

## Ridge of Kathmandu Valley Cycling Tour

Duration: 12 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 2,175m</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>

â€œIf you like adventure then a cycling trip inside Nepal can be a highlight for you.â€ Do you love cycling and want to experience Nepal at the same time? Then our Ridge of Kathmandu Valley Cycling Tour might be the perfect choice for you as you get to ride around the scenic nature trails which are harmoniously filled with lush green vegetation and fantastic wildlife diversity. Our 12 days **Ridge of Kathmandu Valley Cycling** trip starts off after your arrival at the Tribhuvan International Airport in Kathmandu and commences further onward to Kakani the next day. Following a pristinely preserved cycling routes, we make an uphill and downhill ride which is bound to take us through several ingenious village settlement and suburban towns. Similarly, we head onward to Budhanilkantha and then to the famous hill of Nagarkot which has garnered a lot of popularity amongst the locals and foreign tourists for its iconic views of the snow-capped Himalayan mountains. Along with that, this place is a very eco-friendly zone where cyclists can enjoy breathing fresh air and greenery all around them as they travel here. Following our itinerary, we are to move from Nagarkot to Palanchwok and then to Dhulikhel. And before ending our cycling trip, we go to visit two lovely destinations of Balthali & Lakuri Bhanjyang. These places shall be the last destinations visited by us before cycling back to the Kathmandu city. In this way, our trip starts and ends in the historical Kathmandu city. However, we also have scheduled a one-day sightseeing tour for you right before your final departure date. This shall allow you to spend some more time in Kathmandu and explore the entire Kathmandu city as you make way toward the UNESCO World Heritage Sites. Feel free to contact **Himalayan Holyland Treks and Expedition** today and join our well-experienced tour/cycling staff for a fascinating cycling trip in Nepal.

## Itinerary

### Day 01: Arrival in Kathmandu airport (1,345m)

Upon your arrival at the Tribhuvan International Airport (TIA) in Kathmandu, a representative of **Himalayan Holyland Treks and Expedition** shall greet and escort you to your private hotel rooms where you can soothe up yourself and take some much-needed rest. Later you have the option to go and travel the street areas of Thamel area. Stay overnight at Kathmandu.

### Day 02: Pre-trip meeting and ride from Kathmandu to Kakani (2,100m)

Today marks the beginning of your Ridge of Kathmandu Valley Cycling tour and is your first morning in the lively Kathmandu city. So, after finishing your breakfast, you along with your cycling partners shall be handed a proper comfortable cycle which you're going to be using for the entire trip duration. Initially, we leave behind the capital city and head forward to the outskirt areas where hills and green lush forest await us. Following a paved road to the stunning Kakani hill where we are scheduled to stay for the upcoming night and end our day. Kakani is about 23 kilometers away from the Kathmandu city which makes it a perfect spot to get away from the daily hustles and pollution of urban areas while enjoying an enchanting view of the mountains beside you. Stay overnight at Kakani.

### Day 03: Ride from Kakani to Budhanilkantha (1,630m)

Wake up as we are now going to make another move towards another scenic location just like Kakani. As soon as we finish eating our energetic breakfast and fill up our tummies, we jump on our cycles for an adventure of a lifetime. Today we are going to have to descend our way down the valley rim and during this time, travelers/cyclist can enjoy the clear close-up views of the Kathmandu city as they make their descent. Soon after, we are going to stop at a place called Sankhu. And at this place, we are going to have our lunch and gain continue onward to Budhanilkantha. This place is very religiously sacred for many Hindu devotees as there lies an enormous rock shaped in the form of sleeping Lord Vishnu. Stay overnight at Budhanilkantha.

### Day 04: Ride from Budhanilkantha to Nagarkot (2,175m)

As we continue to move away from the noisy traffic filled streets and roads of Kathmandu, we shall from this point onward, head towards Nagarkot. Like usual, trekkers can enjoy their calorie filled breakfast to help them revive their engines and continue with their spectacular cycling experience in Nepal. Our trail lets us visit many lovely areas which are located at the outskirt of the valley. Here the natural environment has been able to detain itself away from the polluted city lines. Beautiful farmlands, terraced houses and stunning vistas keep us fully excited to reach Nagarkot. Upon reaching Nagarkot, you can enjoy the bewildering view of the snow-capped mountains and later take some rest. Stay overnight at Nagarkot.

### Day 05: Rest day at Nagarkot

Finally, we have reached Nagarkot, a place of extreme natural and cultural diversity. It's day five and we have still many places to explore and visit on our cycling tour. However, we are going to remain in Nagarkot for the entire day in order to help our tired bodies get rid of any form of exhaustion left within them. This solely doesn't mean that you have to sit inside your rooms watching videos on YouTube. Rather it's the opposite as you can visit Changunarayan Temple which can be visited by cyclists and return back in just a day from Nagarkot. The Changunarayan Temple is a famous Hindu temple where lots of statues and stones can be seen lying around. After exploring this iconic temple, we shall return back to Nagarkot. Stay overnight at Nagarkot.

### Day 06: Nagarkot to Palanchowk

It's the sixth day of your trip and so we are now going to leave behind Nagarkot for a thrilling adventure filled cycling to a place

called Palanchwok. After eating our breakfast and taking some last-minute photo of this amazing place, we shall cycle our way by following a single-track road and make a descend down to the mesmerizing Indrawati River. Our journey takes us through several scenic villages and paddy fields which allows us to observe the unseen Nepalese side that people in Kathmandu tend to miss out on. Later after descending down till 1,000 meters from Nagarkot, we ascend for about 9 kilometers and arrive at our final destination of Palanchowk. Stay overnight at Palanchwok.

## **Day 7: Palanchowk to Dhulikhel**

Hope you had a proper good night rest at our lodge in Palanchwok because today we are scheduled to leave Palanchwok and head further toward Dhulikhel. Eat your breakfast and afterward kick the pedal to the metal to begin your cycling journey for today. With outstanding off-road trails, cyclist can enjoy the heart pounding exhilarating descent which can be a bit trickier for you to follow. Nevertheless, it can surely elevate your cycling experience in Nepal a little more. As we reach the main road of the Kathmandu city, we are now going to make a continuous uphill cycling for about 20 kilometers and later on arrive at Dhulikhel. Stay overnight at Dhulikhel.

## **Day 08: Ride from Dhulikhel to Balthali (1,445m)**

From this point ahead, a cyclist needs to head a bit higher to Balthali village which is a popular trekking destination nearby the capital city. Cyclists need to have their stomach filled with proper dietary food consisting vital nutrients for breakfast so that they can have the energy to continue their cycling trip. Our ride for today takes us to a scenic trail where lush green vegetation make-up an amphitheater for travelers to enjoy and mesmerize upon. As the day tends to dim away, we reach to Balthali village which is situated at an elevation of 1,445 meters above sea level. Stay overnight at Balthali.

## **Day 09: Ride from Balthali to LakureBhanjyang (1900m)**

We are steadily approaching the final leg of our cycling tour. So, after waking up and having our breakfast, we are going to leave Balthali and move toward LakureBhanjyang which is situated at the top of a primeval hill 18 km away from the Kathmandu valley. Upon reaching this fabulous spot, cyclists can witness a very enigmatic and overwhelming scenery of the Kathmandu city. For this reason, many hikers travel here to capture the mesmerizing view with their own eyes. We are going to be spending the overnight here and eat a proper Nepalese delicacy for dinner as we are to head back to Kathmandu city tomorrow. Stay overnight at Lakure Bhanjyang.

## **Day 10: Ride from LakureBhanjyang to Kathmandu. (1,345m)**

Hope you enjoyed your previous cycling days which took you afar to the outskirts areas of the Kathmandu valley and helped you enjoy the pristine natural trails. With that in mind, we are now going to cycle back to the capital city. We enjoy our breakfast at our lodge and have a final close look of LakureBhanjyang before descending our way down to the main city roads of Kathmandu. After reaching Kathmandu, representative of The Himalayan Trekking will transfer you to your respective hotel rooms where you can take a shower and stay relaxed for the rest of the evening. Stay overnight at Kathmandu.

## **Day 11: Sightseeing in Kathmandu (on a private vehicle)**

Before taking off for your flight to your home nation tomorrow, we have prepared a sightseeing day tour activity for you. Today, you are going to visit and explore the UNESCO World Heritage Sites which are located all over the Kathmandu city. All of the tour destination will be visited via a private tour vehicle which can help your stay relaxed and calm amongst the horrendous traffic jams of the city. Our sightseeing tour takes you to the ancient Swayambhunath Temple, Boudhanath Stupa, holy Hindu site of Pashupatinath and last but not the least, the historical Kathmandu Durbar Square which was once the Royal Palace for the beloved kings & queens

of the Kathmandu valley. So, don't forget to bring your cameras with you as there are a lot of opportunities for you to capture some mind-boggling pictures. Later, after finishing your Kathmandu sightseeing tour, you shall be transferred back to your hotel. Stay overnight at Kathmandu.

## Day 12: Final departure from Nepal

Finally, the day of our final departure has come upon us as today you are going back to your nation. Hence, an airport representative of **Himalayan Holyland Treks & Expedition** shall transfer you to the International Airport 3 hours before your scheduled flight time. We hope you had a great time cycling around with us and hope to see you back in Nepal soon.



## 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
- => 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