



In The Shadow of the Himalayas

Many mountain bike routes promises to claim the title of the World's Greatest, but only the Kali Gandaki Valley trail in the Mustang region of Nepal can evidently claim to be surrounded by five-mile-high peaks, with exposure to diverse environment. You will be cycling through different altitudes where every night you will stay in teahouses run by local villagers and stocked with good food and local beverage.

The Kali Gandaki Valley – the deepest valley in the world – marries natural grandeur, local culture and relative luxury in a perfect combination found nowhere else. This mountain biking holiday in Nepal, on the roof of the world, will give you experience of some tough climbs, technical descents, fast, flow single-track, and the most spectacular views you can imagine.

You'll also experience an incredible flight in the route as you travel between Pokhara and Jomsom.

Riding the trails on the legendary Annapurna Circuit and the lower Mustang region, at altitudes of between 1,500m and 4,000m, this mountain biking holiday in Nepal will take you to some of the most beautiful and unexplored places on the planet, where you will experience the most memorable and emotional mountain biking of your life.

The cycling tour in Mustang region will show you some of the best place you have ever visited, and your experience are further enhanced by being exposed to unique local culture, their lifestyle and traditions. Mustang is a great alternative for travelers who want to experience real Tibetan culture as it was in the past. The Loba (Lo Pa) people are ethnic Tibetan and practice a form of Buddhism from the Sakya lineage.

Trip overview:

Countries: Nepal	Trip Days: 13	Level: Medium
Trip Start: Kathmandu	Trip End: Kathmandu	Trip Code: HWMBT
Activity: Explore, Biking	Group Size: 02-14	
Accommodation: Hotel/Lodge/Guest House		
Trip Region: Kathmandu and Annapurna		

OUTLINE ITINERARY

Day 01 Arrive in Kathmandu airport & transfer to Hotel
Day 02 Drive to Kakani and Bike to Shivapuri
Day 03 Bike from Shivapuri to Boudhanath via Kapan
Day 04 Sightseeing in Kathmandu valley
Day 05 Kathmandu flight to Pokhara & cycling around



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Day 06 Morning flight from Pokhara to Jomsom/Acclimatization Ride to Kagbeni
Day 07 Day return to Muktinath and back to Kagbeni
Day 08 Kagbeni to Jharkot to Marpha
Day 09 Marpha to Tatopani
Day 10 Tatopani to Beni and transfer to Pokhara
Day 11 Flight back to Kathmandu
Day 12 Relax in Kathmandu
Day 13 Final Departure

DETAIL ITINERARY

DAY 01: ARRIVE IN KATHMANDU:

On the first day of your travel in Nepal you'll be welcomed by our team member at Kathmandu airport and then transferred to your accommodation at Hotel Manaslu, a traditionally designed heritage hotel on the center of Kathmandu in Lazimpat. Here, you will be briefed on the bike adventure ahead of us and will be introduced to our support crew.

Accommodation: Hotel Manaslu or Same Standard
Meal: Welcome Dinner

DAY 02: KAKANI TO SHIVAPURI RETREAT VIA SHIVAPURI NATIONAL PARK:

After our terrace breakfast on the restaurant with spectacular view of antique craftwork embedded with the design of the hotel, we will shuttle up to the hill-top town of Kakani at 2,200m. From there we will ride on a winding technical single track that offers glimpses of the snow-capped Himalayan Mountains in the distance, before popping us out at beautiful Shivapuri Retreat. We descend to our accommodation and settle in for the night around the fire, reliving the day's mountain bike trails.

Distance: 23km
Elevation gained: 438m
Elevation lost: 819m

Accommodation: Shivapuri Retreat
Meal: Breakfast, Lunch and Dinner

DAY 03: SHIVAPURI TO BOUDHANATH VIA TAREBHIR & KAPAN MONASTERY:

Once our breakfast is done, we will ride through some part of hustling city life of Kathmandu towards peacefulness of Kapan monastery. We will spend some calm and relaxing time in the monastery and get to know about its teachings, practices and observe Tibetan Buddhism architecture. Moving on, we will ride to Boudhanath, a renowned UNESCO World Heritage Site



which is one of the largest stupas in South Asia. You can take a stroll around the pavements of inspiring white dome buzzing with energy; observe devout passersby, light a butter lamp and send a prayer where you wish, look around for souvenirs, or observe all from a nearby rooftop restaurant, with coffee in hand.

Our day will end with the ride back to the Hotel in Lazimpat.

Distance: 22km

Accommodation: Hotel Manaslu or Same Standard
Meal: Breakfast, Lunch and Dinner

DAY 04: SIGHTSEEING IN KATHMANDU VALLEY:

The day will start with a breakfast which is soon to be followed up by a casual stroll to Kathmandu Durbar Square. The walk will take around 30 mins but it will show you hustling streets, people lifestyle and some amazing sights of temples. Once in Kathmandu Durbar Square, you will observe the traditional heart of the old town and Kathmandu's most spectacular legacy of traditional architecture. We will stroll around the area and visit museum to witness cultural and historical heritage and monuments.

After our tour at Kathmandu Durbar Square, we will head towards Patan Durbar Square which is around 20 minutes away on a car (depends on traffic situation). Patan Durbar Square is best known for its artistic heritage as it is full of Hindu temples and Buddhist monuments with bronze gateways, guardian deities and wonderful carvings. You will witness artistic and religious attractions such as Patan Museum, Golden Temple, Krishna Temple, Mahabouddha Temple and lot more courtyards and shrines. In between the tour, we will get delicious lunch in one of the famous roof top restaurants where you can observe the beauty of Patan with a view like from an eagle's eye.

Our final destination will be to Pashupatinath Temple, one of the holiest place for people following Hindu religion. It is a combination of religion, art, and culture and the place offers peace and devotion. The temple, spread across 246 hectares of land abounds in temples and monuments whereby hundreds of rituals are performed here every day. The temple premises is an open museum. This national treasure was designated a UNESCO World Cultural Heritage Site in 1979. We will travel back to Lazimpat to our Hotel in the evening and get ready for the adventure that lies ahead.

Accommodation: Hotel Manaslu or Same Standard
Meal: Breakfast, Lunch and Dinner

DAY 05: FLIGHT TO POKHARA:



Today we will take an early morning flight to the lake city of Pokhara, where upon arrival we will get breakfast, before heading out to explore Pokhara and its lively markets, and maybe enjoy a pedal boat race! Today is a free day. There is the opportunity to do some laundry in Pokhara. We will stay in a small hotel in Pokhara this evening.

Accommodation: Temple Tree or Same Standard
Meal: Breakfast, Lunch and Dinner

DAY 06: FLIGHT TO JOMSOM AND RIDE TO KAGBENI

We start today with what is described as one of the most dramatic plane journey, a spectacular mountain flight into Jomsom – the heart of the Kali Gandaki Valley (the world’s deepest valley). Once we collect our luggage we settle down to some breakfast, then embark on one of the most emotional mountain bike rides of your life to the town of Kagbeni at 2,900m, which is relatively a flat river trail. Our accommodation will be in a family-run teahouse.

Distance: 15km
Elevation gained: 700m
Elevation lost: 425m

Accommodation: Family run - Tea House
Meal: Breakfast, Lunch and Dinner

DAY 07: TRIP TO MUKTINATH AND BACK TO KAGBENI:

This is our climbing day in the Mustang region. Today we will gain almost 1000m in elevation as we head from Kagbeni at 2,900m to Muktinath at 3,800m. The landscape is dry and desert-like with addition to the majestic mountains in the background which makes the entire scene mesmerizing. Once there we will explore this cultural and religious site and after which we will grab some lunch before undertaking a stunning single-track descent that sees us weave through Nepalese villages before dropping us out onto a fast, open descent back down to Kagbeni.

Distance: 25km
Elevation gained/ lost: 1,025m

Accommodation: Family run - Tea House
Meal: Breakfast, Lunch and Dinner

DAY 08: KAGBENI TO JHARKOT TO MARPHA:



Today starts with a shuttle up to Jharkot, which lies just short of Muktinath, we off-load the bikes and start a 300m ascent to the breath-taking trail through the Lubra Pass at 4,100m. After a series of photo calls we will descend through one of the main trail highlights of the trip to Marpha (2,700m), the apple growing region of the Mustang valley. We will stay in another traditional teahouse for the night.

Distance: 25km

Elevation gained: 300m

Elevation lost: 1,360m

Accommodation: Tea House – Best Available

Meal: Breakfast, Lunch and Dinner

DAY 09: MARPHA TO TATOPANI:

We ride through Kali Gandaki, the world's deepest valley today, between the two 8,000m giants Mount Annapurna and Mount Dhaulagiri. We cross the valley on perfect single track and huge suspension bridges that link village after village in the Mustang region, providing the inhabitants with a trade route and means of communication. We end today's ride in the hot spring town of Tatopani, a great way to unwind after a week of mountain biking.

Distance: 46km

Elevation gained: 270m

Elevation lost: 1,650m

Accommodation: Tea House – Best Available

Meal: Breakfast, Lunch and Dinner

DAY 10: TATOPANI TO BENI & TRANSFER TO POKHARA:

Riding on dirt trails today, these are our last few hours on the bike in the Mustang region of Nepal. It may be a dirt road, but we are mountain biking in Nepal, a place where dirt roads are fun! Upon reaching the town of Beni we pack in the van and transfer to Pokhara. Once we have checked into the hotel we have a free afternoon to pick up all the last minute presents and sample and enjoy the renowned night life in Pokhara. Accommodation tonight will be the lovely hotel we stayed previously in Pokhara.

Distance: 21km

Elevation gained: 40m

Elevation lost: 365m

Accommodation: Temple Tree or Same Standard



Meal: Breakfast, Lunch and Dinner

DAY 11: FLY BACK TO KATHMANDU:

Today we catch an early flight back to Kathmandu, transfer to our hotel, pack bikes and bags and hit the town for our final farewell dinner and drinks, before retiring for the night.

Accommodation: Hotel Manaslu or Same Standard

Meal: Breakfast, Lunch and Dinner

DAY 12: RELAX IN KATHMANDU:

Relax at hotel or explore own your own in Kathmandu valley.

Accommodation: Hotel Manaslu or Same Standard

Meal: Breakfast, Lunch and Dinner

DAY 13: FINAL DEPARTURE:

We will transfer you to Kathmandu airport in plenty of time for your flight, and say our farewells!

Meal: Breakfast

Financial Terms:

02-04 Pax	Twin Share	05-09 Pax	Twin Share	10-14 Pax	Twin Share
\$ 2932.00	per person	\$ 2858.00	per person	\$ 2755.00	per person

Single Supplementary Charges

US\$ 525.00 per person

Trip Cost Inclusions:

Accommodation:

- 05 Night's accommodation in Kathmandu at Hotel Manaslu or same standard on Twin Share BB plan
- 01 Night accommodation in Shivapuri Retreat on Twin Share BB plan
- 02 Night's accommodation in Temple Tree Resort or same standard on Twin Share BB plan in Pokhara



- 04 Night's accommodation in Guest House/Tea House on Twin Share

Domestic Flight Fare:

- Kathmandu to Pokhara to Kathmandu by flight
- Pokhara to Jomsom by flight

Transfer:

- All airport transfer in Kathmandu & Pokhara by private vehicle
- Kathmandu hotel to Shivapuri drop by private vehicle
- Sundarijal to Kathmandu hotel by private vehicle
- Beni to Pokhara by private vehicle

Others Inclusions:

- 1 Cycle, Helmet, Cycling gear
- 1 Cycling guide for the trip
- Including salary, accommodation, food, insurance & logistic transfer
- All government service charges & Tax

Meal:

- 12 Breakfast, 09 Lunch & 07 Dinner - Excluding drinks

Trip Cost Exclusions:

- International air fare
- Nepal entry visa fees
- Meals in Kathmandu & Pokhara (Lunch & Dinner)
- Any personal expenses – (laundry, phone, internet, shopping, bar bills, battery recharge, extra porters)
- Excess baggage charges
- Extra night accommodation in Kathmandu & Pokhara in case of early arrival, late departure and early return from the mountain (due to any reason) than the scheduled itinerary
- Tipping to Staffs
- Any extra drinks (including water, tea, coffee, liquor) or expense during trip
- Travel and rescue Insurance
- Photography or Movie fees on the trip

If you wish to extend your trip to Nepal please contact us and we can help you to organize this.

[Email.](#)

Thank you for your kind the co-operation and supports.



Namaste,

Himalayan Walkers Nepal Team

Bike Roar Adventure Australia

Arrival and departure details

Your mountain biking holiday in Nepal will start and end in Kathmandu. Your guide and/or driver will meet you in the arrivals area of Tribhuvan International Airport, which is the only international airport in Kathmandu, and he/she will be holding a Himalayan Walkers or Bike Roar Adventure sign.

On your arrival day we will transfer you by private shuttle (included in holiday price) to your accommodation at Hotel Manaslu right in the center of Kathmandu.

The first and last days of your mountain biking holiday in Nepal are dedicated traveling days and, since most flights arrive via the major Asian cities, we can accommodate most flight plans for pick-up and drop-off.

If you wish to extend your trip to Nepal [please contact us](#) and we can help you to organize this.

Travelling to Nepal

Passengers traveling from Europe, Africa, and the Atlantic coast of North/South America are advised to travel via Middle East Asian cities (namely Doha, Bahrain, or Abu Dhabi). Major airlines that fly this route are [Qatar Airways](#), [Etihad Airways](#).

Passengers traveling from the Pacific coast of North/South America, and Australia or New Zealand are advised to travel via South East Asian cities (namely Bangkok, Singapore, or Hong Kong). Major airlines for this route are [Thai Airways](#), [Silk Air](#), and [Dragon Air](#).

You must book your bike on to your flight in advance, otherwise you could face a heavy charge at the airport. Here are some handy hints and tips on travelling by air with your bike.

Travelling by air with your bike is probably the most stressful of all public transport options because you have to hand your beloved bike over to airport staff before you board and just pray that it gets to the other end at the same time as you, and in one piece. There are various different bike packing options, which we'll come on to later, but first, here are a few key tips on how to reduce the chances of your bike being damaged in transit, which will also reduce your stress levels.

So easy to unpack, even the dog can do it!

- Remove your front wheel (and insert your axle to prevent your forks being damaged)



- Remove your pedals
- Remove your rear derailleur
- Remove your stem, not your handlebars. It is easier to replace your stem with handlebars attached, then align your handlebar position/ angle on arrival
- For hydraulic brakes, be sure to put something in between your brake pads to prevent them being forced together
- Make sure most of the air has been expelled from your inner tubes
- Make sure your mountain bike is marked clearly with your name, and your home and destination addresses

A couple of final points: check how much the airlines will charge to transport your bike before you book your flights; and make sure you check the fine print of your luggage insurance to see if it covers you for sports equipment. It's likely that your bike won't be insured and you may need to take special insurance to cover you for loss or theft of your bike in transit.

Please note: Included in your mountain biking vacation in Nepal are three internal flights in small, light aircraft to transfer you up into the Himalayas. If you are not a good air traveler, then this mountain biking holiday is not for you.

Please read the full kit list before you start packing for your biking holiday in Nepal, so that you have everything you need!

BIKE TOUR PACKING/KIT LIST

Essential	Recommended
Helmet	Buff
Bike Gloves * 3 pairs	Tubeless Tyres
Biking glasses	Bite and sting relief cream
Padded Cycling shorts (to last at lest 5 rides)	Knee Pads
Water proof jacket	Small bottle of hand - wash liquid to wash kit swimming shorts/costume for hotel pool in Pokhara
Long - sleeved base layers	
Short-sleeved and long-sleeved cycling tops	
Warm down jacket for the evenings	
Biking socks (at least 5 pairs)	
Hat and non - biking globes	
Flip - flops	



Two - seasons or down sleeping bag
Towels
Toiletries (soap, shampoo, toilet paper, toothpaste)
Sunscreen (including one for lips)
Hydration system (camelbak or bottle)
Any medication you require (including epipen)
Advil or ibuprofen (for effects of altitude)
Mosquito spray
Snack bars
20 liter (not smaller) day pack
Head Torch
Two passport photos for your visa (if getting this at Kathmandu airport)
If you're bringing your own bike:
Brake pads specific to your bikes * 2 sets for 29" wheels bring extra spare tubes, these are more difficult to find in Nepal
Rear mechharger specific to your bike * 2
Bottle of dry lube
Four inner tubes, or spare bottle of fluid for tubeless tyres (two for each tyre)
Quick Link to Suit your chain

Note: If you're bringing your own bike, you must make sure that you have it professionally serviced before the trip, and ask your bike shop to use dry lube on your chain.

The ideal bike for mountain biking in Nepal is a good quality full-suspension mountain bike with around 120mm of travel front and rear. We can arrange hire of a good quality full-suspension mountain bike for the duration of your trip at a cost of \$ 550 USD.

To get the most out of your mountain biking holiday in Nepal you should plan some training in advance of your tour, and it is essential that you ensure that your bike has been properly serviced before the trip.

Here is a list of frequently asked questions (FAQs) for our mountain biking holiday in Nepal:



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Q. How many people will be in the group?

A. We only run small group adventures to ensure that everyone has the best experience possible, and there will generally be between eight and 12 people in each group. The minimum number of people we require to run a trip is six.

Q. What's the age range of people who come on this trip?

A. Our biking holiday in Nepal caters for a wide age range; typically between 30 to 55 years-old, but age is simply a state of mind, as they say, and we welcome anyone over the age of 18! As long as you have a good level of physical fitness you will enjoy this mountain bike tour no matter what your age.

Q. What style of mountain biking vacation is it?

A. This is a guided mountain biking holiday, ideal for intermediate mountain bikers. Riding here, on the roof of the world you'll experience some tough climbs and descents, as well as some lovely flowing single-track. You'll take three internal flights to minimize the time required to travel between the most spectacular riding spots.

Q. How far will we be mountain biking each day?

A. The distances we cover each day range from 15km to 35 km, in accordance with the altitude and height gain/ loss on each stage. We will gain height gradually over the course of the trip to ensure that your body becomes accustomed to the increased altitude. Each evening your guides will chat with you about the following day's mountain biking and give you an idea of the sorts of trails you can look forward to. If there's anything you feel anxious about, your guides will be happy to discuss it with you.

Q. Do we have to carry all our gear with us?

A. No, you only need to carry a day pack with you whilst riding. We have a support vehicle and driver who will transfer your luggage to your next accommodation each day, and have it ready and waiting for your arrival.

Q. What if I come across a section of trail that I can't ride?

A. Your guide will be very happy to give you some bike skills training during your trip to help improve your confidence and your enjoyment of your Nepal mountain bike adventure. If there is a section that you would prefer not to ride, then you can simply hop off your bike and walk. You won't be the only one to walk certain sections and it's not a competition in biking ability; it's a mountain biking holiday!



Q. Who will be guiding us?

A. Your mountain bike guides are local to Nepal and experienced professionals who have a real passion for mountain biking and for the culture and landscape of Nepal. Your safety is their number one priority, closely followed by your enjoyment of the tour. They will always be on-hand to answer any questions or requests you may have throughout your trip.

Q. What will the weather be like in Nepal?

A. The weather during our mountain bike adventures in Nepal will typically be very dry and sunny, with daytime riding temperatures around 20C/68F. The temperature at night drops significantly to around 0C/32F, so make sure you bring warm clothing for the evening.

Q. What sort of accommodation will we be staying in?

A. On this mountain bike tour in the Kali Gandaki Valley of Nepal you will be staying in the best quality accommodation available in each area. This ranges from a hill-top cottage outside Kathmandu to local tea houses in the heart of the valley. Accommodation in the more remote villages up in the mountains is very basic, but you'll often be staying in family homes, which gives you the chance to get to know the local Nepali people and understand something of their way of life.

Q. Which meals are included in the tour?

A. All meals starting with dinner on day one and ending with breakfast on day 13. **Excluding drinks**

Q. What type of mountain bike is best for this trip?

A. A good quality full suspension mountain bike with 120mm travel front and rear will be ideal for this mountain bike tour. The terrain you will be riding is rough in places and you will feel more comfortable on a full suspension bike for the duration of the trip. It is possible to ride every day on a hard tail, so if this is your preference, then feel free to come with your hard tail. There can be thorns on the trails in Nepal so we recommend that you bring tubeless tyres or tyres with thicker walls and extra thick inner tubes. We do advise that you travel with your own bike to Nepal.

Q. What about tourist visas, how do I get those?

A. Short-term tourist visas can be purchased on arrival at Kathmandu airport and should be bought in cash in US Dollars. Travelers' cheques, personal cheques and credit cards are not accepted as payment for your visa at the airport. Alternatively, to save time after your long flight, you can purchase your visa online in advance.



Q. What clothes and kit should I bring?

A. The daytime and nighttime temperatures vary greatly in Nepal, so you must make sure that you have plenty of layers of breathable clothing to ensure that you are always warm enough and can remove a layer if you get too hot, and you should bring a down jacket for the evenings. You should also bring cycling shorts/trousers, gloves, padded undershorts, flip-flops, specific shoes for cycling, sun cream, insect spray, and Advil or Ibuprofen.