
Itinerary (2010)

Cycling from Tibet to Nepal (14/18D)

- experience the world's longest descent 2800m



Physical Grading: 3-4/5 (moderate-strenuous)

Option: customizable to more/less cycling days as required

Synopsis:

Many individuals and commercial operators have set foot on this very popular cycling and overland route across one of the most well-traveled border post between two countries. Friendship Highway is the linkage between the highland plateau of Tibet China and the valleys of Nepal.

Starting from Lhasa, you will pass through some great passes in excess of 5000m, visiting popular spots such as Yamdrok Yumtso Lake, old fort and ruins in Gyantse, Panchen Lama Tashilungpo Monastery in Shigatse, and of course the key highlight in this trip, Mount Everest Base Camp on the Tibetan side. You will ride up to Rongbuk Monastery at 5150m, and spend a night at Everest Base Camp at 5350m. Here, you will get probably the most magnificent view of the world's highest mountain.

SHANGRILA ADVENTURE created our very own 14-day program (shortened) to cater to the more average cyclists who wish to experience Tibet and the world greatest vertical descent in bicycles. Instead of 100% cycling, which would take about 26days to complete, we have carefully compressed the trip with 60-70% vehicle support. To add more comfort into this arduous journey, we always choose one of the best accommodations available along the way. With our team of excellent service support staffs and vehicles, we ensure that our clients can complete this adventure successfully, safely and comfortably.

SHANGRILA ADVENTURE PTE. LTD.

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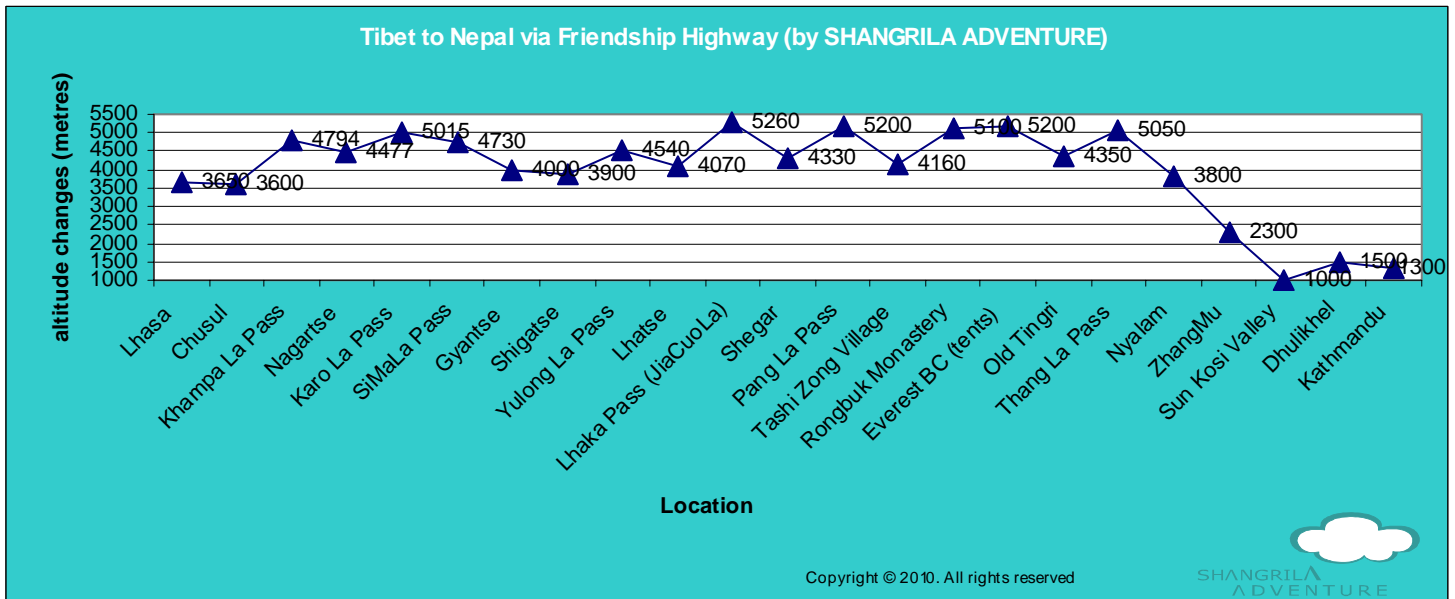
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Cycling Route:



Altitude Chart:



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Itinerary Overview:

Day 01 Arrive to Lhasa

- Upon arrival to Lhasa, we will pick you up from the airport to your hotel
- Overnight in Lhasa (best 5* hotel)

02-03 Lhasa - Acclimatize

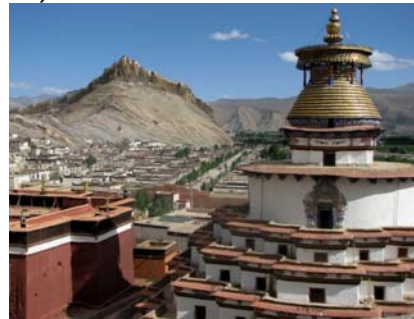
- Easy cycling around Lhasa city (sights: Potala Palace, train station, various monasteries)
- Overnight in Lhasa (best 5* hotel)

04 Lhasa / Chusul / Nagartse / Gyantse (cycle 50km, vehicle 214km)

- Cycling starts today!
- Highlights: Yamdrok Yumtso Lake, Karo-La Glacier, Palchoi Monastery
- Overnight in Gyantse (hotel)



Yamdrok Yumtso Lake



Pachoi Monastery in Gyantse

05 Gyantse (江孜) / Shigatse (cycle 94km)

- Highlights: Tashilungpo Monastery
- Overnight in Gyantse (hotel)

06 Shigatse/ Lhatse / Shegar (New Tingri) (cycle 50km, drive 180km)

- Highlights: highest pass of the journey, Lhaka La Pass 5260m
- Overnight in Shegar (hotel)

07 Shegar / Tashi Zong Village/ Everest Base Camp (cycle 20km, drive 94km)

- Highlights: view of Himalayan Range & 5 8000m mountains Everest base camp
- Overnight in Gyantse (hotel)



Switchbacks to Everest, view of Himalayan



Rongbuk Monastery, Everest BC

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- 08 Everest Base Camp / Old Tingri (drive 110km)**
- We will hop on the support vehicle to save time on the outward journey
 - Overnight in Old Tingri (hotel)
- 09 Old Tingri / Nyalam (cycle 30km, drive 122km)**
- Clear one more Thang La Pass 5050m, & begin the longest descent!
 - Highlights: Milaripa's mediation cave
 - Overnight in Nyalam (hotel)
- 10 Nyalam / ZhangMu (cycle 42km) / Sun Kosi Valley (cycle 10km, drive 12km)**
- Continue the world's longest descend to the green forest of Nepal
 - You will walk across the Friendship Bridge at border of Tibet-Nepal
 - Pick up your bikes from Nepal side and continue riding to Sun Kosi
 - Sun Kosi is great place for relaxation and enjoy the nice greenery
 - Overnight Sun Kosi Valley (holiday resort, tents with shower)



Longest descent to Nepal



Nyatapola Temple, Bhaktapur

- 11 Sun Kosi Valley / Dhulikhel (cycle 60km)**
- Your last uphill ride for the entire journey. All the way!
 - Lunch at a local restaurant about 35km from Dhulikhel
 - Overnight in Dhulikhel (resort hotel)
- 12 Dhulikhel / Bhaktapur (drive 20km)**
- Relative flat through the populous valley to arrive the busy streets of Kathmandu
 - Overnight in Bhaktapur (hotel)
- 13 Bhaktapur / Kathmandu – Rest and Relax**
- Free day for your to explore this interesting city (Thamel, Monkey temple etc)
 - Overnight in Kathmandu (hotel)
- 14 Depart Kathmandu**
- Airport send-off for your flight back to ChengDu

Fast Facts:

Total Distance:	1151km (est.)
Cycling Distance:	320km (est.)
Vehicle-Support Distance:	831km (est. 70%)
Longest Cycling Distance:	94km (flat, Day05)
Highest Altitude Attained:	5260m (Lhaka La pass on Day06)

Trip Cost (2010): fr. USD2000 / CNY13600 (14D)

Group size: Min: 05pax

**prices are subjected to minor changes without prior notice*

Includes:

1. All 13 nights accommodation (No camping required, except EBC, the rest are hotels, best hotel in Lhasa)
2. 1 welcome dinner in Lhasa + ALL meals during cycling + 1 celebration dinner in Kathmandu
3. Airport transfers in Lhasa & Kathmandu
4. Logistics-support vehicles (passenger + safety vehicle as necessary to guarantee a seat for everyone)
5. Services of trip leader, chefs, local support staffs & maintenance crew
6. Tibet Entry Permit & other necessary Travel Permits for foreigners
7. Vehicle insurance & repair
8. Bike-gear: mountain bike; helmets; gloves; odometer; pouch for the bike; walkie-talkie for front and rear cyclists; spare-tyre; foot-pump; bike locks; lubricating oil; necessary tools & other repair kit
9. tables/chairs for picnic lunch during cycling
10. Medical Supplies: oxygen bottles; basic 1st-aid kit
11. Supplies of bottled drinking water, 1 red bull per day, fruits, dried-food, snacks & energy bars
12. Coordination meetings & Pre-departure briefing (preparation, gears, safety, admin etc.)

Excludes:

1. Flights to Lhasa & out of Kathmandu (various options available)
2. Personal expenditures (such as alcohol, tips, gifts etc)
3. Visa/permit into China (if required)
4. Items not mentioned

Notes:

- a. We can also arrange your connecting flights from/to ChengDu
- b. You just need to furnish us with your flight details to ChengDu
- c. The cycling/driving distance and no. of hours are just estimated based on driving maps

Payment

A deposit **50%** of trip cost is required 5 business days after booking for confirmation of trip. Please make the remaining balance payment within the next 7 business days. A confirmation email with receipt will be sent to you upon receiving your deposit.

Option 1: Cheque/Bank Transfer/Telegraphic Transfer to:

Bank Name: OVERSEA-CHINESE BANKING CORPORATION LIMITED (OCBC, Singapore)
BIC/SWIFT Code: OCBCSGSGXXX
Address: OCBC CENTRE FLOOR 9, 65 CHULIA STREET, SINGAPORE 049513

Account Name : **SHANGRILA ADVENTURE PTE LTD**
Account No. : **629-031295-001**

Option 2: Cheque/Bank Transfer/Telegraphic Transfer to:

Bank Name: Bank of China, ChengDu Wuhou Sub branch, Luofu Subsidiary
BIC/SWIFT Code: BKCHCNBJ570
Address: 32-34(8) GaoShengQiao Nan Lu, ChengDu, SiChuan, China

Account Name : **LOWTECKWEE**
Account No. : **130654886570**

Cancellation Policy & Fees

- Notice of cancellation or any other changes in itinerary must be made in writing to **SHANGRILA ADVENTURE PTE LTD**
- 45 to 31 days from departure date: cancellation fee of 50% of total price
- 30 to 15 days from departure date: cancellation fee of 75% of total price
- Less than 14 days from departure date: cancellation fee of 100% of total price
- other non-recoverable costs incurred (eg. airline charges) shall be borne by the participants

Terms and Conditions

- **SHANGRILA ADVENTURE PTE LTD** reserves the right to amend any part of the itineraries due to unforeseen situations and/or safety of the participant(s). In such situations, there will be NO allowance or refunds of any part of the trip cost.
- It is agreed that there will be NO allowance or refund for meals/accommodations/activities that the participant choose not to take part or participate in.
- Participants agree that under certain unforeseen circumstances, the accommodation and meals may vary.
- Participants are required to have a valid travel insurance during the entire duration of the official trip as stated (excludes personal extension thereafter). Failure to do so, the participant shall be solely responsible for damages/costs that are due to unforeseen circumstances
- Participants are required to have signed the indemnity form, and are responsible for their own health conditions prior to the trip.

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