

Trip Notes

Enduro & Raft

Trail smashing Enduro on Mount Everest's Doorstep followed by Rafting in Nepals River of Gold (Sunkosi)



Day 01: Arrival in Nepal

Currently Nepal has only one International Airport, Tribhuvan. Flying into here is where your adventure begins. We transfer you from the airport to our base guest house in Kathmandu. Take some time to rest and recover, fit the bikes and meet your guide for the trip. Enjoy a welcome dinner of local food.

Accommodation: 3 Star Hotel

Included meals: Dinner

Day 02: Drive to Phaplu

Our drive today is around 8 hours, as we leave Kathmandu and head out along the scenic Sindhuli Highway. The road is pretty spectacular,

Accommodation: Teahouse

Included meals: Breakfast/ Lunch/Dinner

Day 03 & Day 04: Ratnangy Trails

Just above Phaplu is Ratnange which has an almost unlimited number of trails in the surrounding community forest in the Ratnangy Trail Center. These trails are maintained by the local Phaplu Mountain Bike Club with funds from the cycling community. Here you can ride our custom made "Himalayan Single Track" Trail. On these 2 days, we shuttle and ride (4 to 5 hrs.) until our hearts are content, trails are all single track, tree roots, rock gardens and good flowing sections. Raatnage has a scenic view tower and yet another cool single track around community forest to Salleri bazar and Phaplu. The riding here is some of the best in Nepal.

Accommodation: Teahouse

Included meals: Breakfast/ Lunch/Dinner

Day 05: Dhap to Jhapre

This morning we drive to Dhap. The ride takes around two hours of pedaling along a jeep track (16 km). Our accommodation for the night is a local, very simple yet homely teahouse. This ride is important for acclimatization as we will be pedaling above 3000m. The scenery is beautiful along the way, rolling pastures interspersed with old growth Rhododendron forests.

Accommodation: Teahouse

Included meals: Breakfast/ Lunch/Dinner



Day 06: Jhapre (2829m) to Pikey Peak Basecamp (3730m)

Wake up early and check the bikes and gear before breakfast. Our bags will be carried by some locally hired porters. Once we are ready we start the ride on a dusty jeep track which climbs uphill through the dense Rhododendron Forest, we can also see many Yaks along the trail. It's around 1000 m of climbing today, so we set an easy pace to allow for acclimatization. The ride will take us around 6 hours and we stop along the way for local food and to visit the many Mani Walls, Prayer Flags and Stupa's. There is a flat section over the ridge to Bhulbhule. After this we leave the jeep track and ride along a trekking trail where some sections are push and carry near to basecamp which could take up to 1.5 hours. There is a scenic Mani Wall (Prayer Wall) along the route and plenty of good photo opportunities.

The teahouse at Basecamp is simple, but run by a nice elderly local couple. Our cook will help to prepare our evening meal of the local delicacy Thukpa (A thick noodle soup). Beside this we can have the fresh Nak cheese and in the correct season wild mushrooms. Base camp is a cold, damp place, so make sure you have some good warm clothes and a decent sleeping bag.

Accommodation: Teahouse

Included meals: Breakfast/ Lunch/Dinner

Day 07: Base Camp (3730m) - Pikey Peak (4065m) to Okaldhunga (1500m)

Today we climb up to the top of Pikey Peak. It's a steady 2 hour hike a bike with porter assistance if you need it. We leave our main bags at Basecamp for the porters to take back to Phaplu.



Once on top of the peak, the views of the Everest Himalaya are incredible! Even Sir Edmund Hillary himself claimed this place to be his favorite.

Pikey Peak is named after the deity (Clan God) representing the Sherpa Clan. During the monsoon, the regional Sherpa's come here to worship their God. Savor the moment, enjoy the views and listen to the Prayer Flags flapping in the wind.

The start of the descent is rocky and 75% rideable for good riders. It's steep and gnarly down to Suke Pokharai which takes about 45 mins. From here we enter the jungle sections of track and have about five hours of riding.. The single track is an ancient pathway used by local people and their cattle. It is a wild and natural mix of tree roots, drops, rocks and fast flowing dirt. Lunch is taken in a local teahouse on the way, but you should carry enough drinking water on this day and some snacks.

This is a great day of riding, a lot of it is single track in the jungle and there are some steep rocky stair sections and lots of fun.

In the evening we head down to the town of Harkapur and meet our rafting team.

Accommodation: Teahouse

Included meals: Breakfast/ Lunch/Dinner



Day 08/09/10/11/12: Rafting on the Sunkoshi

Starting above the infamous Rapid, Harkapur, our Journey on the Sunkoshi River begins.

The river is graded 4 to 5 and has some pretty serious rapids along the way. The scenery is also stunning as we paddle through the Himalayan foothills and spend our nights camping on beautiful beaches and next to local villages where you get an immersive cultural experience. The last day of rafting takes us to Chuatari, near Sapta Koshi (The convergence of seven rivers). From here the sunkoshi flows into the Koshi Barrage and onto India. From Chautara we drive 1 to 1.5 hours to Biratnagar from where we take an evening flight back to Kathmandu.

Accommodation: Riverside Camping

Included meals: Breakfast/ Lunch/Dinner

Day 13: Departure from Nepal

We will transfer you to the airport for your outbound flight.

Accommodation: None

Included meals: Breakfast

