

Cycling Tour to Kailash Mansarovar

Package Highlights

~~Highly Recommended for those who also want to visit Lhasa and EBC.~~

Trip Facts

- Starting Price: US\$0.00 (Per Person)
- Duration: 31 Days
- Grade: NA
- Destination: Tibet
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle
- Trekking Style: Cycling
- Accommodation: Hotel, Tea Houses and Tent
- Max. Altitude: 5,645Meters Dolma La pass
- Min. Pax: any
- Best season : April to October months

Itinerary Details

Day 01 : Arrive at Kathmandu and transfer to Hotel. (1,350m) Team introduction

Representative from Nepal Highland Treks pickup from Tribhuban international airport Kathmandu and transfer to Hotel. It is 7 kilometers from airport to your hotel takes 25 minutes. Evening at hotel team introduction and trip briefing. We also should fill up Chinese embassy form and collect original passports along with a passport size picture.

Day 02 : Sightseeing in Kathmandu valley covering major highlights and historical places. Overnight at Hotel.

After breakfast in Hotel, our guide will lead you to sightseeing in UNESCO heritage sights. Bhaktapur Durbar squire is one of the biggest old palace among 3 squares inside Kathmandu. Bauddhanath Stupa a biggest Buddhist stupa in Bauddha and biggest hindu temple of Asia Pashupatinath temple. Back to hotel and final preparation of the trip.

Day 03 : Fly Kathmandu to Lhasa (1 Hour) Drive to Lhasa city from Airport and transfer to Hotel (3,650m)

After breakfast in Hotel, drive to International airport and fly to Lhasa with your packed cycle. It is 1 hour scenic flight over mountain. It is suggest requesting window seat at left site of plane to view panoramic mountains of Nepalese and Tibetan. Our guide from Tibet greets and drive to the Hotel in Lhasa. Evening walk around Lhasa city.

Day 04 : Sightseeing in Lhasa. Visit Sera Monastery, Norbulinka Palace and Jokhang temple. Overnight at Hotel.

After breakfast in Hotel, Our guide from Tiber will lead you to sightseeing in historical monuments of roof of the World Tibet. Visit Sera monastery, a big monastery built in 1419, a great university to study Lama. Norbulinka palace, a summer palace of Dalai Lama and Jokhang temple. Late afternoon come back to hotel and walking around Lhasa city.

Day 05 : Sightseeing in Lhasa. Visit Potala Palace, Drepung Monastery, walking around Tibetan old market and holy place barkhor squire. Overnight at Hotel

After breakfast in Hotel, start visiting Potala Palace, start to built in 641. The main palace of Dalai Lama. Drepung Monastery is another big school of Tibetan Buddhism. Walking around barkhor squire which is Tibetan old bazaar. You can see lots of Tibetan origin walking around the streets on their holy purpose. Back to the hotel and fix your cycle. Ready to cycle out of Lhasa from tomorrow.

Day 06 : Cycling to base of Khambala Pass (84km) overnight at tent in Chusul 3,600m

Cycling route follows Lhasa River and flat road with green scenery. Road towards Gonggar Airport of Lhasa through several Tunnels. We get our first view of Tibetan snow peaks from on the way. Our cycling route turn to south bank of Yarlung River which is highest River at the altitude of 4,000 miters. Stay overnight at tent near at bank of this River.

Day 07 : Cycling to Nagartse (74km) overnight at tent in 4,300 miters

First section of the cycling today is climbing to Khamba La pass of 4,807 miters. It is about 23 kilometers. As we climbing up, we will be rewarding with views of Yamdrok Lake and some snow peaks. Yamdrok Lake is one of the most beautiful and sacred Lake in Tibet. Lovely downhill from the top about 5 kilometer reach at near view of the Lake and gentle flat riding reach at camping place.

Day 08 : Cycling to Lungmar (52km) via Karo La pass of 5030 miters. Overnight at camp 4,516m

The enjoyable riding reach at our first high pass over 5000 miter pass Karo La. Karo La glaciers and some of the snow peaks are visible from here. Karo La pass is the highest pass in entire trip. its provide scenic landscape and mountain range. Riding in this section is not much harder even it is a crossing of highest pass of the trip. the windy day may be the caused making tired day.

Day 09 : Cycling to Gyantse (59km) overnight at Hotel 4,048 miters.

Riding begins with gentle climb of about 15 kilometers to the top of the Somi La (4,516m) and another 35 mostly downhill to reach Gynatse. Gyantse is now one of the big city in Tibet. This town is home of some important religious sights of about 15th century. Visit Khumbum monastery and free time for walking around Gyantse.

Day 10 : Cycling to Shigatse (93km) overnight at Hotel 3,900 miters

An easy riding through well paved road to Shigatse following the Nyang Chu River. Reach at Shigatse and check in Hotel. Shigatse is second largest city in Tibet after Lhasa. Visit a biggest Tashilapo monastery at the lap of hill.

Day 11 : Cycling to the base of Tso La pass (96km) overnight at camp 4,160 miters

Climbing steadily up 125m in the first 8km at the start of a long day's cycling. After some 35 km we cross the barely discernible Tso La pass (4050m). The undulating terrain takes us through a landscape of fields. The surrounding mountains close in on us as we enter into a river valley before reaching our camp a short distance before the Tso La pass.

Day 12 : Cycling to the base of Gyatso La (65km) overnight at camp 4,145 miters

Cycling first section in steady climb to Tso La pass (4,580m) which is about 8 kilometers from our camp, than followed by a fast downhill about 29 kilometers in to bigger flat terrain Lhatse. We head out of Lhatse town and into the Chusar Chu valley, where we camp at a very picturesque spot along the Riverside.

Day 13 : Cycling to Shegar (66km) via Gyatso La pass and overnight at camp of 4,408 miters

The starting section of riding today is quite hard. The 24 kilometers climbing road reach at highest pass Gyatso La (5,253m). Stunning views of snow capped mountain from the decorative pass by fluttering Tibetan Buddhist prayer flags. Ride down through small villages and small Stupas. We again camp today at picturesque site next to River.

Day 14 : Cycling to Tashi Dzong (80km) via Pang La pass (5,205) overnight at camp of 4,213 miters

Road today divert from the Lhasa-Kathmandu highway and head towards the world's highest peak. First you are faced with 20km of uphill switchbacks before you reach the summit of the Pang Pass (5150m). Enjoy lunch as you gaze over Makalu (8463m), Shishapangma (8012m), Cho Oyu (8210m), Lhotse (8516m), Everest (8850m) and several other breathtaking peaks. Then a 20-kilometer downhill follows to the Rongbuk Valley Tashi Zhong.

Day 15 : Cycling to Ronbuk (34km), Near the Everest Base Camp. Overnight at camp of 5,000 meters.

Climb gradually through local villages. Children from villages run after your cycling to greet you and ask for pictures. The mountain ranges are more near from us today. We can see huge Mount Everest north side when we start climbing to Ronbuk. Ronbuk is the last village near Mount Everest. You also get chance to visit famous Ronbuk monastery. Stay at tent backdrop of Mount Everest.

Day 16 : Cycling to Everest Base camp (5,168m) and return to Zamphuk (32km) Overnight at camp of 4,350 meters.

It is day of reaching at base camp of world's highest peak. It is steady 8 kilometers ride from Ronbuk. The unforgettable route of chill valley can see mountain from bottom. Ride back to Ronbuk. After lunch here, ride down via rocky downhill through previous path turn Kailash region

Day 17 : Cycling towards Mount Kailash and Lake Mansarovar. Stay overnight before Saga (About 100km) Overnight at camp

Today onward, cycling to Saga country. Cycling about 100 kilometer mostly flat road and choose to overnight at suitable place. We stop and overnight at big flat land on the way before Saga town.

Day 18 : Cycling to Saga town (120 kilo-meters). Overnight at camp 4450 meters

Day to reach Saga. Saga is big Tibetan city in Kailash region. Riding is passing through some high passes almost 5000 meters. Riding is quite long day today to reach Saga town. The scenic landscape with the views of mountain, beautiful lakes and cross River Bhrahmaputra coming from Kailash region.

Day 19 : Cycling towards Lake Mansarovar (123km) Overnight at camp in 4600 meters

It takes another 3 days to reach Lake Mansarovar from Saga town. Riding today is about 123 kilometer. Our staff team will find suitable place to stay overnight after riding about above distance. Overnight at huge flat ground near typical Tibetan village.

Day 20 : Cycling towards Lake Mansarovar. (125km) Overnight at camp 4,600 meters

The second day of riding towards Lake Mansarovar. The riding is through local Tibetan villages with some cultivated land working local peoples. Big groups of Sheep, Yaks are over the ground in grassland areas. This day also our staffs crew manage to camp at suitable place after riding above distance.

Day 21 : Cycling to Lake Manasarovar (120km) Overnight at camp 4,580 miters

The day f reaching beautiful Lake at altitude of 4,580 miters. Crossing through bank of the Bhrahmaputra river, small lakes, big grassland with the groups of Ship/ Yaks and typical local villages. We camp at bank of Manasarovar Lake and overnight

Day 22 : Cycling (40km) and rest in Darchen. Overnight at camp 4,575 miters

Morning, exploration tour around Lake Manasarovar and Tsui gumpa. Late morning start riding towards Darchen town. Darchen is base of Mount Kailash. reach at camp side. preparation and repack your bag to start Kailash round from tomorrow. out transportation is not allow to drive kailash round. we hire either Yak or porters to caryy our bags. we manage to minimize total bags

Day 23 : Cycling to Kailash Northface Derapuk (18km) Overnight at camp 4,900 miters

It is short riding bike today to reach North face of Kailash. it is only 4 hours journey through valley of the God from where we get different view of Kailash south face. Rinding through jeep track in between two huge mountain both side and bank of River coming from Kailash and Indus site. Enjoy Kailash North face golden view at the evening and tomorrow morning.

Day 24 : Cycling to Darchen via Dolma La pass (5,645m) 34km and overnight at camp in Darchen 4,575 miters

It is second day of Kailash round and quite long day. total 34 kilometer but have to carry your bike about 3/4 kilometers in this altitude land. Starting section is rid-able but up hill and hard section. from bottom of Dolmla pass have to carry all the way your bike and again to carry entire downhill after crossing the pass. Again riding road about another 21 kilometers reach at Darchen

Day 25 : Cycling towards Kerung boarder. Overnight at one the way in camp. 4000 miters

Tour now riding towards Nepal after adventure Dolma La pass. Today will be about 100 kilometer riding and our staff will choose suitable place on the way before reaching Kerung. It is again the high plateau land with the scenic Himalayan views crossing some high passes.

Day 26 : Cycling to Kerung boarder. 2900 miters Overnight at Hotel

Cycling towards Kerung boarder today with the high pass over 5000 miters. The Himalayan views are stunning today from riding path. Reach at Kerung, we stay overnight

at Hotel today and our team will provide you hot dinner from kitchen tent. Be ready for tomorrow to cross Nepal Tibet boarder.

Day 27 : Cycling Kerung immigration and ride to Shyaprubesi (45km) Overnight at local tea house 1,450 meters

All the way down hill riding today to Nepal Tibet immigration Rasuwagadi. it is 24 kilometers from Kerung to boarder. We say good buy to our Tibetan guide and Driver. Further ride toward Shyaprubesi. We stay at local tea house here and use foods from same restaurant.

Day 28 : Ride to Trishuli (33km) Overnight at Hotel

Ride to Trusuli Bazaar. The first section is to cross strength uphill through scenic River side, waterfall and local villages. All the way down from Kalikasthan to Trisuli. Relax at hotel at Trisuli River side.

Day 29 : Ride to Kathmandu Nepal (70km) Overnight at Hotel

Final day of riding cycle today. Back to Kathmandu through Jhor road. Riding through local villages, peoples working fields including dense forest of Shivapuri National park. We reach at Kathmandu by late afternoon and transfer to Hotel

Day 30 : Day in Kathmandu. Rest and relax. Overnight at Hotel

Free day in Kathmandu. Repacking your goods and be ready for final departure tomorrow. It also can be shopping tour around Thamel. We together go for Nepali dinner evening in cultural restaurant. Trip farewell.

Day 31 : Final departure

Day of final departure to home. we arrange departure transportation from your hotel. It is important to reach 3 hours before to International airport from your original flight time.

Cost Includes

- All arrival departure arrangement
- Accommodation in Kathmandu on twin sharing three star category hotel with breakfast
- Flight ticket of Kathmandu Lhasa (Or direct reach at Lhasa)
- Tibet travel permit and visa
- Accommodation in tented camp/ Guest house/ Hotel during cycling in Kailash
- Entrance fees of sightseeing, Everest national park fees and entrance of kailash region
- Foods (Breakfast, Lunch and Dinner) in entire riding period accept some main cities

of Tibet

- Hot drinks and bottled water during riding
- Tibetan guide and driver
- Experience staffs team for supporting, fixing camp, cooking
- Cycle mechanic with tool box
- Supporting vehicle in entire tour
- Camping gears, sleeping tent, kitchen, dining, toilet, bathing tent
- Kitchen goods
- Facility of cycle hiring
- Yak or porters to carry your bags during Kailash round
- Management of emergency evacuation
- First aid kit box

Cost Excludes

- Lunch and Dinner in main cities like Kathmandu, Lhasa, Shigatse, Gyantse and Trusuli
- Personal cycle (faculties to hire it in Kathmandu)
- Personal expenses
- Bar bills
- Personal trip insurance
- Cost of emergency evacuation in case of need
- Any tipping
- Stay more nights hotel in Kathmandu than mentioned in itinerary
- Any changes in the trip because of suddenly rules changes by Tibetan/Chinese government

Useful Note

Trip Note

Departure Note