again weather permitting; we should be confronted with brilliant views. From our hotel in Nagarkot, relax and enjoy the mountains.

Overnight at hotel.

Day 05: Nagarkot to Namobuddha (49km)

Departing from the hotel we head for 5km of cross country riding along the ridge that stretches away from Nagarkot. Once past Rhonni Bhanjyang we head down hill on unused jeep tracks and through Tamang Villages. Passing Tinghari and Kassie Bhanjyang, we head to Nala and from there it's open road through the historical town of Dhulikhel. We climb again from Kavre Bhanjyang on a jeep track and into the hills. Two hours of riding from Dhulikhel brings us to Namobuddha. Namobuddha is a gorgeous Monastery tucked away on a ridge. Here is the place where the Lord Buddha sacrificed himself to feed a starving tigress and her five cubs. Overnight at Resort

Day 06: Namobuddha to Lakuri Bhanjyang (38km)

Wake early and explore the Monastery, delve into the heart of Buddhist culture, the mesmerizing chanting of monks and scent of sandalwood in the air, you will find your inner peace. After breakfast we head for a downhill section and then cross country riding to the historical town of Panauti. From Panauti we cycling into a steep sided valley with terraced rice fields carved into the hillside and a clean river running alongside the trail. We gradually climb upwards with the last 3km becoming a little steep as we reach the valley rim and a pass called Lakuri Bhanjyang. Overnight at hotel.

Day 07: Lakuri Bhanjyang to Kathmandu (41km)

We ride along the ridge with spectacular views and some awesome sections of single track. Entering the jungle we follow the undulating trails high up above the valley. Arrive at a small but beautiful temple called Asahpuri. Take some rest and time to explore the area. Again climbing up through the lush farming valley back onto the Valley rim. Ride an awesome downhill trail to meet the main highway followed by a short on road climb to the giant statue of Shiva, one of the most important Hindu Gods. Here we will take lunch and explore the park and statue. A section of scenic single tracks takes us to Bhaktapur, one of the oldest cities in the Valley and then flows on back to Kathmandu. Service ends.

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COST DETAILS

Cost Includes

- Bike and Equipments
- Mountain Guide
- Transportation
- Hotel / Lodge accommodation with breakfast as per the itinerary

Cost Excludes

- Personal expenses
- Meals other than breakfast
- Any kind of drinks