

High-end mountain biking events in Nepal are on a roll. Whether pro or newbie, this is the perfect opportunity for everyone to take a jab at mountain biking races taking place throughout the country. Step out of your comfort zone this year and challenge yourself to one of these amazing mountain biking adventures. Discover yourself, and get treated to an unparalleled outdoor experience in the most rugged and scenic terrains imaginable.

MTB Escapades

MTB Race Calendar

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Himalayan Outdoor Festival
Spring / Kathmandu Valley / Mountain biking and trail running race
Celebrate the outdoors with this laid-back festival of mountain biking and cycling in Kathmandu. The event welcomes not just adventure enthusiasts, but party-goers as well, with a line-up of amazing artists playing in the evening. Accommodation is in tented camps, making it one-of-a-kind in Nepal.

Himalayan Rush
March / Pokhara / Triathlon
One of the most anticipated triathlons in Nepal is Himalayan Rush that takes place in the premises of Begnas and Rupa Lakes in Pokhara. Mountain biking trails are a mix of paved roads and jeep tracks, and include a short section on hills. The rest is flat. You can either do a full triathlon, or a shorter (but faster!) sprint version. Stunning mountain views follow you throughout.

Yak Ru
April / Annapurna region / Stage XC race
An exciting race around the Annapurna Circuit that made its debut four years ago, and attracts highly skilled mountain bikers.

Experience mountains and awe-inspiring landscape up close, as you navigate through unforgiving trails at high altitudes, the highest elevation being 5,416 m at Thorung-La pass.

Asian Enduro Series
April / Nagarkot, Kathmandu / Enduro race
Storm down on seven stages in Nagarkot! Only in its second year, this Asian-level race by Gnarly is open to mountain bikers with advanced skill level. All trails run through lush greenery of Nagarkot's woods, and down spectacular views of the mountains. Test where your mountain biking skills stand with awesome riders from around the world.

3rd RSR Mountain Biking Challenge
Spring / Kurintar (RSR) / XC race
The sun's out in Riverside Springs Resort! Prepare yourself for an amazing weekend of fun mountain biking and a splash in the resort's pool at the 3rd RSR Mountain Biking Challenge. Switchback does an awesome job of grooming its trail for some intense mountain biking race, followed by a poolside party with awesome DJs. Perfect

for an outdoor getaway with family and friends.

Kathmandu Kora
Monsoon / Kathmandu Valley / Charity cycling event
Join thousands to circumnavigate Kathmandu on your mountain bike. The trails come in three levels: 50K, 75K, and 100K. This non-competitive challenge is a fundraising event, the proceeds of which go towards a different social cause each year.

Yak Attack
Late fall / Annapurna region / Stage XC race
Ever thought of trekking the Annapurna Circuit? How about racing it on a mountain bike? Considered one of the toughest mountain biking races in the world, Yak Attack is also the highest in the world, where renowned athletes, including Le Tour de France cyclists, have taken part. Definitely not for the meek!

Kathmandu MTB Festival
Early winter / Kathmandu / XC and DH race
The new event in town is already creating quite a buzz. Scheduled for the third week of November, Kathmandu MTB Fest also boasts the highest prize for the winners of its downhill and cross-country races and appeals to cyclists of all skill levels.

Mustang Madness
November / Mustang / Stage XC race
If mountain biking at high altitudes wasn't an adrenaline-rush already, combine the surreal landscapes of Mustang in this stage race. Ride through villages utterly lost in time and in cultures pristine in the arid deserts of Upper Mustang. Ride farther down in alpine terrain, surrounded by Annapurna, Nilgiri, and Dhaulagiri mountains, and conclude the race at Tatopani, famous for its hot springs.