

SPICE ROADS

CYCLING



EVEREST ALL MOUNTAIN

Tour Code
NPL-NSK

10 DAYS
9 NIGHTS

	Destinations	Nepal
	Tour Meets	Kathmandu
	Tour Ends	Kathmandu
	Fly in to	Tribhuvan International Airport
	Fly out of	Tribhuvan International Airport
	Group Size	2-11 riders
	Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE



7 Cycling days	177 km Total cycling distance
25 km Avg distance / day	1069 m Avg climbing / day

PRICING



Price	US\$ 2,250
Bike Hire (Mountain Bike)	US\$ 290
Bike Hire (Full Suspension Mountain Bike)	US\$ 580
Single Supplement	US\$ 215

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
- ✓ Lunch
- ✓ Entrance fees

WHAT'S EXCLUDED

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

DEPARTURES



19 October - 28 October 2025
16 November - 25 November 2025
26 April - 05 May 2026
18 October - 27 October 2026
15 November - 24 November 2026

TRIP PROFILE

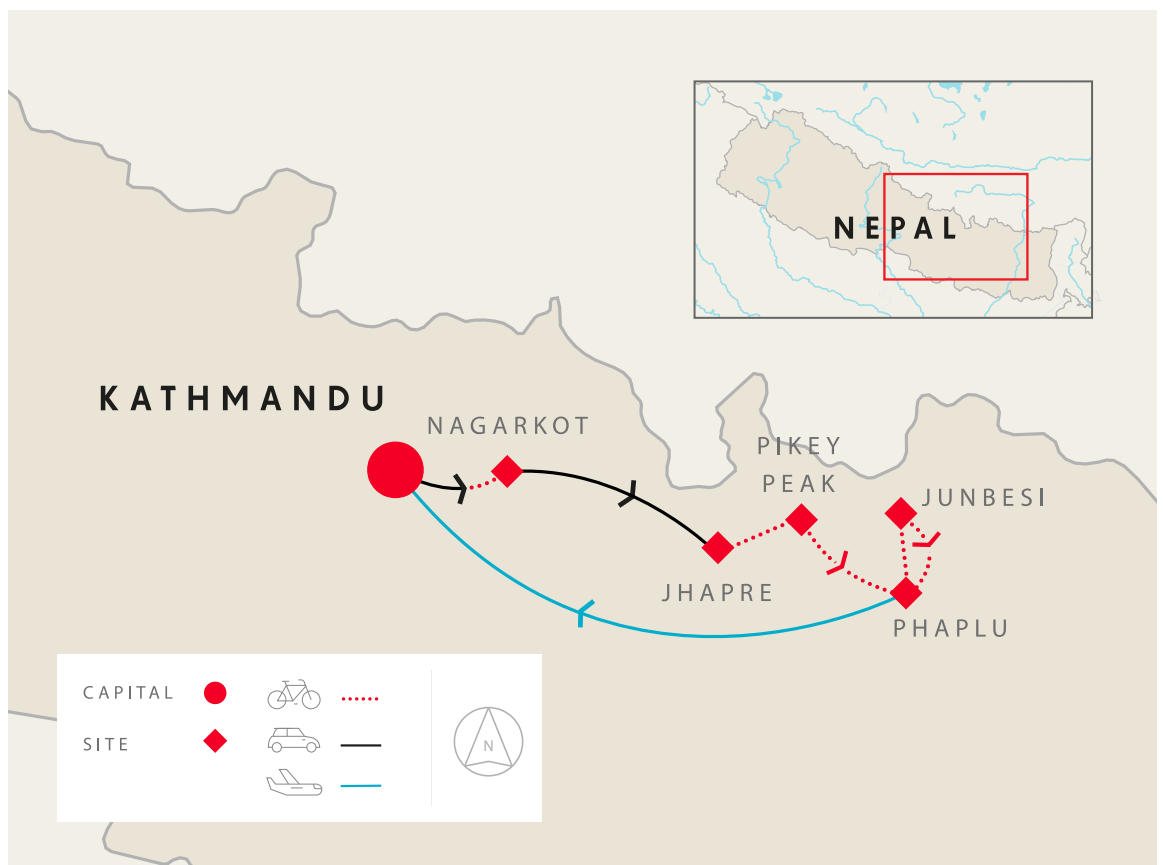
This is an adventurous trip on demanding terrain in a very remote region. Roads and trails are raw and technical, and pushing and carrying the bike will be necessary on some sections. The sheer variety of track on this trip is what makes it special- from high mountain trekking trail to mountainside farms and villages to narrow forest to rocky river valleys- and ensures you'll never be bored. We'll have vehicle transport on most days, but only in certain areas. A Camelback or hydration pack to carry extra water and snacks is essential.

While this trip isn't in the high altitude regions of the famous Himalaya treks, the views will be just as good and the local community authentic and almost completely untouched by mass tourism. Expect humble accommodations in local guest and teahouses, where you'll be both the object of wonder and the guest of honor, given the best available and fueled heartily!

All-mountain terrain, epic Himalayan scenery, and an undiscovered, tourist-free region make this trip a rare gem.

Suitability: This isn't a classic high-altitude Himalayan trek, but it's no less challenging! Though the highest point of elevation on this trip is 4,000 meters, we'll be riding consistently at a much lower elevation than that. The terrain is rough, raw and will require pushing and carrying the bikes uphill in some sections. As this is an "enduro" style mountain bike trip, riders need to be very physically fit to manage the ample ascents and descents on tough, technical tracks. This trip is suited for confident riders with a high level of off-road and singletrack experience.

Biking Conditions: This trip takes place on a mixture of singletrack, double track, and rough, dirt mountain roads. The terrain is hilly, rocky, and highly technical. Some days the trail will be long and undulating, through tight jungle, other fast and sweeping down the region's tallest peaks.



Day 1 Arrive in Kathmandu

Arrive in Kathmandu at Tribhuvan International Airport, where our guide will meet you and transfer you to our accommodation in the traveler district of Thamel, Kathmandu. Take the afternoon to rest from your long journey, before meeting the crew for a bike fitting.



International Guest House

Day 2 Nagarkot Enduro Ride

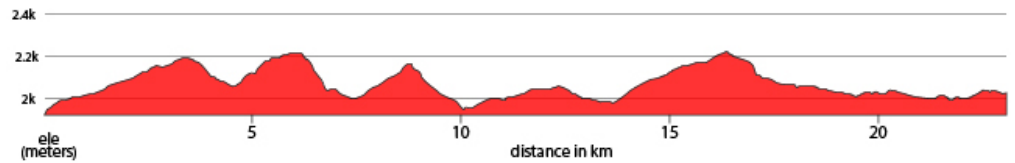
After breakfast, the trip kicks off with some fantastic singletrack riding in Nagarkot, home of the "Grand Himalaya Enduro Series" held outside of Kathmandu each year. It's roughly an hour ride in the van to Nagarkot, located on the rim of the Kathmandu valley, but after we arrive it's a full day of shuttling and as much singletrack fun as you want. Nagarkot's trails run through jungle, hillside rice terraces, and local villages and are highly technical- a great warm up for the riding to come! After a full day of fantastic riding, we'll overnight in Nagarkot to rest up and get ready for the journey ahead.



Local Teahouse



Breakfast, Lunch, Dinner



Ride 23km



+921m



-842m

Day 3 Dhap to Jhapre

Head out early for a long transfer to Dhap, nearly 200 kilometers from Nagarkot. The drive takes us along the Sindhuli Highway and through the hills where the Sunkosi River flows out of the Himalaya. It's a long drive, but the scenery will be beautiful, and we'll have a scenic lunch break along the way. Once we arrive in the humble village Dhap by mid-afternoon, we'll shake out the legs with a 16 kilometer warm up ride on jeep track to Jhapre, where we'll overnight in a simple, but comfortable, local teahouse.



Local Teahouse



Breakfast, Lunch, Dinner



Ride 16km



+388m

Day 4 Jhapre to Pikey Peak Basecamp

Rise early and enjoy a local Nepalese breakfast before setting out on a dusty jeep track out of Jhapre that quickly begins to climb out through dense rhododendron forest. Watch out for yaks walking the trail, some out to graze and some carrying supplies to the higher elevation villages. Today's ride is a climber- and we'll gain about 1,000 meters from our starting elevation of 2,812 meters in Jhapre, no small feat as this altitude. Our pace will be easy to allow for acclimatization, and to take in the scenery and culture that surrounds us. Tibetan Buddhist Mani Walls, prayer flags, and stupas dot the hillsides and surrounding villages, and we'll have time to make several ritualistic circles around some of them! From the village of Bhulbhule, we trade double track for single all the way to Pikey Peak basecamp. It's a tough ride and some sections will be push and carry. Overnight at basecamp, in a simple accommodations run by an elderly couple who will take great care of us. We have the option to enjoy Thukpa, a thick noodle soup and a local delicacy, along with fresh yak cheese and maybe some wild mushrooms. Rest well for a challenging ride the following day.



Local Teahouse



Breakfast, Lunch, Dinner



Ride 20km



+1856m

Day 5 Pikey Peak Basecamp to Phaplu

After breakfast, we'll head out from basecamp to make the 2 hour hike and bike push to the peak. Porter assistance for the bike is available if you need it. The peak, at just over 4,000 meters, has absolutely unforgettable views of the Everest Himalaya. Even Sir Edmund Hillary himself claimed this place to be his favorite! Take in the views, savor the moment, listen to the prayer flags flapping in the wind, before revving up for an exhilarating ride down. Pikey's descent is steep, rocky, and totally gnarly all the way down to Suke Pokharai and will be a demanding 45 minutes of technical descent. From here, the environment turns to jungle, and we'll enjoy some tight trails through surrounding villages. Expect tree roots, drops, and rocks on this

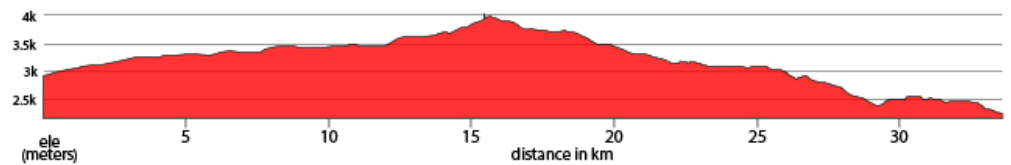
wild forest singletrack, used by the local people and their livestock for centuries. A final 3 kilometers on jeep track takes us into the village of Phaplu, our home base for the next couple of days.



Everest Hotel



Breakfast, Lunch, Dinner



Ride 34km



+1273m



-1952m

Day 6 Phaplu Enduro

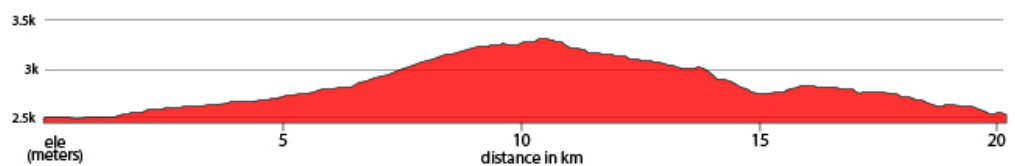
A fun day of shuttling and singletrack on the forest trails surrounding Phaplu, which seems to have an endless array of trails from us to choose from. Expect more wild tracks with plenty of tree roots, rocks, and flowing sections. We'll head up to a scenic view tower in Raatnage, followed by yet another great singletrack section through forest back down to Phaplu and neighboring Salleri. Overnight in Phaplu.



Everest Hotel



Breakfast, Lunch, Dinner



Ride 20km



+944m



-925m

Day 7 Phaplu to Junbesi

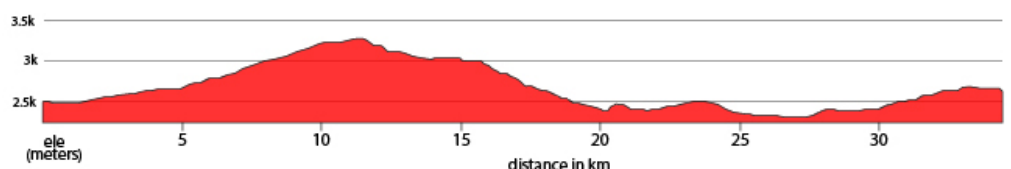
More singletrack riding today as we head to Raatnage again by car, then ride down another singletrack, this time on the northern side. We'll follow the Junbesi River and meet a flat jeep track all the way to the village of Junbesi, named for its beauty in the local language. Junbesi village sits alongside an ancient monastery, adorned with prayer flags and prayer wheels, and the local farmsteads can be seen growing kiwi fruit. We'll overnight in this beautiful village, in a charming teahouse famed for its apple liquor!



Apple Garden Teahouse



Breakfast, Lunch, Dinner



Ride 35km



+1434m



-1272m

Day 8 Ringbu Loop

One of the best days of the trip is ahead of us- a fast and exciting ride through the surrounding hillside villages. The trail begins with a challenging uphill, where we'll have to push the bike on

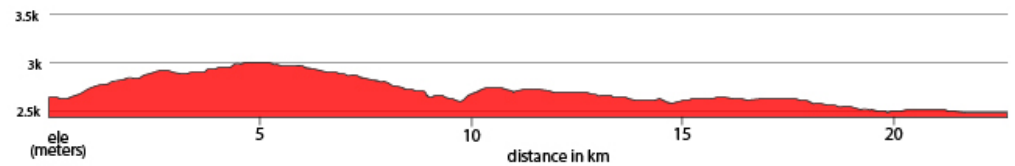
some sections. After this, the rest of the trail is a fast and flowy track through the jungle with rocky and root sections, followed by a small river crossing and a section of uphill carrying. We'll stop for lunch in one of the villages, surrounded by views of the Everest Himalaya, before the last section of the ride back to Phaplu. It's a fast and flat downhill jeep track all the way to the village.



Everest Hotel



Breakfast, Lunch, Dinner



Ride 29km



+669m



-821m

Day 9 Phaplu to Kathmandu

In the morning prepare for departure by packing up the bikes and sending them back to Kathmandu via truck. We'll take the more scenic option, a 30 minute flight with stunning overhead views of the scenery we've been riding for the past week. We'll have some time to check in to our hotel and get refreshed, maybe do some last minute souvenir shopping, before meeting up for a farewell dinner in the lively Kathmandu district of Thamel.



International Guest House



Breakfast, Lunch, Dinner

Day 10 Departure

In the morning, we'll transfer you to the airport to catch your flight out of Nepal. Or if you'd like to extend your stay, we'll help you prolong your cycling adventure with more travel arrangements.



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.

If you bring your own bike, please make sure it is a mountain bike, preferably with full 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

The easiest way to get a Nepal Tourist Visa is to fill out the **online form**, print it, and pay on arrival. Visit the Nepali Immigration Website [here](#), click on "VISA ON ARRIVAL," complete the form, and print it out. When filling in the form, you will need to enter an address and contact number in Nepal. We will supply this in the pre-departure information pack one month before departure or feel free to ask us before that. Upon arrival, proceed to the visa line with your printed form and the visa fee, which is \$30 USD for 15 days, \$50 USD for 30 days, and \$125 USD for 90 days. Although multiple payment methods are available, it is advisable to carry cash in USD or another major currency, as any change will be given in Nepalese Rupees. Once you submit the form and make the payment, your visa will be processed, and you can enter Nepal.

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. Nepali cuisine is diverse and reflects the country's geography and cultural influences, with staples like rice, lentils, and vegetables. A typical meal includes dal-bhat-tarkari (lentils, rice, and curry), often accompanied by pickles and yogurt. Popular dishes include momos (dumplings), sel roti (rice-

based doughnuts), and gundruk (fermented leafy greens). 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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