

Nepal Mountain Biking

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6 days

From \$500

Nepal 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. The only way to discover these hidden treasures and its warm ever-smiling people is on mountain bikes. Mountain biking is a great fun and a perfect way to discover Nepal's great diverse landscape, of tremendous terrain, tracks and trails. Where mountain bike 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, its traditional rural life style that has preserved for centuries. Around the Kathmandu valley the options for mountain biking are endless. You can challenge yourself on long, hilly rides out on the valley rim or just explore the many temples and Newari villages in the lower valley. Or for the less energetic you can have a strictly down hill tour. Exploring the area on a bike is a fantastic way to experience the local culture and way of life. It allows you to get off the beaten track and explore rural farming areas, National parks and Hill Stations.

For long trips there are plenty of guest house scattered around the valley rim, so you can travel easily. You don't have to bring your own bike; good quality front suspension mountain bikes can easily be hired from Kathmandu or Pokhara. For the adrenaline seeker there is some really good down hill routes on offer around Kathmandu and Pokhara as well as a newly opened up heritage trail in Langtang to challenge your technical abilities. For the serious rider, there are also mountain bike races throughout the year that are open to foreigners. Please contact us for detail and information. we can tailor any mountain biking trip to suit your needs. Here is a taste of some excellent tours for your Trip.

Destination: Nepal

Activity: Adventure Activity

Itinerary:

DAY 1:Arrival Kathmandu

Arrive at the airport and be collected by our representative. Stay overnight in Hotel.

DAY 2:Kathmandu - Mulkharka , 22km (1660m)

Today you leave Kathmandu via Budhanilkantha and enter the shivarpuri national park. Its up hill and a bit steep for the last 3km.you have Good views of the valley and once over the ring road its traffic free off road biking. You can visit a historic Gompa / Monastery. Over night in Mulkharka.

DAY 3:Mulkharka to Chisapani 21km. (2195m)

Today you follow a jeep track up and down into the heart of the national park. From Chisapani you can have good mountain views. Over night in Chisapani.

DAY 4:Chisapani to Nagarkot 25 km (2000m)

Today is again traffic free riding as you leave chisapani via the track and head up to Nagarkot. Nagarkot is a scenic hill top village and is famous for having the best mountain views in the valley.

DAY 5 :Nagarkot to Dhulikhel 32 km (1600m)

Leave Nagarkot and go down hill for some way and rejoin the road for the short climb to Dhulikhel another ideal hill town. Over night in Dhulikhel.

DAY 6:Dhulikhel to Kathmandu via Bhaktapur 32km (1300m)

It's mostly down hill today as you ride roads and tracks back to Kathmandu. You stop for sightseeing in the ancient town of Bhaktapur where you can take in the local sights and culture.