

Tibet by MTB

www.tibetbymtb.com

"If you can dream it, you can do it!" (Walt Disney)

1000km Mountain Bike Expedition Beijing – Lhasa – Kathmandu

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

28 days, from

**Aug 18 to Sept 14, and
Sept 15 to Oct 12, 2008**

Day 1 and 2 > Flight from Geneva via Doha to
Beijing

Day 3 until 7 > Beijing (Olympics, 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 - EBC (5200m) - Tingri - Nyalam -
Zhangmu/Kodari - Kathmandu

Day 27 > Kathmandu (Boudhanath Stupa,
Bhaktapur)

Day 28 > Return flight from Kathmandu to Zurich

starting at CHF 6280.-

(Flight + Railway incl.)

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 registration:

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

What is 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)
- _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).
- _Well 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).
- _TibetbyMTB.com souvenir cap.
- _List of medical recommendations.
- _Detailed equipment list.

What is not included:

- _Mountain bike and mountain bike insurance.
- _Olympic Games tickets: Mountain bike race and
men's beachvolleyball final (only tour in
August/September, +CHF 110.-)
- _Single room premium.
- _Compulsory cancellation insurance.
- _Private travel insurance (worldwide coverage and
incl. repatriation)
- _Surcharge for luggage over 30kg (CHF 70.-
/kg/day)
- _Journey from place of domicile to the airport in
Geneva and back home.
- _Dinner meals until arrival in Lhasa.
- _Luncheons and power bars.
- _Alcoholic beverages and soft drinks.
- _Tips (circa USD 50-100.-).
- _All services that are not mentioned above.

Trip grading:

_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 standard.
Daily distances cycled will range from 50 to 100
kilometers, with elevation gains up to 1000 meters.
By now, the road is asphaltic to a large extent.

Furthermore we will be above 4000m (and 5250m 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 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 be needing the strength and knowledge of each participants 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 be tasting the famous Tampa – 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

General informations about Tibet and itinerary 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 tearproof paper this map is perfect for our trip.

_Fair thinking, consciously acting, considerate travelling is our philosophy, especially in an area like Tibet and towards population groups, who have come scarcely across with the western world.

Security:

_One of our biggest and most central concern 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, www.eda.admin.ch/reisehinweise).

_We do explicitly reserve our rights to possible changes in 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:

_TibetbyMTB.com is organized by the Swiss zigzag Travel GmbH. Founded in summer 2006 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.

As part of the Team Bikeventure 2002, Marc has already spent more than 3 months cycling through Tibet. Starting the 3394km 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 organizes trips from Lhasa to Kathmandu already since early 2005.



Bikeventure 2002 | www.bikeventure.info

_Martin Zwingli, Herisau, 1982, trained Primary School Teacher/now Sport Science student at the University of Basel.

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.

_Anja Hochdörffer, 1969, Landau/Pfalz (Germany) together with Wolfgang Briegel, 1972, Ulm (Germany) will be guiding the tour in September/October.

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), 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 a compensation, the early hours in the morning are wonderful 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 und Permits:

_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 & 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- & outdoor shop in Gossau/SG.



..the bike- & outdoor shop (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.

Fly climate-neutral with myclimate!

_As a partner of myclimate we care for climate protection and recommend therefore to fly 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.



sakku | www.sakku.ch



Day 1 and 2 > Flight from Geneva via Doha to 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.

Day 3 until 7 > Beijing: Excursion to the Great Wall and visit of the 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

Tag 8 und 9 > Railway from Beijing via Xining and Golmud to 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 with, that are all oxygenated.

Day 10 and 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 3600m 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 asphaltic 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.

(Approx. 85km); Accommodation in tents

Day 13 > Ganbadongbu – Kamba La (4799m) – Pelde

The ascension on the 4799m high Kamba La is tiring and with 24km and 1200 meters in height one of the longest on our tour. Though already 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. (Approx. 58km); Accommodation in tents.

Day 14 > Pelde – Nangartse, along the turquoise Yamdrok Tso

Our way leads us along the shores of lake Yamdrok Tso to Nangartse. Shortly before the first 5000m pass, the Karo La, we'll pitch again our tents. (Approx. 50km); Accommodation in tents.

Day 15 > Nangartse – Karo La (5086m) – Simi La (4330m) – Gyantse

Sustained serpentine lead us in the morning fairly steep to the 5088m high Karo La. Huge glacier tongues reach close to the road and we have a beautiful view to the 7138m high Nochin Kansang. Further along the Friendship Highway we bike through diversified but yet lonesome mountains and marvelously fruitful valleys to Gyantse (Approx. 80km); Accommodation at Wutse Hotel, Gyantse

Day 16 Gyantse – Shigatse



A very long, yet flat hop leads us on an asphaltic road through fruitful valleys and 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 owns furthermore the biggest buddhistic statue of the world, - 26m high and gold-plated.

(Approx. 95km); Accommodation in the noble hotel Manasarovar, Shigatse

Day 17 > Shigatse – Liuxiang

On dusty corrugated metal roads we cross the only 4040m high Tra La and reach Liuxiang in the evening, where we pitch up our tents.

(Approx. 80km); Accommodation in tents

Day 18 > Liuxiang – Yulung La (4950m) – Lhatse

Before reaching the very Chinese province city of Lhatse we cross the 4950m high Yulung La, enjoy its impressive downhill and traverse sustained plains. (Approx. 70km); Accommodation at basic guesthouse

Day 19 > Lhatse – Lhakpa La (5267m) – 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 5267m 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 overnight.

(Approx. 55km), Accommodation in tents

Day 20 > Shelkar – Pang La (5120m) – 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 4980m 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

(Approx. 55km); Accommodation at Hotel California

Day 21 > Rongbuk – Everest Base Camp – Rongbuk

During a relaxing day in Rongbuk we have enough



time to look around the Everest Base Camp on 5200m and to enjoy the impressive panorama. The short distance to the EBC can be comfortably walked or biked.

(Approx. 16km); Accommodation at Hotel California

Day 22 > Rongbuk – Nam La (5250m) – Tingri

This shortcut over another 5000m pass is truly an insider tip, which leads through untouched river valleys and rocky deserts to Tingri.

(Approx. 70km); Accommodation at basic guesthouse

Tag 23 > Tingri – Mento

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. (Approx. 55km); Accommodation in tents.

Day 24 > Mento – Lalung La (5030m) – Tong La (5153m) – Nyalam



There is the last big pass on the program today. We cross the Himalaya main mountain and enjoy another time a breathtaking panorama

with the 8000m 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 4500 meters in height, today, for the time being, to the village of Nyalam. (Approx. 80km); Accommodation at basic guesthouse

Tag 25 > Nyalam – Zhangmu/Kodari – Last Resort



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. Either in Nepal the longest downhill seems never ending. We pass by beautiful green countryside and busy villages until we reach the Last Resort, a cozy meeting points 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. (Approx. 50km); Accommodation at Last Resort in luxurious tents

Tag 26 > Last Resort – Bahrabise – Dolalghat – Dhulikhel – Kathmandu



Early in the morning we continue the downhill to the lowest lying point on our tour, on 650m above sea level. Due to the heavy traffic on the last kilometres back to Kathmandu we load here 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 and likeable Swiss lady.

(Approx. 35km on the bike, rest in minibus); Accommodation at Hotel Samsara, Kathmandu

Day 27 > Kathmandu



This last day is for every participants' own interest: Relaxing at the hotel or 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 > Return flight from Kathmandu

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

A big thank you to our partners and sponsors!



Mountain Safety Research (MSR) |
www.msrcorp.com



Qatar Airways | www.qatarairways.ch



Astina AG, Zurich | www.astina.ch

Preliminary program. Subject to alterations.

Detailed infos and online registration:
www.tibetbymtb.com

Questions?
Email: info@zigzag-travel.com
Skype: zigzag-travel

Happy Trails! from the team at zigzag Travel GmbH

Delia, Martin and Marc



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