

# Kathmandu Valley Mountain Biking Tour - Itinerary

## 1. Kathmandu Valley Mountain Biking Tour

Soon after breakfast Our Mt.Biking crew leave from Thamel . Your efforts are rewarded by spectacular mountain views. We go to visit the Ranipauwa for good mountain views including Manaslu (8163m) and visit the typical Tamang village and back Upwards for the seriously fit ride up to Kakani. We camp in a reserve at 2000m to enjoy the stunning views of Ganesh Himal and Langtang Lirung and the valley view of Likhu Khola.

## 2. Kakani to Nagi Gompa (31 kms)

Next, Budhanilkantha, Our Mt ,Biking team heading a holy site for Hindus where Lord Vishnu is sleeping on the bed of snakes. Following the valley rim we then push our way on single-track uphill through thick forest of Shivapuri Reserve towards Nagi Gompa, a Buddhist nun's monastery. We camp close by the monastery premises Tibetan culture.

## 3. Nagi Gompa to Nagarkot (34 kms)

Through dense jungle of Shivapuri National Park and the route to the Helambu trek. We then ride down into the north-east corner of the valley, then we head on to a mix of single and jeep track to wind our way to Nagarkot. However, our route will depend on the condition of the trails. A short steep climb up to Nagarkot .

## 4. Nagarkot to Dhulikhel via Nala

After an early morning breakfast we have two options to ride downhill. One is to ride downhill on paved road to Bhaktapur and then to Nala or two, ride uphill to Nagarkot viewing Tower and then follow a technically steep downhill to Nala and towards Dhulikhel. Overnight in hotel.

## 5. Dhulikhel to Namobuddha

After breakfast, Our guide help sightseeing around Dhulikhel and biking towards Namobuddha, visiting cultural religious sites nearby and stay overnight. Namobuddha is one of the famous Buddhist religious place in Nepal.

## 6. Namobuddha to Kathmandu via Lubhu Sisneri

Biking Team ride on jeep track to the ancient city of Panauti, where Lord Buddha once lived as a prince. This special village-truly lost in time-is rarely visited by tourists. Indreswor Mahadev Temple in Panauti is the oldest surviving temple in Nepal, believed to be constructed in 1294A.D. Climbing west, we follow a jeep track along the meandering Roshi river. Beyond the town of Madhuban, we enter into a narrow pristine valley ascending 300m on superb trail to reach the summit of Kathmandu Valley's eastern rim known as Lakhuri Bhanjyang (2500m). What a grunt! But the views of the Himalayas are more than compensate. From the saddle, the descent is on switch-backed jeep track. We then cycle the last part of our journey from Sisneri to Kathmandu city making a quick round-about through Patan Durbar Square.

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