

ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

Downhill Nepal Mountain Bike Expedition

The magic of Nepal is impossible to ignore. From the world's highest mountains to dense lowland jungle, Nepal is one of the planet's most diverse and exotic travel destinations. Seeped in history and dominated by the majestic Himalayas, Nepal enthral everyone who visits. Linked by a rich heritage, the friendly people of Nepal have created a kaleidoscope of exotic customs and beliefs. An uncanny blend of natural splendour, warm settled weather, and phenomenal scenery make this tiny Himalayan country an absolute gem.

This Downhill expedition has to be the ultimate adrenalin trip - a 2 week journey encompassing some of the most exhilarating and hair raising downhill rides around, set amongst the spectacular Himalayan mountain range. All climbs to the top are by van, cable car or plane, so no frantic peddling on low gears required. We take a flight into the heart of the Himalayas to Jomsom (2800m), a 3 day journey of discovery down the Kali Gandaki Gorge, (the deepest gorge on the planet and take in some manic trails. And with the likes of Anne-Caroline Chausson (17 world champion titles) sampling and loving this trip, you can be assured of the ultimate ride! So join us and get ready for some serious downhill adrenalin!

Adventure Itinerary

Day 1:

Arrive in Kathmandu, to be met at the airport by the AdventureX Group Leader. The evening to relax in the hotel, have dinner in one of the fine restaurants and discuss the journey and plans ahead.

Days 2 - 3:

Biking in Kathmandu, we will ride down some of the summits of the Kathmandu valley. We spend both nights in Bakhtapur.

Day 4:

Transfer to Manakamana (altitude 1600m) and ride to the Temple of Goddess Manakamana who is believed to have the power to fulfil wishes.

Day 5:

Biking in Manakamana, taking advantage of the Manakamana cable car.

Day 6:

Transfer to Pokhara. In the afternoon we experience some of the best downhill in Nepal.

Days 7 - 8:

More downhill riding in the Pokhara Valley. All climbs are by van or jeep.

Days 9 - 11:

We take a flight into the heart of the Himalayas to Jomsom (2800m) for some serious downhill fun. A 3 day journey of discovery down the Kali Gandaki Gorge, the deepest gorge on the planet with a distance of 110km.

Day 12:

Downhill in Pokhara Valley.

Day 13:

Transfer to Kathmandu by flight. Free time in Kathmandu.

Day 14:

International flight home

Extension Options

Trekking:

A great way to finish your trip is to go trekking. Trekking in Nepal is an intense cultural experience as well as an exploration of one of the world's most hiker-friendly and spectacular environments. Nepal has a staggering number of potential routes for trekkers. These are not just a pathway designed for recreational use, but also a working transportation network for goods and people. Whilst trekking you will see the great diversity of Nepal - villages embrace many ethnic groups and cultures. The beauty and attraction of the Nepal Himalaya emanates not only from the mountains themselves, but also from their surroundings and the people within.

Our experienced guides can take you on easy low level treks, right up to 7,000m + peaks, from 4 days to 33 days. Please visit our website or contact us for more information on trekking in Nepal.

The Last Resort:

Suspended in isolation on a high cliff-top gorge above the Bhote Kosi River, the Last Resort is an enchanted sanctuary surrounded by dense jungle and pristine forest just 13km from the Tibetan border. It is the perfect place for those wishing to get away from the hustle and bustle of Kathmandu and relax for a couple of nights.

Uniquely crafted in local stone, wood and slate, the resort has an intimate dining hall with centuries old wood carving, delicious food, luxurious bungalows, herbal steam room, plunge pool, showers, toilet facilities and a well stocked bar. All the indulgences of home in a very exotic setting. The sprawling terraces of the resort are meticulously landscaped and the bungalows and buildings are coaxed to become one with the land with each passing monsoon. Limited access across a purpose built bridge guarantees privacy in this magnificent area.

The Last Resort combines all the essential elements necessary for an inspired adventure or total relaxation in one of the world's finest environments.

Bungy Jump/Bungy Swing/Canyoning at the Last Resort

Canyoning is an amazing full body and mind experience that enables you to explore some of the last forbidden places in the Himalayas. It involves abseiling, climbing, jumping, swimming and sliding down steep canyon walls and waterfalls to deep pools below, through tight passages of contorted rock and powerful blasts of water.

The **Ultimate Bungy** at The Last Resort may be the most spectacular bungy jump on the planet and the **Ultimate Swing** is definitely the highest in the world. This remarkable drop/swing into the 160m (525ft) Bhote Kosi River Gorge on the Nepal/Tibet border has to be one of the most exciting experiences there is. Designed, constructed and operated by very experienced international professionals following international standards – it is Nepal's ultimate rush!

The Details

What Is Included?:

- Experienced Mountain Bike Guides
- All Accommodation – in hotels (shared basis with trip member of same sex) or guest houses.
- All meals from breakfast on Day 2 to Day 14 – apart from personal drinks and meals in Pokhara and Kathmandu.
- All local taxes, charges and permits for National parks and Monuments visited
- Support vehicle
- Cable Car Fees
- Mechanical assistance
- Internal flights
- Transfers to and from Kathmandu Airport and the hotel.
- A very cool AdventureX t-shirt.

Excluded:

- International Flights
- Personal Insurance

Bike Rental:

We have a range of high spec bikes (full suspension, disk brakes etc.) available for hire for this trip for those not wishing to take their own bikes to Nepal.

See www.commenca.com for details.

Prices range from £165 - £230 for 14 days.



Getting There:

If you have any queries or need a hand at all in arranging your flight to and from Kathmandu please give us a shout. AdventureX have teamed up with KE Travel – fully ABTA (J1763) and ATOL (2808) bonded so your flights can now be booked easily and professionally. Our service is extremely competitive on price and your seat can be held in most cases by just a deposit. Please note though that Nepal is becoming a very popular destination so flights do tend to get booked up quite quickly.

Do I Need A Visa?:

The best and easiest way to get your visa is to apply to the Nepalese Embassy in London by post before you leave. The cost is currently £20 for 60 days (single entry). Just send your passport, photo plus application form (downloadable from website) plus £20 cheque and your visa will be with you within 2 weeks. For full information, visit http://www.nepembassy.org.uk/visa_information.html .

Alternatively you can get visas at Kathmandu airport. If you choose to do this you must have a passport photo and new crisp US dollars - as they will not accept payment in any other form (including wrinkly notes). However be prepared for long queues!

Either way please make sure you have at least 6 months validity on your passport prior to departure. Give us a call for more information.

Injections:

We recommend that you contact your Medical centre for professional advice. As a guide you will be looking at Hepatitis A and B, Typhoid and Polio and have an up-to-date Tetanus shot. Some of these

immunizations take weeks or months to do correctly, so don't leave it to the last minute and do check with your local health department for more detailed information. A thorough dental check-up is also strongly recommended before you leave.

Dysentery is the normal ailment that travellers to Nepal are struck with. With this in mind, be careful of where and what you eat in Kathmandu before the trip. Sanitation is a top priority on our trip and must be adhered to at all times.

Malaria has not been completely eradicated in Nepal, though it is only present on the Terai (southern Nepal). Basically unless you are going to spend considerable time in the game parks in southern Nepal (Chitwan National Park etc) it's not a huge worry. Without a doubt the most effective deterrent against malaria is to protect against mosquito bites with long, tightly woven clothing and mosquito repellent. Mosquito repellent should be brought from home.

If you have any relevant medical conditions please make sure they are listed on your booking form. On all journeys we carry a very comprehensive first aid kit, but if you want to bring your own personal basic first aid kit by all means do.

Exchange Rates:

As a reference the Nepali Rupee currently stands at (time of print) – Nepali Rupee 70.65 to 1\$ and for the British pound it is 129 to £1 – however it changes frequently. To change your currency once in Nepal, use only certified foreign exchange points or alternatively your hotel as there are a lot of people who will jump at the chance to help – this is definitely not recommended! GBP£ and US\$ are the most widely accepted currencies to exchange for Rupees.

Weather:

One of the most fascinating things about Nepal is that in the space of a hundred miles you can go from the bitter cold to the sweltering heat of the North Indian Plain. In general it's best to plan for sub-tropical to temperate conditions - Temperatures in the daytime range from 25-32 degrees centigrade, with evenings being 8 to 10 degrees cooler. A fleece jacket for the evenings is recommended.

Fitness and Safety:

A reasonable level of fitness is all that is required for most of our trips. But it is worth noting that the fitter you are, then the more you will enjoy your trip and the more you will get from it. The program is very flexible each day to follow the level of each team member and an mtb monitor will be there to increase your level if required.

All we ask is that if you have any medical conditions or problems that you do let us know as we take safety very, very seriously and it is our first priority. We employ some of the best guides in the world so be assured that you will be very well looked after.

Dress Code:

On the trail anything goes and with hot temperatures you will of course spend most of your time in your shorts. However when it comes to the towns you must dress appropriately. Ladies should wear t-shirts /blouses and long skirts or trousers (cut off combats do the trick!) and men should cover up their chests with shirts/t-shirts. The men can usually get away with shorts quite happily but must be prepared to wear trousers when going to temples.

Personal Equipment:

In general, try to keep the weight and bulk to a minimum by bringing clothes made from lightweight material. Don't pack too much clothing; a few changes will be all you need and almost anything can be found in Kathmandu.

As this expedition traverses the 3 main topographical zones of Nepal (the high mountains, the mid-hills and the plains) you will experience many different climatic zones on the trip, and should be prepared for both hot daytime conditions and subzero night-time conditions.

We will send you all the information you need on what to bring as part of your pre-departure pack, but for an initial check please feel free to scan the list below.

- Helmet
- Cycling shoes and gloves
- Sunglasses
- Head-torch
- Tool-kit + 2 spare inner tubes
- Camelback
- Lightweight windproof jacket + trousers
- Fleece (huge variety in Kathmandu for under £5)
- Cycling shorts
- T-shirts
- Socks + underwear
- Toiletries (use biodegradable soaps)
- Towel

If you wish to hire a bike (full suspension Commencal bike, www.commencal.com), you will need to supply your weight and height information to us prior to departure.

Finally:

It is imperative that you realise that you are entering an environment where the rules and realities of life are much different from the West. Certain events such as festivals sometimes delay the itineraries and are just part of everyday life in Asia. It's a big part of what makes Nepal magical, and in our opinion, it is by far outweighed by the brilliance of being able to journey through one of the world's last true frontiers. This is an awesome cycling expedition and one that you will remember for years to come. We look forward to seeing you there!