

BIKE LHASA TO KATHMANDU 2016/17

WORLD'S LONGEST AND DEEPEST MOUNTAIN BIKE DESCENT



OVERVIEW

TRIP DETAILS

- 22 Days, NEPAL / TIBET
- 15 days of adventurous biking on high mountainous region
- 10 nights Camping
- 11 nights Hotels
- Difficulty - Strenuous

HIGHLIGHTS

- World's only tour where you can visit the Mount Everest Base Camp with bike
- Extraordinary culture, great people, culture and tradition
- World's longest and deepest mountain bike descent, unbelievable 4600m downhill

This mountain bike tour offers the world's longest and steepest descent – a non-stop downhill that begins on the Tibetan Plateau and winds 150 kms down to the fertile rice fields of Nepal (an unbelievable 4600m descent!). We will ride more than 1,100 km through Tibet on crushed stone roads and over spectacular mountain passes. The high point of the journey comes when we arrive at the monastery of Rongbuk and see Mount Everest Base Camp (5200m). This is the only trip in the world where you can visit Everest Base Camp with a bicycle! It was here on the North Face that Reinhold Messner began his successful solo ascent of Everest in 1980.

We stay overnight during this journey in hotels and in tents. An experienced crew of guides, cooks and drivers from both Nepal and Tibet provide for a smooth operation. The tours are available between the months of April and October and feature 15 full days of biking with full logistical support. This mountain bike experience will also bring you into contact with three religions (Buddhism, Lamaism and Hinduism) and act as an introduction to the mysticism of Tibetan culture, the friendliness of the people and the daily culture in villagers' lives.

ITINERARY

Day 01 Arrive in Kathmandu
Pickup from airport and transfer to hotel.

Day 02 Kathmandu Sightseeing Tour
[H, B, D / Total Cycle: 0km]
Start full day sightseeing after breakfast at hotel.

Kathmandu / Durbar Square:

First we will drive to Kathmandu Durbar Square. Durbar square classic tour takes you to the famous places has housed kings of different dynasties and temple-scape representing finest specimens of Hindu and Buddhist architectures.

Swayambhunath:

One of world's most glorious, ancient, enigmatic and the holiest of Buddhist Chaityas dating back more than 2000 years is situated on a hillock. Swayambhunath, literally "the Self-Created or Existent", is a mosaic of small stupas and pagoda temple contributed by and time by the succession of kings and noblemen. The main structure of is made of a solid hemisphere of brick and clay supporting a lofty conical spire capped by pinnacle of copper gilt. Painted on the four sides on the base of the spire are the "All Seeing Eyes" of Lord Buddha. The main features of Swayambhunath in brief are "The Five Buddhas."

Bouddhanth:

This colossal and ancient Stupa, one of Nepal's most unique monument and said to be the world biggest, attracts Nepalese pilgrimage of Tibetan stock from as far as Dolpo and Mugu as well as Tibet, Ladhak in India and Bhutan. Baudhanath Stupa with all seeing eyes of primordial Adi Buddha on all the four sides of the stupa is said to hold the remains of Kasyapa - the Buddha of the previous time. The Stupa 100 meters in diameter, built on an octagonal base inset with prayer wheels by the Lichchivi King Mana Deva in the fifth century rises to 36 meters above the base including the spire, "all seeing eyes" and the pinnacle represent the stages of enlightenment, symbol of royalty, compassion, knowing and nirvana. There are many myths about the origins of the stupa.

Pashupatinath:

Just a small walk takes you the temple of lord Siva-Pasupatinath with two tiered golden roof and silver doors is famous for its superb Newari architecture situated near the banks of sacred Bagmati River. Entrance to the temple precinct is permitted to the "Hindus Only", however visitors can clearly see the temple from the eastern bank of the Bagmati River. Pashupati, literally, "Lord of the Animals" is the patron deity of Nepal and believed to have been unearthed by an obscure herdsman while one of his cattle was showering the earth with milk. Across the sacred river, above the array of decorated monuments is the "Slasmantak or Mrigasthali Ban (forest)" where legends have it that Lord Siva dwelled in a form of an antelope to evade the hordes of demigods.

Welcome Program

This evening we invite you on a special welcome program, a dinner with live Nepali cultural show at traditional restaurant.
Back to hotel for overnight stay.

Day 03 Flight: Kathmandu (1,310m) – Lhasa
[H, B / Total Cycle: 0km]
We take the 09:30 flight to Lhasa and soar across the highest mountains in the world. Arriving in the Tibetan capital (3,680m altitude) you will be given plenty of time to relax and adjust to the high altitude. In the afternoon you can unpack your bicycle and explore this legendary city. Overnight at Hotel.

Day 04 Lhasa Sightseeing
[H, B / Total Cycle: 0km]
On this day we will enjoy a full day of sightseeing. We will visit Dshokhang Temple and the local

market, but the highlight of the day will undoubtedly be the visit to Potala Palace, the former residence of the Dalai Lamas, which dominates the city. Overnight accommodation at Hotel.

Day 05 Lhasa Sightseeing

[H, B / Total Cycle: 0km]

After breakfast we'll visit the monastery of Drepung. In the afternoon you will be free either to explore the remaining attractions or prepare for the next day's biking. Overnight accommodation at Hotel.

Day 06 Start the Bike Tour!

[C, B, L, D / Total Cycle: 85km]

Finally, your trans-Himalayan biking adventure begins. We leave Lhasa and cycle along the Tsangpo River to the foot of the Kamba Pass (3700 m). When you arrive you will find tents, latrines, shower tent and facilities ready. Overnight accommodation in tents.

Day 07 Kamba Pass

[C, B, L, D / Total Cycle: 55km]

Your first mountain pass. A strong uphill climb reaches a summit lavishly adorned with prayer flags (4794m). After descending we continue alongside Lake Yamdruk, at the far side of which we set camp (4490m). Overnight accommodation in tents.

Day 08 Karo Pass

[C, B, L, D / Total Cycle: 54km]

Leaving the beautiful lake behind, we cycle through a ravine and up to the foot of the Karo Pass (4750m), where our tented village will be prepared for the night. Overnight accommodation in tents.

Day 09 Gyantse

[H, B, L / Total Cycle: 79km]

A significant day on the tour, as we have to get up early to climb the high Karo Pass (5010m). By now you will be feeling in good physical condition. Around us we can see glaciers of 6000m and beautiful lakes. You are rewarded for your effort with a night in a top hotel in the city of Gyantse (3980m). Overnight accommodation at Hotel.

Day 10 Shigatse

[H, B, L / Total Cycle: 85km]

First we will take an hour to visit the Palkhor Monastery and the old part of Gyantse town. Although today involves a longer distance, the highway is paved and flat. In the afternoon we will arrive in Tibet's second largest city, Shigatse (3860m). Overnight accommodation at Hotel.

Day 11 Gyachung Monastery

[C, B, L, D / Total Cycle: 75km]

We leave Shigatse and ride over two small passes and through several small Tibetan villages. We will cycle past the isolated Gyachung Monastery and camp. Overnight accommodation in tents at around 4100m.

Day 12 Lhatse

[C, B, L, D / Total Cycle: 95km]

The route lead us through picturesque valleys. Then the long ramp begins which leads over the Yulong pass (4520m). After lunch we head towards Lhatse (3860m). Just before this town there is a hot springs. We will camp approx. 10 km after Lhatse. Accommodation in tents.

Day 13 Shegar

[H, B, L / Total Cycle: 75km]

Today we have to contemplate the stunning canyon of the 5220m Lakpa Pass. On a clear day you will be rewarded for your effort with your first view of Mount Everest. After a 40 km ride through flat prairie towns you will arrive in the town of Pelbar, often referred to as Shegar. This town is a popular stopover for anyone heading to the Everest region. Overnight accommodation in a hotel.

Day 14 Pang Pass

[C, B, L, D / Total Cycle: 67km]

It's now time to divert from the Lhasa-Kathmandu highway and head towards the world's highest peak. First you are faced with 20km of uphill switchbacks (42 hairpin bends in total!) before you reach the summit of the Pang Pass (5150m). Enjoy lunch as you gaze over Makalu (8463m), Shishapangma (8012m), Cho Oyu (8210m), Lhotse (8516m), Everest (8850m) and several other breathtaking peaks. Then a 20-kilometer downhill follows to the Rongbuk Valley (4200m), where we camp. Overnight accommodation in tents.

Day 15 Rongbuk Monastery

[C, B, L, D / Total Cycle: 35km]

Now you should be at peak fitness and very excited about the approach of Everest Base Camp. A bumpy road winds up through the Rongbuk valley until the majestic Mount Everest appears before you. We will camp beside the monastery with the unforgettable sight of the 8850m peak in front of your eyes.. We will stay here for two days. Overnight accommodation in tents (5150m).

Day 16 Everest Base Camp

[C, B, L, D / Total Cycle: 8km]

A day to relax. However, you will definitely want to get as close as you can to Everest. You can walk, cycle or even take a donkey and cart ride to the base camp which is 8km from the campsite. Overnight accommodation in tents.

Day 17 Tingri

[C, B, L, D / Total Cycle: 76km]

Leaving Rongbuk, we head back down the bumpy road then take a "short-cut" into the mountains. Another bumpy trail takes us over a canyon and down into Tingri (4340m). Overnight accommodation in tents.

Day 18 Lalung Pass

[C, B, L, D / Total Cycle: 75km]

This day begins with a 40 to 50km flat ride before lunch. Then we tackle the gradual incline of the Lalung Pass (4990m). From here you will feel like you are as high as the peaks around you, including Shishapangma (8012m). Overnight accommodation in tents in the valley between two passes.

Day 19 Cross Thang Pass and The Ultimate Downhill

[H, B, L / Total Cycle: 117km]

Now get ready for one last kick uphill. You will climb Thang Pass (5050m). You will be treated to breathtaking views of the Himalayan chain as you freewheel down.

Stop and pat yourselves on the back because from here on down to the Nepalese border it's all downhill.. From the town of Nyalam you will notice that the scenery is starting to turn green again. Spiral on down past countless waterfalls to the border town of Zhangmu (2300m). This will be our last day in Tibet. Overnight accommodation in a hotel.

Day 20 Back to Nepal

[H, B, L / Total Cycle: 97km]

From Zhangmu we have to pass through customs and into Nepal. Once you are in the Nepali town of Kodari the downhill continues for the next 50 km. Suddenly it is tropical and humid and green again. After you reach the town of Dolalghat you must climb up to Dhulikhel (1600m). Accommodation in Hotel.

Day 21 Bhaktapur and Kathmandu. Free day for shopping, etc

[H, B, D / Total Cycle: 35km]

What a wonderful way to end this trip – a big breakfast at sunrise and the spectacular panorama of the Himalayas. You will certainly enjoy the last few kilometers as we freewheel down to Bhaktapur. Here you will stop to see some of the town's several century old famous temples before riding into busy Kathmandu again.

On the remaining time you can relax, shop or go sightseeing. Evening we invite you on a farewell dinner at Rum Doodle Bar. Stay overnight at Hotel.

Day 22 Fly back

[B / Total Cycle: 0km]

We drop to Kathmandu airport .

Legend: H – Hotel, C – Camp, B – Breakfast, L – Lunch, D – Dinner (included as mentioned)

Please Note:

Our itinerary may be dictated by road and bridge conditions, and the location of good camp spots. Camp spots may be moved by a few kilometres depending on availability of water and local conditions. So the itinerary serves only as a basic guideline. You must be prepared to adjust yourself with these minor changes.

Accommodation Details:

Place	Hotel	Hotel Standard / Room Category
- Kathmandu	Thamel Eco Resort	Exclusive boutique Hotel in Thamel
- Lhasa	New Mandala	Three star
- Gyantse	Gyantse Hotel	Three star
- Shigatse	Shigatse Hotel	Three star
- Shegar	Quomolongma Hotel	Three star
- Zhangmu	Zhangmu Hotel	Three star
- Dhulikhel	Dhulikhel Lodge Resort	Three star

Remarks:

We will provide similar standard hotel/guesthouse in case the one mentioned above is overbooked or unavailable for any reasons not within our control.

DEPARTURE DATES 2016

April

Trip 01: 14/04 - 05/05/2016

May

Trip 02: 05/05 - 26/05/2016

Trip 03: 22/05 - 12/06/2016

June

Trip 04: 12/06 - 03/07/2016

July

Trip 05: 03/07 - 24/07/2016

Trip 06: 14/07 - 04/08/2016

August

Trip 07: 04/08 - 25/08/2016

Trip 08: 21/08 - 11/09/2016

September

Trip 09: 01/09 - 22/09/2016

Trip 10: 15/09 - 06/10/2016

October

Trip 11: 06/10 - 27/10/2016

Trip 12: 20/10 - 07/11/2016

DEPARTURE DATES 2017

April
Trip 01: 13/04 - 04/05/2017

May
Trip 02: 04/05 - 25/05/2017
Trip 03: 21/05 - 11/06/2017

June
Trip 04: 11/06 - 02/07/2017

July
Trip 05: 02/07 - 23/07/2017
Trip 06: 13/07 - 03/08/2017

August
Trip 07: 03/08 - 24/08/2017
Trip 08: 20/08 - 10/09/2017

September
Trip 09: 07/09 - 28/09/2017
Trip 10: 21/09 - 12/10/2017

October
Trip 11: 05/10 - 27/10/2017

(all set as Kathmandu arrival)

PRICES

04-05: USD 2495 per person
06-07: USD 1995 per person
08-12: USD 1650 per person (for tour leader USD 1450)
13-15: USD 1550 per person (for tour leader USD 1050)
16+: USD 1495 per person (for tour leader complete complimentary)

Single Room Supplement: USD 380 per person (only if used)
Kathmandu – Lhasa Flight: USD 540 (subject to change)
Tibet/China Visa fee: USD 114 for non-US passport holders
USD 198 for US passport holders

Included Services:

01. Airport pickup / drop, and all other transfers by private vehicle
02. Hotel in Kathmandu (twin sharing, including breakfast)
03. Kathmandu sightseeing tour (including guide, private transfers and entrance fees)
04. Tibet Travel Permit
05. Sightseeing tours in Tibet (including all entrance fees while visiting monasteries and temples)
06. Hotels in Tibet as mentioned in itinerary (twin sharing, including breakfast)
07. World class camping equipment (including tents, mattresses, kitchen utensils and etc)
08. Everyday meals (breakfast, lunch and dinner) while camping
09. One support truck and one escort land cruiser
10. Experienced mountain bike guide, cook, helpers (including their daily wages and necessary expenses)

Complimentary:

Welcome Dinner with live Nepali cultural program in Kathmandu
Farewell dinner

Excluded Services:

01. International flights, Visa fees
02. Excess baggage charge and airport taxes
03. Personal expenses like bottled drinks, bar bill, laundry, telephone and etc.
04. Travel insurance and medical expenses.
05. Rescue and emergency evacuation expenses
06. Meals (lunch / dinner) while staying at hotels (our offer includes only breakfast)
07. Delays, and extra services, because of natural events like land slides etc.
08. Bhaktapur entrance fees (US\$ 10) if you are entering controlled areas.

DURATION

This will be a difficult biking The itinerary, of course, has taken well attention in giving time for acclimatization as you gain altitude. You are required to arrive in /depart from Kathmandu as per the itinerary. You can also join this trip in Lhasa. The program will take the final shape once the dates are outlined and confirmed.

CONDITION

You must be in good physical shape and be capable of biking up to 5 to 7 hours over 'not easy' terrain for several days. The altitude and weather are also to be considered; at high altitudes the ambient oxygen level is down to approximately 50%. Added to this the weather can take its toll; night time temperatures will be well below freezing (- 10° C near the Everest Base Camp).

GUIDE & CREW

The team will be led by an experienced mountain bike guide who has led many bike trips for people from around the world including individuals, larger groups and students. Accompanying will be excellent cook, and helpers.

EQUIPMENT

Be sure you have clothes for all conditions: remember that you are above the clouds and it can be very sunny and bright. It can also snow, rain, hail and become very, very cold at the drop of a hat. We provide major equipments of logistic support such as world class camping equipments and tents including mattresses, inner sheet, hot water bags, tables, cooking and eating utensils, etc. You will need to take care of your personal items like jacket, boots, sleeping bags etc. These personal items, either everything, or just anything missing, you can get in Kathmandu for buying or renting (at good rates).

MEDICAL

You will need to consult your General Physician (GP) regarding vaccinations, a recommended list can be obtained from most GP travel clinics; this should be done before departure. We also recommended that you have a dental check-up.

FLIGHTS

We provide you airport pickup and drop servicess as per the flight schedules you will confirm. Please look for your name card at waiting site when you arrive at airport. Note that free baggage limit with most airlines is 20kg. You will need to pay excess baggage fees. So, you will want ot carry only those items you will really need.

INSURANCE

It is essential that you have adequate travel insurance to include cover for: medical emergencies, rescue and repatriation (helicopter evacuation). You should bring the original copies of your insurance documents. We will make a copy of those for our record in case of emergency need.

VISAS

You will need a passport. No visas are required in advance.

Nepal Visa

can be obtained at Kathmandu airport upon arrival or from the Nepalese Embassy or Consulate in your country. Remember to bring at least 2 passport size photographs for visa.

China Visa

If you join the trip in Kathmandu, we will arrange your visa from the Chinese Embassy in Kathmandu.

If you are joining in Lhasa, you will need to obtain individual China visa yourself.

Note: We cannot be held responsible for visa refusals, though extremely rare but this happens!

PERMITS AND ENTRANCE FEES

Our costs cover all entrance fees. We obtain the permits once you confirm your trip. Everywhere, when you are in sightseeing or visiting the places as per our itinerary the entrance fees are included, so you don't have to pay any extra.

MEALS

Only breakfast is included while you are staying at hotels. While you're on biking & staying in tents, our cook will prepare hot and fresh meals for you. They take special care to make it hygienic, fresh and the menu will be varied everyday to give you a different taste, something like this -

Breakfast: In the morning, you'll be served bed tea, coffee, milk, drinking chocolates, omelet, bread, porridge, museli, ganeola, jam, butter, corn flakes, honey, toast, boiled egg, and etc. varied daily.

Lunch: Fruits, Rice, Sandwich, Tuna Fish, Lunchen Meat, Fried Potato, Hot Dogs, Cocktail sauce, Nepali / Tibetan Bread, Sinamon Roll, and etc. varied daily.

Tea Time: Coffee, Tea, biscuits etc.

Dinner: Soup, Prawn Crackers, Pop Corns, Chowmein, Pasta, Popadoms, Noodles, Fried Rice, Vegetables, Pizza, Apple Pie, Mo Mo, Spring Rolls, Cake, Fruits, varied daily.

Beside this, someday there will be special Nepali menu too, of course if you are interested.

SAFETY

Per chance anyone has a real problem with altitude we will have with us a Portable Altitude Chamber (PAC).

The Portable Altitude Chamber (PAC) is an effective, simple, durable, lightweight and affordable hyperbaric chamber for use at high altitude. Our staffs know how to deal with altitude illness in any situation, in any weather, and at any time. The treatment of severe altitude illness (HACE and HACE) is descent. But if conditions do not allow for an immediate and effective descent, the use of PAC technology is life saving. The hyperbaric chamber concept for treating altitude illness has been around for more than 20 years. The PAC works by increasing the pressure inside the chamber, using a foot pump. At high altitude, this increased pressure delivers a therapeutically significant amount of extra oxygen to the victim, which simulates a descent.

PREPARATION

It would be advantageous if you could have at least a couple of days of biking before departure. This would give you a chance to get know about your fitness and check equipment.

Medical, Emergency & Evacuation Procedure

FLAP PACK

A Flap Pack containing a copy of the name list, itinerary, marked maps, flight tickets, passports and insurance documents will be lodged with:

- The Unit
- Makalu Adventure - Trip organiser
- The Embassy / Consulate (in Kathmandu)
- The Insurance Company

INSURANCE COVER

Of paramount importance is comprehensive medical, rescue and evacuation insurance. For this you have to use trusted International insurance that provide 24/7/365 emergency help. In the event of serious ailment or injury the first call is to the Makalu Adventure, Kathmandu, Nepal and immediately forwarded to insurance company who will immediately give clearance for treatment and will if necessary arrange evacuation.

PAYMENT FOR TREATMENT

It is normally the case that medical treatment in Nepal and Tibet is paid for by the individual or team and later reclaimed from the insurance company. To this end it is important that the team leader has sufficient funds set aside for medical emergencies. If needed we can assist you with the whatever possible amount, which has to be reimbursed later.

RESCUE

There are provisions for rescue and evacuation by land / or air (helicopter) in Nepal. If anyone / or group becomes seriously ill and determined by the group that rescue is necessary, one of the staff (or group member) will rush to nearest available place for communication to inform Makalu Adventure. The operations section will immediately report the case to insurance company and obtain clearance for evacuation. Rescue helicopter will be sent as immediately possible. Usually, it can reach on asked place within 2 or 3 hours.

MEDICAL & EMERGENCY PLAN

Ser	Location	Action	Remarks
01 Kathmandu Minor injuries treated on clinics. More serious injuries or ailments referred to the CIWEC Travel Medicine Centre. Treatment at the CIWEC Clinic has to be paid for in cash (Euro, UK£ or US\$)			
HYPERLINK "http://www.ciwec-clinic.com/" http://www.ciwec-clinic.com/			
02	Lhasa	Minor injuries treated in local clinics. More serious ailments referred to the Chinese hospital once clearance has been received for the insurance company.	The Chinese hospital is modern and efficient. A translator will be provided by the local agent. Treatment has to be paid for in cash (US\$).
03.	On the way	Minor injuries treated by team. More serious injuries will have to be evacuated to Kathmandu by road to the border and then by helicopter. Illness due to altitude will be treated by Portable Altitude Chamber (PAC).	A 4x4 Toyota Landcruiser will be ready to provide any assistance and emergency transfer. Running time to Nepal border can be several hours.