Lhasa Kathmandu Bike Tour

Description

The Lhasa Kathmandu Bike Tour is a cycling adventure that takes you from the Tibetan capital of Lhasa to the Nepalese capital of Kathmandu. The tour typically lasts for about 10-14 days, depending on the specific itinerary, and it covers a distance of approximately 1,200 kilometers (746 miles). The route follows the Friendship Highway, which was built in the 1950s as a symbol of friendship between China and Nepal.

The Lhasa Kathmandu Bike Tour offers the opportunity to experience the stunning landscapes and culture of Tibet and Nepal. You will ride through high-altitude plateaus, passing by snow-capped mountains, turquoise lakes, and ancient monasteries. You will also have the chance to interact with the local Tibetan and Nepalese people and learn about their culture and traditions.

The Lhasa Kathmandu Bike Tour is a physically demanding adventure and it is recommended for experienced cyclists who are in good physical condition. The tour involves cycling at high altitude and in challenging weather conditions, and it is important to be prepared and acclimatized to the altitude before embarking on the tour.

Overall, the Lhasa Kathmandu Bike Tour is a unique and rewarding adventure that offers the chance to experience the beauty and culture of Tibet and Nepal in a unique and active way.

Highlights

- Experience the stunning landscapes and culture of Tibet and Nepal: The tour offers the opportunity to see some of the most beautiful and culturally significant sites in the region, including snow-capped mountains, turquoise lakes, ancient monasteries, and more.
- Challenge yourself with a physically demanding tour: The tour involves cycling at high altitude and in challenging weather conditions, making it an ideal adventure for experienced and physically fit cyclists.
- Interact with the local Tibetan and Nepalese people: The tour provides the opportunity to learn about the culture and traditions of the Tibetan and Nepalese people, and to experience their way of life firsthand.
- Cycle along the Friendship Highway: The route follows the Friendship Highway, which was built in the 1950s as a symbol of friendship between China and Nepal. It is a unique and historic route that offers stunning views and a sense of cultural connection.
- Discover hidden gems along the way: The tour offers the opportunity to explore off-the-beaten-path destinations and to discover hidden gems that may not be accessible by other means of transportation.

Itinerary

Days	Description	Altitude	Hours

1	Arrival in Kathmandu		
2	Fly to Lhasa and Transfer to Hotel		
3	Lhasa sightseeing		
4	Lhasa to Gyantse (285km)		
5	Gyantse to Shigatse (90km)		
6	Shigatse to Rongphu Monastery (50km)		
7	Rongphu Monastery to Old Tingri (95km)		
8	Old Tingri to Rasuwa Border (170km) and Arrival kathmandu		

Detailed Itinerary

Day 1: Arrival in Lhasa, Tibet

Arrival in Lhasa and transfer to hotel
Acclimatization and rest time to adjust to high altitude
Optional visit to Potala Palace

Day 7:Old Tingri to Rasuwa Border (170km)

Continue bike tour to Rasuwa Border, cross into Nepal and transfer to hotel in Kathmandu

Day 6:Rongphu Monastery to Old Tingri (95km)

Continue bike tour to Rasuwa Border, cross into Nepal and transfer to hotel in Kathmandu

Day 5: Shigatse to Rongphu Monastery (50km)

Bike to Rongphu Monastery, highest monastery in the world at 5,000 meters

Day 4: Gyantse to Shigatse (90km)

Continue bike tour to Shigatse, visit Tashilhunpo Monastery and local market

Day 3: Lhasa to Gyantse (285km)

Begin bike tour from Lhasa to Gyantse, passing through the Karo La Glacier and Yamdrok Lake
Visit Pelkor Chode Monastery and Kumbum Stupa
Day 4: Gyantse to Shigatse (90km)

Day 2: Lhasa sightseeing

Visit Jokhang Temple, Barkhor Street, and Drepung Monastery
Optional visit to Norbulingka Palace
Day 3: Lhasa to Gyantse (285km)

Map

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