



Ride n Raft East Nepal Itinerary

Key: B= Breakfast; L = lunch; D = dinner included

Note: figures for daily kilometres, ascent and descent are approximate (all GPS devices vary so we've taken an average)



2017 departure

Day 1 November 5th

Meet at the group hotel in Kathmandu. We start with a briefing and drinks before heading out for dinner. The bikes and any extra kit start their journey overnight to meet us in the Far East.

Day 2 (Nov 6th)

Take the short flight to Bhadrapur in the Nepalese plains where we meet our bikes, gear and the support vehicles. We might choose to stay in the jeep through chaotic towns of the plains (15-20km) then start riding where the tea plantations start and we begin the 20km + ascent to the mid hills and our overnight stop at Phikkal (1550m) (BLD).

Approx. 55km riding with around 2100m total ascent

Day 3 (Nov 7th) Today is all about tea as we ride through and past the tea gardens of East Nepal. We start the day Nepali flat contouring around the ridge before the long descent, a mix of cheeky switchbacks and longish straights, down to the valley bottom at around 500m. Then drop down the gears for the long ascent to Ilam Bazaar and out hotel for the night.

Approx. 40km riding with around 1300m ascent / 1600m descent

Day 4 (Nov 8th) Our longest day of riding with one big ascent followed by multiple small climbs. Rolling steadily uphill out of Ilam we drop down a couple of hundred meters to the first bridge and first ascent of the day. 800 vertical metres later we attain the green ridge tops and cooler air of Sakhejung. Hovering around the 2100m contour line we wend our way in and out of the valley sides with a gradual pull up to around 2400m. The final 12km of the day are virtually all down as slide rapidly into Phidim. The town sprawls down the hillside. We'll probably stop at one of the lower hotels at around 1100m.

Approx. 75km riding with around 2400m ascent / 2500m descent

Day 5 (Nov 9th) A shorter day to recover from yesterday's epic and to take in the magnificent scenery unfolding in front of us. Dropping down deeper on down to the river Hewa, crossing the bridge we start the inevitable ascent through farms and jungle up to attain the ridge at around 1700m. The climb continues more gradually pulling up to a final elevation of around 2200m. From here we should see Kanchenjunga, Makalu, Jannu and their sisters. A fine place to stop and relax for the night.



Approx. 35km riding with around 2200m ascent / 1100m descent

Day 6 (Nov 10th) Our final day of riding. Leaving the cool of the ridge top we have a long stepped descent to the Kabeli river and the sun-baked slopes on the other side. It's a 26km climb up to the District Headquarters at Taplejung. Checking in to the simple hotel after lunch the options are to ride or jeep further up to explore the Gurung gompa (monastery) and the airport at Sukhetar, or just relax, wander round the bazaar and check out the tongba joints.

Day 7 (Nov 11th) Today we'll head down to meet our raft crew and fellow paddlers at Dhoban. There are a few options – hike down through the fields (around 3 hours) or jump in the jeep. For anyone with a huge amount of energy we can take the jeep up to Phedi on the ridge above Sukhetar and make the very steep hike up to the Shiva temple of Phatibara at 3800m – on a clear day the views are tremendous! It's around a 5-6 hike with 2 hours travel so requires a very early start. We aim to be at our campsite in Dhoban latest by 3pm.

Day 8 – 12 Rafting the Tamur with [Whitewater Asia](#).
The truck will be returning to Kathmandu with bikes and extra kit.

Ride only: There's an option to take the jeep back to Bhadrapur and fly to Kathmandu – this can be done in a single day.

Extensions:

You can split the return journey to Kathmandu and take time to sightsee at: Maipokhari lake, a Ramsar site and pilgrimage area above Ilam; the tea plantations and Paradise Cottage eco-resort at Pashupatinagar; the national park at Koshi Thapu (7 rivers) famed for having 500 of Nepal's 800 bird species plus the rare freshwater dolphins.

We're also happy to arrange a trek up to Kanchenjunga Base Camp (start at Taplejung); trips to Pokhara (from KTM), Chitwan, The Last Resort or any other great destinations in Nepal. Please ask.

