Kathmandu Valley Rim Biking



Trip Overview

The Kathmandu Valley Rim Biking adventure is an incredible journey designed for riders seeking a unique blend of mountain biking, nature, and cultural discovery. The trail follows scenic dirt roads, jeep tracks, and single trails that wind through the peaceful outskirts of the Kathmandu Valley, far away from the city’s hustle and bustle.

Throughout the trip, riders are rewarded with breathtaking views of the Nepal Himalayas, stretching from Makalu in the east to the Annapurna range in the west. The route passes through dense forests, terraced hillsides, traditional villages, ancient temples, and hidden monasteries, offering a deep insight into the lifestyle and culture of Nepal’s middle hills.

The journey also includes visits to historic towns such as Panauti and Bhaktapur, where centuries-old architecture, local traditions, and authentic Newari culture remain beautifully preserved. A highlight of the trip is the sunrise experience from Nagarkot, one of Nepal’s most famous hill stations known for its spectacular Himalayan views.

This biking experience combines both adventure and cultural immersion. While the route is enjoyable for riders with basic off-road experience, it also includes a few technical sections and long climbs that are rewarded with exhilarating descents and panoramic landscapes.

Whether riding above a sea of clouds in the early morning or passing through peaceful countryside trails, the Kathmandu Valley Rim Biking trip delivers an unforgettable mountain biking experience for adventure enthusiasts and nature lovers alike.

Total Trip Days: 8 Days

Region: Kathmandu

Max Altitude: 2,215 m

Difficulty: Moderate

Trip Highlights

- Explore the cultural heritage of Kathmandu Valley, including the historic Durbar Squares of Kathmandu, Bhaktapur, and Patan
- Ride through scenic jeep tracks, forest trails, and traditional countryside villages surrounding the Kathmandu Valley
- Enjoy stunning Himalayan panoramas, including sunrise views from Nagarkot
- Experience the peaceful off-road trails away from the busy city atmosphere
- Taste freshly farmed local trout along the famous “Trout Highway” route to Kakani
- Cycle through lush paddy fields, traditional farms, and picturesque rural landscapes
- Experience thrilling single-track rides and exciting downhill sections through Nepal’s middle hills
- Celebrate the completion of the journey with a traditional Nepali farewell dinner in Kathmandu

Itinerary

Day 1:

Upon your arrival at Tribhuvan International Airport in Kathmandu, our representative will warmly welcome you outside the airport terminal holding a Latitude Nepal signboard. You will then be transferred to your hotel in a private tourist vehicle. The remainder of the day is free for rest and relaxation.

Overnight: Hotel in Kathmandu
Meals: Not Included

Day 2:

After breakfast, we conduct a pre-trip meeting at your hotel, including a final briefing and preparation for the biking adventure. Once the preparations are complete, we begin our ride toward Kakani.

Cycling through the lively backstreets of Thamel and alongside the lush Nagarjun Forest, we follow scenic jeep tracks known locally as the “Trout Highway,” famous for its fresh trout farms. The ride gradually ascends toward Kakani at an elevation of 2,100 m, offering stunning panoramic views of the Ganesh Himal and Langtang mountain ranges.

Overnight: Guesthouse **Max Altitude:** Kakani(2100m) **Meals:** Breakfast

Day 3:

Following an early breakfast, we begin our ride toward Shivapuri National Park. The paved road gradually transforms into off-road jeep tracks as we enter the protected forest area.

The trail passes through Mulkharka and sections of the famous Helambu trekking route, offering a thrilling combination of uphill and downhill rides deep within the national park. By evening, we arrive at Chisapani, a charming settlement inhabited by Brahmins, Gurungs, and Sherpas. The village provides magnificent Himalayan views glowing beautifully during sunset.

Overnight: Guesthouse **Max Altitude:** Chisapani(2215m) **Meals:** Breakfast

Day 4:

After breakfast, we continue our biking journey toward Nagarkot. The route descends along jeep tracks through forests and rolling hills, with breathtaking mountain scenery accompanying us throughout the ride.

After a lunch break along the trail, we continue riding through smooth pathways and gradual uphill sections before finally reaching Nagarkot, one of Nepal’s most popular hill stations renowned for its spectacular Himalayan

panoramas and sunsets.

Overnight: Hotel **Max Altitude:** Nagarkot(1932m) **Meals:** Breakfast

Day 5:

Today’s ride takes us through scenic countryside roads, lush forests, and charming local villages toward the historic town of Dhulikhel

From Dhulikhel, we continue cycling to the sacred Buddhist pilgrimage site of Namobuddha, home to an important monastery and peaceful spiritual surroundings.

Overnight: Hotel/Guesthouse **Max Altitude:** Namobuddha (1,750 m) | Dhulikhel (1,550 m) **Meals:** Breakfast

Day 6:

We continue biking toward the traditional village of Balthali, known for its ancient architecture, numerous temples, and untouched natural beauty

Surrounded by green terraced fields, rolling hills, and distant Himalayan views, Balthali offers a peaceful countryside experience rich in culture and scenery. The route passes through beautiful farmlands and local settlements, making for a pleasant and relaxing ride.

Overnight: Resort **Max Altitude:** Balthali (1,445 m) **Meals:** Breakfast

Day 7:

Today we descend along mixed jeep tracks and paved roads toward the ancient town of Panauti before continuing to Bhaktapur Durbar Square.

A UNESCO World Heritage Site, Bhaktapur is renowned for its beautifully preserved temples, courtyards, and traditional Newari architecture. Highlights include the Lion Gate, Golden Gate, Palace of Fifty-Five Windows, art galleries, and the statue of King Bhupatindra Malla. You will also have the opportunity to taste the famous local delicacy, “Jujudhau” (King Yogurt).

After sightseeing, we drive back to Kathmandu for a farewell dinner.

Overnight: Hotel in Kathmandu **Meals:** Breakfast & Farewell Dinner

Day 8:

Your biking adventure concludes today. Our representative will transfer you to Tribhuvan International Airport for your onward flight.

Overnight: Hotel in Kathmandu