



## **Around Pokhara Valley Bike Tour - 14 days**

Go on 14 days trip for

**\$ per person**

### **Tour Facts**

Duration: 14 days

Starting: Pokhara

Ending : Kathmandu

Grade : Medium / Hard

Highest access of the trek : 2140m

Culture : Chhetri, Tamang & others

Mode of trekking: Guest House / Camp

Himalayan sights : Annapurna, Dhaulagiri , Nilgiri, Manaslu, Ganesh Himal, Langtang

Most attraction of the Trek: Himalayan views, unique remote villages, Temples

### **Tour Barometer:**

Fitness Culture Nature Comfort

A tour considered to be a real adventure, off the motor able road that links the two major cities of Nepal , Pokhara and Kathmandu .

The tour commences with a 6 hrs drive to Pokhara along the Trisuli River and beyond. Then biking begins from Pokhara. Pokhara is a heaven for tourists with great views of Mt. Annapurna ranges and Manaslu range right from your hotel and too very famous for its lakes.

The biking tour leads through varieties of broad foot paths, old jeep trails and some technical single tracks. These areas are rarely visited by westerners and don't forget this traditional route to Kathmandu consists of Challenging ascents as well as some incredible descents to make this special off-road biking.

## **Day by Day Itinerary:**

**Day 01** : Arrival and Transfer, Hotel

**Day 02** : Drive to Pokhara, Hotel

**Day 03** : Pokhara to Begnas Tal via Kalikasthan

**Day 04** : Begnas Tal to Damauli via Borletar

**Day 05** : Damauli to Bandipur via Sakaura

**Day 06** : Bandipur to Gorkha via Turture

**Day 07** : Gorkha to Arughat / Salyantar via Gyampesal

**Day 08**

: Arughat to Dhading

**Day 09** : Dhading to Trisuli

**Day 10** : Trisuli to Mulkharka, Lodge

**Day 11** : Mulkharka to Nagarkot via Jule, Lodge

**Day 12** : Nagarkot to Kathmandu , Hotel

**Day 13** : Free day, Hotel

**Day 14** : Departure

## **FAQ (Frequently Asked Questions)**

1. What's a typical biking day like?
2. How fit do I need to be?
3. What sort of accommodations used on the tour?
4. What about altitude sickness?
5. How Qualified are the guides?
6. What do I need to take?

### **Q. What's a typical biking day like?**

A typical day starts with an early morning brew served in your tent. After a hot breakfast, during which camp will be packed and the support vehicle or porter loaded, we start cycling in the pleasant cool of the morning. Lunch is usually taken at about 12 noon and takes about an hour or so. We aim to pitch camp for the night by 4 or up to 5 p.m., i.e. well before dusk. During the day you are free to cycle at your own pace, enjoying the scenery and stopping to take as many pictures as you wish.

On our Tea House Trekking days are similar to camping treks apart from your meals and sleeping accommodations are provided by lodges on route.

### **Q. How fit do I need to be?**

Biking in Himalaya, each and every trip is different, some are hard and technical, and some are easy. But it's for sure all involve biking from 5 hrs to 7 hrs a day, the trails vary from wide dirt tracks, to steep rocky ups and down but we advice to take your time and ascend slowly. So generally you must be fit.

### **Q. What sort of accommodations used on the tour?**

Generally we have on offer two types of accomodations in our biking tours, camping or tea house. Tea houses are generally locally built with unique local design and are reasonably comfortable. Depending on region they provide single, double or dormitory room. Generally the toilet facilities will be outside but some place they might offer attached as well. Most tea houses provide a mattress and a quilt or blanket so it's always advisable to take your own sleeping bags.

On our camping tours, we will use tented accommodations, our staffs will set all up for you sleeping tent, toilet tent, shower tent, kitchen tent and dinning tent, generally camping tours are with more personal services and we will take care everything by ourselves.

### **Q. What about altitude sickness?**

Acute Mountain Sickness (AMS), commonly known as altitude sickness, is an extremely serious, potentially fatal condition. It can occur at altitudes above 2,000m, more usually above 3,500m. There are simple and effective steps to control the risk of AMS. All our guides are fully trained and experienced in dealing with AMS.

The main thing is to drink plenty of fluids, take your time, avoid straining yourself, keep an eye on each other and always enjoy the beauty, culture and friendly. And avoid drinking alcohol and too much of smoking.

### **Q. How Qualified are the guides?**

Our guides are loyal employees of the company, so you can trust on them fully. They are fully licensed to lead any mountain biking tours. We as a professional, every year manages various training to give updates to our guides like English Language, first aid, high altitude sickness, emergency handling or problem solving techniques etc. Our guides are not only guide; they are also professional Mountain Biking racers, advisers, officer on national mountain biking issues.

### **Q. What do I need to take?**

The weather in the Himalaya is unpredictable and it's always advisable to fully gear up. See below for help list.

- Cycling jersey (Half & long sleeves)
- Cycling shorts (Half & long sleeves) Baggy shorts are great for visiting temples etc.
- Cycling Shoes SPD or light weight running shoes)
- Cycling gloves (Half & full fingers)
- Wind breaker or stopper
- Waterproof jacket & trousers (Breathable are great for biking)
- Small day bag with bag cover for rain
- Helmet & Headband
- Sun glass with extra lens for different weather.
- Cycling socks
- Ear warmer for winter in Nepal & Tibet
- Camelbak (good for riding in Nepal) or Water bottle for cycling
- Specific tools (e.g. Disk brake, suspension, and wheel)
- Extra specific disk brake pads & oils for disk brake with spare housing and pins.
- Power bar & powder (Hard to get in Nepal, Tibet, India)
- Leg & arm warmer (Good option for long sleeves)
- General tools e.g. pump, multi tools
- Extra tubes & Tyre for long tour.
- Any special tools for your bike if require.

**Other Accessories:** Personal toiletries, personal first aid kit, sun block, lip cream, shampoo, soap, shavers, moisturizer, passport copies, pocket knife, camera and film, towel, water bottle, music and books, flashlight/torch, repairing kits, water purifying tablets.

## **PRICE INCLUDES**

- Breakfast, lunch, dinner and Tea House or camping accommodations during the tour (some camping & some tea house)
- Experienced Mountain Bike Guide / Mechanic
- National Park fees
- Airport transfers
- Insurance of the guide
- 3 Nights Hotel in Kathmandu in BB twin share
- 1 night hotel in Pokhara Bb twin share basis
- Cooks, cooking equipments, tents for camping days

- Support bus for camping staff and equipments, foods, baggage during camping days

## **PRICE EXCLUDES**

- International flight & departure tax
- Bike / Helmet
- Lunch & dinner in Kathmandu & Pokhara
- Single supplement accommodation (twin share basis )
- Entry fee
- Bottle / Canned Drinks
- Porters / Helpers
- Personal gears & clothing
- Tips, any expenses of personal nature, client's insurance, entry fees for sightseeing

## **NOTE:**

**Transport Service:** Due to the terrain, the jeep or bus cannot follow us directly, but will be ahead to set up camp and meet us

## **Trip Fact**

- **Trip code**EHCS-77206
- **Destination**Nepal
- **Duration**14 days / 13 nights
- **Season**Ever
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Around Pokhara Bike Tour