Vent Nouveau s.a.l.
TRAVEL & TOURISM
Since 1970

NEPAL
Classical Nepal Cycling Tour
13 - Day Itinerary

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Day 01: Arrive Kathmandu

You will be met at Tribhuvan International airport by our representative and taken to the hotel which is located in the heart of the tourist district of Kathmandu, Thamel (approximately a 30- minute drive).

There will then be time to check over the bikes, with our crew member on standby to assist with any mechanical issues.

Depending on your arrival time, there may be time to explore the streets, sights and shops of Thamel or to relax after your journey, before joining your guides for an early evening welcome meal, where they will explain more about the coming days tour and activities.

Day 02: Kathmandu- Godwari

Sightseeing around Bhaktapur Durbar Square, followed by a ride to Godawari Biking Distance: 26km

After an early breakfast at the hotel, you will be driven to the ancient city of Bhaktapur. Your guide will take you on a tour of the city and to the major religious squares which are recognised as world heritage sites.

Upon completing the city tour, lunch will be provided, and a short 2-hour bike ride will follow. The cycling will be on undulating trails, passing by paddy fields and the serene forest of Phulchowki. You will finish in Godawari which is well known for its botanical gardens, rich wildlife and evergreen forests, giving you a real sense of tranquility..

Day 03: Godwari - Dakshinkali

Biking Distance: 38km

After breakfast, the tour continues on jeep track through the Chapagaon village where you will have magnificent views of the Kathmandu Valley below.

You will head south from Chapagaon, crossing over the Lele river and towards the Bungamati village. After crossing a suspension bridge over the Bagmati river you will approach a Ganesh Temple (Elephant God Temple) and from here, the sealed Dakshinkali road strings together some fascinating cultural sights. Whilst the remaining ride is largely uphill, it is gradual!

Day 04: Dakshinkali - Daman

Biking Distance: 59km

ollowing a nutritious breakfast, you will cycle along a gravel road to Kulekhani via a Tamang village. Along the way you can experience the authentic Nepalese lifestyle and visit the largest hydro power and artificial lake in Nepal, Kulekhani Dam.

You will continue on from here, with an approximate 2-hour climb towards the overnight destination of the day – Daman at 2400m above sea level.

The support vehicle will be available for those not relishing the climb!!

Day 5 – Daman - Hetauda

Biking Distance: 52km

Day 5 has, quite possibly, the best views of the trip. You will get to see an incredible 400km panorama of the Himalayas which extends from the Annapurna's to Mt. Everest. There are also great views over the Terai, the low plains of Nepal, and further into the distance – India!

You'll enjoy the ultimate downhill ride with over 2000m of descent through pine and rhododendron forests which eventually gives way to semi-tropical vegetation as the air becomes more humid. Small clusters of houses cling to lonely hill tops but as you approach the Terai, you will pass through more and more villages.

The town of Hetauda (455m above sea level) lies at the bottom of the descent and you will end today's cycling on an unforgettable high.

Days 6 - Hetauda - Chitwan

Biking Distance: 71km

Day 6 is a much flatter ride compared to the previous couple of days. You will now be in central Terai, a region of hot subtropical plains, and the surrounding vegetation reflects this.

The route diverted onto a dirt track to the outskirts of the Chitwan National Park area at Saurahaand, where you will be staying at a hotel in the park!

Chitwan National Park is the largest and most famous wilderness in Nepal and covers a pristine area with a unique ecosystem. It boasts more than 43 species of mammals and

is especially renowned for the endangered one-horned rhinoceros and Bengal tigers. It is also home to 450 species of birds and 45 types of amphibians and reptiles.

Days 7 - Chitwan

We offer a range of activities in Chitwan that are not included in the cost of the tour but are not compulsory if you want a rest day!

Canoeing: A journey down the river Rapti in a traditional 'dug-out canoe' and an opportunity to quietly observe the exotic species of birds and animals that come to drink at the water's edge.

Guided jungle walks or drive: Accompanied by an experienced naturalist you can walk or drive deep into the jungle, to prime locations in search of rare animals.

Bird watching: An early morning walk through the bush and along the Rapti River, with an expert guide to view some of the 450 species of exotic birds including the Giant Hornbill, Lesser Florican and Paradise Flycatcher.

Tharu culture show: A dance performance from a Tharu ethnic group who originally migrated from Rajasthan in India. Village tour: Visit a traditional Tharu village deep in the jungle

Days 8 - Chitwan - Butwal and transfer to Lumbini

Biking Distance: 117km or 72km

Following a leisurely breakfast, you will start the day cycling towards the Tikauli forest travelling via the Bishajari Lake. Following this you will continue onto the Mahendra Highway and break for a lunch at Dawene after 72 km of riding.

Again, your support vehicle will be on hand if anybody feels they would like a break from riding, or for those feeling really energetic you can continue riding for another 45km's to Butwal, where everyone will hop on the vehicles for the transfer to Lumbini.

Lumbini is recognised as the birthplace of the Lord Buddha and is of religious significance for Hindus' and Buddhists around the world.

Day 9 - Transfer to Butwal and ride to Tansen

Biking Distance: 39km

In the morning you will get to visit Lumbini and the Buddha gardens followed by a return drive to Butwal. The drive will take you through rural Nepal, giving a glimpse of village life in the Terai lowlands.

After lunch, you will be back on the bikes to continue on to Tansen, which is an old Newari city known for its traditional architecture and sweeping views of the Himalayas.

Day 10 - Tansen to Gaylang and transfer to Pokhara

Biking Distance: 45 km

The day will start with an exhilarating descent on a windy road down to the Siddartha Highway, after which you will have a gentle climb up to Galyang, followed by a 2-hour drive to the lakeside tourist enclave of Pokhara.

On arrival in Pokhara, you will check into the hotel which will leave plenty of time in the evening to stretch the legs and explore the town.

Day 11 - Pokhara

There are a multitude of activities to indulge yourself in whilst staying in Pokhara. From a relaxing row across the Phewa Tal lake to an exhilarating 30-minute paragliding flight from the famous Sarangkot view point. Please get in touch for th/e full list of activities that we have to offer.

Day 12 - Flight from Pokhara to Kathmandu

After breakfast you will return to Kathmandu via a 25-minute short plane journey or return on the 8-hour bus journey.

Once back in Kathmandu, there will be time in the afternoon for some trinket shopping or to explore some of the many temples and places of interest in the city.

Please let us know at the time of booking if you would prefer to stay in Pokhara a few extra days to check out some of the adventurous (or leisurely!) activities that it has to offer!

Day 13 - Kathmandu Departure

Transfer to the airport or continue with additional itinerary

END OF SERVICE

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