

Earthbound Expeditions

Lhasa to Kathmandu Biking Tour

22 days, from US$2,347 per person

Duration	Group size	Country
22 days	**15 people**	**Tibet**

Lhasa to Kathmandu Biking Tour Overview

Tibet mountain biking tour: Lhasa to Everest Base Camp to Kathmandu

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The mountain countries of Nepal and Tibet, known as the roof of the world, offer exceptional travel for both culture and scenery. From the Holy City of Kathmandu and Lhasa to Mount Everest, Tibet is a place where history, religion, culture and remarkable landscapes come together for a memorable journey.

Despite difficult political circumstances, the Tibetan people have preserved a thriving culture and many Buddhist traditions, and they are willing to share these traditions with travellers. Our Lhasa to Kathmandu biking tour is a way to experience this land and its scenery.

On this Lhasa to Kathmandu cycling tour you will see the highlights of Tibet. This cycling trip starts in Lhasa, described as the world's highest city, at 3,600 metres, and allows time to acclimatise. You will have time to explore Lhasa, including the Potala Palace, the Jokhang Temple and the busy markets of the Barkhor.

From Lhasa the route follows the central Lhasa to Kathmandu road and crosses six major passes, all above 4,500 metres and some above 5,000 metres.
The route crosses the highest plateau in the world and its desert-like landscapes, where the road seems to run to the horizon.

First, you arrive in Kathmandu and spend two days visiting its sights. From Kathmandu you fly to Lhasa and spend three days there to acclimatise, learning about Tibetan culture and visiting the city's attractions.
The route between Lhasa and Kathmandu includes a 4-day return trip off the main road to Rongbuk, the valley below the North Face of Mount Everest, and to Everest Base Camp at 5,200 metres.

The journey back to Kathmandu crosses several passes and passes through towns with monasteries, including Gyantse, Shigatse and Shegar, until you reach the Tibetan border at Thang La.

From there, the longest descent in the world begins, a drop of 4,600 metres into Nepal. For many cyclists, this Lhasa to Kathmandu biking tour is a once-in-a-lifetime journey.

The Tibet to Nepal mountain bike tour brings you into contact with three religions: Buddhism, Lamaism and Hinduism, as well as Tibetan culture, landscapes and people.
The Lhasa to Kathmandu route is often called the “Ultimate Mountain Bike Tour”. We organise this tour at a competitive price from our base in Kathmandu, Nepal, as Earthbound Expeditions. For more information on trekking, hiking, travel and expeditions, please contact us.

Itinerary

Day 1

Arrive in Kathmandu

Arrive in Kathmandu, Nepal. Check into the hotel and rest.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu Valley sightseeing

Full day sightseeing tour of the Kathmandu Valley and its UNESCO World Heritage Sites.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 3

Fly from Kathmandu to Lhasa

Fly from Kathmandu to Lhasa in Tibet. Transfer to the hotel and rest.

Altitude: 3,656 m On foot: None, flight day Night: Hotel, Lhasa Meals: Breakfast, Lunch, Dinner

Day 4

Lhasa sightseeing: Potala Palace and Jokhang Temple

Full day of guided sightseeing in Lhasa. Overnight in a hotel.

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast, Lunch, Dinner

Day 5

Lhasa sightseeing

Continue sightseeing in Lhasa. Overnight in a hotel.

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast, Lunch, Dinner

Day 6

Start the cycling tour in Tibet and camp (86 km)

Start the cycling tour in Tibet. Overnight in camp after 86 km.

Altitude: 3,700 m On foot: Cycling, 86 km Night: Tented camp, below the Kamba La Meals: Breakfast, Lunch, Dinner

Day 7

Cycle over the Kamba La Pass and camp (56 km)

Cycle over the Kamba La Pass in Tibet. Overnight in camp after 56 km.

Altitude: 4,450 m On foot: Cycling, 56 km Night: Tented camp, Yamdrok Tso Meals: Breakfast, Lunch, Dinner

Day 8

Cycle towards the Karo La Pass

Continue cycling and camp before the Karo La Pass.

Altitude: 4,600 m On foot: Cycling, about 35 km Night: Tented camp, below the Karo La Meals: Breakfast, Lunch, Dinner

Day 9

Cycle from the Karo La Pass to Gyantse (86 km), hotel in Gyantse

Cycle from the Karo La Pass to Gyantse. Distance: 86 km. Overnight in a hotel in Gyantse.

Altitude: 3,977 m On foot: Cycling, 86 km Night: Hotel, Gyantse Meals: Breakfast, Lunch, Dinner

Day 10

Cycle from Gyantse to Shigatse (106 km), hotel in Shigatse

Cycle from Gyantse to Shigatse. Distance: 106 km. Overnight in a hotel in Shigatse.

Altitude: 3,900 m On foot: Cycling, 106 km Night: Hotel, Shigatse Meals: Breakfast, Lunch, Dinner

Day 11

Continue cycling and camp (75 km)

Continue cycling and camp after 75 km.

Altitude: 4,100 m On foot: Cycling, 75 km Night: Tented camp, on the road to Lhatse Meals: Breakfast, Lunch, Dinner

Day 12

Cycle past Lhatse and camp (95 km)

Continue cycling and camp after Lhatse. Distance: 95 km.

Altitude: 4,200 m On foot: Cycling, 95 km Night: Tented camp, beyond Lhatse Meals: Breakfast, Lunch, Dinner

Day 13

Cycle over the Pang La Pass and camp (65 km)

Continue cycling over the Pang La Pass. Overnight in camp after 65 km.

Altitude: 4,200 m On foot: Cycling, 65 km Night: Tented camp, below the Pang La Meals: Breakfast, Lunch, Dinner

Day 14

Cycle to Rongbuk and camp (35 km)

Continue cycling to Rongbuk and camp. Distance: 35 km.

Altitude: 4,600 m On foot: Cycling, 35 km Night: Tented camp, Rongbuk valley Meals: Breakfast, Lunch, Dinner

Day 15

Cycle to Everest Base Camp, Tibet

Cycle to Everest Base Camp in Tibet. Overnight in camp at Rongbuk.

Altitude: 4,980 m On foot: Cycling, about 16 km Night: Tented camp, Rongbuk Meals: Breakfast, Lunch, Dinner

Day 16

Cycle towards Tingri and camp (76 km)

Cycle towards Tingri and camp before reaching it. Distance: 76 km.

Altitude: 4,300 m On foot: Cycling, 76 km Night: Tented camp, near Tingri Meals: Breakfast, Lunch, Dinner

Day 17

Continue cycling and camp (75 km)

Continue cycling and camp after 75 km.

Altitude: 4,500 m On foot: Cycling, 75 km Night: Tented camp, below the Lalung La Meals: Breakfast, Lunch, Dinner

Day 18

Cycle over the Lalung La Pass to Zhangmu

Cycle over the Lalung La Pass to Zhangmu. Distance: 117 km. Overnight in a hotel in Zhangmu.

Altitude: 2,300 m On foot: Cycling, 117 km Night: Hotel, Zhangmu Meals: Breakfast, Lunch, Dinner

Day 19

Cycle from Zhangmu across the border to Dhulikhel

Continue cycling from Zhangmu and cross the border into Nepal. Overnight in a resort at Dhulikhel, Nepal.

Altitude: 1,550 m On foot: Cycling, full day Night: Resort, Dhulikhel Meals: Breakfast, Lunch, Dinner

Day 20

Drive to Kathmandu and free day

Drive to Kathmandu in the morning. The rest of the day is free for shopping and other activities. In the evening there is a cultural show and dinner.

Altitude: 1,400 m On foot: None, 1 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 21

Departure

Final departure from Nepal.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Accommodation in three-star hotels in the cities. During the cycling tour, only simple lodges or camps are available.
- Ground transport.
- Sightseeing in Kathmandu, accompanied by an Earthbound Expeditions city tour guide.
- Full board meals throughout the tour.
- Government-trained guides and the required number of porters, including their insurance, salaries and meals.
- Farewell dinner with a cultural show.
- Tibet travel permit and entry fees.
- Flights booked according to the itinerary.
- Sleeping bags and down jackets for the trip.
- Car, bus and domestic flights.

Not included

- International flights.
- Museum entrance fees.
- All personal expenses, such as bar bills, drinks and snacks.
- Airport taxes.
- Extra charges for showers, battery charging and laundry.
- Personal clothing and equipment.
- Tips for guides and porters.
- Costs arising from cancellation, landslides, weather, political unrest or illness, which are not our responsibility.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/lhasa-to-kathmandu-biking-tour