



Earthbound Expeditions

Lhasa to Kathmandu Biking Tour

22 days, from US\$2,347 per person

Duration

22 days

Group size

15 People

Country

Tibet

Tibet Mountain Biking tour: Lhasa – Everest Base Camp– Kathmandu Biking tour

Day by day

Day 1

Arrive Kathmandu, Nepal check into hotel and rest.

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

Day 2

Full day sightseeing tour of Kathmandu valley – UNESCO sites

Full day sightseeing tour of Kathmandu valley

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

Day 3

Fly Kathmandu to Lhasa – Tibet, Transfer to hotel rest

Fly Kathmandu to Lhasa – Tibet, Transfer to hotel rest

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

Day 4

Full day guided sightseeing in Lhasa, Potala palace, Jokhang temple etc. Overnight Hotel

Full day guided sightseeing in Lhasa. Overnight Hotel

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

Day 5

Continue the sightseeing in Lhasa. Overnight Hotel.

Continue the sightseeing in Lhasa. Overnight Hotel.

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

Day 6

Start the Bike Tour in Tibet, Camp after 86 kms riding.

Start the Bike Tour in Tibet, Camp after 86 kms riding.

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

Day 7

Mountain Biking through Kamba La Pass. Camp after 56 kms.

Mountain Biking in Tibet through Kamba La Pass. Camp after 56 kms.

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

Day 8

Continue bike and camp before Karo la pass.

Continue bike and camp before 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

Bike Karo Pass to Gyantse – 86 kms. Hotel Gyantse

Bike Karo Pass to Gyantse – 86 kms. Hotel Gyantse

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

Day 10

Gyantse to Shigatse 106 kms. Hotel Shigatse.

Gyantse to Shigatse 106 kms. Hotel Shigatse.

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

Day 11

Continue biking and camp after 75 kms.

Continue biking and camp after 75 kms.

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

Day 12

Continue and camp after Lhatse 95 kms.

Continue and camp after Lhatse 95 kms.

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

Day 13

Continue bike Pang La Pass. Camp after 65 kms.

Continue bike Pang La Pass. Camp after 65 kms.

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

Day 14

Continue biking to Rongbuk. Camp 35 kms.

Continue biking to Rongbuk. Camp 35 kms.

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

Day 15

Biking to Everest Base Camp Tibet. Camp at Rongbuk.

Biking to Everest Base Camp Tibet. Camp at Rongbuk.

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

Day 16

Bike and Camp before Tingri. 76 kms.

Bike and Camp before Tingri. 76 kms.

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

Day 17

Continue biking and camp after 75 kms.

Continue biking and camp after 75 kms.

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

Day 18

Biking and go over Lalung-La Pass. Hotel Zhangmu

Biking and go over Lalung-La Pass. Hotel Zhangmu 117kms.

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

Day 19

Continue biking from Zhangmu and cross the border. Overnight Resort at Dhulikhel Nepal

Continue biking from Zhangmu and cross the border. Overnight Resort at Dhulikhel Nepal

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

Day 20

Morning drive to Kathmandu. Free day for shopping and etc. Evening cultural show and dinner

Morning drive to Kathmandu. Free day for shopping and etc. Evening cultural show and dinner

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

Day 21

Final Departure from Nepal. Namaste!

Final Departure from Nepal. Namaste!

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

What's included

- Accommodation in a (3) three star hotels in the cities but for the duration of the trek only simple lodges / camps are available.
- Ground transportation provided.
- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you.
- Full broad meals will be provided throughout the tour.
- Government trained guides and needed no. of porters with their insurance, salary and meals will be provided.
- Farewell dinner along with one cultural show.
- Tibet travel permit and entry fees will be provided.
- Flights will be booked according to the Itinerary listed.
- Sleeping bags and down jackets for trek will be provided.
- Car / Bus / Domestic Flights included.

Not included

- International Flight tickets.
- Museums entrance fees.
- All personal expenses such as bar bills, beverage, snacks etc.
- Airport taxes.
- Extra shower, battery re-charge, laundry charge etc.
- Personal clothing and gears.
- Tips to guide and porter.
- Cost raised by cancelation, landslide, weather, political unrest, illness will not be our responsibility.