

SPICEROADS

CYCLING



WONDERS OF SOUTHERN NEPAL BY BICYCLE

Tour Code
NPL-NSN

11 DAYS
10 NIGHTS

	Destinations	Nepal
	Tour Meets Tour Ends	Kathmandu Kathmandu
	Fly in to Fly out of	Tribhuvan International Airport (KTM) Tribhuvan International Airport (KTM)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



7 Cycling days	310 km Total cycling distance
44 km Avg distance / day	m Avg climbing / day

PRICING



Price	US\$ 2,550
Bike Hire (Mountain Bike)	US\$ 225
Single Supplement	US\$ 460

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Domestic flights
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



17 March - 27 March 2019
07 April - 17 April 2019
17 November - 27 November 2019
15 December - 25 December 2019
15 March - 25 March 2020
05 April - 15 April 2020
15 November - 25 November 2020
13 December - 23 December 2020

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 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 a moderate level of fitness. The emphasis on this tour is Nepal's history, culture, and scenery, 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 support 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 1 Arrive in Kathmandu

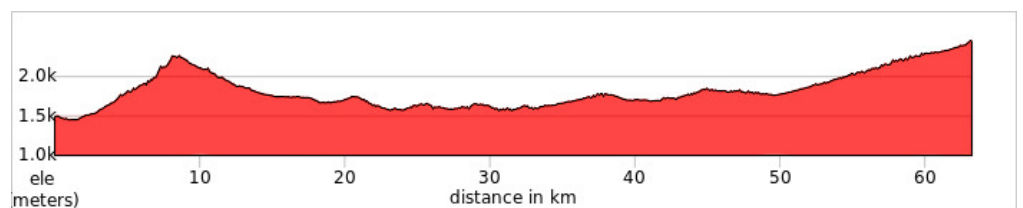
This tour starts in Kathmandu, where you will be picked up at the airport and transferred to your hotel. There, we will have a trip briefing and bike fitting, followed by a welcome dinner.

 Hotel Tibet  Dinner

Day 2 Kathmandu – Daman

We transfer to the start of our ride at Humane Banjyang. From here, we ride through lush pine forests and through villages, with a climb up to the rim of Kulekhani Dam. We then continue riding on dirt trails to Marku, where we break for lunch overlooking a clear lake. We continue on the Tribhuvan Highway up to our highest point of the day: 2,320 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  Breakfast, Lunch, Dinner

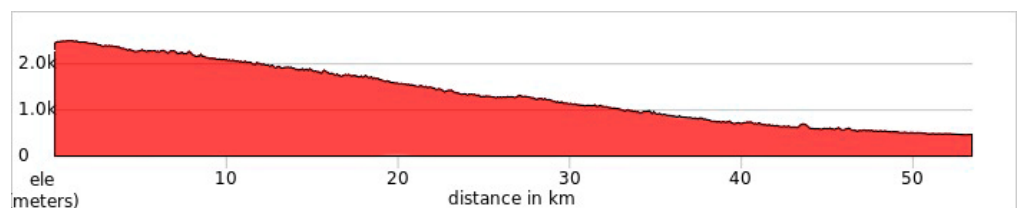


 Ride 63km  +2337m  -1381m

Day 3 Daman – Hetauda

This morning, we hike up an easy trail to a spectacular view of the valley from an old Tibetan monastery. After photos, we return to the hotel for lunch. Our afternoon riding will be easy as we descend through pine forests and rhododendrons, the Nepalese national flower, and cycle through small villages and their extensive farmlands. We ride on a backroad south to Hetauda, in the Terai, the lowlands of Nepal. The roads will get busier as we approach the city surrounded by hills and at the confluence of three rivers.

 Hotel Avocado  Breakfast, Lunch, Dinner

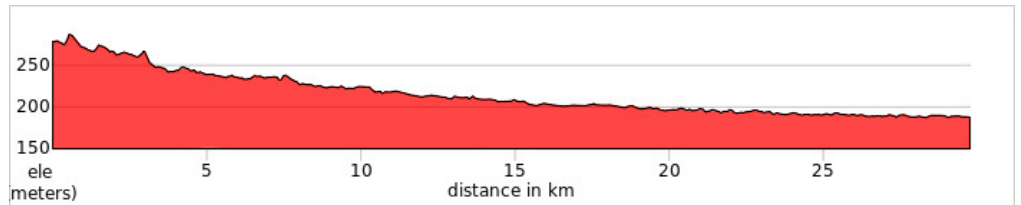


 Ride 53km  +719m  -2718m

Day 4 Hetauda – Chitwan


After breakfast, we drive to Lothar Bridge to start our off-road riding on a jeep track through a shady forest, following the Rapti River. We cycle to Sauraha, a small and very quaint village of mud and daub huts and houses, and continue through rice paddies with the Himalayan foothills as our backdrop to the north. Most of our ride will be off-road on ox-cart trails, crossing numerous rivers that keep the lowlands fertile as we cycle to our relaxing resort on the edge of Chitwan National Park.





 Ride 30km

 +64m

 -155m

Day 5 Chitwan Rest Day

Chitwan, Nepal's first national park, was established in 1973 and protects 932 sq km of sal forest, water marshes, and rippling grassland that is home to the endangered one-horned Indian rhino, tigers, leopards, and rare Gangetic dolphins. Today, we leave the bikes behind as they aren't allowed in the park and explore the reserve from water level on a canoe safari. You'll immerse yourself in the wonderful world of nature where you will hear bird songs, the rustle of deer in the bushes, and have a chance of glimpsing some of the most endangered animals on earth.

Day 6 Chitwan – Lumbini

Rise to the peaceful sounds of birds before fuelling up for a full day of activities. We start by cycling to the Tikauli Forest, and for 8 km, we will be in the midst of more than 130 species of flora as we ride on a dirt trail. The landscape shifts to farms and villages once we leave the forest behind. We continue on the paved Mehendra Highway and break for a picnic lunch. We then transfer to Lumbini, the birthplace of the Lord Buddha. The exact spot where Queen Mayadevi gave birth to Siddhartha Gautama, who as the Buddha Gautama founded the Buddhist tradition is marked by a pillar erected by Emperor Asoka in 249 BC. Designated a UNESCO World Heritage Site in 1997, there are numerous temples and the Puskarini, or Holy Pond, where the Buddha's mother took the ritual dip prior to his birth.



 Ride 42km

 +205m

 -216m

Day 7 Lumbini – Tansen

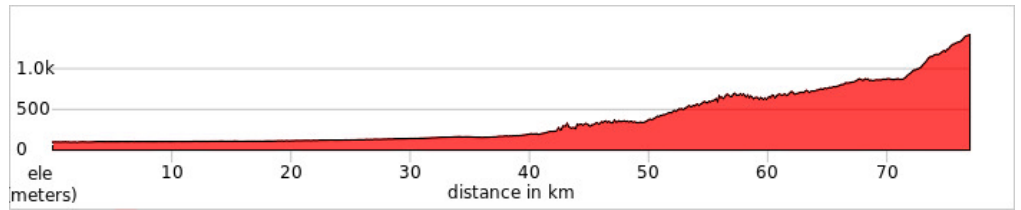
This morning's ride takes us through rural Nepal, giving us glimpses of village life in the Terai lowlands. We ride through villages where chickens and pigs run free and past fields where water buffaloes are wallowing in the mud. We ride on quiet country roads to meet the Mahendra Highway and have lunch at Butwal. After lunch, we load the bikes for the short, winding drive up to the hill station town of Tansen at 1440 m. This old Newari city is known for its traditional architecture, sweeping views of the Himalayas, and cool temperatures.



Hotel Srinagar



Breakfast, Lunch, Dinner



Ride 77km



+1801m



-485m

Day 8 Tansen – Pokhara

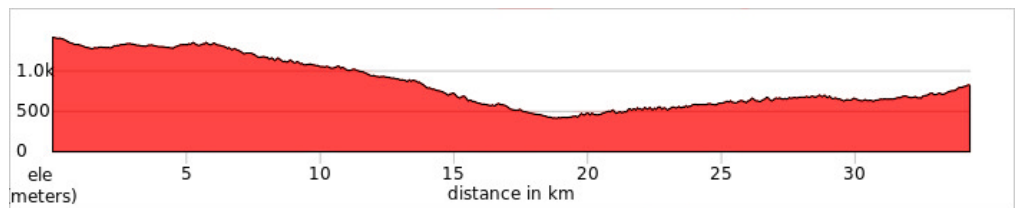
We ride from our hotel through the old alleyways of Tansen; then we have an exhilarating descent on a winding road that takes us down to the Siddhartha Highway. Here the road widens, but the twists and turns continue to the town of Ramdi. The road rises, and there's a gentle climb up to Galyang and lunch. Then we get in our vehicles for a 2-hour drive to Pokhara. Spread along the edge of Phewa Lake, this picturesque town is the starting point for treks in the Annapurna region. If the clouds haven't moved in, there will be stunning views of Machhapuchhare's peak at 6,997 m and the whole Annapurna range.



Mount Kailash Resort



Breakfast, Lunch, Dinner



Ride 35km



+821m



-1412m

Day 9 Pokhara – Begnas Lake– Pokhara

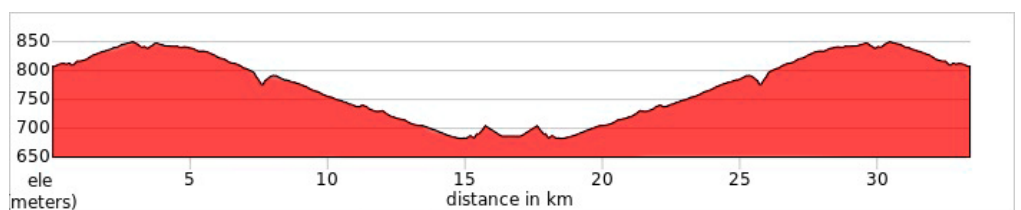
Pokhara is also known as the "city of seven lakes", and today we drive to one of them, Begnas Tal, for a hike and a bike ride. From the shores of the lake, we set out on foot for a two-hour trek. Once we ascended, we follow a ridge line with the stunning white peaks of the Annapurna range providing an inspiring backdrop. In Majdana, we will up with the bikes and ride downhill on a dirt track to the Vijayaypur River. We then hit pavement and follow the road through to Pokhara old town and directly back to the hotel.



Mount Kailash Resort



Breakfast, Lunch, Dinner



Ride 33km



+280m



-280m

Day 10 Pokhara – Kathmandu

This morning, we depart the serenity of Pokhara to return to the bustle of Kathmandu. Flights are frequently delayed, so we will book ourselves on a morning flight and give ourselves a cushion in case of the unexpected. Keep your cameras with you for the 30-minute flight as we'll have unimpeded views of the snow-covered peaks of the Himalayas. Back in Kathmandu, you have the afternoon free to do some shopping or see more of the many fascinating sights. We meet up in the evening for a farewell dinner.



Hotel Tibet or similar



Breakfast, Dinner

Day 11 Kathmandu

Day free until transfer to airport for your flight.



Breakfast

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. The bikes are well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Please make sure that your passport is still valid for at least six months at the end of the tour. All foreigners, except Indians, must have a visa. You can obtain a visa on arrival at the airport by filling out an application form and providing a passport photograph. To get a jump on the line, you can download a visa application form from the websites of the Nepali embassy in [Washington, DC](#) or [London](#) ahead of time. The Visa fee depends on duration of

stay; 15-day visa costs US\$25 and 30-day visa costs US\$40. Please see further details from Nepali embassy websites.

Health

There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against: Typhoid; Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. If you have come from an area infected with yellow fever you are required to be vaccinated before entering the country. Please speak to your doctor/physician for the most recent information.

Weather

Temperatures and climate vary according to the altitude. Nepal has two seasons – the dry season runs from October to May and the wet (monsoon) season from June to September, when 80% of the rain falls. Nepal's weather is generally predictable and pleasant with March to May (spring) and September to November (autumn) being the best times to visit. The Kathmandu Valley, at an altitude of 1,310 m/ 4,297 ft, has a mild climate, ranging from 19-27°C/67-81°F in summer, and 2-20°C /36-68°F in winter. Come prepared for chilly evenings and bring proper gear for brisk early morning starts and descents.

Accommodation

In Kathmandu, guests can look forward to staying at the Tibet Hotel. During our route to Pokhara we'll be staying in comfortable hotels and resorts and spend two nights at the centrally located Hotel Landmark in Pokhara. All accommodation described in the itinerary are included in the tour cost.

Food

Meals are included in the itinerary as B = breakfast, L = lunch, and D = dinner. Camping meals will be prepared by the cook team and feature Nepali and Western-style cuisine. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water and energy-restoring drinks are included in the tour price. Soft drinks and other beverages during meals are not included. Beer and alcohol are NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars a day for incidentals. Included entrance fees are those for the listed sites and national parks that are part of the itinerary. Any other site fees are not included.

Money

The currency is the Nepali rupee (Rs) and there are Standard Chartered Bank ATMs in Kathmandu and Pokhara that take international cards. However, to be safe, we suggest you change money in Kathmandu and carry cash as backup in case the power goes down, the ATM is out of order, or you lose or break your plastic. Major credit cards are widely accepted at midrange and better hotels, restaurants and fancy shops in the Kathmandu Valley and Pokhara only.

GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

From the tour page click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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