

# Lhasa to Kathmandu Mountain Biking Tour-Team Australia

## Basic Package

Price Starting at: NRs. 619,473

### Inclusions

1. All Tibet Travel Permits & Documentation
2. Chinese Group Visa Support
3. Professional mountain bike from Nepal & Tibetan guides and driver.
4. Support Vehicle with Driver
5. Experienced Mechanic
6. Hardtail Mountain bike
7. Accommodation (Hotels & Camping)
8. All Meals in Tibet
9. Emergency Oxygen Supply Airport Transfers (Kathmandu & Lhasa)
10. Border Assistance (Kyirong)
11. Group First-Aid & Safety Equipment
12. Camping Equipment (Tents, Kitchen Gear)

### Exclusions

1. International Flights
2. Nepal Visa Fees
3. Travel & Medical Insurance (Mandatory)
4. Personal Cycling Gear
5. Bike Rental Dual suspension
6. Alcohol & Soft Drinks
7. Laundry & Phone Charges
8. Personal Expenses
9. Tips for Staff

---

## Standard Package

Price Starting at: NRs. 619,473

### Inclusions

1. All Tibet Travel Permits & Documentation
2. Chinese Group Visa Support
3. Professional mountain bike Nepal & Tibetan Guides
4. Support Vehicle with Driver
5. Experienced Mechanic
6. Hardtail Mountain bike
7. Accommodation (Hotels & Camping)
8. All Meals in Tibet
9. Emergency Oxygen Supply Airport Transfers (Kathmandu & Lhasa)
10. Border Assistance (Kyirong)
11. Group First-Aid & Safety Equipment
12. Camping Equipment (Tents, Kitchen Gear)

### Exclusions

1. International Flights
  2. Nepal Visa Fees
  3. Travel & Medical Insurance (Mandatory)
  4. Personal Cycling Gear
  5. Bike Rental Dual suspension
  6. Alcohol & Soft Drinks
  7. Laundry & Phone Charges
  8. Personal Expenses
  9. Tips for Staff
-

# Premium Package

Price Starting at: NRs. 619,473

## Inclusion

1. All Tibet Travel Permits & Documentation
2. Chinese Group Visa Support
3. Professional mountain bike Nepal & Tibetan Guides
4. Support Vehicle with Driver
5. Experienced Mechanic
6. Hardtail Mountain bike
7. Accommodation (Hotels & Camping)
8. All Meals in Tibet
9. Emergency Oxygen Supply Airport Transfers (Kathmandu & Lhasa)
10. Border Assistance (Kyirong)
11. Group First-Aid & Safety Equipment
12. Camping Equipment (Tents, Kitchen Gear)

## Exclusions

1. International Flights
  2. Nepal Visa Fees
  3. Travel & Medical Insurance (Mandatory)
  4. Personal Cycling Gear
  5. Bike Rental Dual suspension
  6. Alcohol & Soft Drinks
  7. Laundry & Phone Charges
  8. Personal Expenses
  9. Tips for Staff
-

# Itineraries

## 1. 13. Oct. 2026, Day 1: Arrival in Kathmandu (1,400 m)—Hotel—No riding—Easy

Arrive in Kathmandu (~1,400 m) and transfer to your hotel. Settle in, explore Thamel's markets and cafes, and rest for flights and permits ahead. Enjoy a relaxed day filled with light walking.

**Difficulty:** Easy

**Attractions:** Kathmandu city life, temples, bazaars

**Notes:** Acclimatizing to elevation and travel.

## 2. 14. Oct. 2026, Day 2 – Sightseeing in Kathmandu & Bhaktapur – Hotel – Easy

Explore UNESCO sites in Bhaktapur and Kathmandu Durbar Square. Finalize Tibet permits. Enjoy Nepalese culture and food while bike checks happen. Easy, no riding.

Riding or sightseeing in Bhaktapur and Kathmandu's heritage sites while finalizing Tibet permits.

**Attractions:** Bhaktapur Durbar Square, Kathmandu Durbar Square, Swayambhunath (Monkey Temple), and medieval architecture.

## 3. 15. Oct. 2026, Day 3: Fly from Kathmandu to Lhasa (3,650 m)—Hotel—Acclimatization

Scenic flight over the Himalayas to Lhasa (~3,650 m). Meet the Tibetan support team and transfer to the hotel. Short walk to acclimatize. Light evening stroll in Lhasa. Our Tibet and Nepal crew will be present to welcome you.

**Riding:** None

**Activities:** Flight over the Himalayas from Kathmandu to Lhasa. Meet the local support team on arrival.

**Attractions:** Tibetan landscapes from the air, Lhasa city streets.

## 4. 16. Oct. 2026, Day 4 – Lhasa Sightseeing & Acclimatization (Altitude: ~3,650 m) – Hotel – Easy

Visit Potala Palace and Jokhang Temple while your body adjusts to the high altitude. Wander Barkhor Market. No biking. The pace of the cultural exploration is easy.

**Riding:** None

**Activities:** Explore Lhasa's important cultural sites.

**Difficulty:** Easy

**Attractions:** Potala Palace, Jokhang Temple, Barkhor Market.

## 5. 17. Oct. 2026, Day 5: Potala & Drepung Monastery (~3,700 m)—Hotel—Easy

Tour Drepung Monastery, then relax with free time in Lhasa. Last rest before cycling starts. Familiarize yourself with your bike and gear in a calm, high-altitude city.

**Riding:** None

**Activities:** Visit Drepung Monastery and Norbulingka gardens. Final rest before cycling starts.

**Difficulty:** Easy

**Attractions:** Buddhist temples and spiritual sites.

## 6. 18. Oct. 2026, Day 6: Lhasa to Kamba La Base (85 km, ~3,700 m) – Camp – Hard

Cycle scenic plains along the Tsangpo River toward Kamba La base. Mostly steady pedaling with plateau terrain. Camp near the foot of the hill under wide skies.

**Distance:** ~85 km

**Elevation Start:** ~3,650 m ? End: ~3,700 m

**Elevation Gain/Loss:** ~ +600 m / ?550 m (approx.)

**Activities:** Cycle along the broad plains beside the Tsangpo River toward the base of Kamba La.

**Difficulty:** Challenging—long distance at high altitude.

**Passes:** None today

**Attractions:** Tibetan plateau views, nomad grasslands, and river valley.

### 7. 19. Oct. 2026, Day 7: Kamba La to Yamdrok/Nakartse (55 km, 4,490 m) – Hotel – Moderate

Climb steadily to Kamba La (~4,794 m), then descend to stunning Yamdrok Lake (~4,400 m). Turquoise water and snowy peaks surround you. Challenging but rewarding.

**Distance:** ~65 km

**Pass:** Kamba La ~4,794 m (summit)

**Altitude End:** ~4,440 – 4,490 m

**Elevation Gain/Loss:** ~900 m up / ~1,000 m down

**Activities:** Climb steadily to Kamba-La with panoramic views. Descend to the sacred Yamdrok Tso Lake's turquoise waters.

**Difficulty:** Hard (steep climb, cold winds common)

**Attractions:** Prayer flags, high plateau lakes, snowy peaks.

### 8. 20. Oct. 2026, Day 8: Nakartse to Gyantse (63 km, 3,980 m) – Hotel – Hard

Ride from Yamdrok shores through rolling highland plains toward the Gyantse region. Quiet countryside, plateau views, and small villages mark the day.

**Distance:** ~63 km

**Start:** ~4,440 m ? End: ~4,750 m (base)

**Pass:** (approach to Karo La)

**Elevation Gain/Loss:** ~500 m up / small descent

**Activities:** Cycle from Yamdrok lakeside through fertile valleys toward the Karo La pass basecamp.

**Difficulty:** Moderate/hard

**Attractions:** Turquoise lake vista, plateau scenery, small farming villages.

### 9. 21. Oct. 2026, Day 9: Gyantse to Shigatse (90 km, 3,900 m) – Hotel – Moderate

Easy cruising on a paved highway beside the Nyang Chu River to Shigatse (~3,900 m). Visit Tashilhunpo Monastery and local markets after the ride.

**Distance:** ~86–90 km

**Pass:** Karo La ~5,010 m

**Start:** ~4,750 m ? End: ~3,980 m

**Elevation Gain/Loss:** ~600 m up / ~1,000 m

**Activities:** Tough morning ascent to Karo La, then a long, sweeping descent to Gyantse.

**Difficulty:** Hard (high pass climb)

**Attractions:** Glaciers near the pass, panoramic mountain views, and Palkhor Monastery.

### 10. 22. Oct. 2026, Day 10: Shigatse rest & sightseeing—Hotel—Easy

Rest day in Shigatse with monastery visits and walking market tours. Time to recharge before climbing and long rides ahead. A short optional spin is possible.

**Distance:** Approximately 10 km, based on our sightseeing plan for the day and walking around.

**Start:** ~3,980 m ? End: ~3,900 m

**Elevation Gain/Loss:** mostly flat

**Difficulty:** Easy

**Attractions:** Nyang Chu valley, rural Tibetan villages, morning markets.

### **11. 23. Oct. 2026, Day 11: Shigatse to Lhatse (~ 98 km, 4,520 m) – Camp – Moderate**

Cycle quiet valleys toward Lhatse, climbing gently onto the wide plateau. Views of distant snowcaps and rural villages. Camp at high-altitude grasslands.

**Distance:** ~ 98 to 120 km

**Riding:** None or light optional spin

**Altitude:** ~4,000 m

**Activities:** Visit Tashilhunpo Monastery, seat of the Panchen Lama. Rest in the hotel, and explore the town.

**Difficulty:** moderate

**Attractions:** Buddhist monastery, local markets.

### **12. 24. Oct. 2026, Day 12: Lhatse to Shegar (75 km, 4,700 m) – Camp – Hard**

Challenge day crossing high ridges with sharp views of Everest region peaks. Descend into Shegar (~4,700 m). Long day with high elevation but gradual terrain.

**Distance:** ~75 km

**Start:** ~3,900 m ? End: ~4,520 m

**Elevation Gain/Loss:** ~500 m gain / ~180 m

**Activities:** Climb to scenic valleys and ridges. Ride toward the Tibetan frontier region.

**Difficulty:** Hard (high plateau climb)

**Attractions:** Rugged plateau, pastoral lands.

### **13. 25. Oct. 2026, Day 13: Shegar to Tashizong Valley (76 km, 4,200 m) – Camp – Hard**

Climb toward the Pang Pass area (~5,150 m) with Everest views, then descend to the fertile Tashizong Valley. Panoramic high-Himalayan scenery all day.

**Distance:** ~76 km

**Start:** ~4,520 m ? End: ~4,700 m

**Pass:** Gyatso La (Nyalam Tong La) ~5,126 m

**Elevation Gain/Loss:** ~500 m up / ~500 m

**Activities:** Long day crossing significant high passes (e.g., Gyatso La / Nyalam Tong La) with windy plateau views.

**Difficulty:** Hard

**Attractions:** Everest region peaks on the horizon, glacial valleys.

### **14. 26. Oct. 2026, Day 14: Tashizong to Rongbuk/EBC and back to Rongbuk Monastery (60 km, 5,150 m) – Camp – Hard**

Short but memorable ride/drive to Rongbuk Valley near Everest Base Camp. Everest and Cho Oyu loom overhead. Camp near Rongbuk Monastery at high altitude.

**Distance:** ~60 km

**Start:** ~4,700 m ? End: ~4,300 m

**Pass:** Pang La ~5,150 m (main challenge earlier)

**Elevation Gain/Loss:** ~800 m up / ~8,000 m down

**Activities:** Up to Pang La with unforgettable views of Everest, Makalu, and Cho Oyu, then descend to the Rongbuk Valley area.

**Difficulty:** Challenging

**Attractions:** Himalayan giants, high valley pastures.

**15. 27. Oct. 2026, Day 15: Rongbuk to Tingri (86 km, 4,300 m)—Camp—Moderate/challenging**

Descend from the Everest region through rugged terrain to Old Tingri (~4,300 m). Rolling landscape, glaciers in the distance. Day is still demanding but descending.

**Distance:** ~86 km

**Start:** ~4,200 m ? **End:** ~4,300 m

**Elevation Gain/Loss:** ~400 m up / ~300 m

**Activities:** Descend from the Everest Base Camp area and ride rugged terrain toward Old Tingri.

**Difficulty:** Challenging

**Attractions:** Everest views, deep valleys, remote villages.

**16. 28. Oct. 2026, Day 16: Tingri to Gonta La / Paiko area (96 km, ~4,700 m) – Guesthouse/Camp – Challenging**

Ride the higher plateau toward Paiko Tsho Lake (~4,590 m). Views of peaks like Cho Oyu and Shishapangma. Sparse plateau terrain with wide horizons.

**Distance:** ~96 km

**Start:** ~4,300 m ? **End:** ~4,591 m

**Attractions:** Paiko Tsho (Peiku Tso) Lake, a high alpine lake with panoramas of the Cho Oyu & Everest region.

**Difficulty:** Hard

**Notes:** Large riding day with plateau winds.

**17. 29. Oct. 2026, Day 17: Gontala to Paiko Tsho Lake (73 km, 4,591 m) – Camp – Moderate**

High plateau riding across gentle terrain with mountain panoramas. Camp near Paiko Tsho, a scenic glacial lake reflecting towering peaks around.

**Distance:** ~73 km

**Start:** ~4,591 m ? **End:** ~4,591 m

**Activities:** Mostly rolling high plateau with lake views and mountain panoramas all day.

**Difficulty:** Moderate/Challenging

**Attractions:** Paiko Tsho lakeshore scenery.

**18. 30. Oct. 2026, Day 18: Paiko Tsho to Kyirong Border (117 km)—Drive to Kathmandu—Hard**

Long downhill ride from high plateau to Nepal border (~2,700 m). Deep valleys, forests, and rivers mark descent. Drive transfer to Kathmandu after the border.

**Distance:** ~117 km

**Start:** ~4,591 m ? **End:** ~2,700 m (Kyirong border)

**Elevation Gain/Loss:** –1,900 m descent Need to confirm exact figures

**Activities:** Thrilling downhill ride from the plateau into the Nepalese hills.

**Difficulty:** Hard (long descent, altitude change)

**Attractions:** Gorges, forests, waterfalls, and Nepali-Tibetan border towns.

**19. 31. Oct. 2026, Day 19: Fly home or extend trip**

Relax in Kathmandu before flying home or extending. Reflect on your trans-Himalayan biking adventure with vivid mountain memories. Easy farewell day.