



TRIP ITINERARY

NEPAL: HIMALAYA HEIGHTS

TYPE: ALL-MOUNTAIN

EXPLORE THE WORLD'S ROOFTOP, THE HIMALAYA MOUNTAIN RANGE, ON YOUR MOUNTAIN BIKE. EXPAND YOUR MIND. – 10 NIGHTS, 11 DAYS

TRIP DETAILS

This is an unforgettable ride amongst the world's biggest mountains on singletrack, doubletrack and dirt roads. An amazing way to see Nepal with local guides. Three domestic flights included.

2012 DATES

Monday, October 22 to Thursday, November 1, 2012.

2013 DATES

Monday, March 25 to Thursday, April 4, 2013

2012 & 2013 LAND COST

\$2995 USD

SINGLE SUPPLEMENT: \$395 USD

JOINING IN

Kathmandu, Nepal

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 KATHMANDU

We will save you from the mad crowd at Kathmandu airport and transfer you to your hotel. The Manaslu Hotel is situated right outside the tourist district of Kathmandu, Thamel. After building our bikes we'll 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 Manaslu Hotel <http://www.hotelmanaslu.com/>

DAY 2 – WARM-UP RIDE, SCAR ROUTE AND SHIVAPURI NATIONAL PARK.

We transfer out of town mid-morning to the start of one of the most famous trails in and around the Kathmandu Valley, the Scar Route. The trails starts in Kakani, an excellent place to have the first real views of the Himalayan Range. We climb for about half an hour from Kakani and enter the Shivapuri National Park. The Shivapuri National Park, lies in the transition zone between subtropical and temperate zone. The vegetation consists of a variety of natural forest types including pine, oak and rhododendron, depending on altitude and aspect. Recorded wildlife in the park includes Himalayan black bear, leopard, jungle cat, deer and rhesus monkey. This little park is also home to an amazing 177 species of birds, including 9 threatened species. Tonight we stay at the Manaslu Hotel <http://www.hotelmanaslu.com/>

DAY 3 – RIDE DOWN TO BHAKTAPUR AND BEYOND.

Wake up early in the morning and transfer up to Nagarkot, another great place to get stunning views of the Himalayan peaks. From here we ride down to Bhaktapur, though the city gates for lunch in one of the squares overlooking the ancient temples. Bhaktapur is one of three ancient cities within the Kathmandu Valley. It is also known as Bhadgaun, meaning the city of devotees and is the home of true medieval art and architecture in the Valley. Lying 14 km east of Kathmandu, Bhaktapur was founded in the 9th century and is the centre of traditional Nepalese wood carving. Compared to other royal cities in Patan and Kathmandu, Bhaktapur is the most original and is without a doubt the most historically authentic as it is literally a living museum where farmers dry their harvest, potters turn their wheel and people go about life as they have done for centuries. Tonight we stay at the Manaslu Hotel <http://www.hotelmanaslu.com/>

DAY 4 – RIDE TRAILS FEATURED IN ANTHILL FILM AND FLY TO POKHARA.

Early up for our last ride in Kathmandu before we head off to Pokhara. After an early morning transfer it's a half hour push with an amazing downhill as our reward on one of the trails featured in the Anthill Films' *Strength in Numbers* movie. It is also the course for the national downhill championships. We'll end today's ride in the ancient village of Khokana and transfer back to the hotel, have some lunch and then head to the airport for our flight to Pokhara. This is an incredible flight along the Himalayan Range with spectacular views. It gets better as we arrive – Pokhara is a stunning lakeside town with amazing views up to the high Himalaya. Tonight we stay at the Hotel Barahi <http://www.barahi.com/>

DAY 5 – FLY TO JOMSON, INTO THE BIG MOUNTAINS.

This morning we have one of the most stunning flights in the world, going up between Dhaulagiri and Annapurna I. Because of the mountainous terrain the flight is very early in the morning, so we head off to the airport before dawn. Upon arrival in Jomsom we'll have breakfast and build our bikes before a mostly flat ride up the Kali Gandaki River to Kagbeni where we will stay tonight. We won't do any big riding today as we need to acclimatize 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. For those who just can't sit still in the afternoon we can cross the river and ride up to the first village in Upper Mustang, Tirigaon. This place used to be off limits without an upper Mustang permits but for the last couple of years it has been opened. It is by no means a big ride but it is nice to see this little village and get the legs moving. Tonight we stay at the Annapurna Lodge Kagbeni.

DAY 6 – RIDE THE ARID KAGBENI.

After breakfast we take a lift with a jeep to gain some altitude. We'll start the ride at Ranipouwa near the famous Muktinath temple, have a look for the sacred flames coming from the mountain side and then jump on the bikes. We first climb to the little pass to the Lupra valley with views of Mt. Daulagiri, Mt. Nilgiri and the upper Mustang valley. Then the fun begins as we drop into the valley on technical trails. We have a little walk up to another pass before we drop down to Seuli Bhatti for lunch. Then it's a short pedal back to Kagbeni and relax for the rest of the afternoon. Tonight we stay at the Annapurna Lodge Kagbeni.

DAY 7 – ANOTHER LOOK AT UPPER MUSTANG, AND OUR TRIP'S HIGH POINT.

After breakfast we jump in the jeeps and head up to Muktinath, high above the valley floor. We head out on our bikes past a sacred temple and pilgrimage site as we make our way across the valley. Then it's gradual singletrack to the highpoint of our trip, the 4577 meter high Gyu La Pass. The pass is the border with the restricted area of Upper Mustang and from here we can see a long way into this legendary and forbidden kingdom. Then it's 7 km back down to Kagbeni and a deserved late lunch. Tonight we stay at the Annapurna Lodge Kagbeni.

DAY 8 – ONTO LARJUNG.

Ride down to Jomsom onto singletrack on the opposite side of the valley from the runway you landed on a few days back. We'll ride to the famous Thakali village of Tukuiche and we may even try their famous apple brandy and have a bite of lunch. We then recross the river and continue down the valley. It is another 11 km of great singletrack, with some short hike-a-bike sections. Tonight we stay at the beautiful Thasang Lodge <http://lodgethasangvillage.com/>

DAY 9 – THE TREK BACK TO POKHARA.

We have a big day ahead of us but the luxury of a hot shower and drinks on the lakeside in Pokhara awaits us. Our morning consists of 17 km of great riding; a suspension bridge crossing, a wild downhill that's a favorite for many clients and some blissful singletrack to Tatopani for an early lunch. After 17 km of great riding we reach Tatopani in time for an early lunch. Then it's another 8 km down to Galeswhor where we'll wash the mud off ourselves and have a beer before getting in the jeeps and the two-hour drive back to Pokhara. We'll arrive in time to enjoy the sunset and a couple of cold beverages by the lake. Tonight we stay at Hotel Barahi <http://www.barahi.com/> .

DAY 10 – RIDE POKHARA.

We have a great ride lined up for this morning. We get dropped off high above the lake and enjoy the amazing views for a moment before we start the thrilling downhill through the forest back down to Pokhara. This is another of the descents used in the national downhill series and it's a fun ride. Then we pack our bikes and send them overland back to Kathmandu. The afternoon is free for a massage, some shopping or relaxing. In the evening we go out for a nice meal and we may also head out for some celebratory drinks. Tonight we stay at the Hotel Barahi <http://www.barahi.com/>

DAY 11 – FLY TO KATHMANDU, DEPART FOR HOME.

Today we take that awesome flight back to Kathmandu. The rest of the day is free for shopping, relaxing, checking out the mad street life or optional sightseeing of Kathmandu. If you book Dragon Air to Hong Kong, you can depart this same evening.

DETAILS

MAX GROUP SIZE: 11

WHAT'S INCLUDED?

- Expert local guides.
- Hotel and guest house accommodation (based on double occupancy).
- All breakfasts, eight lunches and seven dinners included.
- Airport pick-up/drop-off and all transportation including return flight Pokhara-Kathmandu and flight to Jomsom
- Entrance fee and city guide to Bhaktapur Durbar Square; entrance fees for Boudhanath.
- Detailed pre-departure information
- Big Mountain t-shirt

WHAT'S NOT INCLUDED?

International airfare to Kathmandu; entry visas, airport taxes and excess baggage charges; personal travel and medical insurance; 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 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 Kathmandu 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 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 if you have any questions. We are here to help!

CONTACT Us

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