



# Makalu Adventure Pvt. Ltd.

P. O. Box No: 20144, Amrit Marg, Thamel, Kathmandu, Nepal  
**Phone:** +977-1-4417522, **Fax:** +977-1-4417524, **Mobile:** 9851037083

## MOUNTAIN BIKE TOUR: LHASA TO KATHMANDU

### OVERVIEW:

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 the villagers' lives.



### ITINERARY:

**Day 01** Arrive Kathmandu. Transfer to Hotel Grand (4 star).

**Day 02** A full day of guided sightseeing around the Kathmandu valley including visits to Durbar Square and the temples of Swayambhunath, Bouddhanth, Guheshwari and Pashupatinath.

In the evening we will all get together for a welcome dinner with an entertaining Nepalese culture show. All hosted by Makalu Adventure. Overnight at Hotel.

**Day 03** Fly from Kathmandu to Lhasa

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 one of Lhasa's top hotels.



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**Day 04** 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** 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!**

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 [Total cycle: 85 km].

**Day 07 Kamba Pass**

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. [Total cycle: 55 km]

**Day 08 Karo Pass**

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. [Total cycle: 54 km]

**Day 09 Gyantse**

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. [Total cycle: 79 km]

**Day 10 Shigatse**

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. [Total cycle: 94 km]



**Day 11 Gyachung Monastery**

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. [Total cycle: 75 km]

**Day 12 Lhatse**

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. [Total cycle: 95 km]

**Day 13 Shegar**

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. [Total cycle: 75 km]

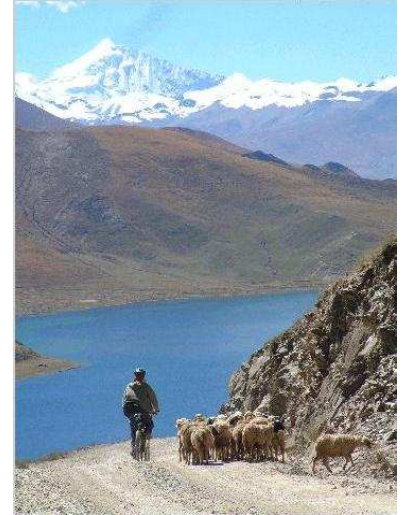


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## Day 14 Pang Pass

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. [Total cycle: 67 km]



## Day 15 Rongbuk Monastery

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). [Total cycle: 35 km]

## Day 16 Everest Base Camp

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

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. [Total cycle: 76 km]

## Day 18 Lalung Pass

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. [Total cycle: 75 km]

## Day 19 The Ultimate Downhill

Now get ready for one last kick uphill. After breakfast you climb Thang Pass (5050m). Stop and pat yourselves on the back because from here on down to the Nepalese border it's all downhill. You will be treated to breathtaking views of the Himalayan chain as you freewheel down. 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. [Total cycle: 117 km]

## Day 20 Back to Nepal

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/resort. [Total cycle: 97km]



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

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 we will stop to see some of



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the town's famous temples, before we ride into busy Kathmandu again. [Total cycle: 35 km]. In the afternoon you can relax, shop or go sightseeing. We will all get together in the evening for a last dinner to celebrate the successful completion of this amazing adventure.

**Day 22** Final Departure from Nepal.

## Departures:

Tours are usually set for the Spring / Autumn (April to October).

These months ensure the best period for adventure biking. We welcome you to join one of our groups. Please don't despair even the above dates are not suitable for you. We can customize the program accordingly, or check the availability of other groups to make it possible for you.

For more details, please contact us. We will gladly answer all your questions upon request.

## Included Services:

- All ground transfers as per our given itinerary.
- Hotel in Kathmandu (including breakfast and all taxes).
- Guided sightseeing in Kathmandu (including all entrance fees).
- Welcome Dinner with live Nepalese culture show at one evening.
- Airfare: Kathmandu-Lhasa.
- Tibet travel permit, Visa fee, All monastery entrance fees wherever applicable.
- Guided sightseeing in Lhasa with all entrance fees included.
- Hotels in Tibet (including breakfast and all taxes) as per our mentioned Itinerary
- All Camping Equipment (such as Two-Man Tent, Dining Tent, Kitchen Tent, Shower tent, Toilet Tent, Tables, Chairs, Mattresses, etc.
- Support Truck to carry your luggage and a Land Cruiser for assistance. Available at all times (while in Tibet).
- Three times hot, fresh meals per day while camping, prepared by our very professional kitchen crew.
- Daily wages and insurance for staff and guides.

## Excluded Services:

- Airport Tax.
- Expenses of a personal nature; Lunch/dinner in the Hotel; Bar bills; Laundry bills; Telephone bills; Tips, etc.
- Personal Medical & Travel insurance.
- Rescue & Evacuation - If necessary.
- Nepal re-entry visa fee.
- Excess baggage charges.