

Amnye Machen Trek

<https://www.nectravels.com/package/amnye-machen-trek/>

The ultimate Biking expedition across the roof of the world – The world's longest and deepest bike descent, from the Tibetan Plateau into Nepal High level ride, traversing the road between Lhasa and Kathmandu including 4-day round trip, off-road, to Rongbuk Valley beneath the stunning north face of Mount Everest. Flying into Lhasa, allowing 4 days for essential acclimatization in the mystical Tibetan capital and having plenty of time to explore its numerous attractions.

The journey overland back to Kathmandu, crosses 6 major passes while visiting the spectacular monastery towns of Gyantse

Itinerary

Day 01: Departure from your country for Mt. Biking Trip to Tibet

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Day 02: Arrive Kathmandu & transfer to a Hotel. Welcome dinner.

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Day 03: Full day guided sightseeing around Kathmandu valley. Overnight Hotel.

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Day 04: Fly to Lhasa from Kathmandu. Overnight.

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Day 05: Full day guided sightseeing in Lhasa. Overnight.

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Day 06: Continue the sightseeing in Lhasa. Overnight.

Continue the sightseeing in Lhasa. Overnight.

Day 07: Start the Bike Tour. Camp after 86 kms.

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Day 08: Kamba La Pass. Camp after 56 kms.

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Day 09: Continue and camp before Karo pass.

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Day 10: Karo Pass to Gyantse. Gyantse 86 kms. Hotel Gyantse

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Day 11: Gyantse to Shigatse. Shigatse 106 kms. Hotel Shigatse

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Day 12: Continue and camp after 75 kms.

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Day 13: Continue and camp after Lhatse 95 kms.

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Day 14: Continue. Shegar 80 kms. Hotel.

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Day 15: Continue. Pang La Pass. Camp after 65 kms.

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Day 16: Continue. Rongbuk. Camp 35 kms.

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Day 17: Go to Everest Base Camp. Camp at Rongbuk.

Go to Everest Base Camp. Camp at Rongbuk.

Day 18: Camp before Tingri. 76 kms.

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Day 19: Continue and camp after 75 kms.

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Day 20: Lalung-Leh Pass. Hotel Zhangmu .117kms.

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Day 21: Continue from Zhangmu and cross the border. Overnight.

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Day 22: Morning drive to Kathmandu. Free day for shopping and etc

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Day 23: Final Departure from Nepal, Xigastse and Xegar reaching the edge of the Tibetan Plateau at the Thang La (5200m.)

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