

SPICE ROADS

CYCLING



NEPAL HERITAGE BY BICYCLE

Tour Code
NPL-NSN

10 DAYS
9 NIGHTS

	Destinations	Nepal
	Tour Meets Tour Ends	Kathmandu Pokhara
	Fly in to Fly out of	Tribhuvan International Airport (KTM) Pokhara International Airport (PKR)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



7 Cycling days	270 ^{km} Total cycling distance
38 ^{km} Avg distance / day	512 ^m Avg climbing / day

PRICING



Price
Bike Hire (Mountain Bike)
Single Supplement

US\$ 2,700
US\$ 225
US\$ 460

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Trekking
- ✓ Rafting

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



09 March - 18 March 2025
06 April - 15 April 2025
09 November - 18 November 2025
07 December - 16 December 2025
08 March - 17 March 2026
05 April - 14 April 2026
08 November - 17 November 2026
06 December - 15 December 2026

TRIP PROFILE

We ride a total of 270 km over 7 cycling days, covering two of Nepal's distinct geographical zones: the Himalayan foothills and the Terai Plains. In the foothills (Days 2, 3, 8, and 9), expect undulating rides on a mix of gravel roads, dirt paths, and paved surfaces. While most climbs are mild, a few steep sections provide a challenge, and the long, winding descents are a true highlight. In the plains, rides are flatter and take place on dirt paths, village roads, and some secondary provincial roads. With several vehicle transfers before and/or after our rides, we avoid busy main roads and focus on the most enjoyable routes. We enjoy one full day off the bikes to explore Chitwan National Park and take mild hikes on Days 2 and 9. Cultural highlights include the UNESCO World Heritage Site of Lumbini, the hill station of Tansen, and countless spontaneous encounters with friendly locals along the way!

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the

Suitability: This is a moderately challenging trip suited for anyone with a reasonable level of fitness. While you don't need to be an experienced mountain biker, you should feel comfortable navigating uneven surfaces for extended periods. Stamina is needed for some of the sustained climbs, and good handling skills are essential for the downhill—especially on days 2 and 8, where descents cover between 1,800 and 2,700 meters of elevation loss. Overall, the pace is leisurely, with plenty of refreshment stops, so riders with less experience are more than welcome to join. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: Our rides include a mix of paved roads in varying conditions, gravel paths, village lanes, and vehicle-width dirt roads. Although much of the route is on quiet countryside roads with minimal traffic, we will regularly share the roads with cars, motorbikes, and buses. There are a few unavoidable sections along the main roads, especially coming in and out of cities and near popular attractions. When conditions are dry, then the roads can become dusty, especially when there is construction going on. When conditions are wet, then the roads can become muddy and slippery. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!



Day 1 Meet in Kathmandu

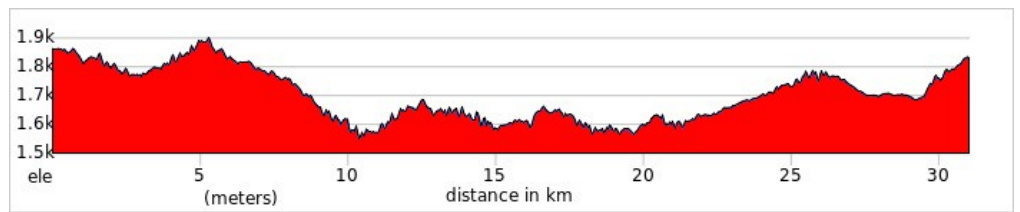
Welcome to Kathmandu, Nepal's vibrant capital city! We suggest arriving at least a day or two before the tour begins to explore iconic landmarks like the white-domed Boudhanath Stupa and the Monkey Temple as well as wander through the city's bustling bazaars. On arrival day, we meet at our tour hotel in the afternoon for a bike fitting, trip briefing, and welcome dinner. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.

 Hotel Tibet  Dinner

Day 2 Kathmandu - Kulekhani Reservoir - Daman

We leave the chaotic streets of Kathmandu behind and transfer two hours south to our cycling start point in the countryside. From atop a ridge in the Himalayan foothills, we ride winding gravel roads through lush forests, terraced rice fields, and small Nepali villages. After 5 km, we begin a gentle downhill to Kulekhani Reservoir, continuing on undulating trails etched into the hillsides, skirting the calm, clear waters. After 20 km, we stop for a lakeside lunch in the village of Markhu before tackling the final stretch through the foothills, which features some leg-testing climbs. Eventually we arrive at a national highway, our cue to pack up the bikes and hop in the van for a one-hour transfer to a scenic mountain resort in Daman, with unbeatable views of the Himalayas. On clear days, you may spot Mount Everest.

 Everest Panorama Resort  Breakfast, Lunch, Dinner

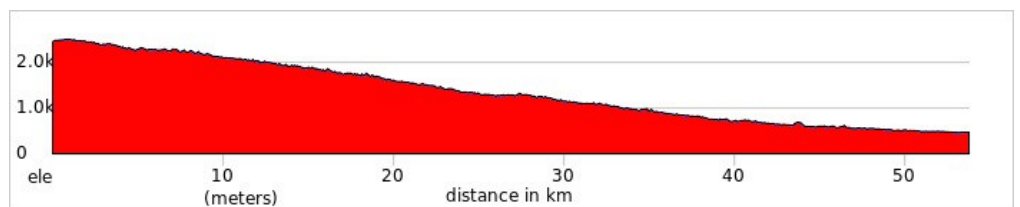


📍 Ride 31km 📈 +815m 📉 -846m

Day 3 Daman - Hetauda

This morning, we embark on a brisk hike to a small Hindu temple nestled in the surrounding forest. Associated with Lord Shiva, the temple features stone carvings, a holy spring, and colorful prayer flags, offering a glimpse into the spirituality of the Himalayan foothills. The hike lasts about three hours, and we return to the resort in time for lunch. In the afternoon, we hop on our bikes for a thrilling downhill ride into the Terai Plains, transitioning from the temperate highlands to the subtropical lowlands of Nepal! Our descent of more than 2,000 meters takes us along a winding national road, flanked by dense pine forests and sweeping mountain views. We ride at a steady pace, navigating steep gradients, loose surfaces, and sharp bends. Eventually, we spill out onto the plains, ending our ride in the city of Hetauda, located at the confluence of three rivers and surrounded by rolling hills.

🏠 Avocado and Orchid Resort 🍴 Breakfast, Lunch, Dinner

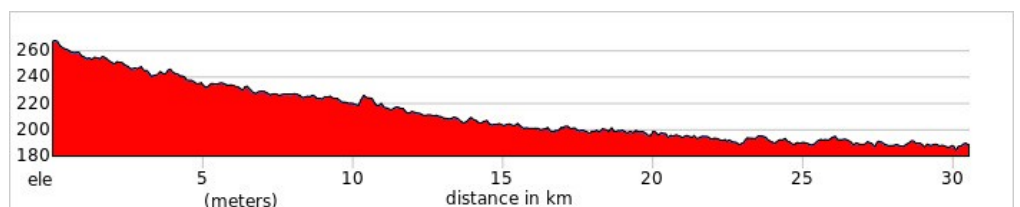


📍 Ride 54km 📈 +709m 📉 -2706m

Day 4 Hetauda - Chitwan National Park

We begin the day with a one-hour transfer west to our cycling start point near the Rapti River. This vital waterway braids across the Terai plains, creating a fertile landscape of subtropical forests and farmlands. Radiating from this lush region is a network of dirt roads, perfect for an exhilarating bike ride! We cycle 30 km along the river's floodplain, weaving through rice paddies, shady forests and agricultural communities. After passing the town of Sauraha, it is only a short distance to our secluded eco-resort at the edge of Chitwan National Park. We'll save our exploration of this wildlife oasis for tomorrow, leaving the rest of today to relax by the pool, sway in a hammock, or learn about Tharu culture, the indigenous heritage of Nepal's Terai region.

🏠 Green Mansions Jungle Resort 🍴 Breakfast, Lunch, Dinner



📍 Ride 31km 📈 +95m 📉 -173m

Day 5 Chitwan National Park Exploration

Today is an off-saddle day dedicated to Chitwan National Park, Nepal's first national park, established over 50 years ago and recognized as a UNESCO World Heritage Site for its unique and well-preserved ecosystems of the Terai region. Covering 932 sq km, the park boasts a

diverse landscape of sal forests, water marshes, and rippling grasslands, home to endangered one-horned Indian rhinos, mugger and gharial crocodiles, Bengal tigers, and over 350 species of birds, making it a haven for wildlife and a must-visit destination for nature lovers. This morning, we'll board a traditional wooden dugout canoe for a peaceful drift along the Rapti River, offering a chance to spot wildlife along the banks. After the hour-long cruise, the rest of the day is yours to enjoy at leisure, or you can opt for additional tours (not included, to be paid locally). Jeep safaris and jungle walks are available, but please discuss with our guide in advance to make necessary arrangements.



Green Mansions Jungle Resort



Breakfast, Lunch, Dinner

Day 6 Chitwan - Lumbini

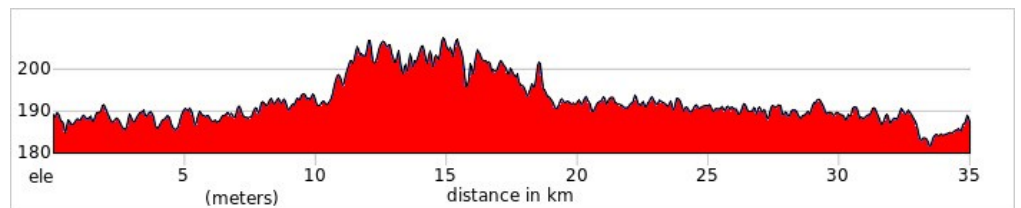
Today we continue our journey westward. Starting from the resort, we make our way into the Tikauli Jungle, a community forest and wildlife corridor linked to Chitwan National Park. We ride on a peaceful gravel road surrounded by trees and take a break at the so-called "Twenty Thousand Lake", a popular stopover for migratory birds. After around 20 km, the landscape begins to shift from forests to farmlands and we find ourselves on bumpy village roads cutting through rice, corn and mustard fields. Once we reach the city of Bharatpur, we saddle off and hop in the van. The rest of the day is a road trip to Lumbini, the birthplace of Lord Buddha and the holiest of grounds for millions of Buddhists around the world. The total travel time is around five hours, most of the way driving along the Mahindra Highway, one of Nepal's most vital arteries connecting the east and west.



Lumbini Buddha Garden



Breakfast, Lunch, Dinner



Ride 35km



+160m



-161m

Day 7 Lumbini - Butwal - Tansen

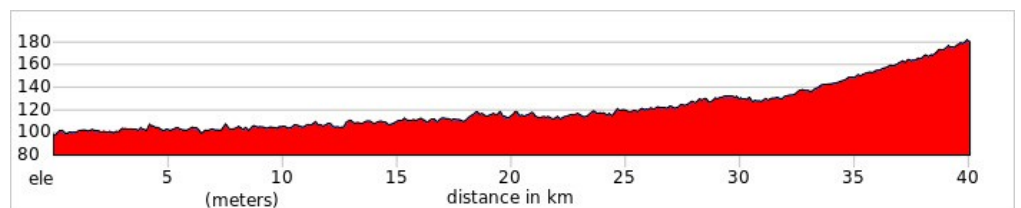
We dedicate the first part of the morning to the Sacred Garden of Lumbini, a UNESCO World Heritage Site celebrated as the birthplace of Lord Buddha in the 6th century BC and one of the most important pilgrimage sites for Buddhists worldwide. At the heart of the complex stands the Maya Devi Temple, marking the exact spot of the Buddha's birth, surrounded by significant archaeological remains, including the iconic Ashoka Pillar, erected by the first Indian king to embrace Buddhism as a state religion. After touring Lumbini, we return to the hotel and saddle up! Our ride takes us on another pleasant journey through the agrarian heartland of the Terai lowlands. After around 40 km on rural roads, we stop for lunch in the city of Butwal. From here, we transfer by van for about two hours north along the Siddhartha Highway, heading toward the hill station of Tansen. Back in the highlands we once again enjoy cool temperatures and stunning views of the Himalayas.



Hotel Srinagar



Breakfast, Lunch, Dinner



Ride 40km



+203m



-121m

Day 8 Tansen - Waling - Pokhara

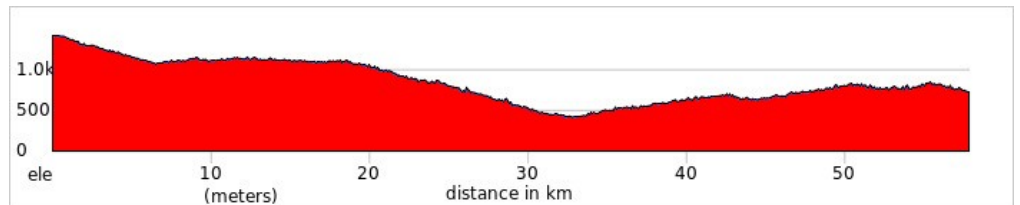
From our hotel, we ride through the old alleyways of Tansen, a historic town renowned for its traditional Newar architecture and shophouses showcasing the region's famous handwoven dhaka fabric. After we exit Tansen we join the Siddhartha Highway for a roughly 20 km winding descent into the Kali Gandaki River gorge. Our route then continues on the other side of the river, but now going uphill! The gradients are generally mild, but be prepared for a few steep bursts as we tackle slopes adorned with coffee plantations, cornfields, and farms growing vegetables and spices. After lunch in the village of Galyang Bazaar, we continue for a few more kilometres, enjoying a particularly scenic stretch of the Siddhartha Highway, coiling along slopes above a gushing river. After around 60 km, we call it a day and hop in the van for a 2.5-hour transfer to Pokhara. Known as the gateway to the snow-capped peaks of the Annapurna range, Pokhara is a charming lakeside city and the perfect base for our final two nights



Mount Kailash Resort



Breakfast, Lunch, Dinner



Ride 58km



+1181m



-1872m

Day 9 Begnas Lake Hike & Bike

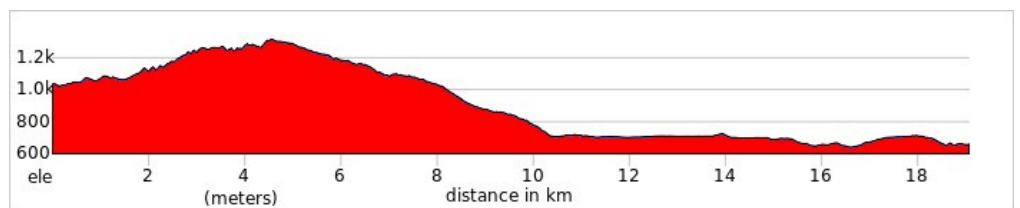
Pokhara is often called the "City of Seven Lakes." One of them, and the largest, is Phewa Lake, which lies right in front of our hotel! The second largest, Begnas Lake, is about an hour's drive outside of the city, and that's where we're headed for today's morning adventure. From the lakeshore, we'll hike into the surrounding rolling hills for about 1.5 hours, soaking in the tranquil ambiance and enjoying views of the Annapurna Range. At the top of a ridge, our bikes will be waiting, and we'll ride along undulating gravel roads surrounded by terraced fields, before finishing with a flat stretch to the Bijaypur River. Afterward, we'll pack up our bikes and transfer back to the hotel (about 30 minutes), where you can unwind for the afternoon. In the evening, we'll reconvene for a farewell dinner to celebrate the journey we've had.



Mount Kailash Resort



Breakfast, Lunch, Dinner



Ride 20km



+421m



-794m

Day 10 Pokhara Departure

Our cycling tour has ended but feel free to extend your stay in Pokhara, the base for some of the best trekking opportunities in the world. Or head back to Kathmandu via a very scenic 30 minute flight (on a clear day, and from a window seat!). Please let us know if you require assistance with airport transfers and post-tour hotel bookings.



Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. If you bring your own bike, please make sure it is a mountain or gravel bike in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Nepal can be entered only via "Visa on Arrival". Upon arriving at Tribhuvan International Airport in Kathmandu, you will fill out the application form, queue up, and pay. Depending on your length of stay the fee varies: 15 Days is 30 USD, 30 Days is 50 USD, 90 Days is 125 USD. Make sure you have the exact amount in cash on you. For more information, please see [here](#). Depending on the city closest to you with a Nepalese embassy/consulate you may be able to fill out the application form in advance, saving you time at the airport. Please reach out to the nearest embassy/consulate for more information. Please make sure that your passport is still valid for at least six months at the end of the tour.

Health

There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against: Typhoid; Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. If you have come from an area infected with yellow fever you are required to be vaccinated before entering the country. Please speak to your doctor/physician for the most recent information.

Weather

Temperatures and climate vary according to the altitude. Nepal has two seasons – the dry season runs from October to May and the wet (monsoon) season from June to September, when 80% of the rain falls. Nepal's weather is generally predictable and pleasant with March to May (spring) and September to November (autumn) being the best times to visit. The Kathmandu Valley, at an altitude of 1,310 m/ 4,297 ft, has a mild climate, ranging from 19-27°C/67-81°F

in summer, and 2-20°C /36-68°F in winter. Come prepared for chilly evenings and bring proper gear for brisk early morning starts and descents.

Accommodation

For trips in the Himalaya, accommodation is limited to local guesthouses, or “teahouses.” Himalayan teahouses are simple, family-run operations that provide full room and board for guests. Due to the remote location of the high Himalaya, and the fact that all supplies must be carried in on foot, facilities are basic. Nearly all rooms are twin share, with shared toilet and bathing facilities throughout the guesthouse. Hot water usually must be prepared in advance.

Meals are served in the main common area of the teahouse, usually heated by a wood (or dung) stove. Travelers can usually charge devices in the common area, as rooms are not equipped with power outlets.

Rooms are not heated, but we'll provide 4 season sleeping bags to keep you toasty during the cold mountain nights!

Food

Meals are included in the itinerary as B = breakfast, L = lunch, and D = dinner. Nepali cuisine is diverse and reflects the country's geography and cultural influences, with staples like rice, lentils, and vegetables. A typical meal includes dal-bhat-tarkari (lentils, rice, and curry), often accompanied by pickles and yogurt. Popular dishes include momos (dumplings), sel roti (rice-based doughnuts), and gundruk (fermented leafy greens). Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water and energy-restoring drinks are included in the tour price. Soft drinks and other beverages during meals are not included. Beer and alcohol are NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars a day for incidentals. Included entrance fees are those for the listed sites and national parks that are part of the itinerary. Any other site fees are not included.

Money

The currency is the Nepali rupee (Rs) and there are Standard Chartered Bank ATMs in Kathmandu and Pokhara that take international cards. However, to be safe, we suggest you change money in Kathmandu and carry cash as backup in case the power goes down, the ATM is out of order, or you lose or break your plastic. Major credit cards are widely accepted at midrange and better hotels, restaurants and fancy shops in the Kathmandu Valley and Pokhara only.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour

or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

-  twitter.com/spiceroads
-  youtube.com/user/spiceroads
-  instagram.com/spiceroads
-  facebook.com/SpiceRoad