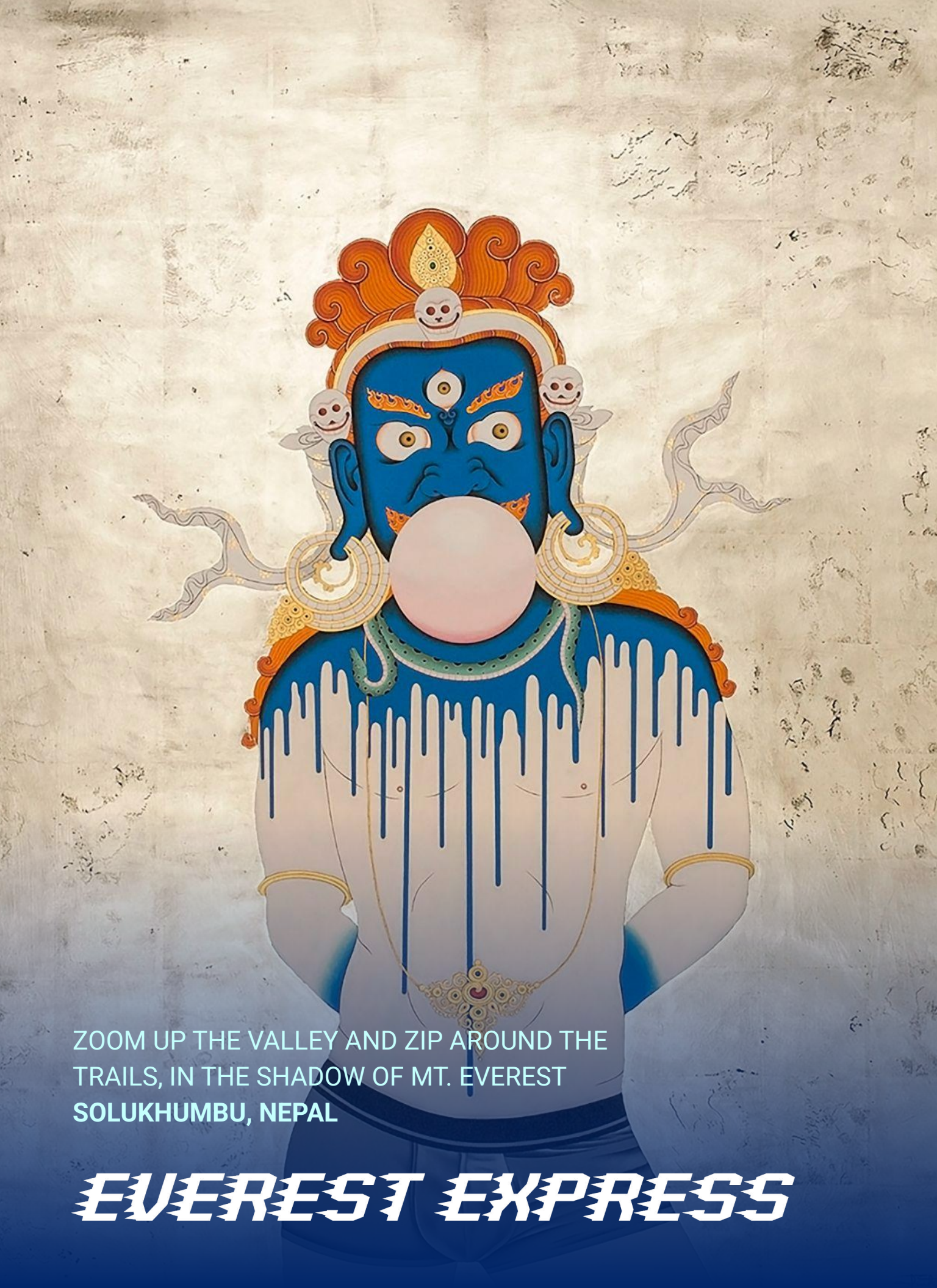


ZOOM UP THE VALLEY AND ZIP AROUND THE TRAILS, IN THE SHADOW OF MT. EVEREST

SOLUKHUMBU, NEPAL

EVEREST EXPRESS



Mountain biking in the Solukhumbu region, set beneath the shadow of Everest, offers an epic blend of challenging trails, breathtaking views, and rich cultural encounters. From technical descents to serene village rides, every moment showcases the area's natural beauty and vibrant local life.

Highlights include riding through diverse hamlets, experiencing the unique charm of each, and connecting with the warm, welcoming people of Solu. It's a must-ride destination for any passionate mountain biker seeking adventure and authenticity in the Himalayas

Are you ready for an unforgettable adventure?

OVERVIEW

Duration:
8 Days 7 Nights

Ride Type:
All Mountain / Enduro

Skill Level:
5/9 (Intermediate)

Fitness Level:
5/6 (Fit and you know it)

Number of Ride Days:
6

Average Ride Duration (per Ride Day):
4 hours

Guide to Client Ratio:
1:5

TOUR DATES
APR 23-30, 2027

PACKAGE PRICE
USD 3,500





INCLUDES

- ✓ All land transportation: Baggage and bike transfers, airport pick-up and drop-off
- ✓ Epic helicopter flight: Kathmandu - Phaplu
- ✓ Shuttle service & back-up vehicle (4x4 Mahindra Bolero)
- ✓ All meals - breakfast, lunch and dinner
- ✓ Twin-sharing accommodations:
  - ✓ 3-star hotel on a B&B plan in Kathmandu
  - ✓ Teahouses in Solukhumbu region
- ✓ A Singapore host, English-speaking local MTB guides, and a dedicated support team

EXCLUDES

- ✗ International airfare
- ✗ Nepal visa
- ✗ Travel and medical insurance
- ✗ Personal expenses
- ✗ Mountain bike rental
  - ✗ Full suspension bikes: USD 45–70/day
  - ✗ E-bikes: USD 110/day
- ✗ Meals (lunch & dinner) in Kathmandu
- ✗ Single supplement room option: USD 500
- ✗ Beverages (alcoholic & non-alcoholic)
- ✗ Guide tips (USD 150 recommended)

TRIP HIGHLIGHTS

HIGH ALTITUDE HIMALAYAN SINGLETRACK
Flowing trails and ancient footpaths winding between 3,000 - 4,000m, with big climbs rewarded by epic, grin-enduring descents.

ANCIENT SHERPA TRAILS & CULTURE
Trails carved by centuries of trade and pilgrimage, passing mani walls, prayer flags, monasteries and stone villages untouched by roads.

MAGICAL LOAMY FOREST TRAILS
Ride through quiet, mossy rhododendron and pine forests on hero-dirt single track that feels wild, remote and perfectly natural.

TRUE MOUNTAIN ADVENTURE
Suspension bridges, exposed traverses, yak encounters and remote terrain combine for authentic, big-mountain riding.

ICONIC EVEREST SCENERY
Ride beneath the world's highest peaks, with Everest, Lhotse and Ama Dablam dominating the skyline. This is bucket-list scenery on two wheels.

HEARTY NEPALI MOUNTAIN CUISINE
Healthy dal bhat, momos, soups and fresh bakery treats in tea houses - simple, warming food that hits the spot after a big day on the bike.



DETAILED ITINERARY

DAY 01

ARRIVAL IN NEPAL + WELCOME DINNER

Welcome to Nepal. A land of breathtaking landscapes and vibrant cultural heritage. Upon arrival, our representatives will greet you at the airport and transfer you to Nepali Ghar hotel in Thamel, Kathmandu. Once settled, we'll assemble our bikes for the adventure ahead, followed by a trip briefing and a welcome dinner in the evening.

DAY 02

HELICOPTER FLIGHT TO PHAPLU + WARM UP RIDES

We begin our journey with a scenic one-hour helicopter flight to Phaplu. After lunch, our biking adventure starts with a few warm-up rides in Ratnange forest. A magical forest offering stunning views of Mount Numbur. We end the day at the foot of the Phaplu hills, in a delightful tea house.

DAY 03

TRAILS OF PHAPLU

(Altitude: 3,350M / 20+ KM / 4-5 Hours)

Today, we explore more of Ratnange's trails, using the shuttle to try and ride all 16 of the fully built lines - each line featuring natural loam, technical singletrack and flow. End the day with a hearty meal and a refreshing beverage in the Phaplu tea house.



DETAILED ITINERARY

DAY 04

OPTIONAL RATNANGE FOREST OR BLACK LINE TO PHERA + RIDE TO JUNBESI

(12+ KM / 4-5 Hours / +750 M)

Choose between riding more of Ratnange's trails or the black line to Phera. Either way, after lunch we pedal toward Junbesi (one of Solu's must-visit destinations), where we visit Thupten Choling Monastery. After a long day on the bike, it's time to experience some warm Sherpa hospitality in our Junbesi lodge at 2,700m.

DAY 05

JUNBESI TO JASMANE BHANJYANG (VIA LAMJURA PASS)

(17+ KM / 4-5 Hours / +1,000 M)

After breakfast, we depart Junbesi and pedal towards Lamjura Pass, tackling a hike-and-bike climb to the top (3,750m) before descending to Jasmane Bhanjyang (3,550m) for an authentic Sherpa lifestyle experience. We take a good rest to prepare for the challenge that awaits tomorrow.

DAY 06

PIKEY PEAK + DESCENT TO DHAP (VIA JHAPRE)

(30+ KM / 4-5 Hours / +515 M)

Today we start early with a hike up to Pikey Peak (4,050m) to observe a mind-blowing sunrise and great views of some of the world's highest mountains. After coffee, our efforts are rewarded with an epic descent to Dhap via Pikey Peak Base Camp and then Jhapre (for lunch). The trails feature everything from single track with technical segments on rocks and roots to jeep track. A Dhap teahouse is our home for the night.



DETAILED ITINERARY

DAY 07 **DHAP TO SUNKOSHI RIVER + DRIVE TO KATHMANDU + FAREWELL DINNER**

(20+ KM / 2 Hours)

As we prepare to head back to Kathmandu, we enjoy one final cool-down ride from Dhap down to the Sunkoshi river. You can opt for a quick dip in the river before we commence our journey back to Kathmandu for a farewell dinner and the comfort of the Nepali Ghar hotel.

DAY 08 **INTERNATIONAL DEPARTURE**



TRAVEL INFO

VISA

Visas for Nepal can be obtained upon arrival at Kathmandu's airport (recommended) or in advance from your home country via http://online.nepalimmigration.gov.np/tourist-visa.

A 15-day visa costs USD 30. To speed up processing, bring the exact amount in cash and two passport-sized photos.

TRAVEL INSURANCE

Travel and medical insurance is mandatory for all riders. Your policy must include coverage for helicopter rescue (Heli-evac) in the mountains. Please provide us with a copy of your insurance and your passport before travelling.

ALTITUDE & HEALTH

Acclimatisation is crucial for tackling the elevations we'll face on this trip. Our 'ride high, sleep low' approach at the trip's start helps you adjust. If you're in good health with no specific concerns, this routine usually suffices.

Please inform us of any health issues so we can offer tailored guidance. For extra reassurance against altitude effects, consider arriving a day or two earlier and joining an acclimatisation ride around Kathmandu.

CLOTHING TIPS

Nepal's temperatures vary widely from day to night. Choose breathable layers that keep you warm without causing you to overheat, allowing you to adapt to changing conditions. Pack a few sets of riding clothes and comfortable footwear for the downtime between rides.



THINGS TO NOTE

SKILL & FITNESS LEVELS

This adventure demands a minimum skill level of **5**/9, with trails graded Blue and Red. A good fitness level of **5**/6 is recommended as the journey involves carrying and pushing your bike.

Biking in these conditions can be challenging, so always ride within your comfort zone and skill level. Regularly maintain your bike and stay hydrated. **Respect your limits!**

PACKING LIST

- Well-serviced full-suspension mountain bike
- Helmet
- Body armour (knee pads, elbow pads)
- MTB clothing (jerseys, shorts/trousers, long socks, shoes, gloves, buff, windbreaker, sunglasses)
- Skincare essentials (lip balm, sunblock)
- Hydration pack & supplements
- Additional clothing (thermal wear, fleece, beanie, sandals)
- Multi-tool, Swiss Army knife & puncture repair kit
- Spare brake pads & hanger
- Optional items (sleeping bag, headlamp)

Weather conditions vary widely and change quickly. Be prepared for all scenarios.

FOOD & ACCOMMODATION

The Teahouses in the Solukhumbu offer local cuisine, that can be spicy. Western dishes are also available. Expect clean and comfortable accommodations with hot showers, in each location.

SAFETY ASSURANCE

Your mountain bike leader is a certified First Aid Responder from Himalayan Medics, ensuring your safety throughout the journey.

PAYMENT

- Payment is to be made directly to Gnarly in USD.
- A deposit of USD 1,000 is required 4 months prior to the tour
- The balance is due 1 month prior to the tour. Alternatively, it may be paid in cash upon arrival.
- Bank charges must be borne by the sender.

NOTE: If for any reason, you are unable to attend the tour, your payment can be transferred to another tour.

BANK DETAILS

Account Name: **Gnarly Pvt Ltd.**
Account No.: **132011 0000 3773**
Swift Code: **NIBLNPKT**
Bank: **Nepal Investment Mega Bank Ltd.**
Address: **Thamel, Kathmandu, Nepal**
Phone: **+977-01-4701357**



TESTIMONIALS

“Thanks for a great first MTB Adventure everyone! Hope to see some or all of you in another trip. I'm back safe with all my stuff in great condition.”

Dorian (USA)

“I had an epic time in Nepal, Shyam you made my first time leaving North America a very memorable experience full of great times and new friends!”

Frank Lara (USA)

“Thanks for one more amazing trip. You guys are not friends. You are family. Good stuff”

Henrik Miller (Denmark)

Thanks again to Shyam and team, fantastic trip of a lifetime and great shredding down the mountains with you all. safe onwards journeys and looking wait for the reunion trip.”

Chris (UK)



WHY CHOOSE GNARLY?

At Gnarly, we live and breathe riding, driven by a passion for exploration and adventure.

We're not just tour planners - we're architects of exhilarating experiences that set new standards for holiday thrills. Our goal is simple: to craft journeys that amplify your enjoyment, allowing you to savour the very best that Nepal has to offer while returning home with tales to inspire fellow adventurers.

Gnarly isn't just another name in the industry; we've been the driving force behind some of the most exciting events and tours of recent years. From organising prestigious races like the AES (Asian Enduro Series) to crafting epic bike tours such as 'Enduro Thin Air' and 'Everest Express', we know what it takes to transform a standard holiday into an unforgettable experience.

So, join us and discover a journey that is more than just a ride - it's a deep dive into the very essence of life and adventure. With Gnarly, you're not just booking a tour; you're creating memories that last long after the wheels have stopped spinning.





ATTENTION PARTICIPANTS

Your safety is our priority. Before embarking on the tour, it's crucial for all participants to disclose any pertinent medical history to our team. Your well-being matters, and this information enables us to ensure a safe and enjoyable experience for everyone. This important step allows our team to be fully aware of any medical conditions you may have. It empowers us to remind participants about their regular medications if necessary, ensuring that everyone can maintain their health throughout the tour. We're committed to creating a secure environment for all, and your cooperation in sharing medical information plays a pivotal role in achieving this goal. Let's prioritise safety and enjoyment as we embark on this adventure together!

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, GNARLY PVT.LTD. acts as agent for service providers when making arrangements for your ENDURO THIN AIR – LOWER MUSTANG MTB TOUR where GNARLY PVT.LTD. provides services, it will do so with due care and skill. GNARLY PVT.LTD. 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 GNARLY PVT.LTD., any travel agent or other Representative, which has not been stated expressly in any written or electronic statement from us. GNARLY PVT.LTD. 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 GNARLY PVT.LTD. trip (including pre- and post-accommodation) are entirely at your own risk and GNARLY PVT.LTD. 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, GNARLY PVT.LTD. 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 GNARLY PVT.LTD. to comply with its obligations under this contract, or in respect of any other conduct that GNARLY PVT.LTD. 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 GNARLY PVT.LTD. 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 GNARLY PVT.LTD. or its representatives as a result of your participation in any trip. For these purposes, GNARLY PVT.LTD. 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 GNARLY PVT.LTD. 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, executors, administrators and representatives may have against GNARLY PVT.LTD.