

Wind Horse Holidays, Inc

Lhasa to Kathmandu by Mountain Bike

Bike from Lhasa to Kathmandu with Everest Basecamp Detour.

Trip at a Glance

Route

Flight to Lhasa, mountain biking along Friendship Highway and, Everest Basecamp detour and exit to Kathmandu, Nepal.

Duration 24 Nights/ 25 Days

Cost Per Person on US\$

Land		
Group Size	Deluxe	Standard
Single Traveler	4850	4500
2-3 pax	3755	3520
4-5 pax	2550	2320
6-9 pax	2510	2275
Single Supplement	555	465
Internal Air (Subject to change)		
Beijing/Lhasa	345	
Chengdu/Lhasa	215	
Kathmandu/Beijing	450	
Kathmandu/Bangkok	295	

The journey begins with the spectacular Trans Himalayan flight to Lhasa (3600m), the capital city of Tibet. You will be amazed to see the Mount Everest and many other majestic Himalayan peaks. Upon arrival in Lhasa airport, the Tibetan guide will meet you and transfer to hotel (96km, 2.5 hrs). You will spend a few of leisurely and vital days in Lhasa in order to acclimatize in the high altitude of the dry Tibetan Plateau. In and around Lhasa, there is much to see, including the incredible Potala Palace, the Jokhang Temple and surrounding markets of Barkhor. Being on bike means that the group can easily combine acclimatization with interesting tours of the many temples and religious sites that dominate this fascinating city. From Lhasa, we set out for our main objective; ride over the six major passes of the main Lhasa to Kathmandu route. Running parallel to the chain of the Greater Himalayas, we trace the natural boundary between Tibet and Nepal. The traverse of the high plateau will take us through the ancient monastery towns of Gyantse, Shigatse and Shegar, Rongbuk, Mount Everest Base Camp, retrun drive to the highway at Tingri and continue drive towards Nepal border. We have the fantastic views of the mountains, lake, villages and meet friendly Tibetan people along the way and get chance to interact with them.

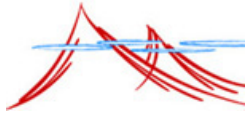
The trip is a mix of ride and drive. A 4 WD jeep backs you up all the time and a truck with camping gears; bike accessories and food-supplies will follow you.

All camping and kitchen part is taken care of Nepalese crews who are the experienced trekking crews of Nepal. They will set up camps and prepare delicious hot meals during cycling days.

Itinerary

Day 01: Flight to Lhasa.

There are flights to Lhasa from Beijing (direct flight) and from other major Chinese cities via Chengdu or you can choose to fly from Kathmandu (Saturday and Tuesdays only). The flight from Kathmandu takes you right above the Himalayas and you will have opportunity to see Mount



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Everest and other majestic peaks. Upon arrival at Lhasa, you are met by your Tibetan guide and transferred to hotel. Check in hotel and take rest for proper acclimatization.

Deluxe: Lhasa Hotel****

Standard: Dhod Gu Hotel***

Day 02-03: At Lhasa

Sightseeing of the highlights of Lhasa such as Potala Palace, Norbulingkha Palace, Jorkhang Temple, Barkhor Street and Metshekhang.

Deluxe: Lhasa Hotel****

Standard: Dhod Gu Hotel***

Potala Palace of the Dalai Lama is an immense structure, its interior space being in excess of 130,000 square meters. Fulfilling numerous functions, the Potala was first and foremost the residence of the Dalai Lama and his large staff. In addition, it was the seat of Tibetan government, where all ceremonies of state were held; it housed a school for religious training of monks and administrators; and it was one of Tibet's major pilgrimage destinations because of the tombs of past Dalai Lamas.

Situated in the western suburbs of Lhasa, *Norbulingka* Park was built in the middle of the 18th century during the reign of the 7th Dalai Lama and served as the Summer Palace of Dalai Lamas where they handle political affairs, practiced religious activities and spent holidays.

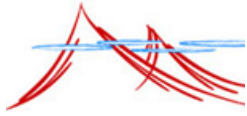
The Jokhang Monastery, an example of the earliest architecture in Tibet, can claim to be the center around which the city of Lhasa developed. Located on Barkhor Street, Lhasa, it faces west and has four stories with the roofs covered with gilded bronze tiles. It was built in Tang Dynasty architectural style with characteristics of Nepalese and Indian architecture. A golden statue of the young Buddha Sakyamuni at age 12 brought to Tibet by Princess Wen Cheng from Chang'an, capital of the Tang Dynasty, is enshrined in the center.

Tibetan Medical and Astrological Institute (Mentsekhang): Built in 1916, Mentsekhang was originally the place of research for Tibetan medicine and calendar calculations for the former Tibetan local government. After a large expansion in 1980, Mentsekhang became the center for the treatment, training, research and production of Tibetan medicine. Tibetan medicine has come with a history of more than 2300 years, from the experiences of Tibetan people as they fought against diseases and assimilated their local treatments with traditional medicine of neighboring countries.

Barkhor Street Barkhor, a circular street at the center of Old Lhasa, is the oldest street in a very traditional city in Tibet. It is a place where Tibetan culture, economy, religion and arts assemble and a place to which a visit must be paid. The sacred pilgrim path of Barkhor is also a marketplace where shaggy nomads, traders, robed monks and chanting pilgrims join together. Clustered shops and stalls sell printed scriptures, cloth prayer flags and other religious vessels, jewelry, Tibetan knives, ancient coins and other Tibetan relics.

Day 04: First day on the bike. Visit Drepung and Sera Monasteries.

Another easy day, we will ride out to the Sera Monastery or to the Drepung Monastery, either of which is no more than twenty minutes away. Founded in the 14th century, Drepung monastery was



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once the largest in the world, with a population of around 10,000 monks. These days that figure is down to several hundred, but there is still much here of interest as it was left relatively unscathed during the Cultural Revolution.

Deluxe: Lhasa Hotel****

Standard: Dhod Gu Hotel***

Drepung Monastery, situated to the west of Lhasa city, was the largest and richest of the three major Yellow Sect monasteries in Lhasa, and it also became the most powerful. As the most powerful of the “Gelukpa” monasteries, Drepung had seven colleges and, at its height, housed over 10,000 monks. It owns many splendid murals, elaborate statues and other rich treasures. A giant golden statue of Buddha “Jiangba Tongzhenma” sits near the precious conch shell.

Sera Monastery, the last of the three principal Yellow Sect monasteries was the last to be built in Lhasa. Sera means “Hailstone” in Tibet, and legend tells that it hailed during the foundation of this famous monastery. Sera comprise a great sutra chanting hall, a college and 32 sections. It once housed nearly 10,000 monks, and is proud of its glorious history during the Ming Dynasty.

Day 05: Bike to the campsite at the foot of Kamba La (4, 794m)

Finally, your trans-Himalayan biking adventure begins. Starting out on our epic ride, we pack our excess gear onto our support truck and take only the things which we are likely to need during the course of the day - water bottles, camera, wind shirt, and set off on a level and easy first stage to the foot of Kamba La (4, 794m). Just 30 minutes out of Lhasa, do not forget to stop by the blue rock carving Buddha and also visit the Drolma La Khang-one of the ancient temple associated to Tara. Today, you will paddle about 85 km. When you arrive at the campsite, you will find tents, latrines, shower tent and facilities ready. Overnight accommodation in tents

Day 06: Across Kamba La (4, 794m)

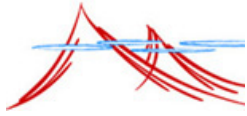
Today, we cross the first of the six major passes of our route, the Kamba La (4,794 m). The early stage of the ride is hair rising!! Steep up and challenging, but you have option to hop on the supporting vehicle up to the ridge of the pass. The views of Yamdrok Tso Lake and the mountains which look dwarfed by Tibetan plateau are astonishingly beautiful. Take a break here for photography and start descent along the bank of the lake. You will find your camp set up beside the lake at an altitude of 4,490m. Today, you will cycle about 55km.

Day 07: To the foot of Karo La (5,045m)

Continue cycling along the banks of beautiful Yamdrok Tso which ends near a small town of Nangkartse from where you may opt to take a detour of Samding Monastery-the only monastery headed by female incarnate Lama. Leaving Nagartse, our route turns towards the West, passes through a ravine up to foot of Karo La [5,045 metres], where we set up our camp. Today, we ride 54km.

Day 08: Across Karo La (5, 045m) to 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



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(3980m). Enjoy the hot shower that you missed last few days. If time permits, stroll in the township. Gyantse town is very much Tibetan in character and has impressive historical and cultural sights. Overnight accommodation at Gyantse Hotel***

Day 09: To Shigatse via Shalu Monastery.

First we explore the highlights of Gyantse. Gyantse Dzong-the commanding fort dates from the fifteenth century, when it was the seat of a powerful warlord. The most famous and beautiful of Gyantse's numerous monasteries is the spectacularly large and complex stupa, which is known as the Kumbum. This gold-topped pyramid has been little damaged over the centuries, and is one of the finest buildings in Tibet. From Gyantse, the road is flat and paved. About 20 km ahead of Shigatse, turn off to Shalu Monastery which lies 4 km from the highway. Retrace ride to the highway and continue to Shigatse, the second largest city of Tibet. Total ride 94km. Accommodation in the best available Shigatse Hotel*** or Manasarovara Hotel***

Day 10: Sightseeing and rest at Shigatse

Shigatse is Tibet's second largest city and the capital of the province of Tsang. The most interesting of its many sights is probably the Panchen Lama's Tashilhunpo Monastery and the ruined fortress, which dominates the city's skyline. A high wall surrounds the red and gold buildings, which make up the Tashilhunpo Monastery, and around this wall there is an important circumambulation route, which includes small shrines, significant rock inscriptions and many prayer wheels. The circuit takes less than an hour, but much longer if you stop regularly to watch the Tibetan pilgrims. Little remains of the Shigatse fortress, but the views from the top are spectacular. Accommodation in the best available Shigatse Hotel*** or Manasarovara Hotel***

Day 11: To Gyachung Monastery

It is a long day's ride with several uphill sections, including a couple of small passes and several small Tibetan villages, to our campsite at the foot of Tso La pass, beyond Gyachung Monastery. Today, we cycle about 75km.

Day 12: Cross Tso La pass and ride to the campsite pass Lhatse.

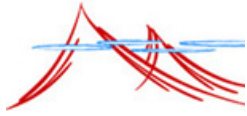
Our reward for the hard climb to the pass is a distant view of Mt. Everest [if the weather is clear]. From the pass we descend to the small town of Lhatse. Just before Lhatse, there is a hot spring where you may want to clean up the dust. Lhatse's claim to fame is that the long road to western Tibet starts from a point 6 Kilometer to the West of the town, where there is a ferry crossing of the Brahmaputra River. Ride about 10km past Lhatse to the campsite. Total cycling 95km.

Day 13: Cross Gyatso La to Shegar

Today we cross Gyatso La (5253m)-the highest pass of this route. 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 or New Tingri. This town is a popular stopover for anyone heading to the Everest region. Accommodation in the best available Qomolangma Hotel. Total cycle: 75 km

Day 14: Shegar-Pang La (5,150m)

It's now time to divert from the Lhasa-Kathmandu highway and head towards the world's highest



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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: To Rongbuk Monastery.

Now, you should be at peak fitness and very excited about the approach of Everest Base Camp. At Phadhruchi, the first sizeable village after the pass, the road divides, with the Eastern fork going to Kharta and the Kangshung side of Everest, whilst our route continues south-westerly and then south towards Rongbuk. The route is relatively flat as far as Chhosang but then starts to climb for the final 10 kilometres to the Rongbuk Monastery. However, you will be rewarded by a magnificent view of the world's tallest mountain. Total Cycle 35km

Day 16: Rest and exploration day at Rongbuk - camping

We take a well-deserved rest day at Rongbuk Monastery. There are actually 6 derelict monasteries in this high valley, and only one has been restored to a functioning state, at present. At an altitude of about 5,000 m, this is a contender for the highest monastery in the world. It is a strenuous 2 hours or so up to the Base Camp area of the North side of Mt. Everest, which is situated in a sheltered spot on the outwash gravels below the Rongbuk Glacier.

Day 17: Rongbuk - Tingri- camping

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). Tingri is an unsheltered and windy settlement, directly underneath the imposing Cho Oyu. We cycle a bit beyond Tingri to a little village that has natural hot springs where we can take a bath. Overnight accommodation in tents. Total cycle: 76 km

Day 18: Tingri - Thong La- camping.

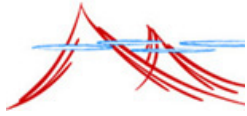
This day begins with a 40 to 50km flat ride before lunch. Then we tackle the gradual incline of the twin passes of Lablung La (5,124m) and Thong La (5, 120m), the last high passes of the route. Camp in the valley between two passes. Total cycle 75km.

Day 19: Across Thong La (5, 120m)

Now that we are well acclimatized climbing up this pass may no longer be as strenuous as our first pass, however, it is still a huge challenge. At the pass, you will feel like you are as high as the peaks around you, including Shishapangma (8012m). Descend a short distance to a campsite below the imposing Shishapangma Mountain.

Day 20: Thang La - Zhangmu

Now get ready for one last kick uphill. After breakfast you climb Thang Pass (5050m). Stop and stretch your 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). From the Thang La to the lowest point of our



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ride, across the border in Nepal, we descend 4,600 metres [15,000 ft.] over 1117kms, and we complete the majority of the descent on this day. If you find it hard, hop on the supporting vehicle any time. Accommodation in Zhangmu Hotel***

Day 21: To Dhulikhel

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 Dhulikhel Lodge Resort. [Total cycle: 97km]

Day 22: To Kathmandu

Enjoy a big breakfast on the roof terrace of Dhulikhel Resort at sunrise and spectacular panorama and freewheel down 15 km to Bhaktapur where you will stop to see some of the town's famous temples. From Bhaktapur to Kathmandu, the traffic is crazy. So, put your bikes and gears in the vehicle and drive to Kathmandu.

Deluxe: Soaltee Crowne Plaza***

Standard: Manaslu Hotel***

Day 23-24: Sightseeing of Kathmandu Valley

As they say, in Nepal, there are as many temples as houses and as many gods as its population and that you will witness during your two days tour in Kathmandu. Among many others, you will visit Pashupatinath, the holiest Hindu temple on the bank of sacred Bagamati River, Boudhanath Stupa, the largest Stupa architecture in the world!, Visit Patan, also known as the city of arts and crafts, Durbar Square of Kathmandu, the old royal palace of Nepal.

Deluxe: Soaltee Crowne Plaza***

Standard: Manaslu Hotel***

Day 25: Kathmandu-Bangkok (B)

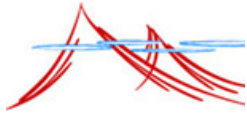
Transfer to airport for flight to Bangkok.

TG 320, Departs Kathmandu at 1340 hrs, Arrive Bangkok at 1615 hrs.

Service Details

Price Includes

- All hotel and guesthouse accommodation on twin sharing.
- Daily breakfast in hotel portion and 3 meals a day during camping.
- All transportation by 4 WD land cruiser.
- A supporting truck for gears and supplies.
- English speaking Tibetan guide.
- All entry fees and necessary permits.
- All camping and kitchen gears.
- Cook and helps for camping arrangements.



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Price Does Not Include

- All lunch & dinners of hotel portion.
- International Air Fare.
- Airport taxes.
- Expenses of personal nature like drinks, tip, laundry, telephone etc.
- Travel health and personal accident insurance. We strongly recommend you purchase travel insurance which covers, trip cancellation, trip delay, baggage, medical, emergency evacuation etc.
- Medical Immunizations.
- All extra expenses caused due to nature or unforeseen events.
- Excess baggage charges.
- Optional tipping to local staffs, hotels etc.
- Items of a personal nature (drinks, laundry, telephone, etc.).
- Bike and Bike-gears (If you don't have your own, good quality bikes are Available on rent in Kathmandu in a very reasonable price)

Some Trip Information

Booking Class

Booking class is just a choice of hotels (where choices are available) and not of the other services and elements of the holiday. Irrespective of what class of trip you book with us, all services such as Guides, lodges on the trek, meals, sightseeing, and transports are the same for any booking class.

Accommodation and Meals

You will be provided with a twin sharing accommodation unless you pay for a single room. You will have middle range decent hotel in Tibetan quarter of Lhasa and the top end hotels in Gyantse, Shigatse and Shegar. Rest of the places, your accommodation will be either in tented camping or in local guesthouses. All the camping arrangement is taken care of by Nepali or Tibetan crews that comprise a cook and assistants who set up camps and prepare delicious and nutritious meals. We get hot meals in breakfast and dinner and cold packed meals in lunch.

Transportation

You will be provided 4WD Jeep for entire transportation. You can hop on and hop off any time. We will also provide an extra van or jeep for supplies and gears required for camping.

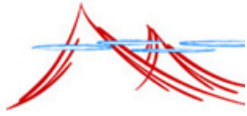
International Airfare

Internal airfare is not included in the land cost of our trips. Internal airfares are separately mentioned. We are happy to assist you with finding international flight.

Mountain Biking Guide

Your trip will be lead by an experienced mountain biker guide.

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Phone: 612 869 4949, Toll Free (USA): 1 888 834 6773, Fax: 612 861 1996
postak@windhorsetours.com <http://www.windhorsetours.com>



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Tour Activity Level

Some experience of altitude will be an advantage. The key is the ability to ride day after day and be comfortable on your mountain bike. The majority of terrain will be on made tracks or roads so you don't need to be a downhill demon. You will need to be able to cycle for 40-100 km/day over some difficult terrain and quite rough ground, at high altitude. There will be time to stop for a good lunch and to take some photographs. Camping equipment, food and so on will be transported by our support vehicle, but good riding fitness will be necessary. Train hard - the air is thin.

As its an outdoor adventure sport in the Tibetan high plateau with harsh weather and difficult terrain, you will require a good amount of fitness, flexibility, energy, positive attitude and a spirit of adventure. The trip is a mix of ride and drive. The route is mostly a dirt road but when cities approach, then you will find the road dramatically changing to a black-topped. If you are not optimally conditioned, we recommend that you start a training program at least three months before departure, gradually increasing the intensity and duration. Check with your doctor before undertaking any new fitness program. All gear and camp supplies will be transported by a supporting vehicle, leaving members free to carry only a light day pack.

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice, and other details from procuring visas to advice on local customs.

Wind Horse Holidays is the pioneer in active adventure travel. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

Note on Itinerary

Although we will do our very best to adhere to the itinerary schedule as listed, it is subject to change for numerous reasons beyond our control.

Conditions of Participation

Your participation on a Wind Horse Holidays trip is subject to the conditions stated in the Participant Information Form, which includes the Agreement and Release from Liability and the Booking Conditions. We urge you to read this information carefully, and to call us if you have any questions.

Booking

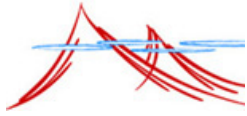
We request USD 200 deposit (Non refundable) plus internal airfare costs in order to process the booking. Upon receipt of your booking, we will get back to you with status of air and hotels. Normally, the final payment is due 90 days prior departure but if the suppliers need payment earlier, we may contact you accordingly.

Cancellation Charges

91 day prior departure: Forfeiture of deposits

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Between 90-60 days prior departure US\$400 per person or 25% of the total trip cost which ever is higher.

Between 59-45 days prior to departure US\$ 600 per person or 50% of the land cost whichever is higher, will be charged.

Between 44-30 days prior to departure US\$ 800 per person or 75% of the land cost whichever is higher will be charged.

Cancellation within 30 days prior departure results into 100% charge of the land cost.

Purchase Insure America's Travel Guard Policy to protect yourself from the cancellation charges, in case if you have to cancel the trip for any unavoidable circumstances like accident, illness, and death in the family. For more information, please, visit

http://www.windhorsetours.com/travel_insurance.php

Trip applications can be downloaded from following link..

<http://www.windhorsetours.com/reservation.php>