



## Tibet: 24d Mountain Biking Friendship Highway in Tibet

**Grade: Easy**

### Highlights:

Tibetan Plateau is a land of unparalleled superlatives: it is the largest and highest plateau on our planet, averaging 15,000 feet (4500m) in altitude. It is buttressed along its southern flank by the world's greatest mountain range, the Himalayas. For many people, Tibet conjures images of barren windswept plains, and while this is true for regions of Northern Tibet, other regions are rich with diversity. The plateau is dotted with thousands of lakes and extensive grasslands are utilized by nomadic herders to graze yaks. Large tracts of forest in Eastern Tibet are regarded by China as their second most important source of timber. The glaciers and snowmelt of the Tibetan highlands initiate four of Asia's greatest rivers, including the Indus, the Brahmaputra, Karnali & Sutlej including several major sources of the Ganges, the Salween, the Mekong, the Yangtze, and the Yellow Rivers. This tour guarantees to be a high point (in more ways than one) in any mountain biker's life. This rugged, remote and beautiful country lies hidden behind Mt. Everest and many more of the world's highest peaks in the Great Himal range. Only a few brave cyclists have dared to ride along its inhospitable plateau and forge a passage through these mystic lands into Kathmandu via Everest Base camp. The reward being the longest downhill in the world as you enter into Nepal, dropping an unimaginable 4500-m over 156kms. At a breathless average altitude of around 4450-m (14,596ft) this expedition is not for the faint of heart but made for the pioneer in the spirit that is fit and feels at home on a bike. With 15days of biking over 1104kms, you'd want to be!!

### Day to day:

#### Day 01: Arrival in Kathmandu o/n in hotel.:

Pick up from the international airport, transfer to hotel and welcome dinner.

#### Day 02: Sightseeing in the Kathmandu Valley.:

**Day 03: Fly from Kathmandu to Lhasa. The flight takes about one hour: if the weather is fine then the view of some of the**

**Day 04: Breakfast at 7.30, then at 9.30 we visit the Potala Palace. We then have free time. Overnight in the hotel.:**

**Day 05: Breakfast at 7.30 then at 9.00 we visit the Jokhang Temple continuing to the Sera Monastery by bike. 22.8km, 1**

**Day 06: Breakfast at 8.00 then we leave at around 9.30 to reach Ganden (27km). From there we return to Lhasa along an**

**Day 07: Today our trip really starts. We use a jeep to travel the first 9km then bike over the Khamba La Pass, at 4769m.**

**Day 08: (73.3km.) height gain to 4465m, 4 1/2 hours riding time). Today we bike to Nagarche (30 km) a small town where**

**Day 09: (60km.) today starts downhill and then along a flat section beside a river, passing beautiful Tibetan villages to r**

**Day 10: (93km. /4 hours).The road from Gyantse to ShigatseTibet's second city is paved and flat, so this is an easy day**

**Day 11: Sightseeing visit to the Tashilagpo Monastery in the morning, then the afternoon free.:**

**Day 12: (105km.). We follow the paved road slightly uphill out of the city, but then across mostly flat country until we cr**

**Day 13: (59km.) The Tso-La Pass, at 4505m, is reached after a long (10km) climb. Beyond there is an amazing 8km down**

**Day 14: (72km./6 hours) It's a hard day today, with a nasty climb of at least 3 hours, rising over 1000m to the Gya Tso-L**

**Day 15: (74.5km./5 hours). Today starts with a downhill, then flat ride along a paved road to a police checkpoint where v**

**Day 16: (31.7km./3 hours) we reach the Rongbuck Base Camp, starting off beside the Rong chu river with views of Ever**

**Day 17: (70.5km./5 hours) we ride towards Tingri, crossing the Lamna La Pass. This is a delightful ride as the road is no**

**Day 18: (70.5km./5 hours). An easy day on paved, then dirt roads, but with no high passes. The views along the way, of**

**Day 19: (82km./7 hours). Today we cross the Lalung La and Yakri Shong La passes. From our camp we climb straight u**

**Day 20: (55km./3 hours). Downhill again, this time concentrating hard as the road is rocky in places and a fall would be**

**Day 21: (67.7km. /4 hours) You will probably feel a difference in temperature today - after the cold of the Tibetan plateau**

**Day 22: (39.5 km. / 3hours) Today there is a choice - bus transfer to Kathmandu or bike all the way to Thamel if those w**

**Day 23: Free day in Kathmandu, perhaps shopping for souvenirs for yourself, family and friends.:**

**Day 24: Transfer to the international Airport for flights home.:**

## **What is included?**

- Pickup and drop from the international airports in Kathmandu and Lhasa
- Hotel with breakfast in Kathmandu and Lhasa
- Sightseeing with cultural guide around in Kathmandu and Lhasa
- All permits and entrance fees in Tibet
- Local staff daily wages, pension fund and insurance
- Jeep (Toyota Land cruiser) and truck
- Accommodation in hotel, guesthouse, and tent
- Full board except Lhasa and Kathmandu
- Full board for out of Lhasa and Kathmandu
- All camping service
- Airfare from Kathmandu to Lhasa
- Mountainbike guide

## **What is excluded?**

- Personal Insurance
- Nepal re-entry visa fee
- Personal insurance and helicopter rescue in case of emergency
- Mountainbike rent, here we are ready to serve you our new branded bikes in different models as per your interest
- Extra weight charge then the limit in the plain including mountainbike
- Satellite phone to rent
- Personal exp., personal gears like, sleeping bag, T-shirt, half paint, sleeper, Extra transport and personal insurance incase of
- Lunch and dinner in Lhasa, Last resort and Kathmandu
- Tips for local staff
- Personal expenses