

Trip Name : Tibet Bicycle Trek

Starting Point	Fly in KTM-Lhasa
Ending Point	Bike out Lhasa-Kodari-KTM
Type	TeaHouse/Camping Trek
Grade	Hard
Duration	18 Days
Best Time	April through September
Max. Elevation	5220 mt.

Trip Highlights:

- World's only tour where you can visit the Mount Everest Base Camp on a bike
- Extraordinary culture, great people and traditions
- World's longest and deepest mountain bike descent, unbelievable 4,000m downhill

Trip Details:

The 1200 kilometers long Trans-Himalayan Highway from Lhasa to Kathmandu is one of the most scenic, popular, demanding and amazing trails for international mountain bikers that goes over the huge span of barren desert and Snowy High Mountain passes. This is originally the part of the famed Silk Road of the middle ages once facilitated trade between China, Nepal and India. It was almost impossible to continue the journey throughout the year because of snow on the high passes. Later when the Chinese Government opened the region for tourism, introduced good hotels and restaurants and invested in road construction, Lhasa and present Tibet came to this situation. Tibet became then opened for all the travellers. For those with a passion for mountain-biking over the high passes of Tibetan plateau, permits are now available to cycle the entire way from Lhasa to Kathmandu. A strong determination is required to attempt the expedition. The Lhasa to Kathmandu Trans-Himalayan highway is the highest road in the world with an average altitude of 4,500 meters (14,764ft) above sea level as it traverses the Tibetan plateau. It is also the world's longest continuous descent. The bikers must also face the zigzagging mountain passes and endure a constant battle against breathlessness with awe-inspiring Himalayan scenery. The trip is expected to cover 70 to 100 kilometers per day.

Season for Tibet Travel:

Tibet travel is ideally good for the period of March through October. The best times considered to visit are spring, early summer and late autumn. Because of Tibet's high altitude, it is wiser to get prepared before starting the journey. Due to the large temperature differences during the day, warm clothes should be taken to keep away the cold. Since the land also receives a great deal of sunshine; sunglasses, sunscreen and a sun hat are indispensable items that are required while travelling in Tibet.

High Altitude Warning:

The days can be very sunny and bright. It can also snow, rain, hail and become very cold so that cloths are required for all conditions. The bikers should eat as much as and as often as possible. Alcohol, cigarettes and sleeping pills all thin the blood and must be avoided while at altitude. If there is any symptom of altitude sickness seen, in fact, very little can be done except stop, descend and rest. The Tent at night shouldn't be zipped all the way down. Heat exhaustion can result from lack of air circulation. A face-mask with filters is must for the dust so it doesn't restrict breathing system. Our expedition crew will accompany the trek for the entire schedule.

Experience Required:

Trekking in Tibet is more demanding than the vehicle tours. However, treks in Tibet are more suitable for passionate trekkers who have courage to walk at least 6-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. But, if you have passions, good health with average physical fitness and self confidence, trekking in Tibet can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking this trip.

Note:

- Only Private Tours are available.
- Tour is available on Budget/Standard/Deluxe category.
- Tour includes accommodation and breakfast only in Lhasa.
- Operation of Tibet Tours is subjected by the Chinese authority.

Cost Includes:

- Tibet Travel Permit
- Chinese visa fee (Normal)
- Rongbuk entrance & Everest Conservation fee
- Economy class air ticket for Kathmandu to Lhasa
- All accommodations on a twin share basis at Hotel/Guest House/Camps (Tents)
- All Camps with Full Board (3 Meals) basis as per mentioned in the itinerary
- Comfortable 4WD Land Cruisers throughout the tour in Tibet
- Kitchen crew including an experienced Cook
- One Support Truck for carrying Sherpas, food and camping equipment
- All transport by non-A/C comfortable Jeep/Mini-Coach in Nepal from the border to Kathmandu as per the group size
- An English speaking Tibetan Guide
- Sightseeing as per mentioned in the itinerary
- Food and camping equipment such as Sleeping Tents, Mattresses, Toilet Tent, Kitchen Tent etc.
- All necessary Hotel/Airport/Hotel transfers
- Monasteries' entrance fees
- One portable oxygen cylinder to each for emergency (800ml)

Cost Excludes:

- Hotel and meals in Kathmandu
- Nepal visa fee
- Urgent and additional visa fee to the US citizens
- Bicycle (Please bring your own Bike)
- Personal warm gears like sleeping bag and jacket, Sun hat, Sun glasses, Sun cream etc.
- Lunch and Dinner in Hotels and Guest Houses
- Alcoholic beverages & bar bills
- All expenses of personal nature, phone calls, laundry etc.
- Charge of photography
- Tips to the staff
- Additional porter cost due to landslides, other natural calamities and while crossing Friendship Bridge
- Rescue, Evacuation and Cost of Insurance
- Additional portable oxygen cylinder

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Lhasa (3,600m/11,811ft).

Take a Trans-Himalayan flight from Kathmandu to Gonggar Airport in Lhasa. Reception will be given by our Tibetan Guide and transfer to the Hotel in Lhasa City. Stay overnight (O/N) at Hotel (BB-Bed and Breakfast).

Day 02 : Sightseeing in Lhasa.

Guided sightseeing tour of Potala Palace, Jokhang Temple and Barkhor Market. Stay O/N at Hotel (BB).

Day 03 : Sightseeing in Lhasa.

Guided sightseeing tour of Sera & Drepung Monasteries. Stay O/N at Hotel (BB).

Day 04 : Start of the Bike Tour. Camp after 85km.

Day 05 : Bike over Kamba La Pass (4,794m/15,729ft). Camp after 55km.

Day 06 : Continue biking and camp before Karo La Pass (5,010m/16,437ft), 54km.

Day 07 : Bike over Karo La Pass and continue to Gyantse (3,950m/12,959ft), 79km. Hotel at Gyantse.

Day 08 : Bike Gyantse to Shigatse (3,900m/12,795ft), 85km. Hotel at Shigatse.

Day 09 : Continue biking and camp after 75km.

Day 10 : Continue biking and camp after Lhatse (4,350m/14,272ft), 95km.

Day 11 : Continue biking to Shegar/Xegar (4,050m/13,288ft), 75km. Stay at Guest House.

Day 12 : Continue biking over Pang La Pass (5,150m/16,897ft). Camp after 67km.
Day 13 : Continue biking to Rongbuk (4,800m/15,748ft). Camp after 35km.
Day 14 : Excursion to Everest Base Camp (5,150m/16,897ft). Camp at Rongbuk, 8km.
Day 15 : Continue biking back, camp before Tingri, 76km.
Day 16 : Continue biking and camp after 75km.
Day 17 : Continue biking over Lalung La Pass (5,050m/16,569ft), 117km. Hotel at Zhangmu (2,300m/7,546ft).
Day 18 : Continue biking from Zhangmu to Dhulikhel/Kathmandu (Nepal).

Completion of necessary border formalities is required at the Zhangmu and Kodari border. Bike onward to Kathmandu through the scenic countryside of Nepal.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.