

SPICE ROADS

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
Bike Hire (Mountain Bike)
Single Supplement

US\$ 2,700
US\$ 225
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



12 November - 22 November 2023
10 December - 20 December 2023
10 March - 20 March 2024
07 April - 17 April 2024
10 November - 20 November 2024
08 December - 18 December 2024

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 downhill 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.



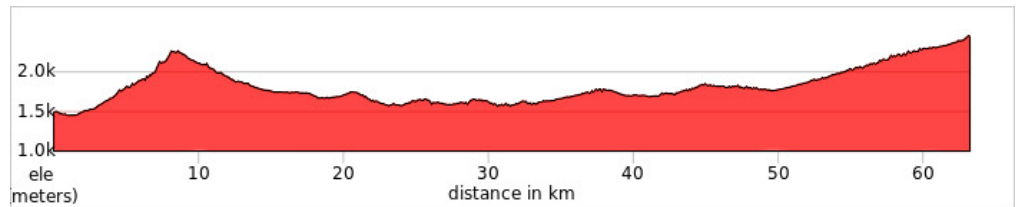
Day 1 Arrive in Kathmandu


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.

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

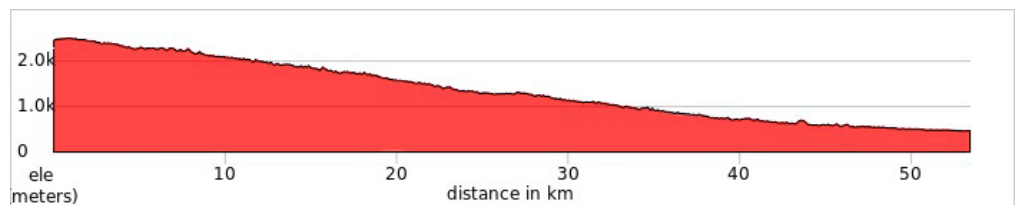


 Ride 63km  +2337m  -1381m

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

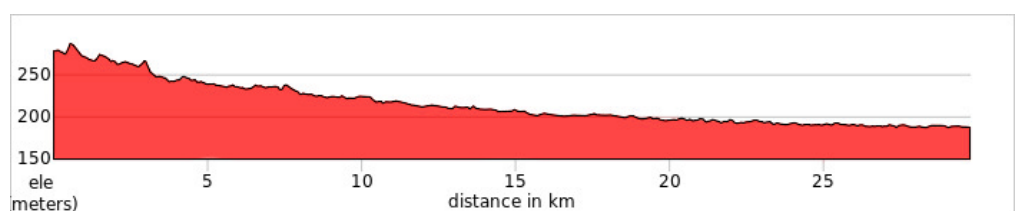


 Ride 53km  +719m  -2718m

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.

 Green Mansion Jungle Resort  Breakfast, Lunch, Dinner



 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.



Green Mansion Jungle Resort



Breakfast, Lunch, Dinner

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.



Hotel New Crystal



Breakfast, Lunch, Dinner



Ride 42km



+205m



-216m

Day 7 Lumbini – Tansen

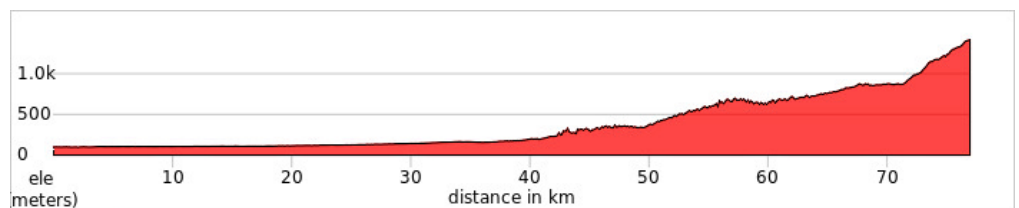
This morning's ride takes us through rural Nepal, giving us glimpses of village life in the Terai lowlands. We ride through villages where chickens and pigs run free and past fields where water buffaloes are wallowing in the mud. We ride on quiet country roads to meet the Mahendra Highway and have lunch 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



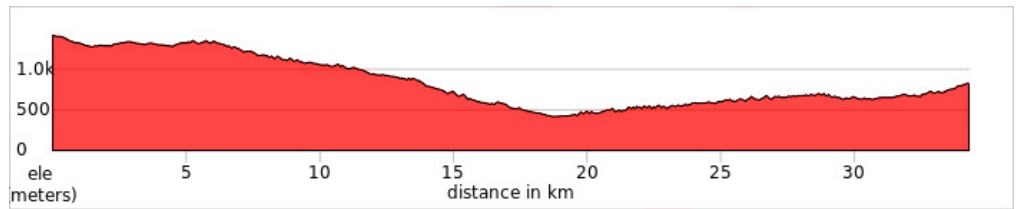
-485m

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

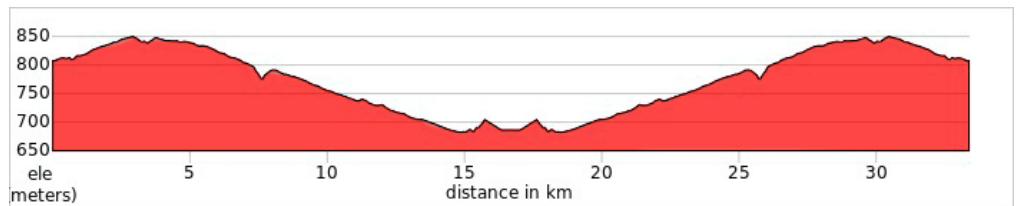


 Ride 35km  +821m  -1412m

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

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

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

For trips in the Himalaya, accommodation is limited to local guesthouses, or “teahouses.” Himalayan teahouses are simple, family-run operations that provide full room and board for guests. Due to the remote location of the high Himalaya, and the fact that all supplies must be carried in on foot, facilities are basic. Nearly all rooms are twin share, with shared toilet and bathing facilities throughout the guesthouse. Hot water usually must be prepared in advance.

Meals are served in the main common area of the teahouse, usually heated by a wood (or dung) stove. Travelers can usually charge devices in the common area, as rooms are not equipped with power outlets.

Rooms are not heated, but we'll provide 4 season sleeping bags to keep you toasty during the cold mountain nights!

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

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

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 the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

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. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), 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). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see 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 cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a 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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