

Lhasa Kathmandu Cycling Tour

Package Highlights

More than 1000 kilometers **Lhasa Kathmandu cycling** is cycling via world's highest passes and longest down hill. Route of Kathmandu Lhasa Gyantse Yamdrok Lake, Shigatse, Everest base Camp, Kerung boarder and Langtang National park.

Trip Facts

- Starting Price: US\$0.00 (Per Person)
- Duration: 23 Days
- Grade: NA
- Destination: Tibet
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Cycling
- Accommodation: Hotel & Tent
- Max. crossing Altitude: 5,030 miters (Karo La pass)
- Max. sleeping altitude : 5,009 miters (Rongbuk)
- Best season : April to October
- Group size : Any

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 squires 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

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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 and latter turn left towards Nepal Tibet Friendship Bridge.

Day 17 : Cycling to Tingri (62km) overnight at camp of 4,355 meters

today is another superb day of Cross-country Mountain biking on challenging off road with form of backdrop Himalayas. Reach at 5,100 meters pass and descending along a mixture of rough road with free flowing dirt tracks. We rejoin friendship highway and reach Tingri. Tingri is another small Tibetan town, where simple guest houses are serving but we camp at little bit out of town.

Day 18 : Cycling to Lalung La of 5009 meters (73km) overnight at camp at the altitude of 4,560 meters

the comfortable day of cycling today accept some difficulty with heavy wind. Cycling route is through monasteries, fortresses and clear mountain Rivers. Reach at Lalung La pass (5,009m) which is second last highest pass of the trip from where views of Shishapangma is rewarded. We stay at camp in the base of Lalung La pass.

Day 19 : Cycling to Nyalam (50km) Overnight at Guest House at altitude of 3,750 meters

We get on our final climb and final highest pass of trip that is Thangla Pass (5,149m). This pass gives amazing views of middle Himalayan ranges that is including Tibet and Nepal Himalayan ranges. The day is considered as challenging day as you have to cross high pass through strong wind. From the pass it is almost entirely downhill to Nyalam. We stay at Guest house today to get every thing ready tomorrow to cross Nepal Tibet immigration.

Day 20 : Cycling to Last resort (52km). Overnight at camp on altitude of 1,100m

Early in the morning, ride down to immigration and cross Friendship Bridge to reach Nepal site. Path is all about descend as we undertake the world's longest downhill ride leaving barren Tibetan Plateau and reach at green Nepalese forest site. It is about 25 kilometer from Nyalam to Friendship Bridge. Ride in Nepal in narrow road towards last resort camp through scenic forest, local villages and bank of Bhotekoshi River.

Day 21 : Cycling to Dhulikhel (64km) Overnight at Hotel 1350 miters

The narrow road should careful with big truck and bus to come from other side. Riding through small villages and picturesque views of green valley, terrace fields. In total, riding road is challenging as it has about 25 kilometer uphill to reach Dhulikhel. We will stay at nice resort. Dhulikhel provide the Himalayan mountain range as far view. Typical loval villages covered with green trees are just a beautifully seen from here.

Day 22 : Cycling back to Kathmandu (32km) Overnight at Hotel 1350m

Explore Dhulikhel from morning and we start lately to ride Kathmandu. It is short riding without any uphill. Road is more crowded with vehicles so your intelligent riding till your hotel is important. Reach at hotel and take rest for rest of the time. Evening is fair well dinner with our team.

Day 23 : Departure

Day of final departure. Nepal Highland Treks drop you to international airport for your flight. It is important to be 3 hours before in airport from your original flight time.

Cost Includes

1. Arrival and departure arrangement
2. Accommodation in Kathmandu in twin sharing bases as per itinerary
3. Accommodation in twin sharing standard hotel in Lhasa, Shigatse and Gyantse
4. Well managed tenting accommodation on twin in rest of the nights
5. Breakfast, Lunch, Dinner and hot drinks accept main cities like Kathmandu, Lhasa, Shigatse and Gyantse
6. Bottled mineral water and boiled water in whole trip
7. Backup transportation in entire trip
8. Tibet travel permit and Tibet visa
9. Flight ticket of Kathmandu Lhasa
10. English speaking Tibetan guide
11. Sightseeing in major highlights in Nepal and Tibet as per itinerary
12. Guide, Transportation and entrance fees of sightseeing
13. Everest National park entry fee
14. All formalities in immigration

15. Cooking and assist team from Nepal
16. Cycling guide and he is as mechanic with tools box
17. Emergency evacuation management
18. First Aid kit box

Cost Excludes

1. Lunch and Dinner in main cities eg. Kathmandu, Lhasa, Shigatse and Gyantse
2. Cycle (either to take from your place or hiring it in Kathmandu)
3. Any damage in cycle
4. Any tipping
5. Personal cycling gears
6. Cost of emergency evacuation in case of need
7. Personal insurance, medical expenses
8. Personal equipment including sleeping bag

If you are looking for short itinerary including major places like Lhasa, Everest Base Camp to Kathmandu, we can offer you short cycling trip both by riding and driving program.

Useful Note

Trip Note

Departure Note