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Lhasa to Kathmandu Cycling Tour - 23 Days

Lhasa to Kathmandu cycling tour is an adventurous cross-country biking tour and if you are passionate cyclist then it is must for you. This Lhasa to Kathmandu cycling tour is not only adventurous but also provides an opportunity to explore the trails, unique landscapes, plateaus, lakes and monasteries in detail. Also Lhasa to Kathmandu cycling tour takes us to the northern Mt. Everest base camp, one of the most popular tourist attractions in the world.

Upon your arrival on Tribhuvan International Airport, we will spend the next whole day sightseeing the cultural Kathmandu Valley and preparing for the cycling tour. This ultimate cycling expedition begins after we take a flight to Gongar airport and couple of hours drive to Lhasa city. Then we will take a rest and sightseeing around till the next day for proper acclimatization. Lhasa city exhibits the Sera Monastery, Norbulinka palace, Jokhang Temple and famous Barkhor Bazar. The visit to home of Dalai Lama, Potala palace, Drepung monastery is equally mesmerizing.

The mountain bike journey back to Kathmandu crosses major passes while visiting the stunning monastery towns of Gyantse, Xigastse and Xegar. We follow the 1000 kilometers of cycling trails from the roof of the world making the highest steep descent of 4600 meters in the world. Cycling through the off roads, smooth, dirt we cross the Tibetan border and cycle along the Kodari, Dhulikhel, Bhaktapur and finally back to Kathmandu.

Lhasa to Kathmandu cycling tour tests our physical limits taking mountain biking to the extreme level. However the scenery, visit and the overall experience is rewarding and worthwhile.

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PRICE INCLUDES

- Airport / Hotel / Airport pick up & drop by private car / van / bus
- Four night's accommodation with breakfast at a 3-star category hotel in Kathmandu
- Guided city tour in Kathmandu by private vehicle inclusive of all entrance fees
- Tibet entry permission, Chinese visa, monasteries entry fees
- Kathmandu-Gongar (Lhasa) international flight
- Three night's accommodation with breakfast at a 3-star cateory hotel in Lhasa
- All accommodation during in Tibet (hotel/tented on twin sharing basis)
- Meals prepared by our expert cook (breakfast, lunch and dinner) with hot drinks link tea coffee, chocolate etc
- A government licensed English speaking Nepalese leader during the whole trip
- Tibet Tourism Board (TTB) approved Tibetan guide
- Supporting crew, supporting truck and our own kitchen staff
- Food, accommodation, salary, insurance, equipment, medicine for all our staff
- Trekking equipment (two men tent, dining tent, kitchen tent, table with chairs, kitchen utensils, and all other necessary equipments.
- Enough Oxygen cylinder entire of tour
- Tibet border to Kathmandu (Friendship Bridge) pick up by tourist bus or jeep
- All government taxes and official expense

PRICE EXCLUDES

- Mountain bike, helmet
- Lunch and dinner in Kathmandu
- International airfare other than Kathmandu – Gongar (Lhasa)
- Travel insurance
- Nepal Re entry visa fees.
- Any additional expenses caused by reasons beyond our control such as natural calamities, flight delays, rescheduling or cancellations, accidents etc.
- Tips for guide and support crew (Tipping is appreciated)

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ITINERARY IN DETAIL

Day 1: Arrive at Tribhuwan International Airport (TIA) Kathmandu

You are welcomed by hospitable meeting and then you will be transferred to hotel. Our airport representative will explain briefly the program upon arrival. Overnight at hotel.

Day 2: Obtain Chinese Visa and Kathmandu Valley Sightseeing Tour

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Darbar square, Swayambhunath Temple, Boudhanath Stupa & Pasupatinath Temple. Overnight at hotel. (Breakfast Included)

Day 3: Fly to Gongar airport and drive to Lhasa (3660m)

Early morning transfer to the international airport for the hour-long flight to Gongar. This stunning flight, on a China Southwest Airlines, takes us right across the main Himalayan range and provides us with magnificent mountain views. After landing at Gongar Airport and meeting your Tibetan guide, it is a further 2-hour drive by Land cruiser to Lhasa. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude. Overnight at hotel. . (Breakfast Included)

Day 4: Sightseeing Tour in Lhasa

We spend today visiting several of Lhasa's many monasteries in the company of a guide and interpreter. One of these is the Sera Monastery, one of the best-preserved monasteries in Tibet, within its whitewashed walls and golden roofs, several hundred monks live and study. After lunch we'll visit the Norbulingka, the summer palace of the Dalai Lama, as well as the Jokhang Temple. This temple is possibly the most sacred shrine in Tibet and there is always a procession of devout Tibetans through the complex. Surrounding the Jokhang is the Barkor – a maze of narrow cobbled streets that is the central market of Lhasa. Overnight at hotel. B.B

Day 5: Second day sightseeing tour in Lhasa

In the morning, we visit Potala Palace which dominates the city of Lhasa it's a spectacular building, containing private quarters of the Dalai Lama as well as numerous grand state rooms and many important chapels. There has been a Palace on this site since the 5th or 6th century, but the present Palace was constructed in the 17th century. After lunch, we visit the Drepung Monastery, which was founded in the 14th century and was once the largest in the world, with a populationof around 10,000 monks. These days that figure is down to several hundred, but there is still much here of interest as it was left relatively unscathed during the Cultural Revolution. Overnight at hotel. . (Breakfast Included)

Day 6: Start the Bike Tour 80 km

Finally, your trans-Himalayan biking adventure begins. Our journey towards Everest starts with the Friendship Highway as it heads out across the plateau. We leave Lhasa and cycle along the Tsangpo River to foot of the Kamba Pass (3700 m). When you arrive at the camp you will find tents, latrines, shower tent and facilities ready. Overnight at tented camp. . (Breakfast lunch and dinner Included)

Day 7: Kamba Pass 55 km

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Our first mountain pass. A strong uphill climb along a tar road of several switchbacks, reaches a summit lavishly adorned with prayer flags (4794m). After descending we continue alongside Lake Yamdruk, at the far side of which we set camp (4490m). Overnight at tented camp. (Breakfast lunch and dinner Included)

Day 8: Karo Pass base 54 km

Leaving the beautiful lake behind, we cycle along the Friendship highway which soon becomes a gravel roadway, through a ravine and up to the foot of the Karo Pass (4750m), where our tented village will be prepared for the night .Overnight at tented camp. (Breakfast lunch and dinner Included)

Day 9: Karo Pass to Gyantse

A significant day on the tour, as we have to get up early to climb the high Karo Pass (5010m). Around us we can see glaciers stretching down to 6000m and beautiful lakes. You are rewarded for your effort with a night in hotel. Overnight at hotel. (Breakfast Included)

Day 10: Shigatse 94 km

First we will visit the Gyantse Dzong and Gyantse Kumbum. The Dzong is a fort dating from the 14th century and the Kumbum, a large gold-domed stupa with several small chapels, containing an impressive collection of Tibetan Buddhist murals. We then head out on the highway towards Shigatse. Although today involves a longer distance, the highway is tarred and flat. In the afternoon we will arrive in Shigatse (3860m). Overnight at hotel. (Breakfast Included)

Day 11: Gyachung Monastery 75 km

We leave Shigatse and ride over two small passes and through several small Tibetan villages. We will cycle past the isolated Gyachung Monastery and camp. Overnight at tented camp. (Breakfast lunch and dinner Included)

Day 12: Lhatse 95 km

The route lead us through picturesque valleys before the long route begins which leads over the Tso-La (4520m). After lunch we head towards Lhatse past the hot springs and camp about 10km outside of town. Overnight at tented camp. (Breakfast lunch and dinner Included)

Day 13: Shegar 75 km

Today we view the stunning canyon of the 5220m Gyatso-La. On a clear day you will be rewarded for your effort with your first view of Mount Everest. After a 40 km ride through flat prairie towns, you will arrive in the town of Pelbar, often referred to as Shegar. Shegar, is a popular stopover for anyone heading to the Everest region. Today will be a long and gruelling ride through the canyon. Overnight at tented camp or guesthouse. . (Breakfast lunch and dinner Included)

Day 14: Pang Pass 67 km

Just outside of Shegar, we will divert off the main Lhasa-Kathmandu highway and head towards the world's highest peak, Everest. After passing through the border control point, you will be faced with 20km'sof uphill switchbacks (42 hairpin bends in total!) before you reach the summit of the Pang Pass (5150m). Your reward will be some of the most magnificent views of Everest and her surrounding peaks. Enjoy lunch as you gaze over Makalu (8463m), Shishapangma (8012m), Cho Oyu (8210m), Lhotse (8516m), Everest (8850m) and several other breathtaking peaks.

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Then a 20-kilometer downhill follows to the Rongbuk Valley (4200m). Overnight at tented camp. (Breakfast lunch and dinner Included)

Day 15: Rongbuk Monastery 35 km

Now you should be at peak fitness and excited about the approach of Everest Base Camp. A bumpy road winds up through the Rongbuk valley until the majestic Mount Everest appears before you. We will camp beside the monastery with the unforgettable sight of the 8848m peak in front of your eyes. We will stay here for two days. One your second day, you can either read a book or get even closer to Everest by taking a walk, cycling or hopping on a donkey and cart ride to Everest base camp, which is 8 km from the campsite. Overnight at tented camp. (Breakfast lunch and dinner Included)

Day 16:

Day 17: Tingri 86 km

Leaving Rongbuk, we head back down the bumpy road and then take a “short-cut” into the mountains. Another bumpy trail takes us over a canyon and down into Tingri (4340m). Overnight at tented camp. (Breakfast lunch and dinner Included)

Day 18: Lalung Pass 77 km

This day begins with a 40 to 50km flat ride before lunch. Then we tackle the gradual incline of the Lalung Pass (4990m). From here you will feel like you are as high as the peaks around you, including Shishapangma (8012m). Accommodation in the valley between two passes. Overnight at tented camp. . (Breakfast lunch and dinner Included)

Day 19: Cross Thang Pass the ultimate downhill 117 km

Today, we tackle our last up hill, as we cycle up the incredible Thang Pass to 5050m. You will be treated to breathtaking views of the Himalayan chain as you freewheel the most incredible non stop downhill, all the way to the Nepalese border. You will be treated to breathtaking views of the Himalayan chain as you freewheel down.

From the town of Nyalam you will notice that the scenery starts to turn green again. You will cycle down past countless waterfalls and pine tree lines roads, with waterfalls practically crashing over you, to the border town of Zhangmu (2300m). This will be our last day in Tibet. Overnight at tented camp or hotel. . (Breakfast lunch and dinner Included)

Day 20: Back to Nepal 97 km

From Zhangmu we have to pass through customs and into Nepal. Once you are in the Nepali town of Kodari the downhill continues for the next 50 km along some very bumpy and rocky roads. Suddenly it is tropical and humid and green again as you cycle alongside rice paddies. After you reach the town of Dolalghat you must climb up to Dhulikhel. Overnight at hotel. (Breakfast Included)

Day 21: Bhaktapur and Kathmandu 35 km

What a wonderful way to end this trip – a big breakfast at sunrise and the spectacular panorama of the Himalayas. You will freewheel down through Bhaktapur where you can stop and see some of the town’s famous temples if you

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wish, before we ride into busy Kathmandu again. In the afternoon you can relax, shop or go sightseeing. Overnight at hotel. (Breakfast Included)

Day 22: Free day in Kathmandu. Overnight at hotel

(Breakfast Included)

Day 23: Transfer to Airport for home departure. B. “Farewell!”

(Breakfast Included)