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Lhasa to Kathmandu Biking Tour

URL: https://himalaya-discovery.com/trip/lhasa-to-kathmandu-biking-tour/

Destination
Nepal

Activity
Biking

Duration
19

Max. Altitude
5220m

Best Season
March to October

Group Size
4 – 10

Demanding

Trip Highlights

What's so unique about the Trans-Himalayan highway? Again, as it crosses the Tibetan plateau, it is the highest road in the world, an average of 4,500 meters above sea level. Second, the route boasts the longest continuous descent in the world, which of course means that if you head in the opposite direction, you will face the longest uphill in the world.

A feeling of isolation and awe-inspiring landscapes is best for mountain bikers. They must also face an onslaught of mountain passes zigzagging and endure a constant battle against breathlessness.

Trip Overview

Lhasa to Kathmandu Biking Tour is an ultimate mountain bike ride across the "Roof of the World" covering more than 1,100 km, probably the longest bike ride in the world. This adventurous journey crosses six high mountains over 5,000 m, giving the ultimate challenge and fulfilling the adrenaline desire of adventure enthusiasts.

Tibet protected by the great Himalayan chain to the south and west, and by the even more inhospitable mountains to the north and east, has haunted the ambition of explorers for centuries.

The allure is as high as the altitude, and for the adventurous cyclist this land of rugged beauty, vast landscapes, brilliant skies and glittering peaks offers one of the ultimate biking challenges.

After some essential time acclimatizing around Kathmandu and Lhasa, our route takes us across high altitude desert, over awesome mountain passes, stopping off at Rongbuk Monastery and Everest Base Camp for views of the north face of Everest, before making the 160km, 4600m descent into Nepal and the lush Kathmandu Valley.

In recent years much of the route has been surfaced making it perfect for cycling. Tibet, **Lhasa to Kathmandu Biking Tour** is a tough trip, but for those who venture to the spectacular beauty of Tibet, the sense of achievement is guaranteed.

Price Includes

- Airport transfers pick-up and drop-off.
- Transportation from and to Kathmandu car / bus / 4WD.
- Three meals a day (breakfast, lunch, dinner) during the trip.
- Hot drinks. (tea, coffee, hot milk, hot chocolate) three times a day.
- All accommodation during the trip (standard).
- All necessary paperwork for the Annapurna conservation permit .
- Trekking information management system (TIMS) permit.
- English speaking, trained government license holder biking guide.
- The required number of staff during the trip.
- 1 guide and 1 assistant guide for 7 to 12 pax
- 2 guides for 10 to 20 pax
- 2 guides and 1 assistant guide for 15 and above
- Mountain bike for the number of days riding. The brands include Cube, Trek and Giant hard tail or full-suspension bikes, depending on your choice.
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Medical supplies (first aid kit will be available)
- Sleeping bag (if it is required).
- All government taxes.
- Farewell dinner with culture show.

Price Excludes

- International airfare and Nepal entry visa.
- Travel insurance which covers emergency Rescue and Evacuation.
- Biking attire and other personal gears.
- Tips for biking staff and driver (tipping is expected).
- Others expenses not mentioned in the Price Include section.

Address

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