

### OVERVIEW

Join us for one of the world's great journeys (on bike) - a trans-Himalaya adventure that takes us from the mystical city of Lhasa in Tibet to the bustling city of Kathmandu in Nepal.

During the course of the 15-day journey you'll cross several 4000+ meter passes, visit the world-famous Everest Base camp and enjoy the world's longest downhill ride! You'll also pass through a breathtaking scenic mix of alpine plateaus, high mountain ranges and lush jungle. The Lhasa to Kathmandu ride is a grueling 3-week journey if traveled purely by bike, but we include 4WD support transportation. This gives you the best of both worlds - all the sights of a 3 week tour without having to ride the most grueling uphill sections or some of the less exciting flats, condensed into 15 days. This trip offers cyclists the rare opportunity to truly experience the charm and beauty of Tibet and Nepal. Designed for individuals with stamina and endurance to ride at extremely high altitude, this trip consists of off-road and paved trails through one of worlds richest cultural, spiritual and environmental regions

Please note: Government issuance of tourist visas has been quite unpredictable in recent months. Access Trips reserves the right to alter the itinerary for this trip if necessary. See itinerary section below. `_uacct = "UA-675615-1";urchinTracker();`

### IS IT FOR ME?

Because we have full vehicle support and we drive some of the more taxing uphills, you do not need the usual advanced ability and training required for the Lhasa to Kathmandu journey. Nevertheless, you should be at least an intermediate biker and you should have a reasonable level of fitness. This trip is suitable for those who are accustomed to road biking, as well as for single-track and downhill mountain bikers because there are numerous opportunities to jump off the main road and take single-track 'short cuts.'

### HIGHLIGHTS

- \* Bike the World's longest downhill
- \* Expert instruction & knowledgeable local guides
- \* Visit Everest Base Camp
- \* Explore mystical Lhasa & bustling Kathmandu
- \* Visit Tibet's most important monasteries
- \* Stay in a 5-star hotel for 3 nights

### INSTRUCTOR TO GUEST RATIO

1:5

### MAX GROUP SIZE

10

### ITINERARY

#### Day 1

We start our Nepal & Tibet tour in the hustle and bustle of Kathmandu. This fabled city is a picture of contrasts; from pious pilgrims, elaborate palaces and ancient temples to frenetic streets filled with hawkers, monkeys, mopeds, beggars and endless movement. Our team will meet you at Kathmandu International airport and transfer you to heart of the city where you'll spend the next two nights in a luxurious five-star hotel. With many days of camping ahead of you, we thought we'd pamper you with some nights of opulence in one of Kathmandu's finest hotels. Within easy walking distance of the city's main attractions, you'll be free to explore the city and dine in one of it's many delicious restaurants.

#### Day 2

Day 2 of our Nepal & Tibet tour will be dedicated to arranging your Tibet visas, making last minute equipment checks and re-packing our bikes ready for tomorrow's flight to Lhasa. Nevertheless, there will still be plenty of time for you to enjoy the beauty and excitement of Nepal. Those who are anxious to get on their bikes can join their Access guide for a warm-up ride through the lush farmland and jungle trails surrounding Kathmandu. The rest of you can continue your exploration of Kathmandu's temples, festivals and open-air markets. Tonight we'll eat in the famous Thamel district - home to many excellent restaurants and shops.

**Day 3**

Early start this morning as we transfer to Kathmandu Airport for our one-hour flight to Lhasa's Gonggar International Airport. Arriving around 3pm local time, we'll settle into our hotel and then you'll be free to explore the 'holy city' of Lhasa. According to a Tibetan adage, 'one who does not get to Lhasa, has only half a human life!' Despite this, very few Westerners ever make it to this mystical city and you will be one of a very limited number of tourists who've seen the Potala Palace, traditional home of the Dalai Lama, the Jokhang Temple, Tibet's most sacred temple, or Barkhor Street, the center of 7th Century Lhasa. A visit to Lhasa, and Tibet in general, is a once-in-a-lifetime chance and you will forever remember the gracious people, pious pilgrims, red-robed monks, ancient buildings, and stunning alpine scenery.

**Day 4 & 5**

We'll spend two full days in Lhasa, 'the roof-top of the world', acclimatizing to the high altitude air, exploring the city, and immersing ourselves in Tibetan and Chinese culture. Those who would like to do some biking will have the opportunity to do some short rides in the outskirts of Lhasa. The rest of the time will be free for exploring, relaxing, sightseeing, eating and sitting back in the bazaar watching centuries-old Tibetan life happen around you.

**Day 6**

Today the biking section of our Nepal & Tibet tour begins! Were we to complete this journey purely by bike, we would need more than 3 weeks, a length of time that few people can afford to take. So we've shorted our tour by including a limited number of driving sections. This gives you the best of both worlds; all the sights that a 3 week tour provides without having to ride the most grueling uphill or some of the less exciting flats. We start today's journey with a 100 km drive to the top of one of Tibet's most impressive passes, Khamba La Pass (4794m). Standing beneath the colorful prayer flags at the top of the pass, with sacred Yamdrok lake in the foreground and 7000+ meter peaks in the distance, you will feel you're on top of the world. From here we'll jump on our bikes for a 45 km ride that will start with an exhilarating downhill and then take us alongside the lake where we'll likely pass small yak-skinned boats carrying pilgrims and nomadic families paying tribute to the lake. Tonight we'll get our first taste of camping; an experience that tends to be one of the highlights of the tour!

Distance: 45 km  
Climbing: 1244m  
Descending: 484m  
Driving : 135 km

**Day 7**

You'll be woken with hot chocolate delivered to your tent and then a hearty breakfast will be served. Eating breakfast in the crisp Tibetan air with the mighty Himalayas glistening in the distance is an experience you won't forget for a long time. After washing up (our tent camp includes a toilet tent and a shower tent with hot water bucket!) we'll jump in the jeeps for a short drive to the top of Karo La Pass (5010m). Here we'll be treated to the spectacular sight of a huge glacier tumbling down to within a few hundred meters of the road. We'll unload our bikes at the top of the pass for an exhilarating downhill ride on a tightly packed dirt road that winds its way through a magnificent granite canyon. The rest of today's 70km journey will take us through beautiful, open valleys and past colorful Tibetan villages before we arrive at tonight's campsite a little before Gyantse. Tonight we'll devour another delicious dinner served by our expert Sherpa crew.

Distance: 70 km  
Climbing: 700m  
Descending: 1060m  
Driving : 40 km

**Day 8**

Day 8 of our Nepal & Tibet tour is a sightseeing and cultural day. We'll start with sightseeing in the Gyantse Dzong, a 14th century castle (called the 'crystal palace on the Peak') which offers spectacular views of both the town and the surrounding valley, and the Kumbum monastery, an unforgettable nine-story temple which houses 75 different chapels. Kumbum literally translates as '100,000 images' and is so named for the 100,000 murals that line the chapel walls. We'll continue to Shigaste, a drive of 90kms, arriving in time for lunch. Shigaste is the second largest city in Tibet and is the last major town on our journey until we arrive in Nepal. The highlight of Shigaste is the Tashilumpo Monastery, home to Tibet's second most important spiritual figure (the Panchen Lama), and a truly magnificent sight. There is much to see within the high surrounding walls of this working monastery and we will take our time to explore it. We'll finish the day with another 90 km drive, taking us to a camping spot at 3950m.

Distance: 33 km  
Climbing: 115m

Descending: N/A  
Driving : 160 km

**Day 9**

Today we'll have a full day of mountain biking that will take us to the top of Tso\_La Pass (4520m), and will be followed by a fantastic downhill through mixed terrain switchbacks; a highlight for all those who love downhill. After 70kms of riding, we'll set up camp at 4000 meters and prepare ourselves for tomorrow's journey to Everest Base Camp!

Distance: 70 km  
Climbing: 455m  
Descending: 110m  
Driving : N/A

**Day 10**

After our customary morning hot chocolate we'll drive to the top of Gatso\_La Pass (5220m), the highest pass of the tour, and then continue until we reach the start of the 'Everest Nature Preserve'. Here we'll jump on our bikes for some memorable off-road biking that will take us to the summit of Pang La Pass (5150m) and will be followed by a swift and exhilarating downhill run. From the top of Pang La we'll get our best glimpse yet of magnificent Mount Everest and of our goal for today; the Everest Base Camp! In the afternoon we'll transfer to Everest Base Camp where we'll camp at the incredible altitude of 5000m if weather prevails, if not we will descend down 15km and camp by river side.

Distance: 40 km  
Climbing: 1245m  
Descending: N/A  
Driving : 140 km

**Day 11**

Awake to breathtaking, mesmerizing views of Mt Everest bathed in morning sunlight as the majestic North Face stands before you, almost close enough to touch. After taking in the sights of Everest Base Camp, we'll jump on our bikes for a full day of riding. Conditions permitting, we'll take a route that will provide us with a full-day of fantastic off-road trails that will take us Lamna\_La pass (5150m) and then flat and downhill to Tingri Camp. Tonight we'll enjoy another delicious dinner with our Sherpas, this time camping at 4200 meters.

Distance: 36 km  
Climbing: N/A  
Descending: 800m  
Driving : 150 km

**DAY 12**

Day 12 of our Nepal & Tibet Tour will be a full day of biking. The riding is fairly easy and very scenic - Tibetan villages, distant views of ruined forts, and of course the mighty peaks of the Himalayas. As we stop for our picnic lunch, we may well be joined by local herdsman. After lunch, we'll bike through a surreal-looking valley that's more like a gorge with its high cavern walls and fast-flowing river. Today's ride will be about 70km and will take us to a camp site at 4400m.

Distance: 70 km  
Climbing: 200m  
Descending: N/A  
Driving : N/A

**Day 13**

Today's the day; our last uphill before we begin the World's longest downhill run. Before enjoying the ultimate downhill reward, we must cross two passes - Lalung\_la (4990m) & Thong\_La (5050m) and the weather can be very cold, but this is a small price to pay for riding across the top of the world's highest mountain range, the Himalayas. At the top of the final pass there is a magnificent display of prayer flags which mark the start of our long descent to the border. Its time to put your head down, your weight back, and enjoy an exhilarating ride down the world's greatest mountain range! Today's 85 kilometer ride will take us to Nyalam where there is a permanent tented camp and several restaurants.

Distance: 85 km  
Climbing: 650m  
Descending: 1350m  
Driving : N/A

### Day 14

Our descent of the World's longest downhill continues. We're going to descend almost 2000m in less than 40km so prepare to fly! The variation in scenery and vegetation is breathtaking; in less than two hours we'll go from snowy passes to lush, Nepalese rainforest. In the words of one Tibet to Lhasa veteran 'this really is a mountain bike highlight, not of the trip but of your life!' (Kym McConnell). After crossing the Tibet-Nepal border we'll jump in the jeeps for the scenic drive back to Katmandu. Here we'll enjoy a welcome night in a five star hotel, hot showers, and delicious dinner and some cold beers to celebrate our Trans-Himalayan crossing!

Distance: 37 km  
Climbing: N/A  
Descending: 1900m  
Driving : 114 km

### Day 15

The last day of our Nepal & Tibet tour; time for some last minute shopping before we drop you off at the airport for your flight home.

## INSTRUCTION

### Intermediates

During this 15-day cross-country tour, we will teach you every aspect of riding cross-country with particular emphasis on downhill skills (switchbacks, cornering, etc.). The riding is generally not technical, but will cover a variety of terrain; from off road to paved roads depending on the sections. Specific off-road biking permits are required for visitors, and in some areas such as from Lhasa to Xegar, guests are required to ride the designated paved trails to ensure the protection of the spectacular region. Our guides will provide you with every opportunity to develop your all-round mountain biking skills as well as hone your ability to ride well at much higher altitudes. Our expert instructors will work with you to improve your riding technique and correct any bad habits you may have developed. They'll also encourage you to push your performance, challenge yourself and develop your nerves. Our coaches will provide you with tips, advice and encouragement and will help you with such skills as climbing, descending, cornering, balance, weight distribution, fluidity, bike control in varying conditions, drop offs, basic front and back wheel lifts, switchbacks and emergency stopping techniques. Instructors will also teach you about bike mechanics, maintenance and repairs.

### Advanced

If you're a cyclist looking for a great way to experience Nepal and Tibet by bike alongside knowledgeable guides, this tour is ideal for you.

WE BASE OUR MOUNTAIN BIKE INSTRUCTION ON THE FOLLOWING POINTS:

\* **Individual attention & low coach-to-client ratio:** Most mountain bike tour companies have such high client-to-guide ratios, they cannot afford to give clients the individual attention they deserve. The guide is usually so busy taking care of group logistics that he cannot possibly provide clients with instruction, even if he is an expert mountain biker. In order to ensure clients receive the attention they deserve, we use a much lower client-to-guide ratio than do most mountain bike tour companies. Our client-to-instructor ratio is 5-to-1, whereas most mountain bike tours use a ratio of 10-to-1 or more.

\* **Maximum flexibility & All-day coaching:** Although we base our mountain bike instruction on a comprehensive plan, we nevertheless keep it as flexible, relaxed, and tailored to the individual as possible. The atmosphere we create is more one of riding with friends than partaking in a lesson. Our instructors will bike alongside you giving you tips and encouragement and you can choose to use them as little or as much as you like and to push yourself as much as you choose.

\* **Highest quality instructors:** We work hard to select the best possible instructors. Our coaches are advanced mountain bikers who have extensive mountain biking experience. Perhaps even more importantly, our instructors are fun, open and easy-going people who love to teach.

\* **Bike maintenance & fit:** In addition to helping you improve your mountain bike technique, we also teach you how to repair, maintain and fit your bike.

\* **Long-term improvement:** There is so much to learn in order to become a great mountain biker so you may not master all the skills and techniques you desire during your short time with us. One of the goals of our program, therefore, is to give you all the knowledge and advice that you need to be able to continue to learn from us months after you've left us.

**\* An unforgettable experience:** although we want you to maximize your mountain bike performance, our most important goal is that you have a fantastic time while traveling with us. For this reason we work hard to create a supportive, relaxed and fun atmosphere and to create an itinerary that is unique and full of variety.

### BEGINNERS

It is not necessary to be a technically advanced mountain biker to enjoy this trip but you should have a good level of fitness to cope with the high altitude riding. Vehicle support is available at all stages of the tour for those who get tired, but we nevertheless recommend that you have a good level of fitness to make the most of this trip. For more information about our instruction please see our intermediates section.

### TRAILS

Our bike Nepal & Tibet journey from Lhasa to Kathmandu, via Everest base camp, is undoubtedly one of the world's greatest mountain biking expeditions. Crossing six high passes, we'll spend 50% of our time biking above 4000 metres and we'll cross several passes well in excess of 5000 meters. The usual Trans-Himalaya journey takes 18 days (excluding acclimatization days) and includes exhausting uphill which require extensive training. To open this remarkable journey up to those who cannot afford to take four weeks off work or who do not have the fitness or experience to bike seven hours uphill, we've included some carefully selected driving sections in our itinerary. This enables you to avoid some of the most taxing uphill and it allows us to complete the entire journey, including visit to Everest Base Camp, in just nine days. You will get to enjoy all of the exhilarating downhills that this journey has to offer as well as conquering several of the passes, but you will not need to complete days on end of uphill biking.

Most of our Bike Nepal & Tibet journey will take place on the Friendship highway, the majority of which is a well-worn dirt road, although 10% of it is tarmac. For those of you who prefer off-road, single-track riding, there are numerous opportunities to jump off the main road and take advantage of the herder's trails that short cut the many switchbacks. These trails will challenge even the most avid downhiller. The road from the Friendship highway to Everest Base Camp is rough and rocky at times and will provide a great opportunity for those less experienced mountain bikers to develop their off-road skills. On the way back from Everest Base Camp we will take a trail (conditions permitting) that will provide us with a full-day of exhilarating off-road.

The highlight of our Bike Nepal & Tibet journey is undoubtedly the spine-tingling descent down the World's Longest Downhill. This 2000m continuous descent has been described by many as the high point of their mountain biking lives.

### ACCOMMODATION

To make our trip an all-round unforgettable Tibet & Nepal adventure travel experience, we've selected accommodation to ensure your comfort and enjoyment even when you're camped at 5000m. Our journey starts and ends with true luxury; three nights in a five star hotel in the center of Kathmandu. We figured that you deserved some pampering before conquering the Himalayas! This hotel has all the amenities you'd expect from a luxury hotel and its location; adjacent the Royal Palace, makes it an ideal point for exploring the bustling city.

Relative to the Nepal adventure travel industry, Tibet is largely undiscovered and undeveloped. Lhasa does not offer a wide selection of hotels and those that do exist are fairly simple. We've selected a clean, comfortable and centrally located hotel for your three nights in Lhasa. The hotel has attach bathrooms with hot shower (which is not always common in Tibet!).

The rest of our trip will be spent standard camping. A full sherpa crew will accompany our group every day and while you rest your muscles after a long ride, they'll set up our well-equipped camp. We may be camping in some of the world's most remote and pristine areas, but you won't go without your basic comforts. Our camp includes a toilet tent, a kitchen/dining tent and a shower tent with hot water bucket! Sleeping arrangements are cozy two-person tents, but you have the option to have your own tent if you prefer (please see 'extras' in booking form). For many people, the novelty and camaraderie provided by our camping experience is one of the highlights of their trip. Our sherpa crew and guiding team do a great job of spoiling you!

### FOOD

You can expect even the food on our Himalayan mountain biking tour to be consistent with the adventure travel vacation spirit. Although perhaps less distinct in Western minds than more popular Asian counterparts, Tibetan

and Nepalese cuisines possess sophisticated, stimulating flavors sure to enhance the cultural dimension of our trip.

While camping, all meals will be provided onsite. You'll eat cooked meals that include pasta, rice, noodles (with meat or without), pancakes, popcorn, and a variety of desserts. Each morning, one of the Sherpa will wake you with a mug of freshly brewed Tibetan hot chocolate.

When in Kathmandu and Lhasa, you'll be able to wander and eat meals in restaurants of your choosing. You might consider trying momos, dumplings with a meat or vegetable-based filling, or po cha, the traditional Tibetan butter tea. In both countries, the typical daily food for most people consists of rice (bhat), lentil soup (dal), curried vegetables and/or meat (tarkari or masu), and a small amount of pickle or sauce (achar).

### DATES & PRICES

For detailed dates and pricing information, please see our website at <http://www.accesstrips.com>

### TRAVEL INFO

#### 1) ARRIVAL & DEPARTURE INFORMATION

**Arrival and Departure Airport:** You should fly into and depart from Kathmandu International Airport (airport code: KTM) in Kathmandu, Nepal.

**Pickup & Drop-off Information:** We provide complimentary airport pick-ups and drop-offs. We will be waiting for you with a sign saying 'Access Trips' as you exit customs at Kathmandu Airport. If you would like to be picked up from or dropped off to somewhere other than the airport, please contact us.

**Airlines and Checking Equipment:** If you intend to bring your own equipment, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges and liability.

**Flights:** We do not book flights or insurance for our clients. For recommendations, [click here](#)

#### 2) TRAVEL REQUIREMENTS

**Travel Insurance:** Travel insurance, including emergency evacuation coverage, is compulsory for all our trips. Please do not attend any of our trips without purchasing appropriate insurance coverage. We recommend that you purchase travel insurance that includes cancellation protection so that you will be covered in the event that you are unable to attend our trip (due to injury, illness or other unforeseen circumstances) or in the unlikely event that our trip must be cancelled. We do not provide travel insurance for our clients. Please contact your local travel agent to purchase travel insurance.

**Passports & Visas:** All countries require a valid passport (with a minimum of 6 months validity). Citizens of some countries will also require a visa. To learn more about visa and entry requirements for Nepal please see the Nepalese Government website at: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_980.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_980.html) or consult your local travel agent. Please note that it is your responsibility to ensure that you have the correct travel documentation.

**Age:** We do not have any age restrictions on our trips. The majority of our clients are between the ages of 25 and 45, but we also have many clients who are older and younger than this.

#### 3) HEALTH AND SAFETY

**Emergency Contact:** If you need to contact Access Travel in an emergency, you can reach us during office hours at the following numbers:

Dialing within North America: 1 (650) 492-4778  
Dialing outside of North America: +1 (650) 492-4778

If you feel that you need to contact us outside of office hours, one of our staff members will be available on the following mobile lines:

Mobile-phone: +1 650 521 2662 or +1 650 387 4249

If you do not receive an immediate answer when calling the above numbers, please leave us a detailed message and we will get back to you as soon as possible.

**Health requirements:** Please carefully review the health information section of the following webpage for up-to-date health information, including information on the quality of medical care, the availability of medications and the necessity for vaccinations in the destination country:  
[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_980.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_980.html). You are responsible for ensuring that you receive any necessary vaccinations before embarking on your trip with us.

**Fitness requirements:** Our mountain bike trip in Nepal and Tibet is classed as a strenuous trip, so you need some prior mountain biking experience to participate in this trip. You should have a reasonable level of fitness and be able to bike for up to 6 hours each day. Van support is available for most of the trip so if you find yourself getting tired (especially on an uphill) you will be able to jump in the van for a break.

**Safety & Security:** To maximize your safety during our tours you should exercise common sense and caution at all times. We recommend that you always stick to set travel arrangements, and avoid unknown areas. We also recommend that you wear minimal jewelry and that you keep valuable items safely stored. Always keep a copy of your passport, airline tickets, travelers checks and credit card numbers separate from where you keep the originals. For information on safety and security in Nepal, please review the safety and security section of the following webpage: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_980.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_980.html)

#### 4) WHAT TO TAKE

**Your Bike:** It is always good to use familiar equipment, so if you have your own bike and are willing to bring it with you, we suggest doing so. Please see below for instructions on traveling with your bike. We recommend that your bike have at least front suspension and that it is a quality brand (Giant, Trek, Kona, Cannondale, Scott, Specialized etc ). If you bring your own bike it is important that you check it thoroughly to ensure it is in good mechanical order before you depart for your trip. Our team is equipped to make minor repairs but to save you hassles during the journey it is a good idea to check your bike before you arrive. If you are not familiar with bike maintenance, your local bike shop can help you with this.

Things that you should especially look out for are:

- \* Check wheel rims
- \* Check and adjust all wheel spokes.
- \* Check and grease all bearings.
- \* Check brakes and brake cables.
- \* Check gears and gear cables.
- \* Check and tighten all nuts and bolts (especially bottom bracket / cranks and pedals).
- \* Check chain, quick release clamps, tires, and inner tubes.
- \* Check handle bars and bar ends
- \* Check freewheel and rear cluster
- \* Check seat bracket

Equipment checklist:

- \* Cloth for bike cleaning
- \* Park tool brush to remove dirt and clean sprockets
- \* Bike lube – teflon based
- \* WD40 aerosol spray – or a teflon based spray is better
- \* 2 x old tooth brushes (good for cleaning)

- \* Puncture repair kit
- \* SPD peddles can be fitted, if you wish to bring them
- \* Rear panniers racks can be fitted
- \* Pannier bags are available if required
- \* We have limited number of pumps, bike tools and repair kits so it's best to have some basic tools and pump with you.

**Traveling with your bike:** In our opinion, the best way to travel with your bike is to partly dismantle it and put it in a cardboard bike box. If you no longer have the box that your bike came in, most bike shops will have surplus bike boxes that they will be happy to give you.

To fit your bike into the box you will need to remove the pedals, the seat, the handlebars and the front tire. You should also deflate your tires and air shocks. In order to protect your bike during the journey, you should purchase some foam pipe insulation from a hardware store and tape it around the bike frame, gear shifters and back derailleur. It's also a good idea to pack your clothes (in plastic bags) around your bike to provide extra padding.

If you are unsure about dismantling your bike, take it to your local bike shop and they can help you with this for a small fee. We recommend that you pack your bike into as small a box as possible because the tight fit will help to protect your bike and will minimize your chance of having problems at the airport.

Most airlines are willing to carry bikes and many will do so without charging you an additional fee. However, airlines have different policies and these policies do change over time so we recommend that you contact the airline before you fly to find out about their bike transportation policy. As for the flight from Lhasa to Kathmandu, the luggage weight limit for Air China is 20kg. After the limit, it is USD 13 per kg. The average weight of a bike is approximately 15kg.

**Bike Rental:** For those who don't own a mountain bike or who would prefer not to bring their own, we have good bikes available for rent. Please see the optional extras in our booking form for information about our bike rental prices or email us at [info@acesstrips.com](mailto:info@acesstrips.com).

**Additional things to bring:** To minimize the effort of carrying your bags into your accommodation each evening, we recommend that you pack as lightly as possible.

We suggest that you bring the following items:

### **Clothing & Equipment**

- \* your bike (if you decide to bring your own) with comfy saddle or gel cover for the longer rides
- \* prefer not to use a racing saddle unless you are used to it
- \* helmet & gloves (we will supply these at extra cost, but you may prefer to bring your own)
- \* water bottle or camelback (we will supply water bottles but you may like to bring your own)
- \* T-shirts/ cycling shirts (2-3)
- \* cycling gloves (long finger ones are good) & socks
- \* cycling shorts (2-3 pairs)
- \* cycling tights or long pants
- \* cycling shoes (shoes should have stiff base)
- \* camelbak or at least 2 water bottles
- \* waterproof jacket
- \* warm gloves
- \* warm hat
- \* warm socks
- \* sleeping bag (-15 degree) This can be hired as well
- \* track pants (for camp in the evening)
- \* sweater or warm sweatshirt
- \* long-sleeved shirt (an extra layer or to keep sun off)
- \* walking shoes
- \* clothing for wear around town
- \* sunglasses (and spares), wrap around type
- \* sunscreen (SPF 30 or more) and lip sun block
- \* moisturizer, vaseline
- \* toiletries

- \* towel and/or face towel
- \* underwear etc.
- \* clothes pegs (so that your clothes don't get blown away when drying)
- \* washing powder to wash your clothes
- \* camera
- \* mirror
- \* face mask to keep dust out in Tibet
- \* spare parts for your bike, e.g. brake pads, tubes, chain lube etc.
- \* strong tape to tape box when you repack your bike at the end (if you decide to bring your own bike)
- \* money belt
- \* first-aid kit (should contain lip balm, aspirin, band aids, a cream for sore muscles (e.g. deep heat), extra prescription drugs you may be taking)
- \* down jacket

### Documents & Money

- \* Passport (with photocopies)
- \* Travel insurance (with photocopies)
- \* Airline tickets (with photocopies)
- \* Credit and/or debit card and/or travelers cheques and/or cash
- \* Any entry visas required

### Spending Money

- \* Meals - Breakfast is included, Lunch & Dinner - 9 included; for others, budget around US \$10
- \* Other expenses - Aside from meals, there are no required additional expenses for this trip, but you might like to take spending money for such things as souvenir shopping, nightlife and Internet cafes.
- \* Tipping - A 10-15% tip for meals is standard in Tibet and Nepal.

## 5) USEFUL LINKS

Country Information: For additional information about traveling in Nepal:

- [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_980.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_980.html)
- <http://www.lonelyplanet.com/worldguide/destinations/asia/nepal/>

Currency Exchange: The currency in Nepal is the Nepalese Rupee (NPR). For the latest currency exchange information: <http://finance.yahoo.com/currency>

## 6) ABOUT ACCESS TRIPS

**Who we are:** Access Trips is dedicated to offering a wide range of instructional adventure tours. If you're looking for a vacation that provides a huge sense of personal achievement while still being fun, exciting and rewarding, our tours are right for you. We coined the term 'instructional adventure tour' to describe our unique style of travel because as far as we know, we are the only company in the world to specialize in offering a variety of such trips! Instructional adventure tours offer the best of both worlds - expert instruction to help you develop and improve in your favorite pastime (or, if you're a beginner, to help you learn a new pastime correctly from the start), and varied and exciting itineraries to give you a unique and memorable travel experience. Our tours are the perfect mix of a high quality instructional course and an exciting adventure vacation and you'll find there's nothing more satisfying than challenging yourself and reaching new heights in your favorite pastime, while also enjoying a unique and authentic travel experience. Our instructional tours encourage you to develop your potential in a relaxed and non-intimidating setting, regardless of your ability level, and reward you with carefully selected accommodation, delicious food, incredible scenery and unique cultural experiences.

We offer trips in all continents except Antarctica and we currently specialize in snowboarding, skiing, surfing, mountain biking and multisport tours. Our team is made up of instructors who are among the best in the world; we select them not only for their talent and experience (many are professional and competitive athletes) but also for their great personalities and their passion for coaching. Our tours attract men and women of all abilities and ages and, thanks to the fact that all clients have a common interest, our trips tend to be fantastic social

experiences in addition to great instructional trips.

**Our commitment to our clients:** Like many travel companies, we are dedicated to offering the highest quality, safest and best value trips that we can. But our client mission is much more than this: on top of offering an excellent product, we are committed to making a positive change in the lives of our clients. We at Access Trips have all benefited in meaningful ways from the remarkable power of having a passion in life - of having a pastime that brings you pleasure, friendships, a sense of achievement and a total escape from the pressures of everyday life. Some of us have found self-confidence, others friendships, and others motivation and drive as a result of our involvement in sports. We want our clients to also experience the pleasure of finding and pursuing a passion. It is our goal that clients return from our trips having found a new passion or solidified an existing one, having made lasting friendships, having experienced a deep sense of achievement as a result of reaching new heights in their favorite sport, and having acquired a new perspective on life as a result of the unique experiences that our trips provide. We have had more than a few clients who have returned from our trips and decided to make major life changes such as changing careers to pursue more meaningful work, moving countries to be closer to the outdoors, and changing universities to be around more like-minded people. We do not expect our trips to have such a dramatic impact on all our clients, but we do hope that all our clients can be inspired in some small way from the experience of sharing their passion with us.

**Our commitment to others:** Although we are ultimately a for-profit business, Access Trips is about so much more than just turning profits. We operate Access Trips because we are passionate about travel, sports and the outdoors and because we love to share this passion with our clients, our employees and the local people we encounter during our travels. It is deeply important to us that our business contributes to the world in a favorable way and that we use our resources to affect as much positive change in the world as we can. We believe that we have three major responsibilities: to our clients, to our employees and to the world at large (which includes the environment and local communities) and we are doing everything we can to serve these three groups to the best of our ability. Please see the company section of our website (<http://www.accesstrips.com/company/mission/>) to read more about the actions we are taking to fulfill our mission and to effect positive change in the world.

## **7) FINAL NOTE**

The information contained in this document is provided in good faith. Due to the nature of travel, details in this document may change. You should thus use the above information as an indication only and not as a contractual obligation on the part of Access Travel, Ltd.

## **TERMS & CONDITIONS**

Please have a look at our Terms & Conditions at <http://www.accesstrips.com/company/termsandconditions/> before you make your booking. Thanks!