



The surreal desert-like landscape of Mustang, provides the best biking trails available in the region. The 12-day Mountain biking is a fully supported Mountain bike trip into the most stunningly beautiful and remote parts of the world. With a mix of singletracks, jeep track, rope bridge and some technical bits here and there, the Mustang trails promise a thrilling time hammering down the hills. We fly to the famous lakeside city of Pokhara, and then up the deepest valley in the world to Jomsom, a town situated in the lap of the Himalayas after 3 good days in Kathmandu biking Asian Enduro Series (AES Trails). The desert landscape is actually a part of the Tibetan plateau, providing a starkly contrast to the lush greenery of Kathmandu. We tackle mountains trails surrounded by ancient culture, seemingly lost in the time. Pick up dust against headwinds and savour the sights while riding in Mustang.

Enduro THIN AIR – NEPAL

Kathmandu and Lower MUSTANG

Highlights:	Pokhara, Kagbeni, Muktinath, Marpha, Tatopani, Kathmandu
Highest point:	Thorangla Phedhi 4200m, Mustang
Accommodation:	Hotel, Tea house lodge (in Mustang)
Duration:	11 nights 12 days

TRIP DETAILS

RIDE LEVEL: Strong Intermediate

TERRAIN: You are comfortable riding a variety of single track/ jeep track which may include tight trees, mud, loose rocks and sand and are comfortable doing so on more challenging terrain.

OBSTACLES: You are comfortable and confident with a front wheel lift and rear wheel lift to get up and over large obstacles (up to 6 inches) such as roots that are not rollable.

BIKE PARKS: If you have ridden a bike park, you are comfortable on all green and blue trails.

BIKE SKILLS: You are confident and successful executing the following bike handling skills on a variety of single track:

***Shifting** - You anticipate hills by shifting gears often and smoothly

***Climbing** - You shift your body weight forward to keep traction on your front wheel. Climbing is typically successful, unless technical roots, rocks or corners have you walking a short section.

***Descending** - You are comfortable and balanced standing up off your seat and can maintain level pedals for the entire descent. You are comfortable with speed and letting go of your brakes as long as you can see the exit or end of the descent.

***Speed Control and Braking** - You use momentum to climb rolling terrain and are comfortable using both front and rear brakes when required.

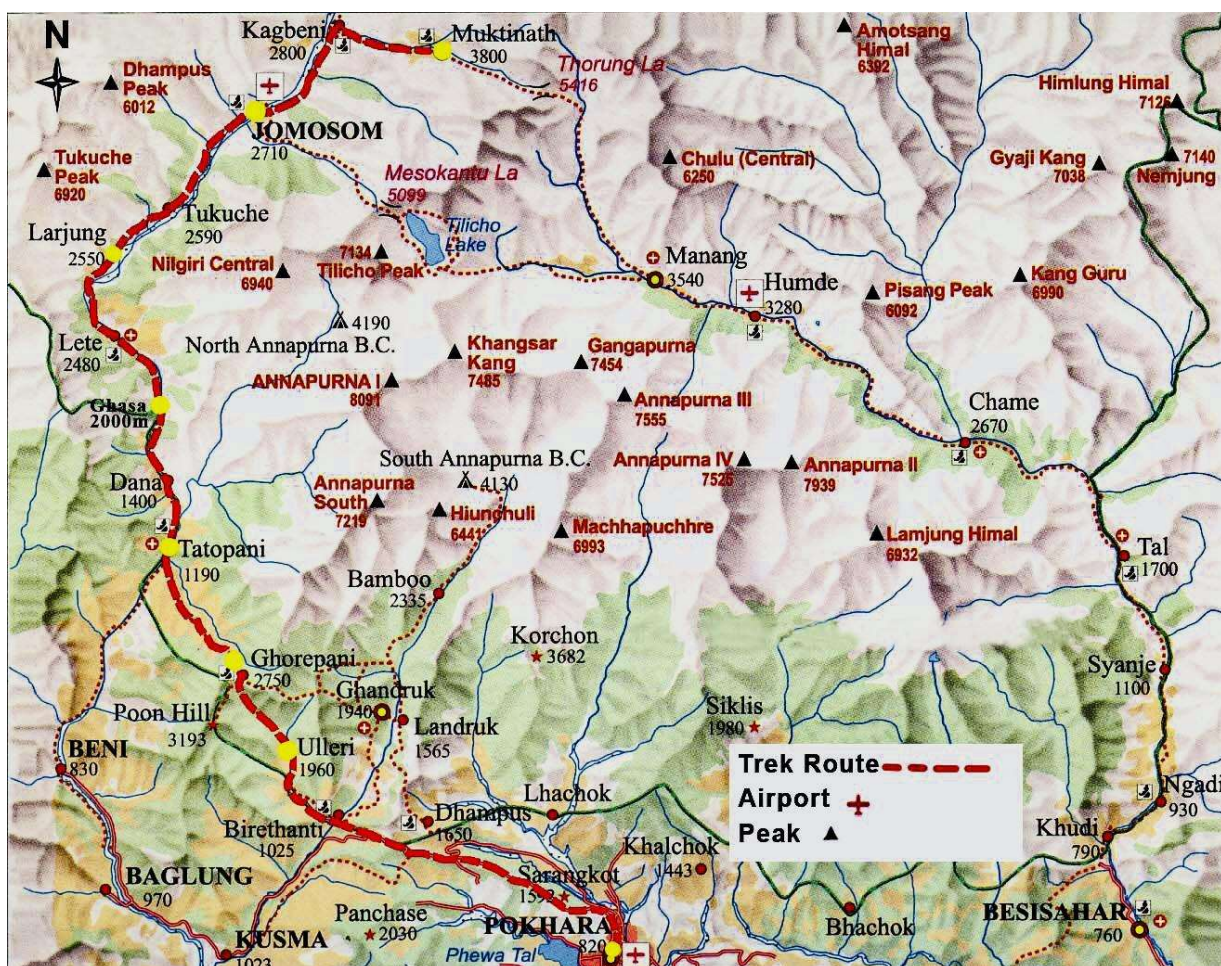
***Cornering** - You understand effective cornering techniques although still need to work on your timing and coordination.

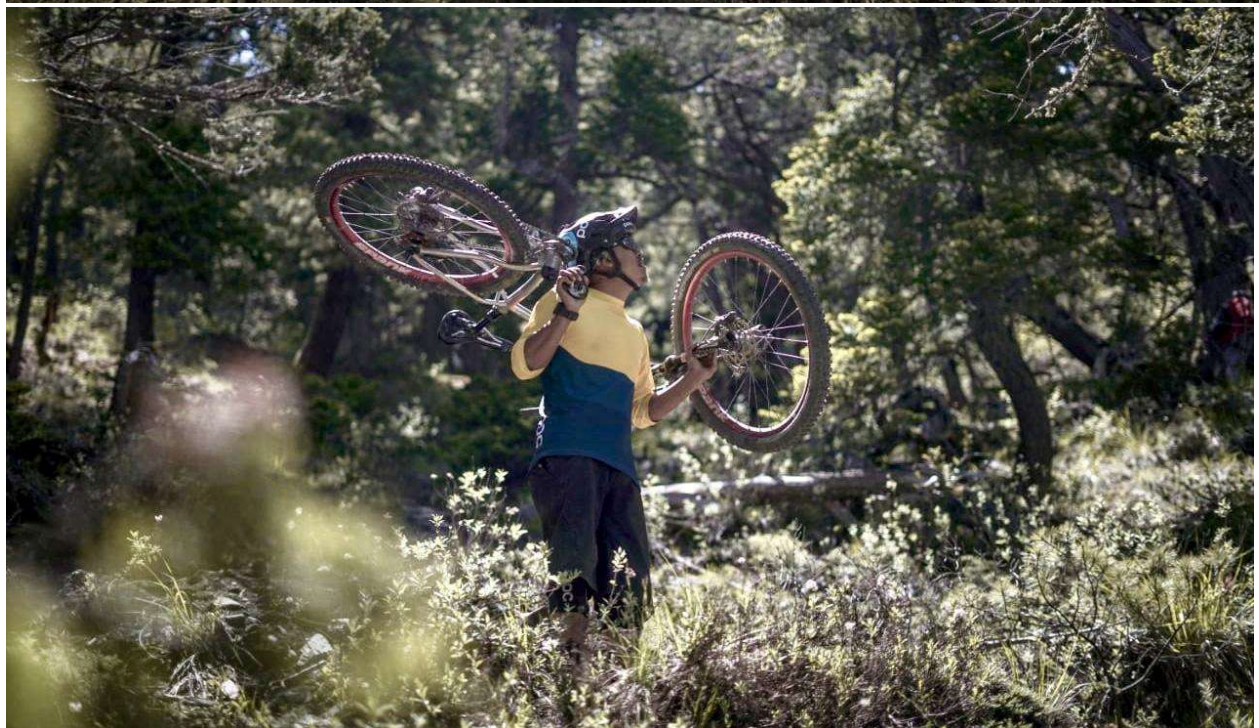
FITNESS LEVEL

- You are capable of riding for multiple days in a row at a moderate pace for an average 3-4 hours of pedal time each day. You could handle adding in a day requiring up to 5 hours of pedal time.
- You can handle moderately steep climbs to a total of 500 vertical meters (1650 ft.) in a day.
- You exercise on average 5 hours per week
- Your exercise regime includes a combination of endurance training like riding a bike and strength training

Brief itinerary

22 Oct. Day 01	International Arrival. Transfer to Thamel. Welcome Dinner.
23 Oct. Day 02	Bike Shivapuri Trails. Overnight in Nagarkot.
24 Oct. Day 03	Bike AES Trails (Grand Himalayan Enduro Trails)
25 Oct. Day 04	UNESCO World Heritage site. Fly to Pokhara
26 Oct. Day 05	Flight to Jomsom 2700m. Welcome to the moon! Ride Phalak and Jharkot.
27 Oct. Day 06	Thorangla Base 4200m to Muktinath and further down to Kagbeni.
28 Oct. Day 07	Famous Lubra Valley trail. Nilgiri base Trails, The edge trails
29 Oct. Day 08	Apple Trails and further ride to Lete, Kalopani
30 Oct. Day 09	Bike Kalopani Pine forest trails and down to Tatopani
31 Oct. Day 10	Ride Tatopani to Beni. Drive to Pokhara.
01 Nov. Day 11	Domestic flight back to Kathmandu. Sightseeing Pashupati and Boudha.
02 Nov. Day 12	International departure





Detailed itinerary

Day 1 International Arrival in Kathmandu, Nepal. Welcome Dinner

Our staff will welcome you at the Tribhuvan International Airport in Kathmandu upon your arrival and transfer you Gravity Nepal Bike store where we brief you about the entire trip. We then drive to Thamel followed by welcome dinner.

Day 2 Shivapuri National Park Trails. Overnight in Nagarkot.

The drive from Thamel towards the northside of the valley (start point, GurjuBhanjyang) is approximately 1 hour. The warm up ride (Stretch your legs ride) today will be 2-3 hours. Lunch will be served at UNESCO World Heritage site, Boudhanath. We then further drive to Nagarkot after lunch where we spend a night.

Day 3 AES Trails (Grand Himalayan Enduro)

The Asian Enduro Series (AES) Trails are quite challenging and fun to ride. The famous Ranger trail, Dam trail and the newly discovered GOLD trail is unavoidable. A good massage session could be organized at the hotel spa after the days ride to relax. Overnight at Nagarkot.



Day 4 UNESCO World Heritage site and Flight to Pokhara

Nagarkot has more than a dozen trails. After half day of biking fun, we roll down to the base of the hill and further drive to Bhaktapur Durbar which is a UNESCO World Heritage site. We take an afternoon flight to the lake city of Pokhara.

Day 5 Fly to Jomsom. Acclimatize

The flight from Pokhara to Jomsom is roughly 25 minutes and one of the most spectacular flights you will experience (Welcome to the moon!) Breakfast will be served at Jomsom where we meet with our bikes. We start to pedal along the Kali Gandaki river to Phalak (3090m) and further drive to Khinga where we acclimatize and roll down to Kagbnei where we spend a night.

Day 6 Thorang Phedhi (BASE) 4200m

We take a shuttle up to Muktinath 3800m and further hike and bike to Thorangla Phedhi 4200m. The downhill ride to Holy temple, Muktinath is smooth and flowy! The elevation drop for the day will be 1400m. We end the ride at Eklabhatti where we meet with our vehicle. (Optional second run can also be organized)



Day 7 Famous Lubra Valley. Nilgiri BASE and The Edge

Lubra valley is one of the most popular trails in Mustang (Signature trail). A shuttle will drive us back to 3800m from where we hike and bike to the top of a pass which stands at 4000m. Epic descent to Eklabhatti. We ride till Thni Village and drive up to Nilgiri BASE. You will love the pine forest trails down to Dhumba Lake. Biking in the edge is the next chapter before we finally roll down to Marpha where we spend an overnight!



Day 8 Apple Orchid trails. TT Lake DH. Rock and Roll.

The shuttle will drive us to Apple orchid above Marpha which is a mere 30 minutes drive 3100m. The ride through the pine forest will be refreshing and challenging too. Make sure you are ready for the ride. Our pick up will receive us after the suspension bridge and drop off at Tukche. TT Lake is next. Today's ride will be more like All Mountain style. Ride Rock and Roll and call it a day. Overnight at Kalopani, Lete.



Day 9 Kalopani Pine Forest trails and down to Tatopani

The Pine forest trail in Kalopani is one of the best in the region. Its more like All Mountain style as we begin. The ride down from Lete is mostly on double tracks where there is more traffic, so please be cautious on the way down. Tatopani is the destination for the day (Natural hot water spring).

Day 10 Roll down to Beni. Drive back to Pokhara

We finally roll down to Galeshwor where we end our ride (2 hour). Pokhara is a mere 3 hours' drive from Beni. Evening will be free to relax by the lake and enjoy the view of Mt. Machapuchre that lie right in front of you.

Day 11 Fly to Kathmandu

We take an afternoon flight back to Kathmandu. Last minute shopping can be done around Thamel. A farewell dinner will be hosted in the evening to celebrate trip completion.

Day 12 International Departure

Our guide will receive you at the airport and transfer you to the international airport as per your flight schedule. Bon Voyage!



Price

Prices provided herein are valid for booking confirmations made before 31 December, 2019

(Ideal group size: 04 Pax, 08 Pax)

USD 2999/Person - 3 Pax and below

USD 2799/Person - 4 Pax and above

Included in the price

1. 2 Professional Mountain bike guides (Lead and assistant depending on the group size)
2. Full board while in Mustang (Jomsom to Beni)
3. Welcome and closing dinner in Kathmandu
4. Shuttle service as back up and for luggage transport throughout the tour
5. Accommodation on Twin sharing basis (additional USD 50/day for single supplement).
6. National park/ Governmental permits
7. 3 Domestic flights Kathmandu (KTM)- Pokhara (PKR), PKR-Jomsom, PKR-KTM
8. First aid / Toolbox available on board
9. RAD biking experience

Not included in the price

1. Flights to and from Nepal
2. Meals (Lunch and dinner) while in Kathmandu and Pokhara
3. Alcoholic/ Non-Alcoholic beverages
4. Emergency Evacuation (**Travel and Medical Insurance MANDATORY**)
5. Mountain bike and helmet (Available upon request)
6. Nepalese visa (Can be obtained at the airport upon arrival)
7. Tips and personal expenses (**10% of the total price would be ideal tip**)
8. Other items not included in the "included in the price" list

Accommodation and Food

The accommodation that will be used in Kathmandu and Pokhara are small boutique hotels. These hospitable hotels and tea house lodges (in Mustang) provide some of the best and luxury services in our biking destination (we have done a whole lot of research to find the best for our clients). The hotels and lodges in Mustang will provide hot shower and comfortable place to relax and unwind.

We encourage most of our clients to eat local food (this is what you are looking for as well) which would mostly be organic local Nepali food, but we do have an option to order food of your choice like spaghetti or a Himalayan Yak Burger.

What to bring

- Mountain bike (well serviced full suspension bikes)
- Helmets and Biking gloves
- Biking clothes, windcheater, warm trousers and jackets, sleeping bags for Mustang
- Power bars and energy bars, Head torch, water system (hydration pack)
- Puncture kits, spare parts (hanger, derailleur, extra brake pads, tubes)
- Mini bike tool

About the Guides

Our guides love to ride. Mountain biking began a decade ago and have enough biking experience to lead tours in the Himalayas. Some of our guides are also national level Mountain bike racers and have represented Nepal in various international racing events across Asia. Our guides are also trained First aid responders from Himalayan Medics in which our leader is a certified Wilderness First Responder.

You are in good hands!

Activity Level

The Technical ability required for the trip would be 7 out of 10.

The trails are technically challenging at times with hiking sections and some exposure. A good fitness level will also be required.

Climate

Kathmandu stands at 1400m and MUSTANG at 3800m. Kathmandu valley will be warm during the daytime but the weather will be different while biking at 3800m Mustang. Therefore, we need to be prepared for cold and windy weather. Make sure you carry warm clothes and jackets if you are travelling to Mustang for trip extension.

Safety

*Our Mountain bikes trip leader is a Certified Wilderness First Responder (www.nols.com). Our trips take place mostly in the trails inside the jungle, technical trails, rocks etc. hence it will always be risky and hazardous. Make sure you ride within your limits. Biking is a dangerous sport. It is always good to keep your bike in good condition and keep yourself hydrated. **Personal medical and travel insurance is mandatory.***



Trip Waiver

The following Trip Waiver constitutes release of liability, waiver of claims, assumption of risks and indemnity agreement. By signing this document, you will waive certain legal rights, including the right to sue. Please read carefully.

Exclusion of Liability

Except where stated otherwise, GRAVITY NEPAL PVT. LTD. (referred to as GN) acts as agent for service providers when making arrangements for your trip. Where GN provides services, it will do so with due care and skill. GN is not responsible for the acts and omissions of others, including airlines and accommodation providers or for any loss, damage, death, injury or expense (including loss of money paid in advance), which you may incur as a consequence of the acts and omissions of others. You warrant that you have not relied on any representation made by GN, any travel agent or other Representative, which has not been stated expressly in any written or electronic statement from us.

GN will not accept responsibility or liability if you contravene any law or regulation of any country or region visited. Any independent arrangements that you make that are not a part of the GN trip (including pre- and post-accommodation) are entirely at your own risk and GN cannot and does not give you any assurance, representation, or warranty in connection with any such arrangements.

To the fullest extent permitted by law and subject to the exception set out below, GN does not accept liability for any loss, damage, death or injury however caused (including through negligence), which you may directly or indirectly suffer in connection with or arising from this contract or your participation in a trip, or in respect of a failure or omission on the part of GN to comply with its obligations under this contract, or in respect of any other conduct that GN undertakes in connection with a trip. To the fullest extent permitted by law and subject to the exception set out below, you also agree to release GN and its officers, employees, agents and representatives from all costs, liability, loss and damage incurred by you in connection with your participation in any trip, and waive any associated claims that you may have against GN or its representatives as a result of your participation in any trip. For these purposes, GN enters into these Conditions as trustee or agent for its Representatives.

In entering into this Agreement, I am not relying on any oral or other written representations or statements made by GN with respect to the safety of tours, other than what is set forth in this agreement. I confirm that I have read and understand this agreement prior to signing it, and I am aware that by signing this agreement I am waiving certain legal rights which I or my heirs, next of kin, executors, administrators and representatives may have against GN.

Signature

Print Name

Date