

Kathmandu Valley Cycling Tour - 3 Days

KATHMANDU VALLEY CYCLING TOUR

Kathmandu Valley Cycling Tour is more than just a ride—it's a rejuvenating adventure that blends nature, culture, and scenic beauty into one unforgettable journey. Far from the chaos of city traffic, this tour takes you through tranquil hill stations, terraced farmlands, and peaceful forests that surround the valley. For travelers looking for a unique way to explore Nepal, this cycling experience offers the perfect balance between excitement and serenity.

Escape into Nature from the Capital

Your journey begins from the heart of Kathmandu and takes you uphill to Kakani, a peaceful destination known for its sweeping views of the Langtang and Ganesh Himal ranges. As you cycle away from the urban sprawl, you'll notice the crisp air, lush pine forests, and occasional Buddhist prayer flags fluttering above narrow trails. This is one of the best short cycling adventures near Kathmandu and is perfect for both beginners and pros.

This tour is a great complement to our [Short Hiking and Biking Tours](#) from Kathmandu, designed for those who want a quick adventure close to the city.

Ride Through Nagarkot: The Himalayan Balcony

The next leg leads you to Nagarkot, one of the most scenic spots in the Kathmandu Valley. Famous for its panoramic sunrise views over the Himalayas, this area offers winding trails, traditional Newari settlements, and wide-open skies that will take your breath away. Nagarkot is a regular highlight on our [Kathmandu Nagarkot Bhaktapur Tours](#), but seeing it by bike brings a fresh, exciting perspective.

Cultural & Natural Immersion on Two Wheels

What sets this cycling tour apart is the intimate connection you'll make with the local culture. Along the way, you'll pass through quiet [Tamang](#) and [Newar](#) villages, encounter chortens, and visit roadside temples. Whether you're sipping traditional Nepali tea at a local teahouse or chatting with farmers in the fields, every interaction enriches your experience.

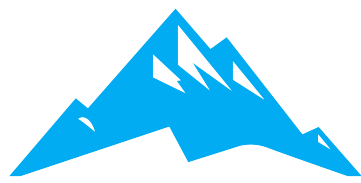
This tour fits perfectly with our broader collection of [Nepal Adventure Activities](#), especially if you're someone who enjoys active travel mixed with authentic cultural moments.

Ideal for All Skill Levels

With daily distances of around 25 to 50 kilometers, this route is suitable for all levels of cyclists. The paths range from paved village roads to forested trails and are supported by our experienced cycling team for guidance and assistance. If you're not into long treks but still want to explore the hills, this is a great option to consider.

You might also want to explore our [Classic Cycling Tour in Nepal](#) or combine it with [Upper Mustang Motorbike Adventure](#) for a more adrenaline-filled escape.

Add-on Heli Adventures Across Nepal



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If cycling isn't enough and you want a different kind of high, we also organize helicopter tours in Everest, Annapurna, Langtang, and Muktinath, giving you a breathtaking aerial view of Nepal's greatest landscapes.

For more info on our helicopter trips, check out:

- [Everest Base Camp Helicopter Tour](#)
- [Annapurna Helicopter Tour](#)
- [Langtang Helicopter Tour](#)
- [Muktinath Helicopter Tour](#)

Responsible & Local-Focused Travel

At Trek Mania Nepal, we believe in promoting sustainable tourism that benefits local communities. All our tours, including this cycling trip, are designed to have minimal impact on nature while supporting the livelihoods of local families and guides.

We recommend checking out cycling safety tips from official travel sources like [Nepal Tourism Board](#) for general awareness before embarking on your ride.

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PRICE INCLUDES

- Airport pickup and drop service.
- Accommodation 3 nights in Kathmandu ([Hotel Chhimeki](#))
- All food during the Cycle Tour (B, L, D included)
- Accommodation during the bike tour.
- Cycle
- Experienced Cycle rider guide License Holder.
- Guide salary, lodging, food, and insurance.
- Permits.
- 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.
- 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 gear like sleeping bags and down jackets made available on rent.
- Tip for guide and porters

ITINERARY IN DETAIL

Day 1: Kathmandu to Kakani (2,030m - 24km)

We will begin our tour in Kathmandu and then go to Balaju, where we will connect to the major route that leads to the Trisuli Highway. We'll continue cycling toward Budhanilkantha from there. This journey will take us past picturesque vistas, residential neighborhoods, and agricultural fields. From there, we'll bike to the Shivapuri National Park's entrance.

From there you will begin rising towards Kakani as you reach the entrance of [Shivapuri National Park](#). The road getting up to Kakani is difficult yet rewarding once you arrive. Take some time after arriving at Kakani to explore the spectacular vistas of the Himalayas, especially the Langtang and Ganesh Himal peaks. We will stay at a hotel for the night.

Day 2: Kakani to Nagarkot (2,177m - 50Km)

We will go from Kakani to the Shivapuri National Park entrance. This route will take us through the national park's rich flora, giving a pleasant and peaceful ambiance. we will begin rising towards Jarsing Pauwa as you exit Shivapuri National Park. This segment requires rising uphill, so be prepared for a difficult ride. Continue cycling towards Sankhu, traveling through lovely countryside scenery, quaint villages, and terraced fields.

Once there, we will take the route that goes to Nagarkot. The route gradually climbs, providing breathtaking vistas of the surrounding hills and valleys. When you arrive at Nagarkot, take some time to unwind and take in the amazing views of the Himalayas, including Mount Everest on a clear day. Nagarkot will also be the resting point for the day.

Day 3: Nagarkot to Kathmandu (1,300m - 29km)

We'll start your tour at Nagarkot and make our way down to Bhaktapur, a historic city known for its well-preserved medieval architecture. The route from Nagarkot to Bhaktapur is downhill, making for a pleasant and pleasurable journey. As we go through the old city of Bhaktapur, we will see the Heritage-listed Durbar Square and typical Newari architecture. We will ride from Bhaktapur to Kathmandu and then to Hotel Chhimeki, which will conclude our journey together.

FAQ

1. Is the Kathmandu Valley Cycling Tour suitable for beginners?

Yes, the Kathmandu Valley Cycling Tour is ideal for both beginners and experienced riders. The routes are moderate with some uphill and downhill stretches, offering a mix of adventure and comfort.

2. What are the best months for cycling in Kathmandu Valley?

The best months for cycling are spring (March to May) and autumn (September to November) when the weather is clear, the trails are dry, and the mountain views are at their best.

3. Do I need to bring my own bicycle for the tour?

No, we provide quality mountain bikes and safety gear as part of the package. However, if you prefer your own bike, you are welcome to bring it.

4. What are the highlights of this cycling tour?

Key highlights include cycling through Kakani and Nagarkot, stunning views of the Langtang and Ganesh Himal ranges, and experiencing the culture of traditional villages along the way.

5. Is there any support during the cycling trip?

Yes, our tours come with full vehicle support, a guide, and basic mechanical assistance to ensure your journey is smooth and safe.

6. Can I combine this tour with other trips in Nepal?

Absolutely! This cycling tour goes perfectly with our short treks around Kathmandu or a helicopter tour to Everest or Annapurna.

7. How physically fit do I need to be for this trip?

A moderate level of fitness is recommended. Daily distances range from 25km to 50km, with breaks in between for meals and rest.