

## Classic Cycle Tour in Nepal - 15 Days

The Classic Cycle Tour in Nepal offered by Trek Mania Nepal is a thrilling and unforgettable adventure that takes you on a cycling journey through some of the country's most beautiful landscapes, rich cultural towns, and diverse ecosystems. This tour is designed for those who want to experience Nepal in a unique and sustainable way, combining the excitement of cycling with the charm of exploring off-the-beaten-path destinations. From the bustling streets of Kathmandu to the peaceful villages nestled in the Himalayas, the Classic Cycle Tour is a perfect blend of adventure, culture, and nature.

### Kathmandu – The Starting Point

Starting in [Kathmandu](#), Nepal's vibrant capital, the tour allows you to experience the rich history, culture, and architecture of the city. As you pedal out of the busy city streets, the ride takes you towards Dakshinkali, a serene destination famous for its temple dedicated to the [goddess Kali](#). The journey is filled with scenic views of terraced fields, rolling hills, and small villages, giving you a glimpse into the traditional Nepali way of life.

### Through Tistung and Palung – A Ride Through Nature

The cycling tour continues through the lush valleys of Tistung and Palung, known for their picturesque landscapes and agricultural richness. As you make your way through these regions, you'll encounter local farmers working in the fields, children playing, and the warm hospitality of the people. The route also offers an opportunity to experience Nepal's natural beauty up close, with towering hills and dense forests surrounding the path.

### Wildlife Safari at Chitwan National Park

One of the highlights of the tour is visiting [Chitwan National Park](#), a UNESCO World Heritage Site. Here, you'll have the chance to take a break from cycling and enjoy a safari in one of Nepal's most renowned wildlife reserves. From spotting endangered species like the one-horned rhinoceros to glimpses of majestic Bengal tigers, Chitwan offers an exciting wildlife experience, adding another layer of adventure to your cycling tour.

### Exploring Bandipur – A Cultural Gem

After the excitement of Chitwan, the journey takes you to the charming hilltop town of Bandipur. This well-preserved town is steeped in Newari culture, with its traditional architecture, quaint cafes, and panoramic views of the Himalayas. Bandipur offers a perfect retreat after the long days of cycling, allowing you to soak in the cultural heritage and tranquil atmosphere of this historic town.

### Cycling to Pokhara – Gateway to the Annapurnas

From Bandipur, you'll continue your ride to Pokhara, a city known for its stunning lakeside views and the majestic backdrop of the Annapurna mountain range. In Pokhara, you can relax by the famous Phewa Lake or explore the city's vibrant markets. It's a peaceful and scenic stop before the next leg of the journey takes you deeper into the mountains.

### Jomsom to Muktinath – A Sacred Ride

The tour then heads towards the wind-swept town of Jomsom and the sacred pilgrimage site of [Muktinath](#). Cycling through the rugged terrain of the Kali Gandaki valley, you'll be treated to breathtaking views of towering peaks, ancient monasteries, and the ever-changing landscape of the high Himalayas. At Muktinath Temple, you'll experience the spiritual significance of this sacred place, which is revered by both Hindus and Buddhists.

### **Marpha and Tatopani – Apple Orchards & Hot Springs**

After exploring Muktinath, the journey brings you to Marpha, famous for its apple orchards and local brandy, and then to Tatopani, where you can soak in natural hot springs—an ideal way to relax your muscles after several days of cycling. The soothing hot water at Tatopani is a rejuvenating experience, helping you recharge before the final legs of the tour.

### **The Final Ride – Back to Pokhara and Kathmandu**

As you descend towards Beni and head back to Pokhara, the journey comes full circle, offering one last look at the incredible diversity of Nepal's landscapes. The cycling tour ends with a return to Kathmandu, where you can reflect on the unforgettable experiences of your journey.

This Classic Cycle Tour in Nepal is not just a physical adventure but also a deeply immersive cultural experience. It allows you to connect with Nepal's natural beauty, experience the warm hospitality of its people, and explore its rich cultural heritage. Whether you're an avid cyclist or someone seeking a unique way to explore the country, this tour offers something for everyone.

### **Best Time for the Classic Cycle Tour in Nepal**

The best time to embark on this adventure is autumn (September to November) and spring (March to May). The weather during these seasons is perfect for cycling, offering clear skies and moderate temperatures.

The stunning vistas and diverse landscapes make it an ideal time to experience Nepal at its best.

### **WHY CHOOSE THE CLASSIC CYCLE TOUR IN NEPAL?**

This Classic Cycle Tour in Nepal is not just a physical adventure but also a deeply immersive cultural experience. It allows you to connect with Nepal's natural beauty, experience the warm hospitality of its people, and explore its rich cultural heritage.

Whether you're an avid cyclist or someone seeking a unique way to explore Nepal, this tour offers something for everyone. Join Trek Mania Nepal on this epic journey, where every turn of the pedal brings new surprises and unforgettable memories.

Whether you're cycling through vibrant cities, peaceful villages, or majestic mountain passes, the Classic Cycle Tour in Nepal is a once-in-a-lifetime adventure that will leave you with stories to tell for years to come.



**Trek Mania** Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati  
Phone: +977-9851053470  
E-Mail: [trekmanianepal@gmail.com](mailto:trekmanianepal@gmail.com)  
[www.trekmanianepal.com](http://www.trekmanianepal.com)

## PRICE INCLUDES

- Airport pickup and drop service
- Accommodation in Kathmandu for 2 nights.
- All food during the Cycle Tour (B, L, D included)
- Accommodation during the bike tour.
- Cycle for Tour
- Pokhara to Jomsom flight ticket (one way)
- Experienced Cycle rider guide License Holder.
- Guide salary, lodging, food, and insurance.
- Permits: Annapurna Conservation Area.
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map with company logo.
- Support vehicle Truck or Hilux and Mechanic.
- Rescue Management Service.
- All Taxes (13% VAT and 10 % service charge).
- Farewell Dinner.

## PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal.
- International flight tickets.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Travel insurance/ Rescue operation costs.
- All personal expenses.
- All required trek gears like sleeping bags and down jacket made available on rent.
- Tip for guide and porters

## ITINERARY IN DETAIL

### Day 1: Arrival in Nepal

When you book your tour provide us your detailed arrival time and airline name our staff will pick you up and drop at the hotel.

### Day 2: Kathmandu to Dakshinkali Ride around 35km

Start your journey in Kathmandu, Nepal's capital and cultural hub. After exploring the city's historical sites, set off towards Dakshinkali. Known for its ancient temple dedicated to Goddess Kali, Dakshinkali is a short but challenging ride, with plenty of uphill and downhill sections. The scenic countryside provides a peaceful escape from city life.

### Day 3: Dakshinkali to Tistung /Palung Ride around 55km

Tistung and Palung From Dakshinkali, you'll cycle through the lush green valleys of Tistung and Palung. These areas are known for their beautiful terraced farms and serene rural atmosphere. The ride offers an excellent opportunity to immerse yourself in the local way of life, surrounded by terraced hills and small villages.

### Day 4: Tistung/Palung to Hetauda Ride around 67km

Embark on a scenic cycle tour from Tistung and Palung, passing through lush hills, terraced fields, and rural villages. The journey takes you along winding roads with panoramic views of the Himalayas. As you descend towards Hetauda, the landscape transitions into subtropical forests.

The route is ideal for cyclists looking to experience both the tranquility of the countryside and the excitement of a downhill ride. With a mix of paved and off-road sections, this ride offers a balanced challenge, making it a great adventure for nature lovers and cycling enthusiasts alike.

### Day 5: Hetauda to Chitwan Ride around 95km

Hetauda and Chitwan, the ride takes you to Chitwan National Park, one of Nepal's most famous wildlife reserves. Cycle through the plains and keep an eye out for wildlife like rhinos, deer, and even the elusive Bengal tiger. Chitwan offers a completely different landscape compared to the mountainous regions of Nepal.

### Day 6: Full-Day Chitwan Activities

A full day in Chitwan National Park offers an exciting blend of wildlife, culture, and adventure. Start with an early morning jungle safari by jeep or on foot, where you can spot rhinos, deer, monkeys, and the elusive Bengal tiger. Afterward, visit the Elephant Breeding Center to learn about elephant conservation efforts.

In the afternoon, take a peaceful canoe ride along the Rapti River to observe crocodiles and various bird species. Later, explore a nearby Tharu village to experience the local culture and traditions. End your day with a captivating Tharu cultural dance performance around the evening campfire.

### Day 7: Chitwan to Bandipur Ride around 80km

Leaving Chitwan, the next stop is Bandipur, a hilltop village that preserves traditional Newari culture. The uphill ride to Bandipur is demanding but rewarding, offering stunning panoramic views of the Himalayas. Once you arrive, explore the town's cobblestone streets, visit local temples, and soak in the tranquil atmosphere.

### **Day 8: Bandipur to Pokhara Ride around 90km**

Pokhara The journey continues to Pokhara, Nepal's adventure capital. Pokhara is famous for its beautiful lakes, including Phewa Lake, and its proximity to the Annapurna mountain range. Spend some time here resting and enjoying the peaceful lakeside ambiance before heading deeper into the mountains.

### **Day 9: Full day Pokhara sightseeing by Cycle**

Explore the scenic beauty of Pokhara on a cycling tour, perfect for adventure seekers and nature lovers. Start your day by cycling to Phewa Lake, where you can enjoy views of the lake and the Annapurna range.

Ride towards Davi's Falls and the nearby Gupteshwor Cave, both stunning natural attractions. Continue your journey uphill to the World Peace Pagoda, which offers panoramic views of the valley, lake, and mountains. Afterward, head to Bindhyabasini Temple for a peaceful cultural experience. Along the way, you'll pass lush forests, serene rivers, and small local villages, making it a picturesque and refreshing ride.

### **Day 10: Pokhara to Jomsom Flight, Same-Day Ride to Muktinath/Kagbeni**

Start your day with an early morning flight from Pokhara to Jomsom, a scenic 20-minute journey offering breathtaking views of the Annapurna and Dhaulagiri ranges. Upon arrival, embark on a thrilling bike ride towards Muktinath, a sacred pilgrimage site for both Hindus and Buddhists. The ride takes you through rugged terrain, with stunning landscapes of arid valleys and towering mountains.

After visiting Muktinath, continue your ride to the charming village of Kagbeni, a historical settlement along the Kali Gandaki River. The entire day offers a mix of adventure, spirituality, and natural beauty, making it an unforgettable experience.

### **Day 11: Kagbeni, Jomsom, Marpha to Tatopani Ride around 61km**

Kagbeni to Tatopani, You'll ride through Jomsom and Marpha a windy village located in the Kali Gandaki Valley. The landscape changes drastically, offering views of snow-capped peaks and deep gorges. From Muktinath, cycle to Kagbeni, a picturesque village with Tibetan influences, and then descend to Tatopani, famous for its hot springs.

### **Day 12: Tatopani to Kusma Beni Ride around 45km**

Begin your journey from Tatopani, famous for its natural hot springs, and cycle through the scenic Kali Gandaki valley. The route to Beni takes you along paved roads surrounded by lush green hills, terraced fields, and the flowing river. Enjoy the downhill ride while taking in the fresh mountain air.

From Beni, continue your adventure to Kushma, known for its suspension bridges and dramatic gorges. The ride is a mix of smooth roads and challenging sections, offering a perfect balance of excitement and breathtaking views. This journey is ideal for both adventure cyclists and nature enthusiasts.

### **Day 13: Beni to Pokhara by Cycle Ride or by Bus/ Hiace 85km**

Cycling from Beni to Pokhara is a thrilling 85 km journey through the scenic landscapes of Nepal. The route takes you along winding roads, passing through quaint villages, terraced fields, and lush forests. You'll cycle uphill and downhill with beautiful views of rivers and hills, perfect for adventure seekers. It's a moderately challenging ride that takes 6-8 hours.

Alternatively, you can take a bus or Hiace for a comfortable 3-4 hour journey. The drive offers similar stunning views without the physical challenge, making it ideal for those looking to relax while enjoying the landscape.

### **Day 14: Pokhara to Kathmandu by Tourist bus 200km**

Traveling from Pokhara to Kathmandu by tourist bus is a comfortable and scenic 6-8 hour journey. The route winds through beautiful landscapes, including lush green hills, terraced farmlands, rivers, and small villages. Tourist buses are equipped with comfortable seating, air conditioning, and often offer rest stops along the way for meals and refreshments.

You'll pass landmarks like the [Trishuli River](#), popular for rafting, and get a glimpse of the countryside life of Nepal. It's a relaxed and affordable way to travel between these two iconic cities, offering plenty of opportunities to enjoy the natural beauty of the region.

### **Day 15: Departure Nepal Airport by car/Hiace around 6km**

We will drop you at the international airport three hours before your flight.

This ensures ample time for check-in, security clearance, and any other formalities, making your departure smooth and stress-free.

## FAQ

### 1. What is the difficulty level of the Classic Cycle Tour in Nepal?

The tour is a moderate to challenging cycling adventure. It involves a mix of paved and off-road trails, some steep ascents and descents, and high-altitude cycling in places like Muktinath (3,710m). Prior cycling experience and good fitness levels are recommended.

### 2. What type of bicycle is best for this tour?

A mountain bike or hybrid bike with strong suspension and durable tires is ideal. The route includes rough terrains, gravel roads, and high-altitude trails, so a sturdy and well-maintained bike is necessary.

### 3. Do I need to bring my own bike, or can I rent one in Nepal?

You can either bring your own bike or rent a high-quality mountain bike in Kathmandu or Pokhara. Rental bikes are available with different specifications to suit the terrain.

### 4. What is the best time to do this cycling tour?

The best seasons for this tour are autumn (September to November) and spring (March to May). These seasons offer clear skies, moderate temperatures, and excellent visibility, making cycling more enjoyable.

### 5. Is a guide necessary for this cycling tour?

While experienced cyclists can do the tour independently, it is highly recommended to have a professional cycling guide for safety, navigation, and local support, especially in remote areas.

### 6. Do I need any permits for this tour?

Yes, you will need permits for certain areas:

- Annapurna Conservation Area Permit (ACAP) for Muktinath and Jomsom sections
- Chitwan National Park entry permit for safari activities
- Restricted Area Permit (RAP) if planning to explore beyond Kagbeni towards Upper Mustang

### 7. What kind of accommodation is available during the tour?

The tour includes hotels in cities like Kathmandu and Pokhara, tea houses in mountain regions, and guesthouses/homestays in rural villages like Bandipur and Marpha.

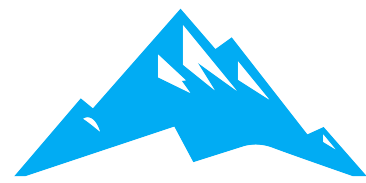
### 8. Is there a support vehicle during the cycling tour?

Yes, a support vehicle follows the group in most parts of the tour, carrying luggage, spare bikes, and emergency supplies. In remote areas like Jomsom and Muktinath, support vehicles may not be accessible.

### 9. What kind of food is available during the tour?

The tour includes a variety of local Nepali and international cuisine. In cities and towns, you'll find dal bhat, momos, pasta, and pizza, while in remote areas, the menu is simpler, mainly consisting of traditional Nepali meals and soups.





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Dhalko-17, Chhetrapati  
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### 10. Is altitude sickness a concern during the ride?

Most of the route is at lower altitudes, but Muktinath (3,710m) is a high-altitude section. Riders should acclimatize properly, stay hydrated, and ride at a steady pace to avoid altitude-related issues.

### 11. Can I customize the itinerary?

Yes, Trek Mania Nepal offers [customizable itineraries](#) based on your preferences, fitness level, and available time. You can shorten, extend, or modify the route as needed.

### 12. How do I book this cycling tour?

You can book the Classic Cycle Tour in Nepal through Trek Mania Nepal's official website, via [email](#), or by contacting our office directly. It is advisable to book in advance, especially during peak seasons.

