



Hiddenchina.net

1000km Mountain Bike Expedition

Beijing - Lhasa - Kathmandu

incl. Qinghai-Tibet-Railway and Mt. Everest Base Camp

- 18th August - 14th September 2008 with visit of the 2008 Olympic Games in Beijing
- 15th September - 12th October 2008
- 14th September bis 11. Oktober 2009
- Day 1 and 2 > Flight from Geneva via Doha to Beijing
- Day 3 until 7 > Beijing: Olympics (only August/September), Great Wall, Forbidden City
- Day 8 and 9 > Qinghai-Tibet Railway from Beijing to Lhasa
- Day 10 until 12 > Lhasa: Potala Palace, Drepung Monastery
- Day 13 until 26 > Mountain Bike Expedition Lhasa - Yamdrok Tso - Gyantse - Shigatse - Rongbuk Monastery - Mount Everest Base Camp (5200m) - Tingri - Nyalam - Zhangmu/Kodari - Kathmandu
- Day 27 > Kathmandu: Boudhanath Stupa, Bhaktapur
- Day 28 > Return flight from Kathmandu to Zurich
- Starting at CHF 6'280 / EUR 3'915 / USD 5'750 (Flight + Railway included)



28 DAYS MOUNTAIN BIKE EXPEDITION BEIJING - LHASA - KATHMANDU

- Travel Dates: 18th August - 14th September
15th September - 12th October 2008
14th September - 11th October 2009
- Destinations: Beijing, Lhasa, Ganbadongbu, Pelde, Nangartse, Gyantse, Shigatse, Liuxiang, Lathse, Shelkar, Rongbuk, Mt. Everest Base Camp, Tingri, Mento, Nyalam, Zhangmu, Kathmandu
- Duration: 28 days
- Starting in: Beijing
- Ending in: Kathmandu
- Group Size: max. 10

Pay less, experience more!

We strive for ADVENTURE and INDIVIDUALITY. With only small groups and an active participation of everyone at our campsites we can have even more fun!

Group Size:

You won't be traveling alone with us, yet individually - with minimum 6 and 10 participants at a maximum. One or two Swiss tour guides as well as a local Tibetan guide accompany the group.

Online-Anmeldung

The number of participants is quite limited and therefore we hold on to "First come, first served". You can apply online (www.hiddenchina.net) no later than 2 month before departure.

For questions and bookings please contact Mr. Roman Lange:

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DAYS 1&2 **GENEVA - DOHA - BEIJING**

Individual travel to the meeting point (09:00) at the airport in Geneva and flight with Qatar Airways via Doha to Beijing. Upon arrival at 14:40 follows the transfer to the hotel.

DAYS 3-7 **BEIJING: GREAT WALL AND OLYMPIC GAMES**


On the first days in Beijing will visit the Great Wall, the Forbidden City and the Tiananmen Square.

Another architectural highlight is the new Olympic Stadium. We'll follow the Olympic Games very close: with tickets to the mountain bike race and men's beach volleyball final (only tour in Aug/Sept). Accommodation at the hotel in Beijing.

DAYS 8&9 **TRAIN FROM BEIJING - XINING - GOLMUD - LHASA**

The Qinghai-Tibet-Railway, with its angular point on 5'072 meters above sea level, is the highest and longest railroad of the world! To a great extent, it is built on permafrost soil. We travel in soft sleeper cabins which are all oxygenated.


DAYS 10&11 **LHASA**

Today we visit the Barkhor-Bazar, Jokhang temple - the spiritual heart of Tibet - and the world famous Potala Palace, a former residence of the Dalai Lama, which is also described as the 8th wonder of the world.



We'll furthermore visit the monastery of Drepung and/or Sera by bike. We use this laid-back day tour for acclimatization - Lhasa after all is 3'600m above sea level.

Accommodation at the Yak Hotel, Lhasa

DAY 12 **LHASA - GANBADONGBU**

Today we start our bike tour on the friendship highway, which only gives consideration to its name for the first 100km. This is a convenient hop to warm up on asphalted roads. We follow the course of the Tsangpo River up to the foot of the Khamba La pass, where we pitch up the tents for the first time and enjoy a marvelous view on the Tsangpo valley.



Distance: ca. 85km
Accommodation in tents

DAY 13 **GANGBADONGBU - KAMBA LA (4'799M) - PELDE**

The ascension on the 4'799m high Kamba La is tiring and with 24km and 1'200 meters in height one of the longest on our tour. On the top of this pass a breathtaking view on the turquoise Yamdrok Tso lake



- and the snow covered mountains in the distance - are expecting us. We'll accommodate directly on the lakefront for the night.

Distance: ca. 58km

Accommodation in tents

DAY 14 **PELDE - NANGARTSE ALONG TURQUOISE YAMDROK TSO**

Our way leads us along the shores of lake Yamdrok Tso to Nangartse. Shortly before the first 5'000m pass, the Karo La, we'll again pitch up our tents.

Distance: ca. 50km

Accommodation in tents

DAY 15 **NANGARTSE - KARO LA (5'085M) - SIMI LA (4'330M) - GYANTSE**


Sustained serpentines lead us in the morning fairly steep to the 5'088m high Karo La. Huge glacier tongues reach close to the road and we have a beautiful view on the 7'138m high Nochin Kansang.

Further along the Friendship Highway we bike through diversified but yet lonesome mountains and marvelously fruitful valleys to Gyantse.

Distance ca. 80km

Accommodation at Wutse Hotel, Gyantse

DAY 16 **GYANTSE - SHIGATSE**

A very long, yet flat hop leads us on an asphalted road through fruitful valleys and a more densely populated area to Shigatse, the second biggest city of Tibet. From far the golden roof of the monastery,



seat of the second only in importance to the Dalai Lama, the Panchen Lama, can be seen. We visit the Tashilunpo Monastery, one of the biggest and most active of the entire Tibet. The monastery boasts the biggest Buddhist statue of the world, - 26m high and gold-plated.

Distance: ca. 95km

Accommodation in the noble hotel Manasarovar, Shigatse

DAY 17 **SHIGATSE - LIUXIANG**

On dusty corrugated metal roads we cross the only 4'040m high Tra La and reach Liuxiang in the evening, where we pitch up our tents.



Distance: ca. 80km

Accommodation in tents

DAY 18 **LIUXIANG - YULONG LA (4'950M) - LHATSE**

Before reaching the very Chinese province city of Lhatse we cross the 4'950m high Yulong La, enjoy its impressive downhill and traverse sustained plains.

Distance: ca. 70km

Accommodation at basic guesthouse

DAY 19 **LHATSE - LHAKPA LA (5'267M) - SHELKAR**

Today we are confronted with the toughest hop. We take enough time for the 23km long, partly rampant road to the highest pass of our trip. From the 5'267m high Lhakpa La we can enjoy a first view on the Mt. Everest - provided the weather is good. A gentle descent over a bad road follows until we reach our spot for the night.

Distance: ca. 55km

Accommodation in tents


DAY 20 **SHELKAR - PANG LA (5'120M) - RONGBUK**

We bike along the Friendship Highway to Shelkar and further on to the Everest Base Camp Turn-off. The road is in a very bad shape here, that's why we load our bikes on to the trucks to Rongbuk. Rongbuk at its height of 4'980m above sea level is the highest situated monastery of the world and located directly at the foot of the spectacular north wall of Mt. Everest.

Distance: ca. 55km

Accommodation at Hotel California

DAY 21 **RONGBUK - MT. EVEREST BASE CAMP (5'200M) - RONGBUK**

During a relaxing day in Rongbuk we have enough time to check out the Everest Base Camp at an altitude of 5'200m and to enjoy the impressive panorama. The short distance to the Everest Base Camp can be easily walked or biked.



Distance: ca. 16km

Accommodation at Hotel California

DAY 22	RONGBUK - NAM LA (5'250M) - TINGRI
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This shortcut over another 5'000m pass is truly an insider tip, which leads through untouched river valleys and rocky deserts to Tingri.

Distance: ca. 70km

Accommodation at basic guesthouse

DAY 23	TINGRI - MENTO
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For the last time we impress ourselves with the endless width of the Tibetan plateau. This is a bit a flatter hop but yet quite windy, which makes biking even more difficult. Our goal for today is Mento, a small village shortly ahead the beginning of the ascension to Lalung La. We camp on a small grassland directly on the creek.



Distance: ca. 55km

Accommodation in tents

DAY 24	MENTO - LALUNG LA (5'030M) - TONGLA (5'133M) - NYALAM
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There is the last big pass on the program today. We cross the Himalaya main mountain and again enjoy a breathtaking panorama with the 8'000m high Mt. Everest, Makalu, Cho Oyu and Shisha Pangma.



After the top of the pass the world's longest downhill begins: on a total of 150km we downhill over 4'500 meters in height, today, for the time being, to the village of Nyalam.

Distance: ca. 80km

Accommodation at basic guesthouse

DAY 25	NYALAM - ZHANGMU/KODARI - LAST RESORT
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Yet before 12 o'clock we reach the Tibetan/Nepal border. After the border formalities we keep on going yet another 14 km through no man's land and cross the Friendship Bridge. In Nepal the longest downhill seems never ending too.

We pass by beautiful green countryside and busy villages until we reach the Last Resort, a cozy meeting point for adventurers and relaxation seekers. We leave it up to you whether you want to finish the day with either a bungee jump or a sensual massage.



Distance: ca. 50km

Accommodation at Last Resort in luxurious tents

DAY 26**BAHRABISE - DOLALGHAT - DULIKHEL - KATHMANDU**

Early in the morning we continue the downhill to the lowest point on our tour, on 650m above sea level. Due to the heavy traffic on the last kilometres back to Kathmandu we load our bikes on a minibus. In the afternoon we visit the old king's village Bhaktapur, before we check-in at the Hotel Samsara, a small green oasis in the midst of the extremely hectic metropolis. The hotel is lead by a friendly Swiss lady.

Distance: ca. 35km

Accommodation at Hotel Samsara, Kathmandu

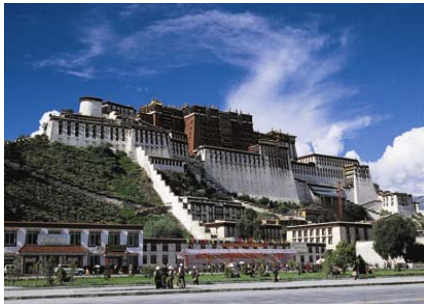
**DAY 27****KATHMANDU**

This last day is at everybody's own disposal: relax at the hotel or go sightseeing and shopping in Kathmandu, the colourful, vibrating or even chaotic capital of Nepal. Sights like the Boudhanath Stupa, Hindu temples in and around Kathmandu and the touristy quarter of Thamel can be visited individually.

Accommodation at the Hotel Samsara, Kathmandu

DAY 28**KATHMANDU - DOHA - ZURICH**

Departure in Kathmandu at 09:30, arrival on Sunday evening at 19:45 in Zurich. Individual return back home.



RATES

RATES PER PERSON IN STANDARD TWIN:

STARTING AT 6'280 CHF / EUR 3'915 / USD 5'750

SINGLE SUPPLEMENT:

ON REQUEST

INCLUDED:

- Flight with Qatar Airways from Geneva via Doha to Beijing and back from Kathmandu to Zurich
- All airport taxes and airport transfers
- 30 kg luggage (including MTB, excluding hand luggage)
- Visa for Nepal and China as well as permits for Tibet
- Railway from Beijing to Lhasa (soft sleeper cabin)
- Inner-city transfers from and to the Olympic sites
- Day excursion to the Great Wall
- Entrance fee for Forbidden City, Mt. Everest National Park as well as Potala Palace, Drepung and Tashi Lumpo monasteries
- Tibet experienced German speaking tour leader as well as local English speaking guides & drivers
- Supporting vehicles (1 truck and 1-2 land rovers)
- Begleitfahrzeuge (1 Truck und 1-2 Jeeps)
- 27 accommodations, one half in basic hotels/guesthouses, other half in high quality MSR tents (twin share basis)
- Bed & breakfast in Beijing, half board as of arrival in Lhasa
- Camping infrastructure (tents, gas stoves, cookware)
- Enough bottled water for on the road
- First aid kit with pharmaceuticals for prevention and treatment of light mountain sickness (Anoxia)
- Bike-repair tool kit (Parktool BK-2)
- List of medical recommendations
- Detailed equipment list

NOT INCLUDED:

- Mountain Bike
- Olympic Games tickets: Mountain bike race and men's beachvolleyball final (only tour in August/September, +CHF 110.–)
- Single supplement
- Compulsory travel cancellation insurance
- Private travel insurance (worldwide coverage and incl. repatriation)
- Surcharge for luggage over 30kg (CHF 70.-/kg/way)
- Journey from place of domicile to the airport in Geneva and back home
- Dinner meals until arrival in Lhasa

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- Luncheons and power bars
- Alcoholic beverages and soft drinks
- Tips (circa USD 50-100.–)
- All services that are not mentioned above
- Repatriation flights in case of emergency

REQUIREMENTS

This trip does require higher physical and mental conditions for the participants due to the high altitude, long distances, mountain climate, poor road conditions and simple living standards. Daily distances cycled will range from 50 to 100 kilometers, with elevation gains up to 1'000 meters. By now, the road is asphaltic to a large extent. Furthermore we will be above 4'000m (and 5'250m at a maximum) most of the time.

A purposeful preparation and an intense training on the bike is recommended. However, every healthy person can cope with this trip without any problems. Not at maximum speed, but as economic as possible we want to get on and adapt therefore to everyone's speed. Thoughts like "I can never do this" should hereby be eliminated. Throughout the route we have the support of a back up vehicle and anyone who is not feeling up to cycling a particular stage has the option to get in the truck.

ACCOMMODATION AND FOOD

Besides our local guides we won't have any further personnel - we'll need the strength and knowledge of each participant when it comes to pitching the tents or cooking our meals. On the road, the opportunity arises often to buy fresh vegetable and with it we'll cook a lot of rice and noodles. And of course we'll taste the famous Tumpa - the Tibetan national dish, consisting only of corn flour sauté. Furthermore we carry always enough bottled mineral water on the support vehicles.

LUGGAGE TRANSPORT

We'll be biking without bike-luggage and have only the necessary things with us during daytime. Our personal stuff, camping infrastructure and groceries are transported on the accompanying vehicle. In flight rate included are max. 30kg luggage inclusive MTB, exclusive hand luggage

SAFETY

One of our biggest and most central concerns is security at its highest possible level when it comes to planning and implementing our tours. We therefore strictly stick to the travel advices published by the [Swiss Federal Committee on Foreign Relations](#) (EDA).

We do explicitly reserve our rights to possible changes in the program or the cancellation of the trip due to the political situation. Please also consult our General Terms and Conditions as they are an integral and essential part of the contract.

ORGANIZATION AND TOUR GUIDES

We can already look back to several successfully accomplished tours and can count on the recommendation of our happy guests. Together with our local partner we call us responsible for a diligent organization and the smooth flow of your journey. Fascinated ourselves by the breathtaking scenery on the roof of the world and impressed by the vitality of the Tibetan people, we also want you to take part in that myth called Tibet.

Marc Huber, St. Gallen, 1979, M.A. HSG at the University of St.Gallen, Switzerland

As part of the Team "[Bikeventure 2002](#)" Marc has already spent more than 3 months cycling through Tibet. Starting the 3'394km long journey in Kathmandu, the four Swiss students passed by Lhasa and went on all across the Tibet autonomous region until Tongren in central China. Marc has been organizing trips from Lhasa to Kathmandu since early 2005.



Bikeventure 2002 | www.bikeventure.info

Martin Zwingli, Herisau, 1982, Primary School Teacher/Sport Science student at the University of Basel, Switzerland

Martin has gained his first Tibet experience on a trip from Lhasa to Kathmandu together with Marc in spring 2005. He will be the tour guide in August/September.

MONEY

The official currency in Tibet is the Chinese Yuan. US Dollars in cash or Traveller Checks are welcome and redeemable without problems. On the way you'll need around USD 10 per day for snacks, souvenirs, etc.

INSURANCE

It is compulsory for all participants to have a worldwide accident & private liability insurance as well as a trip cancellation coverage, which won't be provided by the organizer. You'll find more information about insurance obligations in our General Terms and Conditions as an integral and essential component of the contract.

HEALTH

There are no specific vaccinations or Malaria prophylaxis required for entry into Nepal or China. However, the following vaccinations are highly recommended: Hepatitis A, refresher of the vaccination against Diphtheria and Tetanus, oral vaccination against Typhus, vaccination against MMR (especially for persons < 40 years), and Anti-Rabies inoculation. A dental as well as a preventive general medical check up is recommended. Our tour guides are trained in first aid and carry an extensive first aid kit on the supporting vehicles.

ALTITUDE

We'll feel the thin air already upon arrival in Lhasa. Breathlessness, lethargy and mild headaches, connected with eventually feeling sick are the typical symptoms that can occur. We will therefore intentionally trim the activities on the first few days in Lhasa. On the way, we will take care to acclimate only step by step to higher levels.

We will bring along medicaments for prophylaxis and treatment of the light mountain sickness.

CLIMATE

Tibet is known for its rough climatic conditions. Our tours will take place during the best travel seasons, which are spring and fall. However, it can get fairly cold, especially during night time, where the temperature can easily drop well below 0 degrees Celsius. Like as compensation, the early hours in the morning are wonderfully clear.

Enough warm clothing on the one hand, and as well as sunscreen (SF 30+) and sunhat on the other hand are essential to bring along. Except in the rainy season during summer time, Tibet is quite dry. We will therefore be confronted with only very few rain or even snow fall on our trips.

VISA

Visa and permits are needed for China as well as Tibet and Nepal. We'll take care about that for you and you therefore won't have to cover for any further costs.

EQUIPMENT AND BIKE

Ideally your bike is equipped with a suspension fork. You will find competent advice from our official equipment partner Markus Gätzi at his [Bike- & Outdoorshop](#) in Gossau/SG, Switzerland.



..the bike- & outdoorshop (Hafner & Gätzi), Gossau/SG | www.hafner-gaetzi.ch

It is compulsory to wear a helmet on all our tours, for your own safety and in the interest of all the participants.

GENERAL INFORMATION AND TRAVEL LITERATURE

We recommend the up to date travel guide "Tibet" by Lonely Planet (English, 6th edition 2005, ISBN 1-7405-9523-8). Reise-Know-How-Verlag just edited a new map "Tibet" (1st edition 2005, ISBN 3-8317-7085-9) - thanks to a print on a waterproof and tear proof paper this map is perfect for our trip. Fair thinking, consciously acting, considerate traveling is our philosophy, especially in an area like Tibet and towards population groups, who have come scarcely across with the western world.

FLY CLIMATE-NEUTRAL WITH MYCLIMATE

As a partner of myclimate we care for climate protection and recommend therefore flying climate-neutrally. For a decent surcharge of 95 cents per 100km you compensate the climate-effect of your flight in actively helping on the realization of climate protection-projects in developing countries. One myclimate ticket for the distance from Zurich to Kathmandu costs Sfr.96.- and compensates 2'570 kg CO2.



myclimate | www.myclimate.org

Everyone who opts for a myclimate ticket and thus travels climate neutral will take part in a drawing for a sakku messenger bag that includes flexible solar panels to re-charge your handy, iPod or digital camera on the road.



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