



## TRIP ITINERARY

NEPAL: HIMALAYA HEIGHTS

TYPE: ALL-MOUNTAIN

**RIDE THE WORLD'S ROOFTOP, THE HIMALAYA MOUNTAIN RANGE – 10 NIGHTS, 11 DAYS**

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### TRIP DETAILS

*This is an unforgettable mountain bike adventure amongst the world's biggest mountains. Ride singletrack, doubletrack and dirt roads in a stunning landscape and interact with local peoples. Three domestic flights included!*

### 2010 DATES

Monday, October 18 – Friday, October 29

### 2010 LAND COST

\$2845 USD

**SINGLE SUPPLEMENT: \$250 USD**

### JOINING IN

Katmandu, Nepal

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## ITINERARY

The following is a general outline for the Himalaya Heights trip.

*Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.*

### DAY 1 – ARRIVE IN KATMANDU

We save you from the mad crowds at Kathmandu airport and transfer you to our hotel which is situated right outside the tourist district of Kathmandu, Thamel. We will put your bikes together and then maybe head into Thamel for a bit of shopping, a beer in a favorite bar and then on to a nice spot for dinner. Tonight we stay at the Malla Hotel <http://www.hotelmalla.com/>

### DAY 2 – WARM-UP RIDE, EXPLORE BHAKTAPUR DURBAR SQUARE

This morning we'll head out for a short ride that's more like a video game out of the city towards the eastern side of the valley. This is mostly a flat ride ('Nepali flat') where we find a few sections of singletrack and dirt roads. We arrive at the famous Bhaktapur Durbar Square in time for lunch. After lunch we will have a look at this ancient city and its temples before transferring by car to Nargakot to take in the incredible sunset over the Himalayan Range. Tonight we stay at the Club Himalaya Hotel: <http://www.nepalshotel.com/ch/>

### **DAY 3 – RIDE TO PALANCHOWCK BAGAWATI VIA TIBET**

Wake up early in the morning to see the sunrise over the Himalayan peaks, followed by a hearty breakfast. We have a nice 19 km (11 mile) downhill on a small jeep road through beautiful villages as we drop to Kuntabesi - a total drop of 1100 meters (3600 feet). From here you can climb an easy 10 km (6 miles) to Tibet and eventually to our guesthouse, or opt to hop in the jeep. There are, once again, great views of the mountains from right here. Tonight we stay at the Sunkosi Adventure Retreat <http://theretreatnepal.com/>

### **DAY 4 – RIDE TO BHOREDOBHAN, TRANSFER TO KATMANDU**

After Breakfast in the morning we visit the Palanchowck Bhagawati temple built in the 15<sup>th</sup> Century. Then we ride to Amaltari, a 800 m (2625 foot) downhill. There are some great singletrack sections through Tamang, Newari and Bramin villages then we continue on flat jeep roads to Bhoredobhan. Here we pack up our dusty bikes and send them off to Pokhara where we will join them tomorrow and we head back in the jeep to Kathmandu. Tonight we stay at the Malla Hotel <http://www.hotelmalla.com/>

### **DAY 5 – FLY TO POKHARA, RIDE SARANGKOT DOWNHILL**

We have an early morning flight to Pokhara – this is an incredible flight along the Himalayan Range with spectacular views, to say the very least! It gets better as we arrive – Pokhara is a stunning lakeside town with amazing views up to the high Himalaya. We can then relax till the afternoon or go for an optional paraglide ride down from Sarangkot to scout out the trails we are riding in the afternoon. After lunch we will jump in a jeep and go to Sarangkot from where we will do a nice downhill ride back into Pokhara in time for an afternoon beer. Tonight we stay at the Hotel Barahi <http://www.barahi.com/>

### **DAY 6 – FLY TO JOMSON PAST ANNAPURNA, RIDE TO KAGBENI**

This morning we have one of the most stunning flights in the world which takes us between Dhaulagiri and Annapurna I mountains. Because of the mountainous terrain the flight is very early in the morning, so we head off to the airport before dawn. After we arrive in Jomsom we will have breakfast and ride a mostly flat route up along the Kali Gandaki River to Kagbeni, where we will stay tonight. We won't do any big riding today as we need to get used to the altitude. It is enough of a buzz to take in the awesome flight and the incredible change in landscape from lush Pokhara to the cold and arid Kagbeni. Tonight we stay at a tea house.

### **DAY 7 – RIDE KAGBENI**

After breakfast we'll shuttle in the jeep to the famous Muktinath temple, have a look for the sacred flames coming from the mountain side and then jump on the bikes. Today's ride will challenge your biking skills. We first climb to the little pass to the Lupra Valley and enjoy the amazing views of Mt. Dhaulagiri, Mt. Nilgiri and the upper Mustang Valley. Now the fun really begins as we drop into the valley on very technical trails with rocks and sand. We have a little walk up to another pass before we drop down to Seuli Bhatti for lunch. After lunch we ride the back to Kagbeni and relax for the rest of the afternoon. Tonight we stay at a tea house.

### **DAY 8 – RIDE KAGBENI**

Like yesterday we jump in the jeeps after breakfast and drive up to Muktinath but today we drop back down to Kagbeni via Dzong village on great singletrack. After lunch in Kagbeni we ride back down to Jomsom where we will spend the night. Tonight we stay at a tea house.

### **DAY 9 – RIDE TO TATOPANI, SOAK IN THE HOT SPRINGS**

Today we will be riding mostly on jeep trails, the beautiful Thakali villages and the stunning landscape we ride through more than make up for the lack of singletrack. We'll pass through Marpha, Tukuche, Kobhang villages and on to Kalopani where we will have lunch. From Kalopani it becomes a wild down

hill to Tatopani, where we will check into our tea house before heading down to the Hot Springs for a well deserved soak and who knows, maybe a beer... The ride is a total of 41 km (25 miles). Tonight we stay in a tea house.

### **DAY 10 – RIDE THE KALI GANDAKI GORGE, TRANSFER TO POKHARA**

After breakfast this morning we continue on the jeep trail through the amazing Kali Gandaki Gorge, the deepest in the world, and onto Beni in time for lunch before we transfer by vehicle back to Pokhara. We will reach Pokhara in time to enjoy the sunset and a couple of cold beverages by the lake. Tonight we stay at the Hotel Barahi <http://www.barahi.com/>

### **DAY 11 – FLY TO KATMANDU, EXPLORE KATMANDU**

Today we take that awesome flight back to Kathmandu and check into our hotel. The rest of the day is free for shopping, relaxing, checking out the mad street life or optional sightseeing of Kathmandu.

### **DAY 12 – FLY HOME**

This morning we'll transfer you to the Katmandu airport for your flight home. Good-bye!

## **DETAILS**

### **MAX GROUP SIZE: 10**

#### **WHAT'S INCLUDED?**

- Expert local leadership
- Hotel and guest house accommodation
- All meals except 3 lunches and 5 dinners
- Airport pick-up/drop-off and all transportation including return flight Pokhara-Katmandu and flight to Jomson
- Entrance fees to Bhaktapur Durbar Square and Annapurna Conservation area, bike permit fees and tips to porters
- Detailed pre-departure information
- Big Mountain t-shirt

#### **WHAT'S NOT INCLUDED?**

International airfare to Katmandu; personal travel and medical insurance; airport taxes and excess baggage charges; your bike and related equipment needed to ride; some lunches/dinners and alcoholic beverages, personal items and expenses, optional excursions, tipping to leaders and local staff. We recommend \$20-30 USD per day for dinners and extras.

#### **ACTIVITY LEVEL**

The **technical ability** required for Nepal is rated as 'advanced.' In other words, the trails are technically challenging at times, with hiking sections and exposure. For **fitness level**, participants must be fit. All participants must train accordingly to fully enjoy this trip. Even though we will be stopping quite often to enjoy the view, take photos, eat and drink, wait for others, repair our bikes etc – the altitude, jet lag recovery and accumulation of multiple, long days of riding will add up. **This trip is a true adventure** - the rewards are fantastic.

## **BIKE AND EQUIPMENT**

The perfect bike for this trip is a 6 inch all-mountain dual suspension with DH brake rotors. As we are doing lots of descending, make sure to ask us about tips on customizing your bike for this type of riding (shorter stem, fat tires etc). All participants are required to have their **bikes in excellent working order** before the trip begins. We will send you a detailed list of required equipment and clothing before departure.

## **LODGING AND FOOD**

We'll be enjoying local fare while travelling in the smaller communities and villages. While in Katmandu there are many more options to enjoy. Please let us know if you have any dietary requests and we'll be happy to try and accommodate you. We will be staying in comfortable hotels and guest houses that are unique, well-located and always memorable.

## **CLIMATE**

Since we'll be travelling amongst very big mountains and in a wide variety of climatic regions, the weather changes can be dramatic and we need to be prepared for everything that mother nature can send our way.

## **YOUR SAFETY**

Our trips take place in remote to very remote regions with limited evacuation options available and there are always risks and hazards on the trails that we ride. If you choose to participate in our trips, it is up to you to ride well within your limits, to ride conservatively and to be safe as mountain biking is a dangerous sport. Participants must keep their bikes in good working condition, they must be hydrated and rested and alcohol and drugs are not permitted while riding. Our guides have basic first aid training and if a serious injury is suspected they will call helicopter search and rescue at the cost of the participant. Personal medical travel insurance is mandatory.

## **THE NEXT STEP**

Call us toll free at 1-866-894-0220, or email at [info@ridebig.com](mailto:info@ridebig.com) to confirm that there is space on this trip. Then, fill out our secure online registration form on our website. Make sure that you have read and understand our Terms and Conditions and Waiver. Upon booking, we will send you detailed pre-departure information to make sure that you are well prepared for the adventure ahead.

## **WHY BIG MOUNTAIN IS YOUR CHOICE**

Big Mountain Bike Adventures is the pioneer for performance XC, all-mountain, DH and freeride mountain biking adventures. We know that to find the very best trails, you have to ride with locals. We aim to provide safe, quality trips and the best customer service to our participants.

## **REFERENCES**

We'll be happy to provide you with references of satisfied past travellers.

## **QUESTIONS**

Feel free to call us at 1.866.894.0220 or email [info@ridebig.com](mailto:info@ridebig.com) if you have any questions. We are here to help!

## **CONTACT US**

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