

# 10 Day Enduro Mountain Bike Adventure in Nepal- Jomsom Muktinath

## Itinerary

### Day 1- Arrival in Nepal

Arrival in Nepal and transfer to hotel. Your guide will be at the airport to greet you and take you to your hotel. Sleep off the jet lag and build up your bike if you have the energy! Accommodations: Wood Apple Hotel

### Day 2- Nagarkot Enduro Riding Day

Today, we will build up our bikes and head to Nagarkot.. Nagarkot is hands down the best area for enduro riding in the Kathmandu Valley. The trails vary in difficulty and distance, but they are all fun. We will have a full day of shuttle runs for as much singletrack as we can handle.

Accommodations: Wood Apple Hotel

### Day 3- Fly to Pokhara

After breakfast we leave the hotel and head to the airport, where we catch a 25 min flight to Pokhara. Pokhara is a chill lakeside town at the base of the Annapurna Himalaya. If time is sufficient, we ride to the Peace Pogoda, a 2 to 3 hour round trip with a short yet steep climb and a super nice single track descent to the Lake.

Accommodations: Hotel in Pokhara

### Day 4- Fly from Pokhara to Jomsom (2910m) and ride to Kagbeni (2800m), 14km

Wake up for sunrise and hopefully catch a glimpse of the mountains before we head to the airport. It's about a 22 min flight to Jomsom, above the Pokhara valley and deep into the heart of the Himalaya. Take a peek out of the window for fantastic views of Dhaulagiri and beyond. The flight is simply breathtaking as the plane's wing pit almost touch the snow capped peaks. Fly right between the Himalayan giants and you feel your adventure has really begun as the small plane

banks left and touches down in Jomsom. In Jomsom, we will have breakfast before we enjoy an easy acclimatization ride of 14 km to the beautiful Tibetan village of Kagbeni. The road is mostly flat and traces the Kaligandaki River right up to the boundary of Upper Mustang. We will stay overnight in Red House, one of the oldest inns in the region.

Accommodations: Tea House

### **Day 5- Ride from Kagbeni (2800m) to Muktinath (3760m), 18km**

Today we cycle uphill for the most of the ride, leaving behind the beautiful village of Kagbeni. We follow the trail on the north side of the gorge and climb up a dusty jeep track towards the foreboding Throng La Pass. We stop and explore the ancient monastery at Jhong and have some lunch, basking in the sunshine and enjoying the mountain Views. The final push after lunch is short and we should arrive in Muktinath around mid afternoon. Spend some time here exploring the monastery and temples, two of the holiest in Nepal.

Accommodations: Tea House

### **Day 6- Ride from Muktinath (3760m) to Tukuche (2560m)- 32km**

We will start the day with a short climb that will take us to one of the best descents in Nepal- Lubra Valley. This flowing singletrack is very fun and has some of the most breathtaking views! We will descend all the way to the river valley below and make our way to Tukuche to enjoy some apple brandy and apple desserts.

Accommodations: Tea House

### **Day 7- Ride from Tukuche (2560m) to Tatopani (1190m)- 36km**

We will make our way through the valley, on a combination of singletrack and jeep roads downhill to the village of Tatopani. The trail starts out gentle and flat and winds in and out of the valley, through pine forests and small villages. Following the river, there are good views of the snow capped peaks. Stop at the lush waterfalls at Rukse Chaahara for lunch. After here the speed picks up as the trail drops some 1000 meters with sweeping curves and plunges, rocky sections and bumps that you will love. Arrive in Tatopani the cobble lined village famous for its rejuvenating hot springs.

Accommodations: Tea House

### **Day 8- Ride to Beni, 22km**

Our last day of the ride will take us to our finishing spot of Beni. We will celebrate with a delicious lunch and then make our way to Pokhara for some lakeside relaxing.

Accommodations: Hotel in Pokhara

### **Day 9- Fly from Pokhara to Kathmandu**

Enjoy the morning in Pokhara, a beautiful lakeside city that has many adventure options. Walk around the city, rent a boat to get out on the lake or just relax before flying back to Kathmandu.

Accommodations: Woodapple Hotel

### **Day 10- Departure**

Today, we will say our "see you later" as we depart Kathmandu. We will transport you to the airport to catch your flight home.

\*Itinerary is subject to change.

## **Important details**

### **Accommodations**

While in Nepal, we will be staying in 3 star hotels in Kathmandu and Pokhara. In the mountains, we will be staying in tea houses- basic accommodations that include beds, blankets and sometimes a hot shower!

### **Nepal Recommendations**

There are many sights to see in Nepal! Depending on when you arrive and depart for your trip, here are some suggestions for Kathmandu.

- Swayambhunath (The Monkey Temple)- sitting above Kathmandu, this buddhist temple is a must see while in Kathmandu. It's more common name

of the Monkey Temple is because you are sure to see some monkeys hanging around the temple complex. Since this temple sits above the city, it has some fantastic views of the Kathmandu valley.

- Boudhanath Stupa- This giant buddhist stupa is one of the largest stupas in the world. It is one of the most visited sites in Kathmandu and is a short taxi ride from the Thamel area that we stay.
- Other treks- are you looking to extend your stay in Nepal? We are happy to organize treks for you into other regions or more mountain biking as well!

## Flights/Arriving in Kathmandu

Your flight will arrive at the only International Airport in Nepal called Tribhuvan International Airport.

You will first need to get a visa upon arrival. We prefer to obtain visas at Kathmandu Airport, as it is cheaper. Here is the link where you can do the online pre visa application 12 days before your arrival:-

<http://www.online.nepalimmigration.gov.np/tourist-visa>

Here is the information you need to fill in the form

### ADDRESS IN NEPAL

**House No:-** 40 **Street Name:-** Satghumti **Ward No:-** 29 **VDC:-** Gongabu

**District:-** Kathmandu **Contact:-** +977 1470090 **Cell:-** +977 9862791944

### On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

You should have a printed copy of the form, A passport Photo and the Money in US\$ or any major currency on arrival you will see the visa line. They will give you change in local currency only.

After the visa and immigration, you will proceed to baggage claim. If you have bikes please check with the ground staff at the baggage claim as to where to collect them. Large Items are normally last into this area, so don't panic if you are waiting for a while.



On Exit once you have passed customs, proceed to the main doors and down the walkway. Your guide will be on the other side of the metal railing with a sign with your name on it. If you are traveling with your bike, they will be able to easily spot you.

In case of emergency or nobody is there here is the contact information :-

+977 9823100104 (Jenny Caunt) also works with Whats App

## **Flying with a bike vs. renting one in Nepal**

There are some rental bikes available in Nepal, but we recommend to travel with your own bike. If you have never flown with your bike before, [we have created a guide to help you with the process](#). Reach out if you have any questions about this!

## **Currency**

Nepal is a cash based culture, so please don't expect to use your credit card. It is recommended to get Nepali Rupees currency from an ATM once you arrive in Kathmandu. You can also exchange US dollars at a foreign currency exchange at the airport or in the Thamel area of Kathmandu where we will be staying.

## **Cell Phone**

If you wish to use your cell phone while in Kathmandu, bring a copy of your passport picture to purchase a SIM card while in Nepal. You can do this for around \$10-15 at the airport or at a number of places in the Thamel area where we will stay in Kathmandu.

## **Luggage**

There is secure luggage storage at our hotel in Kathmandu for our bike bags and any extra luggage.

## **Weather**

The weather in Nepal is generally dry when we run our trips. The weather in the mountains can be varied and cold, so pack plenty of warm layers. It is unlikely to rain but we do recommend being prepared in case it does. The nights can be quite chilly, so make sure to bring a jacket and some warmer layers.

## **A note on food related illness**



Many people coming to Nepal get some form of stomach upset, but if you there are ways to avoid this. In most cases it is not from the food in the teahouses, and here are our tips to stay healthy:

Stay away from oily food in the mountains. Most of us are not used to lots of oily food for every meal and combined with the physical exhaustion, cold and altitude it can lead to upset stomachs. Try and choose light options like Dhal Soups, Soups, boiled and poached eggs, oatmeal, pasta and rice (non-fried) dishes- Be careful with your hands -wash, sanitize and wash again!

Be careful with your drinking water and especially where the nozzle of your camelback is dragging on the ground.

Stay away from street food in Kathmandu at the start of the trip!

## **Drinking Water**

The tap water in Nepal is NOT SAFE to drink. Along with our local partners, we are trying our best to eliminate the need for disposable water bottles.

You will be able to get free water refills at the hotel and bike shop in Kathmandu. Please bring along some form of water purification to filter water along the way.

## **Gratuities**

Gratuities is not included in your trip. In most cases like taxis, local restaurants and guided tours tipping is expected in Nepal but not compulsory. Generally local wages are low which reflects the poor local economy. Tipping is a voluntary bonus on your part if you are happy with a service. If you come across good service and are impressed with the guide, food, driver or other things then your tips will be appreciated.

Gratuities Suggestions:

Meals/Restaurant (Local) – 10% of the bill

Taxi Ride – 50 to 100 nrs

Trip Guide: 700 to 1500 nrs per guide per day (as a group)

Trip Porters – 500 to 1000 nrs per porter per day (as a group)

## **Gear Donations**



World Ride trips help to support the growth of women's mountain biking in Guatemala. Gear is a limiter for the Guatemalan ladies who are getting into mountain biking due to financial limitations. Any donations that you can bring to Peru to leave with the ladies is very much appreciated! Things that are needed include:

- Bikes (getting a new one? Travel down with your bike and then leave it there!)
- Helmets
- Pedals
- Shoes
- Tires
- Gloves
- Hydration Packs

## **Travel Insurance**

Travel insurance is recommended for your trip that includes medical. Typically bikes are not 100% covered by travel insurance policies. Many homeowners or renters policies do cover bikes while traveling abroad, so be sure to check into this before the trip. If you wish to get extra insurance for your bike, we recommend Velosurance.

## **Packing List**

Anything you need for your own bike if bringing

- Derailleur hanger
- Extra brake pads
- Any special bike tools -Multitool, mini pump, spare tube

Bike gear

- Helmet (we highly recommend a full face helmet for this trip)
- Sunglasses (or goggles)
- Buff/scarf
- Pack (at least 15L in size to carry layers and capacity of 3L of water)
- Bike shoes
- Gloves



- 3-4 pairs of bike shorts or more depending on preference. (There are laundry services in Kathmandu and limited spots along the Annapurna)
- 3-4 jerseys
- Socks
- Long sleeve base layer
- Waterproof rain jacket

#### Other gear

- Warm jacket (the nights can be chilly)
- Either a bike light or a headlamp (you will need this the day going over the pass!)
- Other clothing for after ride
- Comfortable shoes to hike and walk around in
- Clothes to sleep in
- Swimsuit
- Any medication you might need
- Toothbrush and other necessities
- Sunscreen
- Water filter or purification tablets

#### Personal items

- Passport
- COVID-19 Vaccination card
- Proof of travel insurance if you purchased it
- Credit and debit cards
- A small amount of cash to travel with
- Camera (or just your cell phone)
- Cell phone (plenty of wifi along the way)
- USB Battery pack (optional- there are outlets in all of the hotels)
- Electronics cords and chargers
- Power adapter

#### Misc

- Any extra mountain bike gear you might be able to collect for the ladies there :)