

Nepal Bike

An incredible off road adventure through the mighty Himalayas



Ultimate Challenges

T: 020 3642 9830
events@theultimatetravelcompany.co.uk
www.ultimatechallenges.co.uk

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Visit this stunning ancient land and bike amongst the world's highest mountains

The charm of Nepal is that it is largely without roads and access is limited to ancient trails linking isolated villages where life and customs have changed little over centuries. Only on by bike can you discover the true nature of this beautiful country.

This biking challenge takes place in the shadow of the breath-taking Kathmandu Valley range. The ride offers an unforgettable journey through the rolling foothills of a region that offers some of the finest mountain biking in Nepal.

We cycle upon little used dirt roads above the clouds experiencing the sights, sounds, tastes and smells that make up life in Nepal's 'Middle Hills'.



Detailed itinerary

Day 1: Depart London to Kathmandu

Overnight flight from London Heathrow to Kathmandu, Nepal.

Day 2: Kathmandu

We arrive in Kathmandu mid afternoon and transfer to the Summit Hotel. The hotel is situated on a hillside and there are great views from the terrace looking across the city and to the Himalaya in the distance. Tonight we will have a briefing about the challenge ahead.

Day 3: Kathmandu to Markhu

Altitude: 1300m- 1754m, distance: 43kms

We start our ride from Kathmandu as we set off on the main highway through the suburbs of Kathmandu and head south towards the village of Pharping. This is a mountain day with 2 passes to climb and terrain is mainly stony off-road. The first is the toughest, the road starts to climb immediately as we pass temples and small villages. This is hard work but definitely worth it for the fantastic mountain views over the Kathmandu valley. The route becomes more rural as we climb. There are amazing views of the Langtang peaks, Ganesh Himal, Manaslu and on a clear day as far as the Annapurna mountain range. We finish the day at Markhu a small village by the dam.

Day 4: Markhu to Hetauda

Altitude: 1754m- 345M, distance: 40kms

This morning we start with off-road climbing for about before we reach a quiet tarmac road. From here it is almost continuous uphill to the small village of Simbhanjang Pass, the highest point of this trip at 2435m. Here we enjoy a well deserved lunch at the pass before a very welcome downhill nearly all the way to the industrial town of Hetauda passing through small rural villages on route.

Day 5: Hetauda to Chitwan

Altitude: 345m- 415m, distance: 74kms

Today we relish an easier cycling day at lower altitude and on a flatter route. We leave in the morning and ride along the river and enter a subtropical region. Sal (hard wood) and Kal (silk cotton) trees line the roads all the way to the Royal Chitwan National Park. This is a beautiful and peaceful place to hang out and enjoy the jungle environment, relax and rest. Listen to the peaceful sounds of birds and the gentle flow of the river as the sun goes down.

Day 6: Chitwan to Bandipur

Altitude: 415m- 1030m, distance: 81kms

Today our ride starts early, a quick breakfast and then transfer 2-3 hours to avoid the busy main road to Markichok. From here we start today's cycling. We cycle along the main road to Pokhara where the roads are more suitable for cycling and we are away from the main stream of traffic. Small local roads take us on a very steep uphill to reach the stunning mountain village of Bandipur, an ancient trading post untouched by modernisation. After an amazing sense of achievement from the climb, we will have time to explore the village where we will overnight at local lodge.



Detailed itinerary

Day 7: Bandipur to Pokhara

Altitude: 1030m- 800m, Distance: 106km

The final day of this epic challenge! Today we continue our journey to Pokhara, we start with a descent before joining the main road with some long uphill sections. Today's ride offers a mixture of off-road and on road sections. After passing a few towns, the road heads over the River Seti and continues all the way to Pokhara. The scenery becomes more impressive as we near the end of the ride. It is possible to see most of the mid-western Himalaya at close range as well as great contrasts - from snow-capped peaks to green subtropical forest and paddy fields. Pokhara is nestled in a valley in the shadow of the Annapurna mountains and on the shore of the Phewa Lake. It is the country's most popular tourist destination after Kathmandu. Overnight Pokhara.

Day 8: Free day Pokhara

A chance to explore Pokhara. Overnight hotel.

Day 9: Pokhara to Kathmandu

After breakfast we will be transferred to the airport for our internal flight back to Kathmandu. On arrival we will have the chance to explore the city. Overnight hotel in Kathmandu.

Day 10: Kathmandu to London

After breakfast we will be transferred to the airport for our day flight back to London.

Challenge grade

Tough

Best time of year

January, February, early March, November and December

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This itinerary is complex and subject to change