

One Day Kathmandu Valley Biking Tour



Starting from the heart of Kathmandu city, you will cycle through narrow alleys lined with traditional Newari houses, ancient temples, and bustling markets. Feel the rhythm of daily life as you pedal past locals going about their routines and craftsmen practicing their trades. The route is designed to balance cultural exploration with scenic beauty, taking you through peaceful villages surrounded by terraced fields and gentle hills.

One of the highlights of the tour is reaching viewpoints that offer panoramic vistas of the Himalayan foothills, including the chance to see snow-capped peaks on clear days. You'll also visit historic sites such as ancient monasteries and Hindu shrines, learning about their significance from your experienced guide.

Trek Highlights:

- Explore narrow lanes and traditional Newari neighborhoods in Kathmandu Valley
- Visit ancient temples, monasteries, and historic sites off the beaten path
- Enjoy panoramic views of the Himalayan foothills and surrounding countryside
- Ride through scenic villages with terraced fields and rural landscapes
- Experience authentic local culture and daily life in valley communities
- Moderate biking route suitable for riders of all levels
- Guided tour with expert local insights and stories
- Opportunity to capture stunning photos of cultural landmarks and nature

Where is One Day Kathmandu Valley Biking Tour?

This tour explores the beautiful Kathmandu Valley, starting and ending in Kathmandu city. You'll bike through historic towns, local villages, and scenic hills, visiting key spots like Budhanilkantha, Kopan Monastery, and Kakani. It's a perfect mix of culture and nature just a short ride from the city.

Day:1 kathmandu one day Biking Tour-explore Kakani, Budhanilkantha and Kopan Monastery

Your biking adventure begins in Kathmandu (Thamel) early in the morning, where you will meet your guide and check your bikes. After a short briefing, start pedaling out of the city and into the fresh countryside. The first destination is Kakani (2,000 m), a peaceful hill station famous for its panoramic views of the Langtang, Ganesh Himal, and Manaslu ranges. From Kakani, ride downhill towards Budhanilkantha Temple, one of the most sacred Hindu sites, known for the impressive reclining Vishnu statue set in a pond.

Take some time to explore this spiritual site before continuing your journey. The peaceful environment, colorful murals, and chanting monks make it a perfect cultural stop. Finally, ride back to Thamel, where your tour concludes in the late afternoon, leaving you with unforgettable memories of culture, nature and adventure in a single day.

Inclusions:

- Mountain bike and helmet
- Experienced local guide
- Lunch and refreshments/snacks
- Entry fees to places like Shivapuri National Park
- First aid kit and safety equipment
- Basic bike repair tools and support

Exclusions:

- Personal travel insurance
- Beverages other than included refreshments
- Tips and gratuities
- Additional personal expenses
- Accommodation (if applicable)
- Any services not mentioned in the inclusions

Best time for the One Day Kathmandu Valley Biking Tour

The best time for the One Day Kathmandu Valley Biking Tour is during spring (March to May) and autumn (September to November). These seasons offer pleasant weather, clear skies, and stunning views of the surrounding mountains. The temperatures are moderate, making cycling comfortable and enjoyable. Avoid the monsoon season (June to August) due to heavy rains and slippery trails.



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