



Ride n Raft E Nepal - Practicalities

Insurance: It is **essential** that you have appropriate travel insurance for this trip. Make sure your insurance includes helicopter rescue and evacuation. **Clients without adequate insurance will not be allowed to join the trip.** Previous clients have used the BMC (UK), Snowcard, WorldNomad and TravelEx.

In case of emergency your trip leaders will contact our office in Kathmandu. They will then contact your insurer to ask for pre-authorisation for any evacuation and treatment. Where possible we will ask you to contact the insurer directly. Usually insurers ask you to cover the costs upfront and then claim back for this. Some insurers will guarantee payment, some not. Be aware that helicopter evacuation can cost up to \$5000 and must be paid before you leave Nepal.

Riding equipment and personal tool kits: we'll provide you with a suggested gear list for both the ride and raft sections. Himalayan Single Track have excellent information on their site for riding in Nepal and recommended tool kits

Nepal country information and visas: for European, US, Canadian, Australian and New Zealand visitors you can either purchase a visa in advance from the Nepalese Embassy in your home country or buy one on arrival at Tribhuvan Airport, Kathmandu. A 30 day visa currently costs \$40pp payable in USD or Nepali Rupees. You'll need a passport photograph and to complete the online booking form less than 15 days before you come <http://online.nepalimmigration.gov.np/>

Money: on trip you'll need approximately \$250 in Nepali Rupees for miscellaneous expenses (approx. £180-200) and tips for the porters and staff (approx. \$70pp).

It is not possible to obtain Nepalese rupees outside of Nepal. We suggest you use one of the many ATMs in Kathmandu. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. There are ATMs all across Kathmandu where you can safely withdraw local currency, but you **MUST** inform your bank beforehand. We also recommend you carry some additional hard currency with you 'just in case' – around \$300 or equivalent.

Accommodation

For most of the bike trip we'll use the best of the local guest houses available. There are a couple of sites we might prefer to camp so we'll carry tents with us for these. The raft trip is a camping trip.

We provide tents for both the ride and the raft parts of the trip. You can bring your own sleeping bag and sleeping mattress with you or we can provide these for anyone who'd prefer to travel light (though we do recommend you bring your own sleeping bag liner – silk is ideal).

Food

For the ride we use a combination of local cafes and our own supplies. We'll take dinner in the local guest houses/ cafes and snacks or light lunches along the way. Where possible we'll also use local guest houses for breakfasts.

We'll be carrying a whole bunch of snacks with us, and picking up fruit from the local bazaars. We'll also have a simple kitchen set up for additional snacks and pasta frenzies!

On the raft trip all meals are prepared by the crew – and we strongly encourage you to help!

All meals on the ride / raft are included in the trip price. Kathmandu meals are not included.

Drinking water / drinks

We'll carry boiled / sterilised water with us on the ride. The crew will sterilise water for you during the raft trip. This is included in the trip price.



Beers and other drinks are not included in the trip price. We recommend asking the raft crew to buy your beers for you for the raft trip (they'll get them in Kathmandu and bring them on the raft).

In case of domestic flight cancellation

Please be aware that flying in Nepal with unpredictable weather conditions can sometimes lead to flight delays or changes. Our agents always endeavour to make sure you reach your destination on time and will re-arrange your ticket to the next available flight. When encountering severe delays this may mean changing the trip itinerary or your international flights.

Who are ThamBikes?

ThamBikes is a brand of the [Thamserku](#) group. ThamBikes was co-founded by [Jo Chaffer](#). Thamserku have been operating for over 28 years and are one of Nepal's biggest and most respected operators. We have been working with international tour operators and clients since our founding days and have excellent relationships with agents in the UK, France, Spain, Germany and many other countries beyond. We and our sister group have the following companies:

- Blue Sheep – for bespoke holidays
- Thamserku Expeditions – high altitude climbing specialists
- Thamserku Trekking – our logistics back bone
- Thamserku Travel – ticketing and travel
- Yeti Holidays and Kora Tour
- Yeti Mountain Home – our chain of luxury lodges in the Everest region
- Ker & Downey – our chain of luxury lodges in the Annapurna region
- Hotels and resorts: Gokharna Forest Resort; Kasara resort (Chitwan); Jomson Resort;
- Airlines: Yeti Airlines, Tara Air, Dynasty helicopters

Responsible Tourism

ThamBikes: As Sherpa people we have a great desire to protect our environment as 'Guardians of the Himalayas' while encouraging tourists to explore our wonderful world. We'll help ensure that your visit will have a positive impact on local communities, and which will very much add to your experience. Perhaps our largest contribution goes to the Pasang Lhamu Mountaineering Foundation established in 1993. Pasang Lhamu Sherpa was the first woman to summit Mount Everest although tragically she died on the descent. She holds a very dear place within our hearts here at Thamserku. The Foundation supports women and children's development and education through training, school placements, sponsorship and much more besides. We have rebuilt 5 schools since the earthquake and currently support a hostel for blind children.

Since the earthquake we have also formed the Yeti Foundation – a collaborative effort by all of our group we kick-started with a \$40,000 donation <http://yetifoundation.org/>

Himalayan Single Track team started Nepal Cyclists Ride to Rescue (NCRR) in the wake of the 2015 earthquakes. NCRR initially provided immediate aid and relief and then moved on to rebuilding schools and communities. Find out more about their work [here](#).