



Ride and Raft: USD 2470 pp on a twin sharing basis

Ride only (inc transfer to KTM)

USD 1770 pp on a twin sharing basis

Prefer your own room?

Single rooms in the group hotel are an additional \$40 pp per night

We cannot guarantee single rooms in the local lodges along the way, but will do our best to accommodate your wishes. Lodge room single supplement is an additional \$5 per night. Pay this at the end of your trip.

Single tent supplement: \$50 for the trip

Extra nights

A night pre-trip or post-trip in the group hotel costs \$50 per single room or \$55 for a twin or double room on a B&B basis.

Extend your stay

There are many wonderful places to visit and things to do in Nepal if you have a few days free at the end of your stay.

Our most popular request is for some chill out time by the lake at Pokhara.

A three night extension to Pokhara driving out from Kathmandu and flying back with 3 nights B&B at a 3 star hotel costs **USD \$415 pp** (Price based on minimum 2 people)

What's included?

This is a fully inclusive trip package. We want you to feel secure that there'll be no hidden charges or crazy expenses on trip.

Full Trip – ride + raft includes

- Airport transfers in Kathmandu (pick up / drop off for your international flight)
- 3 nights' Kathmandu 3* hotel on B&B basis
- Flight KTM – BDP / BIR – KTM with transfers
- Truck support / bike carriage to and from ride start / end
- Jeep support on the ride
- All meals and drinking water on ride and raft (including snacks)
- 10 nights' camping / local lodge
- Staff – river crew including international guide; bike leader + mechanic (salaries, insurance etc)

Ride only includes

- Airport transfers in Kathmandu (pick up / drop off for your international flight)
- 3 nights' Kathmandu 3* hotel on B&B basis
- Flight KTM – BDP / BDP– KTM with transfers
- Truck support / bike carriage to and from ride start / end
- Jeep support on the ride plus transfer from Taplejung to Bhadrapur (1 day)
- All meals and drinking water on ride (including snacks)



- 5 nights' camping / local lodge
- Staff – bike leader + mechanic (salaries, insurance etc)

Excludes

- International flights
- Insurance (this is mandatory and must include rescue and evacuation)
- Meals and drinks in Kathmandu
- Personal expenses such as re-charge, alcoholic and soft drinks, laundry etc

How to Book

To ensure your trekking holiday is right for you and in the interest of keeping a balance in the group we have a four step booking system:

1. Complete the online booking form. Each person joining the trip must complete a booking form.
2. To secure this with a deposit of \$500 per person. Make your payment by bank transfer or card.
3. Confirmation – we'll send you confirmation of receipt of your booking form. We'll also confirm receipt of the deposit payment once it lands in our account.
4. We'll send more detailed joining information at this point, gear list and some tips on how to best prepare.
5. Four weeks before departure complete the Confirmation Form to tell us about your insurance package; your flights; any health issues; dietary requirements and any other info you think we should know about in order to ensure your well-being and comfort on the trip.
6. Balance of payment: send the balance of payment in full at the **latest four weeks** before your departure date.

We run this trip with a minimum of four people. The trip is guaranteed to run when we have deposits from at least 4 people and booking forms from each person.

Please DO NOT book international flights until we have confirmed receipt of deposit and the trip is running.

Cancellations

If for any reason you need to cancel please contact us. You can read our Cancellation Policy [here](#).

[Download this information](#)

What's it like?

The riding

There are some monster climbs on this trip – 20-30km of ascent over 1km plus vertical – and of course some equally huge descents as we pick our way through the deep valleys and steep ridgelines of the pahad (middle hills) into the Himalaya. You'll need good endurance and strength – and the resilience to keep pushing it day in day out. Temperatures will range from baking hot to chilly up on the tops so being adaptable, well-prepared and keeping yourself well and happy are important.

An ability to keep your wits about you is a must as cows, chickens, goats, children, maybe the occasional monkey, motorbikes, local bikes, trucks and buses variously wobble / dash / hurtle / bumble and scuttle across, along and around the roads!



Bikes / road condition

We'll be cycling on blacktop roads that are in, for the most part, a fair condition. This being Nepal though expect everything from joined up potholes, smooth new tarmac to long sections of dirt, rubble and boulders where landslides have taken the road out / it's being repaired.

We recommend riding hard tail mountain bike with slicks / semi-slicks or a cyclo-cross or gravel bike. We can rent mountain bike, helmet and tool kit etc to you in Kathmandu or bring your own bike

Ride support

We bring the bikes by truck from Kathmandu to Bhadrapur. The truck stays with us for the whole trip and will take the bikes back to Kathmandu. The truck will also bring camping gear and any extra kit you need for rafting etc over to the East. It will then take the bikes and any un-needed kit back to Kathmandu once we reach Taplejung / the raft site.

You can jump in the truck at any time during the ride if you're tired or sick. For bigger groups we'll also have jeep support in addition to the truck during the ride.

Crew – your trip will be led by an experienced rider and we'll be bringing a mechanic along with us too. The trip leader is a qualified guide with extensive Himalayan experience and local knowledge. S/he is also qualified in Remote First Aid. And of course we've a driver and assistant.

Spares and repairs – we'll bring a range of spare parts along with us, and, for larger groups, a spare bike. We will need to charge for any parts you use on your own bikes e.g. tyres, brake pads etc



What's the food like?

Meals on trip are simple but tasty with a mix of Nepali and Western style dishes.

Dhal bhaat is the national dish – most Nepalese eat this twice a day everyday. It's rice (bhaat), dhal (a thick lentil soup), tarkari (curried vegetables) and achar (spicy pickle). Sometimes its served with papad and dahi (curd).

Momos are also really popular. They are a kind of dim-sum or dumpling. Usually stuffed with veg or chicken or buff (buffalo meat – cows are sacred so you won't find beef on the menu)

Here are a couple of sample menus for the ride section:

Breakfast

- Museli
- Omelet
- Toast or Chapattis
- Tea / coffee

Lunch

- | | |
|----------------|-----------|
| Noodle soup | Chowmein |
| Fried potatoes | Hot drink |
| Hot drink | |

On arrival at the lodge / camp

- Tea / coffee / hot drink
- Cookies

Dinner

- | | |
|-------------|-------------------|
| Soup | Soup |
| Dhal Bhaat | Pizza, chips, veg |
| Fresh fruit | Hot drink |
| Hot drink | |

We refill your drinking water bottles at breakfast, lunch and dinner.

What's the weather like?

As with many areas of the planet, weather patterns are changing quite significantly.

Depending on when exactly the monsoon finishes October should have relatively stable weather and is generally dry. The last few years have seen late monsoon and some very wet conditions. November is usually characterized by blue skies and crisp, sunny days.

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|-----------------|---------|-------------|
| Temps in Ilam | 9°C day | -5°C night |
| Temps at Dhoban | 8°C day | -11°C night |