

Adventure Kathmandu Cycle Tour

TRIP OVERVIEW

Adventure Kathmandu Cycle Tour: Pedal Through the Heart of Nepal

The Adventure Kathmandu Cycle Tour is an exhilarating way to explore the rich culture, heritage, and natural beauty of Nepal's capital. Designed for cycling enthusiasts and adventure lovers, this tour offers a unique perspective of the Kathmandu Valley—a blend of ancient temples, charming local villages, serene countryside, and scenic trails surrounded by Himalayan views. Away from the city's busy streets, cyclists can immerse themselves in local life while enjoying both challenge and tranquility on two wheels.

Explore Kathmandu's Cultural Heritage on Two Wheels

The tour begins in the heart of Kathmandu, where cyclists pedal through narrow alleys and lively local markets, passing by centuries-old temples and bustling courtyards. Iconic landmarks like Kathmandu Durbar Square, Swayambhunath Stupa (Monkey Temple), and Pashupatinath Temple offer cultural and spiritual insights as you ride through the city's living heritage. The blend of Hindu and Buddhist influences creates a fascinating atmosphere that's both vibrant and peaceful.

Riding through these heritage sites gives cyclists the chance to see Kathmandu from a unique angle—up close, personal, and full of life. You'll pass locals performing daily rituals, monks chanting prayers, and artisans crafting traditional souvenirs, making every turn a discovery.

Into the Countryside: Scenic Trails and Local Villages

Leaving the city behind, the cycling route gradually transitions to the serene countryside of the Kathmandu Valley. Trails lead through terraced farmlands, lush forests, and picturesque villages such as Bungamati, Khokana, and Chapagaon, where traditional Newari culture still thrives. These routes provide not only physical adventure but also moments of peace and connection with rural Nepal.

Cyclists can enjoy breathtaking views of the surrounding hills and, on clear days, even catch glimpses of distant Himalayan peaks. The countryside offers well-balanced trails suitable for both moderate riders and experienced mountain bikers seeking a rewarding challenge.

Adventure, Culture, and Connection

The Adventure Kathmandu Cycle Tour is more than just a ride—it's a full experience that connects travelers with Nepal's people, traditions, and landscapes. You'll stop at local tea houses for refreshments, interact with friendly villagers, and enjoy authentic Nepali meals along the way. Whether riding solo, with friends, or as part of a guided group, this cycling tour combines cultural immersion with outdoor exploration in perfect harmony.

The route's diversity—from bustling streets to peaceful farmlands—makes it a favorite among travelers seeking an active yet meaningful way to explore Nepal. The rhythmic pedaling through the valley, accompanied by prayer flags fluttering in the wind and the distant sound of temple bells, creates an unforgettable experience for every adventurer.

Why Choose the Adventure Kathmandu Cycle Tour

This cycling tour is ideal for travelers who want to combine adventure, fitness, and culture in a single day. It offers flexibility, with routes designed to suit different fitness levels—from easy scenic rides around the valley to more challenging mountain biking trails that climb through forested ridges. The tour is led by experienced local guides who ensure both safety and cultural insights throughout the journey.

Trip Highlights:

- Cycle through Kathmandu's iconic heritage sites—Durbar Square, Swayambhunath, and Pashupatinath.
- Ride along picturesque countryside trails surrounded by rice fields, hills, and rural villages.
- Visit traditional Newari villages such as Bungamati, Khokana, and Chapagaon.
- Enjoy panoramic Himalayan views on clear days from the valley rim.
- Experience local life and culture up close, from artisans and farmers to monks and schoolchildren.

TRIP DETAILED ITINERARY

- **Day 1**

Arrive in Kathmandu, We will warmly welcome you at the airport and transfer to your hotel for check-in, followed by a refreshing welcome drink.

We will be waiting to welcome you at **Tribhuvan International Airport, Kathmandu**, where you will be greeted with a traditional **Nepali flower garland** to mark your arrival. After the warm welcome, we will drive you to your hotel—approximately **30 minutes during the day** and **20 minutes at night**.

Upon reaching the **Hotel**, you will be offered **welcome drinks and biscuits**, followed by the **settlement of your rooms**. Once settled, please join us back in the **lobby or meeting hall** for a **briefing** about your tour program on the Adventure Kathmandu Cycle tour, including an introduction to your **guide** and other relevant details.

After the briefing, you will have the opportunity to **check your equipments** with your guide.

Note: If you arrive in Kathmandu at night, these activities will be scheduled for the following day after breakfast and meals.



Difficulty

Easy



Meals

Welcome dinner at Culture
Home



Max altitude

1350m



Accommodation

Hotel

- **Day 2**

Kathmandu - Swayambhunath - Patan Durbar Square - Boudhanath Stupa 6 - 7 hours

Experience the **vibrant culture, rich history, and spiritual heritage of Kathmandu Valley** on this full-day **cycle tour**. The ride takes you through **bustling streets, serene temples, and UNESCO World Heritage Sites**, offering a unique perspective on the city and its surroundings.

Your journey begins at **Swayambhunath Stupa (Monkey Temple)**, perched atop a hill offering **panoramic views of Kathmandu**. Explore the ancient stupas, prayer wheels, and sacred shrines while observing **local devotees and monks** in their daily rituals.

Next, you cycle to **Patan Durbar Square**, one of the **ancient royal squares of the Kathmandu Valley**, renowned for its **pagoda-style temples, exquisite wood carvings, and historic palaces**. Here you can enjoy **local street life, traditional architecture**, and learn about Patan's rich cultural heritage.

The final stop is **Boudhanath Stupa**, one of the **largest Buddhist stupas in the world**, a center of Tibetan culture in Nepal. Witness the **colorful prayer flags, spinning wheels, and meditative atmosphere** while walking around the massive stupa. The cycle tour concludes with a return to your hotel, completing a **memorable day exploring Kathmandu's cultural gems**.

Highlights of the Day

- Explore **Swayambhunath Stupa** and enjoy **panoramic city views**
- Discover **Patan Durbar Square** with its historic palaces and temples
- Experience the **spiritual ambiance of Boudhanath Stupa**
- Cycle through **Kathmandu's lively streets and scenic neighborhoods**
- Enjoy a **full cultural immersion** with local architecture, traditions, and rituals



Difficulty
Easy



Max altitude
1350m



Accommodation
Hotel



Meals
Breakfast

- **Day 3**

Kathmandu – Chisapani 5 - 6 hours

Your adventure begins with a drive or hike from **Kathmandu** toward **Chisapani**, a scenic hilltop village in the **Shivapuri National Park** region. The journey offers a refreshing escape from the bustling city, passing through **lush forests, terraced fields, and traditional villages**.

The trail gradually ascends through **rhododendron, pine, and oak forests**, allowing you to enjoy the **peaceful natural surroundings** while catching glimpses of the **Himalayan foothills**. Chisapani, perched at approximately **2,250 meters**, is a serene destination with panoramic views of **Langtang, Ganesh Himal, and the Kathmandu Valley**, making it a perfect spot for **rest, photography, and reflection**.

Highlights of the Day

- Trek through **lush forests and terraced farmland**
- Panoramic views of **Langtang, Ganesh Himal, and the Kathmandu Valley**
- Visit **traditional hilltop villages** along the trail
- Enjoy a peaceful **evening in Chisapani**, surrounded by natural beauty
- Overnight stay in **Chisapani (2,250m)** with mountain vistas



Difficulty
Moderate



Max altitude
2250m



Accommodation
Lodge - Teahouse



Meals
Breakfast - Lunch - Dinner

- **Day 4**

Chisapani - Nagarkot 5 - 6 hours

Today's trek descends from the serene hilltop village of **Chisapani (2,250m)** to **Nagarkot (2,175m)**, one of the most famous viewpoints in the **Kathmandu Valley** for panoramic views of the **Himalayan range**. The trail takes you through **lush forests, terraced fields, and charming villages**, offering a mix of natural beauty and cultural encounters.

As you approach **Nagarkot**, you'll be greeted by sweeping vistas of **Langtang, Ganesh Himal, Manaslu, and the mighty Everest range** on clear days. The path is mostly downhill with gentle ascents, making it a **pleasant trekking day suitable for all levels**. Nagarkot is known for its **stunning sunrise and sunset viewpoints**, and the evening offers a chance to relax and soak in the Himalayan panorama from your lodge.

Highlights of the Day

- Trek through **forests of rhododendron, oak, and pine**
- Pass **traditional villages and terraced farmland**
- Spectacular panoramic views of **Langtang, Ganesh Himal, Manaslu, and Everest**
- Enjoy a peaceful **evening in Nagarkot**, famous for its Himalayan vistas
- Overnight stay in **Nagarkot (2,175m)** with breathtaking mountain scenery



Difficulty

Moderate



Max altitude

2250m



Accommodation

Lodge - Guesthouse



Meals

Breakfast - Lunch - Dinner

• Day 5

Nagarkot - Palanchowk Bhagawati Temple 5 - 6 hours

Today's trek takes you from **Nagarkot** toward **Palanchowk Bhagawati Temple**, a revered **Hindu religious site located just outside Kathmandu Valley**. The trail offers a

combination of **cultural exploration, natural beauty, and panoramic mountain views**, making it a unique and spiritually enriching experience.

The trek passes through **lush forests, terraced farmland, and quaint villages**, providing insight into **rural Nepali life**. Upon arrival at **Palanchowk Bhagawati**, you can explore the **temple complex**, admire the **traditional architecture**, and participate in the **local spiritual rituals** if you wish. On a clear day, the site also offers **spectacular views of the surrounding hills and Himalayan peaks**, making it a perfect spot for photography and reflection.

After a peaceful visit, descend back toward the valley or your accommodation, enjoying the tranquility of the **Nepalese countryside** and the warm hospitality of local communities.

Highlights of the Day

- Trek through **forests, terraced fields, and rural villages**
- Visit **Palanchowk Bhagawati Temple**, an important Hindu pilgrimage site
- Experience **local culture and traditional rituals**
- Enjoy **panoramic views of hills and distant Himalayan peaks**
- Reflect and relax in a serene **spiritual environment**



Difficulty

Moderate



Max altitude

2200m



Accommodation

Lodge - Guesthouse



Meals

Breakfast - Lunch - Dinner

- **Day 6**

Palanchok Bhagawati - Dhulikhel Viewpoint 4 - 5 hours

Today's trek takes you from the **sacred Palanchok Bhagawati Temple** to **Dhulikhel**, a historic town renowned for its **stunning panoramic views of the eastern Himalayan ranges**. The trail descends gradually through **lush forests, terraced farmland, and traditional villages**, offering a mix of **natural beauty, culture, and local life** along the way.

Dhulikhel is famous for its **spectacular sunrise and sunset viewpoints**, where you can enjoy **360° vistas of the distant peaks**, including **Langtang, Gaurishankar, and other eastern Himalayan giants**. The town also offers insight into **Newar culture and architecture**, with charming streets and traditional houses lining the way. The day is perfect for **photography, leisurely exploration, and relaxation** after your trek from Palanchok.

Highlights of the Day

- Trek through **forests, farmland, and local villages**
- Descend from **Palanchok Bhagawati Temple** to **Dhulikhel**
- Enjoy **panoramic views of eastern Himalayan peaks**
- Experience **Newar culture and traditional architecture** in Dhulikhel
- Relax and explore the town while soaking in **sunset or sunrise vistas**



Difficulty

Moderate



Max altitude

2200m



Accommodation

Lodge - Guesthouse



Meals

Breakfast - Lunch - Dinner

- **Day 7**

Dhulikhel - Namobuddha - Lakhure Bhanjyang 5 - 6 hours

Today's trek takes you from **Dhulikhel** to the sacred **Namo Buddha**, and onward to **Lakhure Bhanjyang**, a hilltop viewpoint offering some of the **best panoramic views of the Kathmandu Valley**. The trail winds through **forests of pine and rhododendron**, **terraced fields**, and **traditional villages**, combining **spiritual, cultural, and natural experiences** in one day.

At **Namo Buddha**, a revered Buddhist pilgrimage site, you can explore the **ancient monastery, prayer wheels, and stupas**, and learn about the legend of **Prince Mahasattva**, who sacrificed himself for a starving tigress. Continuing to **Lakhure Bhanjyang**, you'll be rewarded with **360° vistas of the Kathmandu Valley, surrounding hills, and distant Himalayan peaks**, making it an ideal spot for photography and relaxation.

The trek offers a **mix of gentle ascents and descents**, making it accessible for trekkers of moderate experience while providing **spiritual and scenic enrichment** along the way.

Highlights of the Day

- Visit the **sacred Namu Buddha Monastery**, a major Buddhist pilgrimage site
- Trek through **forests, terraced fields, and traditional villages**
- Reach **Lakhure Bhanjyang**, one of the best viewpoints of **Kathmandu Valley**
- Enjoy **360° panoramic views** of the valley and distant Himalayan peaks
- Experience a combination of **spiritual, cultural, and natural scenery**



Difficulty

Moderate



Max altitude

2175m



Accommodation

Lodge - Guesthouse



Meals

Breakfast - Lunch - Dinner

• Day 8

Lakhure Bhanjyang - Dakshinkali Temple 5 - 6 hours

Today's trek takes you from **Lakhure Bhanjyang** down to **Dakshinkali Temple**, one of the most important **Hindu temples dedicated to Goddess Kali**, located just outside **Kathmandu Valley**. The trail descends gradually through **lush forests, terraced fields, and rural villages**, offering a mix of **natural beauty, cultural insight, and spiritual experiences**.

Dakshinkali is renowned for its **sacrifice rituals and vibrant festivals**, particularly during **Dashain**, when devotees offer animals as part of traditional worship. Visitors can explore the temple complex, observe **daily rituals, and interact with local priests and devotees**. The temple also provides a **serene environment** surrounded by hills and forests, making it a peaceful yet spiritually significant stop.

After the temple visit, the trail continues gently toward **your accommodation or transfer point**, offering **opportunities for photography, relaxation, and cultural immersion** along the way.

Highlights of the Day

- Trek from **Lakhure Bhanjyang** through **forests, farmland, and villages**
- Visit **Dakshinkali Temple**, dedicated to the Goddess Kali
- Observe **traditional rituals and cultural practices**
- Enjoy the **scenic environment surrounding the temple**
- Immerse in **Nepalese spiritual and cultural heritage**



Difficulty

Moderate



Max altitude

2175m



Accommodation

Lodge - Guesthouse



Meals

Breakfast - Lunch - Dinner

- **Day 9**

Dakshinkali - Kulekhani 5 - 6 hours

Today's trek takes you from the sacred **Dakshinkali Temple** toward **Kulekhani**, a scenic area known for its **hydropower reservoir and natural beauty**. The trail descends gradually through **lush forests, terraced farmland, and small villages**, offering a blend of **nature, rural culture, and peaceful landscapes**.

Along the way, you'll pass **local settlements**, observe traditional farming practices, and enjoy the tranquility of **Nepalese countryside**. Kulekhani itself is famous for its **man-made reservoir**, providing opportunities for **photography, nature walks, and bird watching**. The area offers a serene setting for **rest and reflection** after the day's journey.

Highlights of the Day

- Trek through **forests, farmland, and traditional villages**
- Visit **Kulekhani Reservoir**, a scenic spot in the region
- Observe **local rural lifestyle and agricultural practices**
- Enjoy a peaceful and **natural environment for rest and photography**
- Immerse in the **tranquil landscapes of central Nepal**



Difficulty

Moderate



Max altitude

1400m



Accommodation

Lodge - Guesthouse



Meals

Breakfast - Lunch - Dinner

• Day 10

Kulekhani - Daman 5 - 6 hours

Today's trek takes you from **Kulekhani** to **Daman**, a hilltop village renowned for being one of the **best viewpoints of the western Himalayan range in Nepal**. The trail ascends gradually through **lush forests, terraced farmland, and peaceful villages**,

offering a combination of **natural beauty, rural culture, and panoramic mountain vistas.**

As you approach **Daman**, you'll be treated to **spectacular 360° views** of the **Langtang, Ganesh Himal, Manaslu, and Annapurna ranges** on clear days. The village itself is known for its tranquil atmosphere, traditional **Newar and Tamang settlements**, and well-developed lodges catering to travelers seeking mountain views. Daman is an ideal spot to **relax, take photographs, and enjoy sunset over the Himalayas.**

Highlights of the Day

- Trek through **forests, terraced fields, and traditional villages**
- Ascend to **Daman**, a renowned viewpoint of the **western Himalayan range**
- Panoramic views of **Langtang, Ganesh Himal, Manaslu, and Annapurna ranges**
- Experience the **peaceful mountain village atmosphere**
- Ideal location for **sunset photography and reflection**



Difficulty

Moderate



Max altitude

2322m



Accommodation

Lodge - Guesthouse



Meals

Breakfast - Lunch - Dinner

• Day 11

Daman - Naubise & bus transfer to Kathmandu 5 - 6 hours

Today's trek marks the **final leg of your scenic mountain journey.** You will descend from **Daman (2,322m)** through **forests, terraced farmland, and rural villages**, gradually making your way to **Naubise**, the gateway to the Kathmandu Valley.

At **Naubise**, you will board a **private bus** for a comfortable transfer back to **Kathmandu (1,350m)**. The drive offers views of the **valley landscapes, rivers, and surrounding hills**, allowing you to reflect on your journey through Nepal's diverse terrain. Upon arrival in Kathmandu, you will be transferred to your hotel, where you can **rest, freshen up, and celebrate the completion of your trek**.

Highlights of the Day

- Trek downhill from **Daman through forests and terraced fields**
- Pass through **traditional villages** on the way to Naubise
- Scenic **bus ride through the Kathmandu Valley**
- Return to **Kathmandu** and enjoy city comforts after trekking
- Reflect on your **mountain adventure and cultural experiences**



Difficulty

Easy



Max altitude

2322m



Accommodation

Hotel



Meals

Breakfast - Lunch - Dinner

• Day 12

Rest day in Kathmandu

After your adventurous trekking and cultural tours, today is a **relaxing free day in Kathmandu**. Take the opportunity to **rest, rejuvenate, and explore the city at your own pace**. Whether you want to **shop for souvenirs, enjoy local cuisine, or simply relax at your hotel**, this day is all about you.

You may choose to visit some **UNESCO World Heritage Sites** you haven't yet explored, like **Pashupatinath Temple or Bhaktapur Durbar Square**, or simply stroll through the vibrant streets of **Thamel**, soaking in the sights, sounds, and local culture. This day also

gives you a chance to **reflect on your trekking experiences** and prepare for your onward journey or departure.

Highlights of the Day

- Leisure day to **rest and recover** after trekking
- Optional exploration of **Kathmandu's cultural and heritage sites**
- Shopping and souvenirs in **Thamel or local markets**
- Enjoy **local cuisine and cafés at your own pace**
- Reflect on your **Nepal adventure and mountain experiences**



Difficulty

Easy



Meals

Breakfast



Max altitude

1350m



Accommodation

Hotel

• Day 13

Departure from Kathmandu to your destination.

Your **Nepal adventure concludes today**. After breakfast, you will be **transferred to Tribhuvan International Airport** for your onward flight. Depending on your schedule, you may have some time for **last-minute shopping or sightseeing** in Kathmandu before departure.

Take with you the **unforgettable memories of Nepal** — from the towering Himalayan peaks to the vibrant culture, warm hospitality, and spiritual experiences. Your trekking team and guides will bid you farewell, wishing you a **safe journey home** and hoping to welcome you back for future adventures in the Himalayas.

Highlights of the Day

- **Airport transfer** for your international flight
- Final opportunity for **shopping or sightseeing** in Kathmandu
- Reflect on your **unforgettable Nepal trekking and cultural experiences**
- Farewell from your **guides and trekking team**
- Departure with **lifelong memories of Nepal**



Difficulty
Easy



Meals
Breakfast

TRIP EXPENSE

TRIP COST INCLUDED

- Airport Pick up and transfers to hotel and briefings with tea and biscuits in Kathmandu.
- All accommodation as BB hotel in Kathmandu.
- Full board meal such as breakfast, Lunch and dinner during the Cycle tour.
- Daily fresh fruit allowance.
- Personal expenses like hot shower and battery charge / wifi.
- Properly tea and coffee whatever hot drink available.
- Experience professional cycling guide.
- All entrance fees during the sightseeing in Katmandu and until finished.
- Full insurance for staff during the trip.
- All transportation with AC deluxe from the starting to ending points of the trip.
- All cycling permits and whatever needed.
- Local guide Expert mechanical team.
- First Aid Kit for staff and Oxygen for in case.

- Walky Talky and satellite phone.

TRIP COST NOT INCLUDED

- All international flight tickets and Nepal entry visa fees.
- Lunch and dinner in Kathmandu.
- All hard drinks such as : whisky, rum, cola, fanta, etc.
- Personal travel insurance.
- All entrance fees during the sightseeing in Katmandu and until finished.
- Any emergency rescue evacuation and extra cost offering from unfavorable circumstance such as weather bad.
- Cycling cloths.
- Personal tips for trekking staff.