



## Explore Kathmandu Valley Bike Tour - 9 days

Go on 9 days trip for

\$ per person

### Tour Facts

Duration : 9 days

Starting: Kathmandu

Ending : Kathmandu

Grade : Moderate

Highest access of the trek : 2190m

Culture : Chettries, Tamang, Newar

Mode of trekking: Guest House

Himalayan sights : Annapurna range, Ganesh Himal, Langtang, Dorje Lhakpa, Gauri Shankar and even Mt. Everest in very clear day with the help of binoculars.

Most attraction of the Trek : Rich culture, adventure, scenic beauty, pine forest, green hills, beautiful villages

### Trek Barometer:

Fitness\*\*\*, Culture\*\*\*, Nature\*\*\*\*, Comfort\*\*

This tour runs around Kathmandu Valley visiting all the high points, you'll have 360 degree views from hilltops that capture the greatest Himalayan peaks, you bike through pine forests and enjoy the Himalayan fresh air.

## Day by Day Itinerary:

**Day 1:** Arrive Kathmandu

**Day 2:** Kathmandu to Mulkharka

**Day 3:** Mulkharka to Chisapani

**Day 4:** Chisapani to Nagarkot

**Day 5:** Day tour in Nagarkot

**Day 6:** Nagarkot to Dhulikhel

**Day 7:** Dhulikhel to Namobuddha Loop

**Day 8:** Dhulikhel to Kathmandu

**Day 9:** Departure for onward destination.

## 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 Guest House accommodations during the tour
- Experienced Mountain Bike Guide / Mechanic
- Bike / Helmet
- National Park fees
- Airport transfers
- Insurance of the guide
- 2 Nights Hotel in Kathmandu with breakfasts

## **PRICE EXCLUDES**

- International flight & departure tax
- Lunch & dinner in Kathmandu
- Single supplement accommodation
- Entry fee into Bhaktapur.
- Drinks
- Support transport during the tour

- Porters / Helpers
- Personal gears & clothing
- Tips, any expenses of personal nature, client's insurance, entry fees for sightseeing
- Anything extra due to delay and flight cancelations

## Trip Fact

- **Trip code**EHCS-96620
- **Destination**Nepal
- **Duration**9 days / 8 nights
- **Season**Ever
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Valley Biking Tour