

Himalaya Enduro, Nepal

An incredible shuttle supported mountain biking adventure showcasing the best trail riding in Nepal!



Trip Highlights:

- 10 days of incredible riding in Kathmandu and the Mustang Valley
- Exciting small aircraft flights amongst the biggest mountains in the world
- Riding the best trails in Nepal including the infamous Lubra Magic Trail
- A 3-day descent through the deepest river canyon on earth!
- Discovering Buddhist and Hindu cultures and visiting sacred religious sites
- Enjoying delicious warm meals and soaking in natural hot springs
- Staying in traditional tea houses in the mountains and meeting the locals
- Rolling into tropical Pokhara and celebrating the end of an awesome trip!



This document includes further details intended to help you better prepare for your trip. For the full itinerary and list of inclusions, please visit the trip page of our website, [here](#).



General Information

Riding:

We will be riding on fun singletrack trails with some sections of double track roads or gravel paths. Roughly a 70/30 split. Most of the trails in the Kathmandu Valley are well established hard-packed dirt trails with plenty of rocks and roots, and some are soft, loamy, and raw! There is also plenty of fun urban riding thrown into the mix! In the Mustang Valley the trails are generally more open and exposed to the elements making for drier, looser trails, with incredible views in every direction! There is a wide variety of trail styles from fast and flowy to steep and technical. Most trails would be the equivalent of Blue and Single Black trails in North America. Don't expect the trails here to be maintained to the standards you may be used to back at home.

The majority of the riding takes place between 1500m and 3500m, with the highest point of the trip being 4100m at Gyu La Pass!

This is a shuttle supported trip so our jeeps definitely take care of most of the elevation gain, however there are still several small climbs mixed in, and one big push to get to the top of Gyu La.

Exact distances, elevations, and more riding information can be found on our regular trip page, [here](#).

Always exercise caution and ride within your limits!

Food:

Nepalese food is delicious, fresh, and healthy. An essential must-try dish is the Nepali Dal Bhat, but don't forget about the Momo's and Yak Burgers too! There are plenty of western options available as well as some incredible Indian and Asian flavors.

Your trip price includes 3 **regular** meals per day. Breakfasts typically consist of eggs of any style, toast with jam, ham or sausage, porridge, pancakes, fruit, yogurt, ect., served along with local fruit juice and black tea or basic milk coffee. Lunch is quite varied throughout the trip - anything from stir fry dishes or pasta with egg, chicken, and veggies, or Indian snacks like samosas and pakoras, to fresh and delicious meat and veg. sandwiches. Dinners in Kathmandu and Pokhara will be out at a variety of local and international style restaurants, while in the mountains you can choose anything from pizza and pasta to Indian curries, spring rolls, chicken or beef sizzlers, and much more at the local tea house accommodations we stay in.

Several other food and beverage options exist at your own expense, such as:

- Personal snacks or drinks. Items such as Snickers bars, coconut cookies, and other sweet or salty snacks, as well as small bottles of soda, Red Bull, juice cans etc., which can all be purchased at several spots throughout each day
- Post-ride snacks and drinks. You may want to have some salty snacks and cold drinks at the end of a big day. We say go ahead and indulge, but keep in mind these items are not included in the regular trip cost.
- After dinner treats - Some restaurants and tea houses offer up delicious desserts if you're looking to satisfy your sweet tooth.
- Fancy espresso coffees and fresh bakery items are available in a few special places in the mountains and definitely make a nice treat for yourself, but keep in mind that these items are also not included in your trip price.
- Your 2 dinners in Pokhara at the end of the trip are also not included. The reasoning behind this is that people usually like to celebrate and party at the end of the trip, rightfully so, and the meal costs just add up way too quickly.

Weather:

While riding in the Himalayas you need to be prepared for all types of weather conditions. We will be visiting during the dry season which is generally sunny and dry, however, we do still need to be prepared for some rain at any time.

In Kathmandu, Pokhara, and the lower stretches of the Mustang Valley it will be warm and tropical at that time of year, anywhere from 20 to 30 degrees celsius during the daytime. At higher elevations in the Mustang Valley and during our time in Kagbeni you can expect perfect riding temps around 15 degrees celsius during the day, with cooler temps overnight. Afternoon winds are common in this area so be prepared with a good lightweight jacket at all times.

Elevation:

Our itinerary is designed with a safe rate of elevation gain and appropriate acclimatization methods in mind. Dealing with the altitude and recognizing the S/Sx of Acute Mountain Sickness (AMS) will be discussed in detail on our first night's pre-trip meeting. Your guides have a wealth of knowledge and experience dealing with high elevations and AMS, so rest assured, you're in good hands!

Keeping well hydrated is one of the best things you can do for acclimatization, so be sure to drink plenty of water before and during your trip!

Accommodations:

In Kathmandu and Pokhara we'll be staying in typical 3 star hotels. They are clean and comfortable but don't expect luxury. These hotels have hot showers, good wifi, comfy beds, air conditioning and several other features to make you feel at home.

In the mountains we'll be staying in traditional Nepali Tea Houses. These are basic guest houses set up to service the needs of all the trekkers and mountaineers in the area. The teahouses are clean and comfortable but you might also find them to be a bit rustic. They have hot water, wifi, and electricity, but, as with all of Nepal, sometimes things don't work perfectly, so be prepared to go with the flow. There are bed sheets and extra blankets available in all of the tea houses, however, you may want to bring your own warm sleeping bag as there is generally no heating in these teahouses, and it can get quite cool overnight.

All rooms are double occupancy so you will be sharing a room with someone of your same sex unless you booked and paid for the private room supplement. If you are attending the trip as a couple, you will be guaranteed a private room at no additional cost.

Laundry:

Laundry services are available at any time in Kathmandu and Pokhara. There will be plenty of opportunities to wash small items by hand at any time.

Currency & Spending Money:

Most major hotels and some restaurants in Kathmandu and Pokhara will accept credit cards, however, we recommend using cash in the form of the Nepalese Rupee (NPR). It is easy to exchange USD or CAD for Nepalese Rupees in Kathmandu. There are also several ATM's available in KTM and Pokhara.

The exchange rate is basically 100:1 for Canadian dollars. An item for sale in Nepal for 1700NPR is \$17 CAD. A pretty easy conversion!

There are no ATM's in the Mustang Valley so you'll need to bring along whatever you think you will spend for that portion of the trip. This is completely dependent on how much beer you think you will drink! ;) To give you an idea - a large bottle of beer is \$5-\$6, a fancy coffee is \$2-\$3, pastries and desserts \$2-\$5, laundry service \$6-\$8, chocolate bars and sodas \$1-\$2.

Tipping:

Gratuities for your guides can be made in USD, CAD, or any leftover NPR at the end of your trip. Our team works very hard to ensure you have the best possible time on your trip and we're here for you every step of the way. If at the end of your trip, you feel that your guides have done an outstanding job, a gratuity of 10% of the trip price is common.

Tourist Visa and Permits:

Upon arriving in Kathmandu Tribhuvan International Airport you will proceed through the immigration desks to fill out forms and pay for your tourist visa. Sometimes the wait time here is at least a half an hour up to an hour or more unfortunately!

You will need to purchase a 15 day visa for \$30 USD. If you plan on staying extra days in Nepal, you may need to buy a 30 day tourist visa for \$50 USD. You can only make this payment in cash but they will accept USD or CAD.

In the days leading up to your trip you will receive a separate email with detailed instructions for navigating your way through the arrivals process. I will also need a photocopy or picture of your passport in order to obtain all of our necessary permits in advance.

Drinking Water:

Do not drink untreated tap water in Nepal. You will be provided with safe drinking water for the duration of the trip. We will always have large bottles of filtered water in our jeeps and hotels for you to fill up from. Please bring a water bottle/hydration pack for your bike, as well as a reusable bottle for mornings/evenings/bedside etc. In Kathmandu and Pokhara you may receive some regular small bottled drinking water, but up in the mountains we aim to cut down on the problem of single use plastic pollution, and will insist that you use only a refillable bottle.

Pre-Trip Planning

Trip Insurance:

We partner with Global Rescue, the world's leading medical and security evacuation organization, to offer you the highest level of security and medical emergency evacuation support. Their policies include helicopter evacuation, local medical treatment, and home-country evacuation transportation, as well as trip cancellation coverage.

Though we recommend purchasing your policy with Global Rescue, you can also purchase your own private insurance through the broker of your choice. Emergency medical insurance coverage is mandatory. [Click here](#) to book your policy with Global Rescue.

Vaccinations & Travel Medications:

If you don't have much experience traveling to developing countries, you may want to make an appointment to visit a travel doctor at least 4 weeks before your trip. The travel doctor will advise you as to what you need in the way of medications and vaccinations.

Some common vaccinations for travel are: measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. Hepatitis A, and Typhoid vaccinations are also likely required.

You will likely get prescriptions for Dukhoral and/or other travelers diarrhea medications such as Azithromycin or Ciprofloxacin. Over the counter meds such as Immodium and Pepto Bismol can also be helpful for less serious bouts of diarrhea or stomach problems. You may also get a prescription for an altitude medication called Diamox (Acetazolamide).

DIAMOX is a high altitude medication used to treat and prevent AMS (acute mountain sickness). The doctor should be able to describe to you how it works much better than I can, but here's the definition from Wikipedia:

In the treatment of mountain sickness, acetazolamide forces the kidneys to excrete bicarbonate, the conjugate base of carbonic acid. By increasing the amount of bicarbonate excreted in the urine, the blood becomes more acidic.[12] As the body equates acidity of the blood to its CO2 concentration, artificially acidifying the blood fools the body into thinking it has an excess of CO2, and it excretes this imaginary excess CO2 by deeper and faster breathing, which in turn increases the amount Acetazolamide is not an immediate cure for acute mountain sickness; rather, it speeds up part of the acclimatization process which in turn helps to relieve symptoms.[19] Acetazolamide is still effective if started early in the course of mountain sickness. As prevention it is started one day before travel to altitude and continued for the first 2 days at altitude.

Personally, I don't think you should need to use Diamox on this trip. The highest we will ride is 4100m and the highest we will sleep is 2800m. You really shouldn't need to use Diamox unless you're spending a good amount of time above 3500m. I will have a small supply of Diamox in case it is needed.

Travel Prep:

Try to be packed, organized, and prepared for your trip a few days before you leave. That way you're not too busy or stressed out before embarking on your big days of travel to Nepal. Rest, hydration, and eating well are key ingredients to acclimatization and ensuring that you arrive healthy and ready to ride.

What to Bring

Your Bike & Travel Bag:

Any modern trail bike or enduro bike will work perfectly for this trip. Check your bike thoroughly before your trip to ensure it is in perfect, working condition. Consider getting a full tune up at your local bike shop if needed. Ensure that all internal bearings, suspension, drivetrain, dropper post, and brakes are in good shape. We recommend installing brand new sets of brake pads before your trip and having your brakes fully bled so that they're in perfect shape. If you're running tubeless tires, make sure your tubeless sealant is topped up and fresh.

You'll need to pack your bike in a travel bag or box for air travel. Mid way through the trip, your bike bag/box will be transferred to Pokhara. At the end of our trip in Pokhara you will pack up your bike for air travel back to KTM and then on to your home destination.

Spare Parts and Tools:

- Chain "quick-links" specific to your drivetrain (10, 11, 12 speed)
- Derailleur hanger specific to your make and model of bike
- 2-3 spare spokes (spokes come very specific lengths, check with your local shop)
- Spare tube, tire levers, patch kit
- Multitool
- *Optional: spare tire
- *Optional: spare derailleur
- Any other parts or tools that you feel are very unique to your bike

Prior to the trip we will be collecting information about your bikes including make, model, wheel size, drivetrain type and model, brake type and model, dropper post model, and whether or not you're running tubeless tires. This will help to ensure that your guides are ready for any potential repairs out there.

Your guides always carry a "comprehensive trailside repair kit including: tire pumps, shock pumps, tire plugs, spare tubes, patch kits, multi-tools, quick links, and several other small parts and tools for emergency repairs.

We will also have several other spare parts and tools for bike repairs such as but not limited to:

- ✓ Full tool kit ✓ Chain lube and cleaning products
- ✓ Spare chain links/quick links ✓ Spare brake pads
✓ Shifter cables and housing
- ✓ Hydraulic fluid/mineral oil for brakes ✓ Bleed kits
✓ Tubeless sealant ✓ Tubes ✓ Tire plugs
- ✓ Tire pump ✓ Shock pump ✓ Spare tires ✓ & more

Luggage, Riding Gear & Regular Clothing:

A 60-100L durable and waterproof duffel bag is ideal for packing your clothing and gear for this trip. Your luggage will travel around with you to all the different accommodations and riding locations. You can expect your bag to get a bit dirty and dusty as it will be in the back of, or on the roof of trucks, and in and out of small aircraft.

***Please use a duffel bag as opposed to a wheeled suitcase if at all possible please!

- Helmet
- Sunglasses and/or goggle
- Riding backpack and water bladder/bottle
- 2-3 pairs of riding gloves
- 1 pair of cool weather gloves
- Knee pads and any other body armor you would wear on a typical enduro ride
- Arm and/or leg warmers (optional)
- 2 buffs (or bandana/thin toque) - 1 for head warmth under helmet, 1 for mouth cover from dust
- 2-3 pairs of riding shorts
- 2-4 pairs of chamois
- 3-5 riding shirts/jerseys (light short sleeve for hot weather and thicker long sleeve for cool temps)
- 5-7 pairs of riding socks
- 1 pair of riding shoes
- 1 warm merino base layer and pants for cool evenings/overnight
- 1 pair flip flops or sandals (optional)
- 1 pair regular running shoes for walking
- Warm puffy jacket
- Packable waterproof/windproof shell jacket
- Sleeping bag
- Headlamp
- Packable personal shower towel
- Personal toiletries
- Phone charger
- Small power bank (recommended)
- Sunscreen with strong SPF level
- Prescription travel and OTC medications listed above
- Small personal first aid kit (I will have a larger one)
- Other non riding clothing - socks, underwear, pants, shirts, sweaters etc.