Wonders of Southern Nepal by Bicycle

Nepal's mountainous terrain isn't an obvious destination for those seeking a leisurely cycle trip, but

the lowlands of the Terai offer just that along with a rich religious heritage of Buddhism and Hinduism, medieval towns, quaint hillside villages and protected wildlife. The soaring peaks of Nepal will be our constant backdrop on this tour that takes us from the Kathmandu Valley to the diversity of Chitwan National Park and then to the lakes of Pokhara with views of the stunning Annapurna range.

We climb out of the Kathmandu Valley and start our riding through shady pine forests with stops along the way at remote temples and learn about the various kingdoms that comprised Nepal. We cycle down to the tropical lowlands where the fertile rice fields are still attended to using traditional farming traditions. We spend a rest day on elephant back looking for the endangered one-horned Indian rhino at Chitwan National Park before continuing on to the sacred birthplace of the Lord Buddha. A visit to the Newari city of Tansen will provide cool climes before we again descend to Pokhara, the base for trekkers on the Annapurna circuit. After a ride around the lakes of this region we'll have a spectacular flight back to Kathmandu.

Cycling is the ideal way to discover this beautiful and diverse country. The scenery is ever changing on this relaxing ride through the lowlands where you'll meet friendly villagers and have plenty of time to take photos. We also take time out for some gentle hikes, including one where we''ll meet our bikes for a exhilarating descent.

Trip Profile

We ride more than 310 km, in seven cycling days. This tour is mainly on road with a few sections off-road on jeep width dirt tracks. The distances are not too strenuous and there are many downhills to look forward to. We have designed the route for those who wish to see the rural countryside and absorb the rich history of Nepal, all while enjoying an active holiday. We have a few climbs on the first day as we leave the Kathmandu Valley. Once we descend into the lowlands the riding is on flat terrain and we do not see many hills of any significance. 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 cold drinks and fresh fruit.

Suitability: You can expect a fairly gentle ride each day with none of the distances being overly long. There are a few small hills and some dirt trails, but these can be tackled by anyone with even a moderate amount of fitness. The emphasis on this tour is Nepal’s history, culture, scenery and all off the beaten track. Biking Conditions: This trip is mainly on tarmac roads with a few days where we will have hard packed dirt trails – no off road experience required. An air-conditioned support bus travels behind the group to supports us and participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.

Day to Day

B = Breakfast, L = Lunch, D = Dinner

Day 1 – Kathmandu

This tour will start in Kathmandu where you will be picked up at the airport and transferred to your hotel. There we will have a trip briefing and bike fitting, followed by a welcome dinner. Hotel Tibet.

Day 2 – Kathmandu – Daman

We transfer to the start of our ride at Humane Banjyang. Here we'll ride through lush pine forests, through villages, with a climb up to the rim of Kulekhani Dam Site. We then continue riding on dirt trails to Marku where we take a break for lunch overlooking a clear water lake. We continue on the Tribhuvan Highway up to our highest point of the day at 2320 m at the village of Daman. Here we'll have a panoramic view of the Himalayas, with Everest in the east on a clear day. Everest Panorama Resort. Ride 65 km. B L D