

HIMALAYA HEIGHTS NEPAL



GROUP SIZE 4 to 10

DURATION 9 nights, 10 days

SKILL & FITNESS LEVEL 2-3

TYPE all-mountain

THIS RIDE HAS IT ALL. PEDAL AMONG THE PLANET'S LARGEST MOUNTAINS IN A COUNTRY RICH IN CULTURE THAT'S SURE TO DELIVER EXPERIENCES THAT WILL LAST A LIFETIME. AMAZING ALL-MOUNTAIN SINGLETRACK IN THE KATHMANDU VALLEY INCLUDING A RIDE TO AND FROM THE ANCIENT CITY OF BHAKTAPUR, IN THE FASCINATING AND ARID LOWER MUSTANG REGION AND DAYS SPENT ON TRAILS IN THE SHADOW OF 8000+ METER PEAKS ANNAPURNA AND DHAULAGIRI. THREE DOMESTIC FLIGHTS. PROFESSIONAL LOCAL GUIDES. COMFORTABLE HOTEL & 'LUXURY' TEAHOUSE ACCOMMODATION. AN UNFORGETTABLE CULTURAL JOURNEY THAT WILL EXPAND YOUR MIND.

WHY BIG MOUNTAIN?

Professional Leaders. Mountain bike trips to far-away places requires local knowledge. We work with the best guides in all destinations, many since 2001.

Your Safety. Our guides have first-aid certification, our trips have safety management plans and our riders' wellbeing is the number one priority on all of our trips.

Groups that Work. All riders complete a detailed Rider Questionnaire to ensure that they are well matched for the trip physically and technically and with the rest of the group. We almost always have optional rides just in case.

Preparation is Key. We offer excellent pre-trip support and all departures include a detailed Preparation Guide specific to the destination. Of course we've been on every trip that we offer.

Expert Trip Design. We know how to create exceptional mountain bike trips. And, we're constantly reviewing and improving itineraries if we feel that it's needed.

Piece of Mind. Travel & Medical Insurance is mandatory on our trips and Big Mountain Bike Adventures Ltd. has commercial general liability insurance.



OUR GUIDES

The Nepalese have woven Hinduism and Buddhism into a harmonious and kind culture. Known globally for their warmth and caring, spending 10 days with our amazing guides will allow you to experience the authentic Nepal that only locals can provide.

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BIG MOUNTAIN
BIKE ADVENTURES

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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'll save you from the mad crowd at Kathmandu airport and transfer you to your hotel, a peaceful oasis situated just outside the tourist district of Kathmandu, Thamel. After building our bikes we'll head into Thamel for a bit of shopping, a beer in our favorite bar and then out for dinner in the evening. Tonight we stay at the Manaslu Hotel www.hotelmanaslu.com

DAY 2

Warm-up ride to Ancient Bhaktapur & beyond, guided walking tour.

After breakfast we'll transfer up to Nagarkot with stunning views of the Himalayan peaks. From here it's a singletrack descent to Bhaktapur with lunch overlooking the ancient temples. Founded in the 9th century, Bhaktapur is the most original royal city in Nepal and is without a doubt the most historically authentic as it is literally a living museum where people go about life as they have done for centuries. After our guided walking tour we'll hop back on our bikes and ride a few hours on a maze of singletrack through rice fields and backyards to the outskirts of Kathmandu. Tonight we stay at the Manaslu Hotel www.hotelmanaslu.com

Distance: 38 km. ⚡ 380 m. ⚡ 1260 m.

DAY 3

Ride Scar Route and Shivapuri National Park.

We transfer out of town this morning to the most famous trail in the Kathmandu Valley, the Scar Route. Keep your eyes peeled on the horizon as we'll hopefully catch a glimpse of the big peaks again this morning. Today's ride traverses Shivapuri National Park with diverse natural forests consisting of pine, oak, rhododendron and recorded wildlife sightings that include Himalayan black bear, leopard, jungle cat, deer and rhesus monkey and an amazing 177 species of birds, 9 of which are threatened. Our ride today is also nearly all singletrack and a full day affair with lunch in a village mid-way. Tonight we stay at the Manaslu Hotel www.hotelmanaslu.com

Distance: 39 km. ⚡ 767 m. ⚡ 1443 m.

DAY 4

Optional Morning ride, Fly to lakeside Pokhara.

Ride or relax? Riders will be up early and in the van to the trailhead. Then it's a half hour push with a fun downhill as our reward on one of the trails featured in Anthill Films' 'Strength in Numbers'. We'll end today's ride in the ancient village of Khokana. For those who choose to skip this ride you can check out Kathmandu, relax by the hotel pool or get a massage. After lunch we'll board a twin prop

plane for an incredible flight along the Himalayan Range with spectacular views. Pokhara is a stunning (albeit touristy) lakeside town with amazing views up to the high Himalaya. Tonight we stay at the Hotel Barahi www.barahi.com

Distance: 7 km. ⚡ 125 m. ⚡ 660 m.

DAY 5

Fly to Jomsom & the Mustang District, into the big mountains.

This morning is one of the most stunning flights in the world, flying between 8000-meter peaks Dhaulagiri and Annapurna I. Upon arrival in Jomsom you'll be witness to rural Nepal. The landscape is more arid and the locals will look at you slightly differently, just as you'll do to them. After lunch we'll ride a few hours up the arid and expansive Kali Gandaki River Valley to the village of Kagbeni, our home for the next three nights. Medieval Kagbeni, 'Door to the Kingdom of Mustang', is a feast for the senses as it seemingly hasn't changed in a over thousand years. Depending on our arrival time into Kagbeni, for those who are interested, you can head out for a little ride up to Tirigaon, a small village up the valley. Overnight at Annapurna Lodge Kagbeni. Distance: 12 km. ⚡ 371 m. ⚡ 251 m.

DAY 6

Ride Muktinath Temple and the arid Kagbeni.

After breakfast we'll load up the Land Rovers and drive 40 minutes up the mountain. Today's ride begins at the famous Muktinath temple. We'll have a look around the mountainside temple and then jump on the bikes for a traverse and climb to a pass over to the Lupra valley with views of Mt. Dhaulagiri, Mt. Nilgiri and the Upper Mustang. Then the fun begins as we drop into a swooping singletrack to the valley far below. After a 40 minute hike-a-bike it's another drop to Seuli Bhatti. Then it's a short pedal back to Kagbeni for lunch and relax/recover for the afternoon. Tonight we stay at the Annapurna Lodge Kagbeni. Distance: 16 km. ⚡ 354 m. ⚡ 1118 m.

DAY 7

Ride to Gyu La Pass, our trip's high point. Views of Upper Mustang.

After breakfast we jump in the jeeps and head back up to a village near the Muktinath temple. This time we ride in the other direction, past a sacred temple and pilgrimage site as we make our way across the valley. Then it's a gradual singletrack climb to the highpoint of our trip, the 4577 meter high Gyu La Pass which borders the restricted area of Upper Mustang, the legendary and forbidden kingdom. Then it's a seven-kilometer descent back down to Kagbeni and a well deserved late lunch. Tonight we stay at the Annapurna Lodge Kagbeni.

Distance: 24 km. ⚡ 826 m. ⚡ 1567 m.

CONTINUED...

DETAILS

DAY 8

Ride to Larjung.

This morning we bid farewell to Kagbeni and pedal back to Jomsom on singletrack and doubletrack. Heading down the valley, we'll cross the river on a suspension bridge and hike-a-bike to a ridge on the flanks of the Annapurna massif on mostly single-track to eventually arrive at the famous Thakali village of Tukucho for lunch. From here we re-cross the river on a suspension bridge and continue down the valley on an amazing 11 kilometre stretch of trail, some doubletrack and road, with some short hike-a-bike sections and a final 2 kilometre climb to the beautiful Thasang Lodge, a luxury tea house frequented by dignitaries and government officials that's perched on a knoll on the lower slopes of 8000-meter Dhaulagiri. www.lodgethasangvillage.com
Distance: 32 km. ⚡ 730 m. ⚡ 834 m.

DAY 9

The trek back to Pokhara.

Today is a big day. The morning consists of nearly 20 kilometers of great singletrack; a suspension bridge crossing, a wild downhill (a favorite for many clients!) and more blissful singletrack to Tatopani for an early lunch. After lunch it's 8 kilometers on rough dirt road, through villages with staggering big mountain views to the village of Galeswhor. Here we'll load up the jeeps for the two-hour drive back to Pokhara, just in time to enjoy the sunset and a couple of cold beverages by the lake. Last night celebrations! Tonight we stay at Hotel Barahi: www.barahi.com
Distance: 53 km. ⚡ 606 m. ⚡ 2276 m.

DAY 10

Fly to Kathmandu, depart for home.

Today we take that breathtaking flight back to Kathmandu. Upon arrival we'll pack our bikes and spend the rest of the day shopping, relaxing, getting a massage, checking out the mad street life or sightseeing in Kathmandu.

****NOTE: flights home should not depart Kathmandu earlier than 5:00PM today.****

TRAVEL INSURANCE



Medical Insurance is mandatory on all Big Mountain Bike Adventures' trips and Travel Insurance is strongly recommended. Please visit

[our recommended insurance provider World Nomads](#) to learn more.

ACTIVITY LEVEL

The technical ability required for Nepal Himalaya Heights is rated as Level 2-3 or 'moderately advanced.' In other words, the trails are technically challenging at times with hiking sections and some exposure. For fitness level, it's a Level 2-3, participants must be fit to very fit – the accumulation of riding days, jet lag, altitude and sensory overload will test most riders. Participants should prepare by training leading up to departure to fully enjoy this trip. This trip is a true cultural adventure - the rewards are fantastic.

For fitness level this is a Level I-II trip. The accumulation of multiple, long days of riding will add up. The better shape that you're in, the more fun you'll have.

BIKE AND EQUIPMENT

The perfect bike for this trip is a light-weight dual suspension all-mountain bike with disk brakes. A hard-tail will also suffice if this is what you ride at home. 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.

SUGGESTED BIKE FOR THIS TRIP:

TREK REMEDY



WHAT'S INCLUDED?

- Expert handpicked local guides & dedicated support team.
- Hotel & 'luxury' guest house accommodation (always private bath w/ hot showers).
- All breakfasts, all lunches & seven dinners.
- Airport pick-up/drop-off & all transportation including return flight Pokhara-Kathmandu & flight to Jomsom.
- Entrance fee & city guide to Bhaktapur Durbar Square; entrance fees for Shivapuri National Park; Annapurna Conservation Area permits and Mustang region permits.
- Detailed pre-departure information.

WHAT'S NOT INCLUDED?

- Two dinners.
- 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.
- Alcoholic beverages.
- Personal items and expenses, optional excursions, tipping to leaders and local staff (please ask us if you would like guidance about appropriate tipping).
- We recommend \$20-30 USD per day for extras.

DETAILS cont.

LODGING AND FOOD

We specifically use better accommodation than our competitors on this trip. We will be staying in comfortable hotels and guest-houses that are unique, well-located, simple at times and always memorable. You'll always have a private bathroom and a hot shower. The food is better than most might imagine, enjoying local fare in the smaller communities, while Kathmandu has the choices one might get at home. Please let us know if you have any dietary requests as we always do our best to accommodate everyone.

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. Kathmandu is quite warm (t-shirt and shorts for riding) while Kagbeni is cold at night (bennie and light down jacket at night). We'll send you a detailed list of what to bring, and we always send you a link to the weather forecast just before you depart.

YOUR SAFETY

All participants must ride safely and within their limits daily as mountain biking is a dangerous sport with risks and hazards. Most accidents occur at the beginning of a trip due to jet lag, fatigue and unfamiliarity of trail conditions and obstacles; it is imperative that riders especially take it easy at the beginning of the trip. Alcohol and drugs are not permitted while riding. Participants will remain hydrated and rested throughout the trip. Riders will be responsible for their daily bike checks and keeping bikes in good working condition. Everyone is ultimately responsible for their own well being on our trips. Our guides have basic first aid training and if a serious injury is suspected, will call local search and rescue and/or an evacuation helicopter at the cost of the participant. The majority of our trips take place in remote regions with limited evacuation options. Personal medical travel insurance is mandatory on all trips.

THE NEXT STEPS

Call us toll free at 1-866-894-0220, or +1-604-902-1807 for international guests or email at info@ridebig.com to confirm there's space on this trip. If Skype is preferred please send us an email to arrange a meeting. We like to speak to everyone interested in joining our trips. This helps ensure everyone signing up is well matched for the group!

Make sure you have read and understand our [Terms and Conditions](#) and also our [Waiver](#). Both found on our website under registration.

To confirm your spot please complete our secure online [Booking Form](#) found on our website.

Once your online registration form has been received, we'll send you detailed pre-departure information, for review, to ensure you're well prepared for the adventure ahead.

PAYMENT

Once you've completed our online registration form and we've confirmed that we have the needed number of riders to proceed, we'll collect a \$750.00 CAD deposit that is refundable up to 14 days after registering (outside of 90 days before the trip departure), afterwards your deposit becomes non-refundable. At 90 days prior to the departure, the full trip balance will be collected. Please review our [Terms & Conditions](#) for full details on payment, cancellation and refund policies. Please note that while our land costs are quoted in the destination country's preferred currency, the balance and deposit are processed in Canadian dollars. The exchange rate is based on the daily rate quoted using the Bank of Canada. If you are paying with credit card and reside outside of Canada, you may incur a foreign transaction fee. If you wish, there's the option of paying with a wire transfer or you can also send us a cheque. Please contact us anytime to discuss your options.

SINGLE SUPPLEMENT

The single supplement of \$450 USD is an additional fee for solo travellers who wish to have their own rooms during the trip. If riders agree to share a room with someone of the same gender BM will pair you up. If there isn't another single participant of the same gender available, you will automatically have your own room and incur the additional single supplement fee.



WHY BIG MOUNTAIN IS YOUR CHOICE

Since 2001 Big Mountain Bike Adventures is the pioneer of performance mountain bike adventures to destinations worldwide. Our itineraries are designed by local professional guides and Big Mountain travel experts and lead by the very best local leaders available. Our mission is to deliver safe, quality trips with the best customer service - ensuring a trip of a lifetime.

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 or need any additional information. We are here to help!

CONTACT US

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[Facebook](#) | [Instagram](#) | [Trip Advisor](#) | [Vimeo](#) | [Pinkbike](#)