



CYCLE NEPAL

 **actionchallenge**  
challenge events worldwide

# ITINERARY- OUTLINE FOR BESPOKE TRIPS

## DAY 1: DEPART LONDON FOR NEPAL

## DAY 2: THE BIRTHPLACE OF BUDDHA

After landing at Kathmandu we have a quick lunch and make our way to the domestic terminal for a stunning flight to Bhairawa where we are met by our team and transferred to our hotel in Lumbini. There will be a chance to relax, freshen up and later in the afternoon a bike fitting and briefing on the challenge ahead. Lumbini is the place where Queen Mayadevi is said to have given birth to Siddhartha Gautam, who in turn, as the Buddha Gautama, founded the Buddhist tradition. This afternoon we visit the monastery's and temples that are now a UNESCO World Heritage Site. This evening there is a welcome meal before we collapse after our long journey.

## DAY 3: BUTWAL TOTAL DISTANCE: 46 KM

For our first day on the bikes we ride through the beautiful lowland (Terai) countryside, close to the border with India. Gradually the Himalayan foothills appear as the Mahabharat range come into view, Our destination today is Butwal, where the plains meet the hills and we make our way there sharing the small country roads with other Nepali cyclists. Tonight we camp in the Butwal forest and have a great dinner to prepare us for tomorrows first hill climb.

## DAY 4: TANSEN TOTAL DISTANCE: 53 KM

After a full hearty breakfast we leave the plains behind and start climbing into the hills. We ride past waterfalls and across causeways up through a magnificent verdant gorge. It's a tough but steady climb all the way to the turn off for Tansen 34km where we have lunch and then this afternoon we continue up to the village with it's magnificent view and just a little further to our hotel for the night.

## DAY 5: SYANGJA TOTAL DISTANCE: 90 KM

We start our day descending from Tansen approximately 25 km all the way to the banks of the Kali Gandaki river at Ramdighat. From here our climb soon starts, nothing like yesterday though as it is only about 15 kilometers to the top where the road again levels off and we follow an undulating route up through the valley. We reach Walling a big bazaar town for lunch and have a good rest and enjoy lunch outside town. After lunch we continue up through the valley to Syangja where we set up camp for the night.

**DAY 6: POKHARA TOTAL DISTANCE: 36 KM**

Today we once again start with a climb for the first few kilometers and then we have a lovely ride up through the river valley. Our final 200m climb to Naudanda is not too steep and we suddenly start downhill while looking into the Pokhara valley. It is downhill almost all the way to our hotel on Lake side where we check in and have a shower before heading out for lunch. On a clear day, the views are simply incredible! In the afternoon we take our bikes for a short run around Phewa Tal, the beautiful lake by which Pokhara lies. Pokhara, at 800m, is a special town with a laid back charm and incredible Himalayan skyline dominated by the sacred Machapuchare and the Annapurna mountains.

**DAY 7: BIRETHANTI TOTAL DISTANCE: 46 KM**

We leave Pokhara and head west on one of our longest sustained climbs of the challenge past some of the Tibetan refugee camps, where we can stop and meet some of the young Buddhist monks. The road continues past Phedi where the trek to Annapurna BC starts and then we start the steady climb to Naudanda. It is quite a climb but we finally top out at Kaare at 1700 meters before dropping to the Modi Khola valley. From here there is a short walk to our overnight stop past Naya Pul (New Bridge) which is the starting point of the Ghorepani/Poon Hill treks. We spend the night in the cozy tea house a little off the highway in Birethanti.

**DAY 8: BENI TOTAL DISTANCE: 38 KM**

For our final cycling day we start early with a great 10km downhill ride to Kusma. Once more we find ourselves along the river and starting a good uphill to Banglung, the district headquarters. From here we continue 17km to the village of Beni along some untarred road. For a couple of years now we have worked with an orphanage here and we receive a warm welcome by the children to celebrate the end of the ride. We will have lunch here in Beni and spend some time with the children before leaving on the bus towards Pokhara by mid afternoon, we will reach Pokhara in time to freshen up before a well deserved final celebratory dinner on the lake side.

**DAY 9: KATHMANDU**

Today we head to the airport for our short domestic flight back to Kathmandu. We have some free time in the city. This evening we regroup and make our way back to the airport for our overnight return flight to the UK.

**DAY 10: DEPART NEPAL / ARRIVE UK**



LOGISTICS



## **COSTS OF CHALLENGE**

£1895 based on 20 participants  
For groups less than 15, please get in touch.

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff  
International flights  
Action Challenge Representative  
First aid trained member of staff/doctor  
English-speaking local guide  
Luggage Transfer  
Bike  
All accommodation  
All meals, except in free time  
All transfers  
All National Park fees  
3 litres of water provided daily

## **NOT INCLUDED**

Alcoholic drinks  
Travel insurance  
Personal kit  
Single supplement  
Tips for local guides  
Local departure tax  
Fuel supplement

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **RATING**

Tough

## **FITNESS**

This challenge requires a good level of fitness to cycle the route. Cyclists must be experienced in off road mountain biking.

## **ACCOMMODATION**

Good 3\* Hotel in Kathmandu, with hotels, guesthouses and a teahouses throughout the challenge.  
Full challenge camp 3 nights while cycling.

## **FOOD**

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be at the hotel/camp or in a local restaurant.

## **WEATHER**

October – November is one of the best times to visit Nepal after the rains. The temperature is balmy and visibility is excellent making sure you get the most stunning views throughout the trek.