

Mountain Biking Tour in Tibet

<https://www.nectravels.com/package/mountain-biking-tour-in-tibet/>

Tibet mountain bike tour is one of our best adventure Tibet travel products and most adventure and challenging adventure tour.

Tibet cycle tour can be started from Lhasa and continue Tibet mountain bike tour to Everest base camp via Yamdrok Lake, Gyantse and Shigatse through the friendship highway and end up in Kyirong, the border between Nepal and Tibet.

You will fly to Lhasa city in Tibet from Kathmandu. This flight will be your once in a lifetime experience and you will enjoy the spectacular aerial view over the Himalayas. Once you take off in Lhasa Gonggar Airport, you will explore Lhasa city and acclimatize against the high altitude because Lhasa is 3490 meter (11450 ft) elevation above sea level.

In Lhasa you look around the city by bike, visiting places of interest, including the Ganden monastery and then follow the Bike route from Lhasa to Kathmandu which stretches less than 600 miles (920 km) in 14 to 25 days. You run through 6 passes, traverse the backbone of the Himalayas, where you admire the northern face of Mt. Everest and visit two cities. This mountain bike tour starts in Kathmandu and heads onto the Tibetan Plateau before we cycle more than 1100 km down to the fertile rice fields of Nepal. This mountain bike tour offers one of the world's longest and steepest mountain bike descents from Lhasa to Kathmandu – an unbelievable 4600 m.

The roads are predominantly crushed stone roads which head over spectacular mountain passes. The highlight of the mountain biking tour comes when we arrive at the monastery of Rongbuk and see Mount Everest Base Camp (5200 m) from your mountain bike. This is the only mountain biking tour in the world where you can visit Everest Base Camp with a mountain bike.

Itinerary

Day 01: Arrive in Kathmandu Pickup from airport and transfer to hotel.

Arrive in Kathmandu Pickup from airport and transfer to hotel.

Day 02: Kathmandu Sightseeing Tour [Total Cycle: 0km] Start full day sightseeing after breakfast at hotel.

Kathmandu Durbar Square: First we will drive to Kathmandu Durbar Square. Durbar square classic tour takes you to the famous places that have housed kings of different dynasties and temple-scape representing finest specimens of Hindu and Buddhist architectures.

Swayambhunath: One of world's most glorious, ancient, enigmatic and the holiest of Buddhist Chaityas dating back more than 2000 years is situated on a hillock.

Swayambhunath, literally "the Self-Created or Existent", is a mosaic of small stupas and pagoda temples contributed by and time by the succession of kings and noblemen.

Bouddhanth: This colossal and ancient Stupa, one of Nepal's most unique monuments and said to be the world biggest, attracts Nepalese pilgrimage of Tibetan stock from as far as Dolpo and Mugu as well as Tibet, Ladakh in India and Bhutan.

Pashupatinath: Just a small walk takes you to the temple of lord Shiva-Pasupatinath with two tiered golden roof and silver doors is famous for its superb Newari architecture situated near

the banks of sacred Bagmati River.

Day 03: Flight Kathmandu (1,310m) – Lhasa [Total Cycle: 0km]

We take the 09:30 flight to Lhasa and soar across the highest mountains in the world. Arriving in the Tibetan capital (3,680m altitude) you will be given plenty of time to relax and adjust to the high altitude. In the afternoon you can unpack your bicycle and explore this legendary city. Overnight at the Hotel.

Day 04: Lhasa Sightseeing [Total Cycle: 0km]

On this day we will enjoy a full day of sightseeing. We will visit Dshokhang Temple and the local market, but the highlight of the day will undoubtedly be the visit to Potala Palace, the former residence of the Dalai Lamas, which dominates the city. Overnight accommodation at Hotel.

Day 05: Lhasa Sightseeing [Total Cycle: 0km]

After breakfast we'll visit the monastery of Drepung. In the afternoon you will be free either to explore the remaining attractions or prepare for the next day's biking. Overnight accommodation at Hotel.

Day 06: Start the Bike Tour! [Total Cycle: 85km]

Finally, your trans-Himalayan biking adventure begins. We leave Lhasa and cycle along the Tsangpo River to the foot of the Kamba Pass (3700 m). When you arrive you will find tents, latrines, shower tents and facilities ready. Overnight accommodation in tents.

Day 07: Kamba Pass [Total Cycle: 55km]

Your first mountain pass. A strong uphill climb reaches a summit lavishly adorned with prayer flags (4794m). After descending we continue alongside Lake Yamdrok, at the far side of which we set camp (4490m). Overnight accommodation in tents.

Day 08: Karo Pass [Total Cycle: 54km]

Leaving the beautiful lake behind, we cycle through a ravine and up to the foot of the Karo Pass (4750m), where our tented village will be prepared for the night. Overnight accommodation in tents.

Day 09: Gyantse [Total Cycle: 79km]

A significant day on the tour, as we have to get up early to climb the high Karo Pass (5010m). By now you will be feeling in good physical condition. Around us we can see glaciers of 6000 m and beautiful lakes. You are rewarded for your effort with a night in a top hotel in the city of Gyantse (3980m). Overnight accommodation at Hotel.

Day 10: Shigatse [Total Cycle: 85km]

First we will take an hour to visit the Palkhor Monastery and the old part of Gyantse town. Although today involves a longer distance, the highway is paved and flat. In the afternoon we will arrive in Tibet's second largest city, Shigatse (3860m). Overnight accommodation at Hotel.

Day 11: Gyachung Monastery [Total Cycle: 75km]

We leave Shigatse and ride over two small passes and through several small Tibetan villages. We will cycle past the isolated Gyachung Monastery and camp. Overnight accommodation in tents at around 4100m.

Day 12: Lhatse [Total Cycle: 95km]

The route leads us through picturesque valleys. Then the long ramp begins which leads over the Yulong pass (4520m). After lunch we head towards Lhatse (3860m). Just before this town there is a hot spring. We will camp approx. 10 km after Lhatse. Accommodation in tents.

Day 13: Shegar [Total Cycle: 75km]

Today we have to contemplate the stunning canyon of the 5220m Lakpa Pass. On a clear day you will be rewarded for your effort with your first view of Mount Everest. After a 40 km ride through flat prairie towns you will arrive in the town of Pelbar, often referred to as Shegar. This town is a popular stopover for anyone heading to the Everest region. Overnight accommodation in a hotel.

Day 14: Pang Pass [Total Cycle: 67km]

It's now time to divert from the Lhasa-Kathmandu highway and head towards the world's highest peak. First you are faced with 20km of uphill switchbacks (42 hairpin bends in total!) 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 (4200m), where we camp. Overnight accommodation in tents.

Day 15: Rongbuk Monastery [Total Cycle: 35km]

Now you should be at peak fitness and very excited about the approach of Everest Base Camp. A bumpy road winds up through the Rongbuk valley until the majestic Mount Everest appears before you. We will camp beside the monastery with the unforgettable sight of the 8850m peak in front of your eyes.. We will stay here for two days. Overnight accommodation in tents (5150m).

Day 16: Everest Base Camp [Total Cycle: 8km]

A day to relax. However, you will definitely want to get as close as you can to Everest. You can walk, cycle or even take a donkey and cart ride to the base camp which is 8km from the campsite. Overnight accommodation in tents.

Day 17: Tingri [Total Cycle: 76km]

Leaving Rongbuk, we head back down the bumpy road then take a “short-cut” into the mountains. Another bumpy trail takes us over a canyon and down into Tingri (4340m). Overnight accommodation in tents.

Day 18: Lalung Pass [Total Cycle: 75km]

This day begins with a 40 to 50km flat ride before lunch. Then we tackle the gradual incline of the Lalung Pass (4990m). From here you will feel like you are as high as the peaks around you, including Shishapangma (8012m). Overnight accommodation in tents in the valley between two passes.

Day 19: Cross Thang Pass and The Ultimate Downhill [Total Cycle: 117km]

Now get ready for one last kick uphill. You will climb Thang Pass (5050m). You will be treated to breathtaking views of the Himalayan chain as you freewheel down.

Stop and pat yourselves on the back because from here on down to the Nepalese border it's all downhill.. Spiral on down past countless waterfalls to the border town of Kerung(2300m). This will be our last day in Tibet. Overnight accommodation in a hotel.

Day 20: Back to Nepal [Total Cycle: 97km]

From Kerung we have to pass through customs and into Nepal. Once you are in the Nepali town of Kodari the downhill continues for the next 50 km. Suddenly it is tropical and humid and green again. Accommodation in Hotel.

Day 21: Bhaktapur and Kathmandu. Free day for shopping, etc [Total Cycle: 35km]

What a wonderful way to end this trip – a big breakfast at sunrise and the spectacular panorama of the Himalayas. You will certainly enjoy the last few kilometers as we freewheel down to Bhaktapur. Here you will stop to see some of the town's several century old famous temples before riding into busy Kathmandu again.

On the remaining time you can relax, shop or go sightseeing. Evening we invite you on a farewell dinner . Stay overnight at Hotel.

Day 22: Fly back to your home. We drop to Kathmandu airport .

Fly back to your home. We drop to Kathmandu airport .