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

NEPAL
Nepal Cycling Tour
8 - 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 - Pokhara

Whilst you enjoy your breakfast, the luggage and bikes will be loaded onto the tour vehicle for the transfer to Pokhara (the bikes will continue to Jomsom ready for your arrival on Day 3).

After breakfast you will be transferred to Kathmandu domestic airport for the 25-minute flight to the Lakeside town of Pokhara. OR alternatively you will be collected from your hotel for the approximate 8-hour transfer via bus. This option will be chosen at the time of booking.

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

Day 03: Fewa Lake loop: 52km Ride, 1400m Ascent

After a nutritious breakfast, you will head out on a 7km ride along the lakeside to the first of our offroad loops, Fewa Lake. The total off-road riding is 40km with 1400m of climbing and the trails will be steep and challenging. There are, however, a number of points where you can cut the ride short and return to Pokhara should there be any tired legs.

Day 3's trails climb and criss-cross the mountains that surround the prominent Peace Stupa, after which you will descend on some awesome single-track back down to the lakeside followed by a 7km relaxed cool down ride back to the hotel.

The afternoon and evening are free to stretch out, relax and explore the Lakeside town of Pokhara and its many delicious local and continental eateries.

Day 04: Kristi Hill: 62 km Ride, 1800m Ascent

The same routine as yesterday but you'll be heading out to Kristi Hill. A 6km ride to the trailhead where another 50km of scintillating off road trails await. Again, don't worry if you're not up for the full 50km, there are plenty of escape routes!

The trail today is 2 loops with the second loop being much tougher than the first, with some really steep climbs rewarded with awesome views across to the snow capped mountains.

Day 5 – Begnas Lake loop: 75km Ride, 1800m Ascent

You know the score by now! Today's ride to the start of the trails is the longest of the lot at 15km but you will be rewarded with panoramic views of Begnas lake as you ride the 45km of off-road awesomeness. As always there are many short cuts for those that want a more leisurely ride.

The course starts from the beautiful Begnas lake and climbs up to Kalika top before descending via a different route back down to Begnas and a loop around Rupa lake on undulating trails.

Days 6 - Bat Cave Loop: 67 km Ride, 1600m Ascent

The last day of riding but no need to take your foot off the gas if you don't want to!

Our guides are happy to go as fast or as slow as you like and can accommodate those wanting a total workout or those who'd rather take in the stunning views.

Either way, even with the full 47km off-road loop there should still be time today to explore the bat caves before heading on a 10km ride back to the hotel.

Days 7 - Pokhara - Kathmandu

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

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!

Days 8 - Kathmandu Departure

Transfer to the airport, or alternatively get in touch to see the full list of activities that we offer!

END OF SERVICE

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