

**Pokhara Muktinath Cycling Tour**

Duration: 11 Days



**Overview**

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 3,800 m.</b>
<b>Activity: Cycling</b>	<b>Group Size: Min 02 Pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

This 10-day **Pokhara Muktinath Cycling Tour** is designed explicitly to give an exhilarating cycling tour while traveling through some of the most outstanding Himalayan terrains of north-west Nepal. In definition, our 10-day cycling adventure begins with an 8-hour long drive to Pokhara city. From Pokhara, we take a scenic flight to Jomsom and after that our bikes shall be handed over to us. Following our itinerary, we ride towards Kagbeni (2,900m) and then make our way to the famous touristic site of Muktinath Temple which is also a very religious holy place for Buddhist and Hindu people. Travelers can see flocks of pilgrims and devotees visiting the central temple. Later after exploring this enthralling revered temple, travelers are going to jump on their bikes again for a downward trail to Marpha village. The locally grown apple fruits and the apple pies are the highlights of Marpha village so you might want to taste them before you head out. Later ahead, we visit Tatopani where you can relax your tired body while dipping into the natural hot spring. Finally, we shall end our tour by descending all the way down to Pokhara via Sarangkot. Contact, [Himalayan Holyland Treks and Expedition](http://www.himalayanholylandtreks.com) right now to join our Pokhara Muktinath Cycling tour with us.

## Itinerary

### Day 01: Arrival in Kathmandu airport (1345meters)

After your flight lands at the Tribhuvan International Airport (TIA) of the Kathmandu city, a representative of The Himalayan Trekking shall be waiting for you at the airport terminal. Upon meeting with him/her, you along with your other trekking friends shall be welcomed and greeted in a proper Nepalese manner. Afterward, he/she shall escort you to a private vehicle for a drive to your hotels where you are planned to stay for the night. Stay overnight at Kathmandu.

### Day 02: Pre-trip meeting and sightseeing in Kathmandu

It's your first morning in the bustling capital city of Nepal and we have planned a sightseeing tour for you so that you don't miss out on the chance to explore this incredibly historically rich capital city where enticing architecture and cultural exists harmoniously. Wake up and enjoy your lovely breakfast. Then after our guide shall escort you to a private tour vehicle which will be used for our entire sightseeing tour. First, we visit the ancient prehistoric Swayambhunath Temple which is situated high above a hill and therefore provides a heart captivating view of the entire city. Next, we head to another famous Buddhist stupa called Boudhanath which is also largely popular for being the largest Buddhist stupa in south-east Asia. Similarly, we are going to visit the holy Hindu shrine of Pashupatinath which is positioned at the banks of Bagmati River. Vivid religious sights will occupy your vision as you take a look around. And at last, we head to the historic royal palace where intricate wood carvings never fail to impress the first-time visitors. Ultimately, we are to conclude our tour for the day being and head back to our hotel. Stay overnight at Kathmandu.

### Day 03: Drive from Kathmandu to Pokhara (820m) by tourist bus, 7 hrs.

Today marks the beginning of your Pokhara Muktinath Cycling tour and so after finishing your breakfast, you along with your remaining cycling associates shall be headed to a private tourist vehicle for a scenic hill drive to the iconic Pokhara city. The entire drive approximately can take up to 6-7 hours to complete, nevertheless the whole trail is filled with lovely picturesque valleys, rivers and towns which make the journey pleasantly. As we move farther away from the traffic filled roads of Kathmandu, we enter into the Prithvi Highway and drive onward till we reach Pokhara before dawn. Doing so needs us to cover a distance of about 205 km. After reaching Pokhara city, a mind-blowing view of the Himalayan mountains along with the complementing serene waters of Phewa Lake welcome you. Then you will be transferred to your hotel rooms and later on you can even go out for stroll around the popular lakeside streets and markets. Stay overnight at Pokhara.

### Day 04: Fly to Jomsom (2,720m), assemble the bikes, and ride to Kagbeni (2,900m)

A pleasing morning awaits you as you wake up in the fascinating wonderland of Pokhara city. First you are going to have your breakfast and after filling up your tummies, you along with every other traveler will need to head toward the Pokhara Airport for our scheduled morning flight to Jomsom town. It won't take long to reach the calm windy town of Jomsom which is situated at a high altitude of 2,720 meters above sea level. After gathering with other members, we are going to assemble our bikes/cycles and get used to it by riding with it around the town for a few moments. Next, we begin our initial phase of our cycling tour and head forward to Kagbeni. While enjoying the spectacular dramatic views, we ride our way primarily through flat rocky terrain and arrive at a place called Ekle Bhatti (2,820m). Later after riding for about 1 - 2 hours from Jomsom, we shall reach at Kagbeni town (2,990m) where eccentric indigenous lifestyle and culture await us. All in all, we will cover a total distance of about 14 km today. Stay overnight at Kagbeni.

### Day 05: Ride from Kagbeni to Muktinath (3,800m)

Kagbeni (2,810 m) &#8211; Jharkot(3,550 m) &#8211; Muktinath (3,760 m)

Ready for another highlight of your cycling journey? Cause today we are going to be heading towards the phenomenal religious site of Muktinath temple. First, we need to wake up, have our nutrient rich breakfast which will revive up our exhausted leg muscles and help us regain strength to continue on with our cycling trip. Starting off with an uphill trail that is bound to take us up to a 1,000 meter higher than our initial beginning point. Our trail leads us towards a more desert like landscape which will be filled with many eye-catching natural sceneries that helps ride higher. Lastly, we end up reaching Muktinath temple (3,800m) after solely riding for about 4-5 hours and can witness flocks of numerous trekkers along with religious pilgrims exploring this beautiful temple. We now end our excruciating day of tough mountain biking by taking a much-needed rest in the local lodge. All in all, we will cover a total land distance of 15 km today. Stay overnight at Muktinath.

## **Day 06: Ride from Muktinath to Marpha (2,670m)**

Hope you enjoyed your rest beside the revered Muktinath temple. Now we are going to be head towards Marpha village by following a downward descending trail. We can enjoy the rocky terrain that goes down all the way to Kali Gandaki River valley floor. Today cyclist need to be a bit cautious as they are going to encounter a lot of strong winds which can make the sight blurry for the cyclists. It's probably a long pedaling journey for the most of the cyclists, however we can savor the enchanting views of various villages en-route such as Lupra, Ekle Bhatti and Jomsom respectively. Later, we arrive at Marpha village which is a scenic village popular for its local brandy and Apple products. So, don't forget to taste the local delicacies of Apple pie and dried apple skin which can be found at every corner in this magnificent village. All in all, we are going to cover an approximate distance of 23 km after reaching Marpha from Muktinath. Stay overnight at Marpha village.

## **Day 07: Ride from Marpha to Tatopani (1,190m)**

Beginning our journey with a nice blend of exquisite natural and cultural trail that goes through to Tatopani. But first of all, we are going to head down to Tukuche village which is an ancient Thakali village where you can find some beautiful natural scenery that can be a momentous event for the cyclists. Here onward, you can get the all-encompassing mountain views of the Mt. Dhaulagiri, Tukuche Peak and Mt. Nilgiri. Continuing further down, we head to Larjung village and then to Ghasa village respectively one after another. By doing so we are to reach Tatopani village which is going to be the final destination for the day. At Tatopani, trekkers can enjoy the soothing hot sauna of the natural hot springs which surround the beautiful Tatopani village. All in all, we cover a total land distance of 45 km during our cycling today. Stay overnight at Tatopani village.

## **Day 08: Ride from Tato Pani to Sarangkot**

After resting our exhausted bodies at the relaxing Tatopani village, we are now going to make way towards Sarangkot today which is another one of the beautiful places on our trip list to visit and explore. It can take us some 2 to 3 hours in approximate time to cover up the entire journey today which means that we can enjoy the cycling journey without exerting much intense physical pressure. Our entire journey has lead us to explore many stunning places. Likewise, we reach Sarangkot and then spend the overnight there while enjoying the panoramic view of the entire Pokhara city along with the twinkling stars above us. Stay overnight at Sarangkot.

## **Day 09: Sarangkot to Pokhara (830m)**

We have now reached the final phase of our entire cycling tour which has gotten us high above to the Muktinath temple and back down through incredible heart-pounding natural sceneries. So, today we are going to head back down to the lively touristic haven of Pokhara city where we are going to enjoy a nice shower and great food. So, as we finish our breakfast, we are going to start cycling our way down from the Sarangkot hill and reach Pokhara soon after. In Pokhara, you can do some last-minute souvenir shopping as this is your last day in Pokhara. Stay overnight at Pokhara.

## **Day 10: Drive from Pokhara to Kathmandu (1,345m)- 7 hrs**

It's the tenth day of your cycling journey in western Nepal and this means that now we are heading back to the capital city. Hence, we get inside a private tourist vehicle and drive our way to the central part of Nepal where the Kathmandu valley is situated. Following our previous trail, we reach Kathmandu and after getting there, a representative of The Himalayan Trekking shall transfer you to your hotel rooms. Stay overnight at Kathmandu.

## Day 11: Final departure from Nepal

Ultimately the day of saying Goodbye has arrived. Today after finishing your breakfast, a representative from The Himalayan Trekking will help you get transferred to the International Airport for your scheduled flight back to your homeland. Lastly, we hope that you enjoyed every bit of your stay in Nepal with us and will return back to Nepal for some another adventures.



## Cost Includes

- => Airport pickup and drop in a private vehicle
- => Hotel accommodation in Kathmandu and Pokhara in B/B basis
- => Tea house accommodation during the Tour
- => Three times meal in the trek/tour
- => Hot soup in the high places
- => Farewell dinner in Kathmandu
- => All the transportation as per the itinerary
- => A professional guide for tour and sightseeing
- => Porter service(2 trekkers: 1 porter)
- => Insurance for guide and porters
- => Food and accommodation for guide and porters
- => All necessary documents(Permits and TIMS)
- => All government and local taxes
- => Medical kit
- => Trekking map as itinerary and
- => T-shirt from the company

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu
- => Lunch and dinner in Kathmandu and Pokhara
- => Travel and rescue insurance of clients
- => Personal expenses: shower, battery charge during trek, bar bills, cold drinks, laundry
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary
- => Tips for guide and porters