

Overview

This expedition combines some of the best mountain biking in Nepal, with the adrenalin rush of rafting the spectacular Bhotekoshi River. The Kathmandu valley offers some of Nepal's best mountain biking. We stay at five out of the six best outlooks for viewing the mighty Himalaya, from Dhaulagiri in the west to Everest in the east, so you will not miss what is arguably the world's finest mountain scenery. In addition, the valley is also the historic center of Nepal, the place where palaces and temples were built and rebuilt and Nepalese art and culture were developed and refined. A combination of superb dirt trails and single track connect the abundance of temples, monasteries and palaces making this both an exhilarating and fascinating place to cycle. This is a fun but challenging trip, suitable for those with off-road biking experience, as some trails are technical and there are some long climbs rewarded by even bigger descents.

The Bhote Kosi is best described as a liquid rush! Although little more than a mountain stream fed by the glaciers of Tibet, this river trip is full of excitement, technical maneuvering and adrenalin-pumping action. This river is rife with challenging rapids from start to finish. It is considered by rafting enthusiasts and professionals alike that the Bhote Kosi is without a doubt one of the most exciting short rafting trips in the world! And we just love running it! Please note, multi activity adventures can be tailored to suit your requirements and can include any of the following: trekking, rafting, kayaking, jungle safari, bungee jumping/bungee swing, canyoning. Trips can be arranged from 14 days to over 35 days. Please contact us to arrange your own customized adventure!

Itinerary Details

Day 01 : Arrival In Kathmandu Airport

After arrival in Kathmandu, you will be transferred to hotel in Thamel, the touristy city Of Kathmandu. Thamel is busy, full of restaurants, cafes and shops. In the afternoon, we sort out the bikes and over dinner, there will be tour briefings. O/N Guest House

Day 02 : Pre-Trip Meeting And Ride From Kathmandu To Sivapuri

We leave Kathmandu after breakfast through the bustling back streets of Thamel and on to good wide undulating jeep track and single track and pass through the Queen forest to the Buddhanilkantha, a remarkable 5th century statue of the Lord Vishnu, reclining on the coil of the snake king in the middle of small pond. Your efforts are rewarded by spectacular panoramic mountain views of Ganesh and Langtang Himals on the way and moreover by a night at a true resort established in a rural setting with culturally rich and naturally pristine environment whose garden harbors nearly 75 species of birds and 2000 flowering trees and shrubs. 53 km O/N Resort (B/L/D)

Day 03 : Mountain Bike Ride From Sivapuri To Chisopani

We start with a steep upward ride (approx 7 km) on paved and off road through the Shivapuri Reserve. Part of the route is on the Helambu trekking trail. Our final destination is Chisopani (which means cold water in Nepali), which rounds off a challenging day. Again today's lodge enjoys outstanding and closest views of the panoramic mountain ranges- this is one of the best outlooks within the valley region. 40 km O/N Mountain Lodge (B/L/D)

Day 04 : Mountain Bike Ride From Chisopani To Nagarkot

We ride down from Chisopani into the NE corner of the KTM valley, then it's on to a mix of single and jeep track to wind our way to Nagarkot, our route will depend on the condition of the trails. The comfort and peaceful surrounding of hotel on the valley rim reward a short steep climb into Nagarkot. This is part of the biking movie 'Retread' was filmed and Everest can be seen from here on a clear day. Ride 25km or 35km. O/N Hotel (B/L/D)

Day 05 : Mountain Bike Ride From Nagarkot To Bhaktapur

Early morning farm activity awake us and we can enjoy the sunrise views from the terrace. Today we explore the trails around Nagarkot or you can take a rest day. There are numerous off-road routes possible today either road, or wide dirt and single track. We have a choice of day rides ending at the medieval town of Bhaktapur for lunch then time to look around before transfer back up the hill to Nagarkot, or ride up the road if you wish. Bhaktapur is an old restored city full of temples and courtyards. Also it's possible to visit Changu Narayan, a must for those interested in culture – the ancient temple complex here, which includes the oldest Hindu temple in the valley where in the sixth & seventh centuries, Newari stone masons made carvings of Lord Vishnu. The stone tablet standing on the west side of the temple is said to be the earliest known inscription in Kathmandu Valley. It depicts King Mandev's military conquests in the fifth century. It's on the way and enjoys commanding views over the valley and its fine statues are the best outside the National Museum. O/N Hotel (B/L/D)

Day 06 : Mountain Bike Ride To Near Tibet Border

The 'Retread' Trails. This is an epic single track descent through terraced paddy fields and small villages that lead us to the Indrawati River. We will stop to take photos as the Himalayas are right behind us all the way down and also makes offerings at the local temples to help ensure that we remember those technical skills when we need them. After 1000m of downhill a jeep road leads us to the Friendship Highway, the main road to Tibet. We have lunch in a secret spot by the river before climb to the main road. From here drive or bike to the river side resort. O/N at Resort (B/L/D)

Day 07 : Two Day Rafting At Bhotekoshi River

Rafting on the Bhote Kosi is a full body experience, much more than simply paddling forward and backward. Probably the most common paddle command on the Bhote Kosi

Mountain Biking

River is:“hold on!” The Bhote Kosi is best described as a liquid rush! Although little more than a mountain stream fed by the glaciers of Tibet, this river trip is full of excitement, technical maneuvering and adrenalin-pumping action. This river is rife with challenging rapids from start to finish. It is considered by rafting enthusiasts and professionals alike that the Bhote Kosi is without a doubt one of the most exciting short rafting trips in the world! And we just love running it! Overnight at River side Camping (B, L, D)

Day 09 : Drive Back To Kathmandu

After Breakfast, we return to Kathmandu

Day 10 : Departure