



# Nepal Bike Tour

## an 11 day Himalayan Bicycle Tour

Our ride through this Himalayan kingdom starts in fabled Kathmandu, where narrow streets preclude auto traffic in some areas and elephants still stroll downtown. After exploring some of the historic districts, we escape to the mountains of Daman Pass, where we bed down early to catch sunrise over the Himalayas ... a view that encompasses the full Himalayan Range from Everest in the east to Dhaulagiri in the west ... it just doesn't get any better ... unless you count the 35 mile all downhill descent from the pass to the Terai Plains.

The next leg of our journey, heads along the Terai Plains, which border India, Nepal's southerly neighbor. This area, the breadbasket for Nepal, is also the home of Chitwan National Park, where we will spend our next couple of evenings. And perhaps, during an optional elephant back trip into the park, you may spot rhino or the elusive tiger. We will also visit the UNESCO World Heritage Site of Lumbini, the birthplace of Siddhartha Gautama, who we know today as Lord Buddha.

Turning northward, we venture back towards the Himalayan foothills, pedaling first to the medieval town of Tansen, perched on the ridge overlooking the Kali Gandaki River. Then onto Pokhara, with its dramatic backdrop of the Annapurna Mountain Range, one of the most magnificent vistas in the world. We relax here for a day before flying back to Kathmandu.

## Day by Day Itinerary

**Day 1** - We'll gather today in Kathmandu. After checking into our unique boutique lodge, Dwarikas, we leave you free to explore or relax, as your guides gather the rest of your fellow riders. You will start your tour with traditional Nepalese music and dance during our welcome dinner at a renowned local restaurant in Kathmandu.

**Day 2** - Kathmandu awaits you this morning, as we head out to explore some of this ancient, colorful city. Our journey will take us from the awesome Swamyambhunath Temple, to bustling Durbar Marg to ancient Hindu temples where public cremations are still held. Kathmandu is an interesting mix of new and old, with cars sharing the city streets with elephants and monkeys guarding colorful temples. In late afternoon, we will transfer out of Kathmandu to our hotel perched on top of Daman Pass.



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**Day 3** - Your wake-up call comes before dawn has a chance to crack. The whole reason for bedding down high atop Daman is to enjoy the awesome view of the Himalayas at sunrise. Before the clouds settle in, you will be able to see the entire length of the range from Everest in the east to Dhaulagiri in the west. Then it's a big downhill bicycle tour to our next overnight stop in Hetauda.

**Day 4** - Today's cycling tour takes us across the Terai Plains, Nepal's breadbasket. This agricultural region sits slightly above sealevel, providing a stark contrast to the high altitude of the Himalayas. We will be sharing our roads here in the Terai Plains, with hundreds of cyclists, as the Nepalese still use bicycles as a primary form of transport in this region. Afternoon will find us at Chitwan National Park, where we are shuttled deep into the wild grasslands.

**Day 5** - You have the day free inside the park. Our lodge offers walking tours through the lush forests or elephant back trips in search of the tigers and rhinos that inhabit the parklands. At dinner we can compare notes on what was seen.

**Day 6** - After breakfast we will shuttle back out of the heart of Chitwan and down the road a bit before we start cycling. Today's bike tour takes us across more of the Terai Plains to the city of Lumbini, just north of the border with India. Lumbini is the birthplace of Siddhartha Gautama, who later through enlightenment became Lord Buddha, the inspiration for the world's third largest religion.

**Day 7** - We leave the flat Terai Plains behind today, as we roll back towards the foothills of the Himalayas. As we did leaving Daman, we will be following one of Nepal's older highways, the Siddhartha Highway, built originally to connect India and Nepal but not only carrying local traffic as it winds through the valleys and mountains, enroute towards Pokhara. Tonight we will be bedding down in historic Tansen, in a hotel perched on the ridge offering great views of the Annapurna Mountains.

**Day 8** - Our last bike tour of the Nepal trip, takes us further through the foothills to colorful Pokhara, with its lovely lake in town center and a backdrop of the towering Annapurna Mountains. You would be hard pressed to find a town with a more dramatic setting.

**Day 9** - The day is free today, allowing you time to explore Pokhara or perhaps joining your guides for a hike to nearby villages offering spectacular photo opportunities. If you want some more miles on your bike, there are options here as well. In late afternoon, we will pack the bikes, as they head by truck to Kathmandu tonight.



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**Day 10** - We take the easy way back to Kathmandu today, catching a flight from Pokhara. The balance of the day in Kathmandu is free to explore some more of the city, or shop for those mandatory gifts for your house and pet sitters. We'll end the tour with another evening of Nepalese music and dining in Kathmandu.

**Day 11** - As they always say ... all good things must end. We'll shuttle you back to Kathmandu Airport to catch your outbound flights back home or on to more adventures.

### Dates & Prices:

Please check our website for the currently available dates and the applicable pricing.

<https://pedalers.travel/nepal-bike-tours-beyond-kathmandu.htm>

### At Your Request:

Private departures can be arranged pretty much year round. October thru February is best with clear skies and cooler temperatures. March thru May is hot and humid. June until September is the rainy season, cooler temperatures but a chance of several days of rain. Get your wheels rolling and request your At Your Request date today. Plan a trip for your bike club or corporate incentive, contact us for more details.



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### Why Pedalers?

#### **Experience the Heart and Soul of Each Country with Our Local Expert Team**

Our passionate and diverse team of local experts will guide you through their homeland, sharing intimate knowledge and hidden wonders. They are not just guides but also skilled bike mechanics, ensuring a comfortable and enjoyable ride. Unlike other tour companies, Pedalers' local crew brings an insider's perspective to the table. You'll be pampered by a friendly team, equipped with the skills to fix anything. A sweep rider and sag wagon provide support, and your baggage travels comfortably with you. Pedalers treats you like family, making your journey unforgettable.

#### **Indulge in Mouthwatering Local Delights on a Culinary Adventure**

Unlock the essence of culture through food as we take you on a culinary extravaganza. Bond with fellow riders over scrumptious dishes at local restaurants specializing in regional cuisine. Family-style dining lets you sample outstanding dishes, carefully chosen by our expert guides. Lunch is satisfying but not overwhelming, and breakfast offers comforting Western delights. Pedalers knows the importance of good food for cyclists, creating a mouthwatering experience that combines riding and dining.

#### **Immerse Yourself in Authentic Accommodations, Where Culture Meets Comfort**

Discover the charm of our handpicked accommodations. Pedalers takes a unique approach to accommodations, ensuring an authentic and immersive experience. Choose between Classic and Première Classe tours, each offering carefully selected lodging options. Classic tours feature mid-priced boutique inns that blend comfort with local character, while Première Classe tours add a touch of luxury to your adventure with upscale lodges and inns. Regardless of your choice, Pedalers' accommodations reflect the local culture, providing a delightful and comfortable stay that complements your journey.

### Lodging:

Boutique Hotels, Inns & Resorts



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### What's Included:

- 10 nights Accommodation in the area's better hotels (double occupancy)
- All meals from Dinner on Day 1 until Breakfast on Day 11
- Water, sodas or beer included at dinner
- Service of bilingual Team Pedalers Guide(s)
- Full Van Support
- Daily route directions and maps
- Sightseeing and cultural activities
- Airport pick up & drop off

### Meeting & Flights:

The tour meets in the afternoon of Day 1 at Kathmandu Airport. Guides will meet your incoming flight between 12 noon and 5 pm, please plan your flights to arrive accordingly. The trip ends with shuttles to Kathmandu Airport anytime on Day 11.

Fly into Kathmandu (KTM) before 5 pm on Day 1

Fly out of Kathmandu (KTM) after 9 am on Day 11

Note: Most flight schedules from North America require arriving overnighting in Bangkok or Guangzhou while traveling in both directions.

For assistance with flights contact our friends at Exito Travel: [help.pedalers.travel/flights.htm](http://help.pedalers.travel/flights.htm)

### Route Conditions:

The entire ride is on paved roads, with some sections of rough, patched tarmac. Traffic is moderate. The route is suitable for performance road, sport road and touring bikes. Terrain is a mix flat and mountainous sections.



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### **Visas & Travel Documents:**

Passports and visas are required for all guests. Your passport should have at least 6 months validity past your intended travel dates. Visas can be obtained at the Nepal Embassy in your home country or upon arrival at Kathmandu Airport (\$25 for 15 day visa, \$40 for 30 day visa).

For assistance with obtaining your visas contact our friends at VisaHQ: [help.pedalers.travel/visas.htm](http://help.pedalers.travel/visas.htm)