

Kathmandu Cycling Tour



Trip Overview

A day cycling tour around the Kathmandu Valley is a good way to explore the countryside. This cycling tour offers an opportunity to observe and learn about the valley's countryside, cultures, and geographical attributes. Further, the beautiful scenery from the hill around the valley is amazing and a lifetime experience.

The best and most popular trail for a one-day cycling tour through Kathmandu Valley is the Mudku-Tinpile route. The cycling tour commences leading onward to the east of Kathmandu Valley (Balaju). If we start from the junction Thamel, then we must push the mountain bike tour to the east i.e. Balaju. After reaching Balaju our trail follows Trishuli Highway for about 5 km and reaches Mudkhu. This road gradually goes through the edges of Shivapuri National Park (Nagarjuna Jungle) offering a scenic view of the valley.

After we reach Mudkhu, we hold our cycling tour for tea and snacks at the local teashops. We ride via village from the check post and ascend in cycle upwards to the Kathmandu valley. If the weather supports, we can have a panoramic view of Kathmandu Valley, Shivapuri National Park, and the Himalayan ranges.

Taking a ride downhill towards Tinpile for about 3 km starts an off-road. We ride our cycle towards Dharmashtalu from the Tinpile. We continue forward to Tokha. It is an old Newari town and famous for its culture and cuisine. We can taste some local Newari cuisine from Tokha.

From the Tokha, we follow the trail to Budhanilkantha on our cycle which is approximately 7 km off-road. The trail leads us to the downhill and is easy. We stopped the ride for a moment and stopped at Budhanilkantha temple to explore and observe its religious importance.

At last, we ride back to the downhill and plain Kathmandu to mark our destination to Kathmandu, Thamel.

Trip Itinerary

- Day 1 - Start/End at Kathmandu

Cost Includes & Excludes

Includes

- A Cycling Guide
- Mountain Bikes, first aid, and safety gear
- Breakfast and Lunch
- Maintenance tools and backup gears
- Guides insurance
- Government charge and tax

Excludes

- Insurance for Clients insurance
- Financial tips for Guides
- Personal Expenditures like Minerals Water, and cold drinks