

# Kathmandu Mountain Bike Tours

DURATION: 5 DAYS

## Trip Facts



**Group Size** 1-8 Persons



**Trip Grade** Moderate



**Accommodation** Hotel /Lodge



**Max Height** 2200 Metres



**Start From** Kathmandu



**End At** Kathmandu



**Transportation** Mountain Bike/Jeep/ Car



**Duration** 5 Days



**Meals included** BLD Days



**Best season:**

All Season

**Trip Overview**

**Kathmandu Mountain Bike Tour** is an ideal mountain biking experience for those with a short time frame and a low budget. This route offers stunning landscape views, cultural highlights, and a chance to explore Nepal's diverse landscape of terrain, tracks, and trails. The tour offers a chance to escape the hustle and bustle of city-town life and explore the traditional rural lifestyle of local villages. There is no widely known bike tour specifically referred to as the "[Kathmandu Rim Bike Tour](#)," but it is possible that one has been developed or gained popularity since then. Key highlights for a potential **Kathmandu Rim Bike Tour** include a circular route through rural areas, terraced farmlands, small villages, and forested trails. The cultural experience of the local communities living on the outskirts of Kathmandu Valley includes ancient temples, monasteries, and traditional Newari architecture.

The difficulty **level of the bike tour depends** on the specific route and trails chosen, and the duration can range [from a half-day to a few days](#). To ensure a successful bike tour, consider bike rental and gear, weather and seasons, and guided tours. It is essential to be physically fit and have some mountain biking experience before embarking on a tour in Nepal. In addition, it is important to note that the outskirts of Kathmandu Valley offer breathtaking views of the surrounding mountains and lush landscapes, making the bike tour a truly immersive experience. Furthermore, it is recommended to check with local authorities or experienced bikers for any potential safety concerns or trail conditions before starting the tour.

**Trip Itinerary**

Arrival in Kathmandu

Arrive at the airport and you will be collected by Mount Adventure Holidays (P) Ltd. representative. After that, you will stay overnight in a hotel.

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**Kathmandu to Mulkharka, 22 kilometers / 14 miles (1,660 meters)**

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Today, you will leave Kathmandu via Budhanilkantha and enter the Shivapuri Nagarjun National Park. It's uphill and a bit steep for the last three kilometers. You will have good views of the valley and once over the ring road, it's traffic-free off-road biking. You can visit a historic gompa/monastery. After that, you will stay overnight in Mulkharka.

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**Mulkharka to Chisopani, 21 kilometers / 13 miles (2,195 meters)**

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Today, you will follow a Jeep track up and down into the heart of the national park. From Chisopani, you can have good mountain views. After that, you will overnight in Chisopani.

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**Chisopani to Nagarkot, 25 kilometers / 16 miles (2,000 meters)**

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Today is again a traffic-free ride as you leave Chisopani via the track and head up to Nagarkot. Nagarkot is a scenic hilltop village and is famous for having the best mountain views in the valley.

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**Nagarkot to Dhulikhel, 32 kilometers / 20 miles (1,600 meters)**

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You will leave Nagarkot and go downhill for some way and region the road for the short climb to Dhulikhel, another ideal hill town. After that, stay overnight in Dhulikhel.

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**Dhulikhel to Kathmandu via Bhaktapur, 32 kilometers / 20 miles (1,300 meters)**

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It's mostly downhill today as you ride roads and tracks back to Kathmandu. You will stop for sightseeing in the ancient town of Bhaktapur where you can take in the local sights and culture.

## Cost Includes

- ✓ 5-day mountain bike tour
- ✓ Use of customized Giant or Fuji front suspension bikes and helmet
- ✓ Services of a local guide/expert mechanic

- ✓ Luggage drop only in two places (Nagarkot and Dhulikhel)
- ✓ 5 nights' accommodation
- ✓ Meals
- ✓ Airport transfer
- ✓ Shivapuri Nagarjun National Park entry fee



## Cost Excludes

- ✗ Personal extras and special request purchases, confirmation, or changes to flights
- ✗ Faxes, e-mails, and other personal correspondence
- ✗ Drink, meals in Kathmandu, and other food consumed other than the set out within the itinerary
- ✗ Evacuation, medical expenses, and related transfers
- ✗ Travel Insurance
- ✗ Bike clothing, mineral water, and support vehicle
- ✗ Entry fee into Bhaktapur Durbar Square

**Trip Map**

