

# Born to Ride!



Beijing to Kathmandu via Everest Base Camp in Tibet

Information Pack

## Adventure Facts:



Season: \_\_\_\_\_ April-May & October-December  
Start: \_\_\_\_\_ Beijing, China  
Finish at: \_\_\_\_\_ Kathmandu, Nepal  
Duration: \_\_\_\_\_ 20 days  
Hotels: \_\_\_\_\_ 17 nights (twin share)  
Tents: \_\_\_\_\_ 2 nights (individual)  
Group Size: \_\_\_\_\_ 12 Maximum (flexible for private groups)  
Activity split (days): \_ 3 travel, 2 train, 7 exploring, 8 riding  
Price: \_\_\_\_\_ \$8,700 USD (rider)      \$4,800 USD (non-rider)  
(2011 prices - subject to change)



## Highlights

- Explore the ancient and fascinating city of Beijing
- Enjoy a forty eight hour scenic train ride to Lhasa and visit the Potala Palace
- Experienced guides are there to ensure your safety and enjoyment, new Enfield 500cc bikes are provided to maximise your enjoyment of the journey
- Enjoy the breathtaking scenery of the Tibetan plateau and the grandeur of Mount Everest
- Visit the stunning glaciers and peaks surrounding Everest Base Camp at 5,200 metres
- Experience the culture and sights of Kathmandu, Nepal
- Be part of the Everest Expedition season, travel to Everest Base camp in Tibet

## Attractions

The sheer size and beauty of China and the Himalayas will be etched in your mind forever once you take this journey across this huge country, over many high passes and finding panoramic views of the surrounding giant mountains in this range.

Arriving in Beijing, we have two days to explore the city before boarding our train for the 48 hour trip. For those who would like to take more time in this amazing city feel free to arrive early - we can assist you with hotel bookings for a few free days before the rest of the group arrive.

We then take in the sights of Lhasa – including the former home of the Dalai Lama, the Potala Palace. This is where you pick up your bikes and start your ride through Tibet. Stay for 2 nights in Everest Base Camp where our summit team will be based, then continue your journey across the border into Nepal, finishing in Kathmandu.



Call us to book: +61 401 312 240

PO Box 644 Kensington Pk Sth Australia 5068

katie.sarah@dcxp.com

*delivering success*

## The Itinerary

Day 01: Depart Australia

Day 02: Arrive in Beijing, transfer to hotel.

Day 03: Sightseeing in Beijing. Possibilities include the Forbidden City, and Tiananmen Square. B

Day 04: More sightseeing during the day, a visit to the Great Wall to have a wander up a few steps! In the evening, after an early dinner, time to board the train to Lhasa, which departs at around 8pm. Night on the train. B

Day 05: Continue your journey across China on the train.

Day 06: Arrive in Lhasa late this evening, around 6pm. Transfer to hotel. D

Day 07: Sightseeing in Lhasa – Sera Monastery, Jokhang Temple and Summer palace (Norbulinka) of Dalai Lama. B L D

Day 08: Lhasa Sightseeing Tour, including visits to the Potala Palace and Drepung Monastery. The 17th century Potala Palace offers an awesome view of the entire city and also has what were the private quarters of the Dalai Lama, numerous grand staterooms and chapels. Ancient history has it that Drepung Monastery which was built in the 14th century was used to shelter around 10,000 monks although these days there only a few hundred. B L D

Day 09: After breakfast, drive to Tsedang from Lhasa - (220km, approx. 3 hours drive). Visit Yumbu La Khang, the oldest and first palace built by first king Nyatri-Tsenpo. Overnight at hotel in Tsedang. B L D

Day 10: After breakfast, drive to Gyantse from Tsedang (3950m) - (316km – approx. 7 hrs drive). There are three passes Kambala (4794m), Karola (5010m), Simila (4334m). Visit the Yamdruk tso-lake and Nagin Khangsa mountain range, which you can see, on the way to Gyantse. Overnight at hotel in Gyantse. B L D

Day 11: After breakfast drive to Shigatse (3900m) - (90km – approx. 2 hrs drive). Visit Tashi Lungpa Monastery this evening, which belongs to Penchen Lama. Overnight at hotel in Shigatse. B L D

Day 12: After breakfast, drive to Xegar (4500m)- (235km - 8 hrs drive). Today is the longest driving day, and there are two passes; Tso-La (4050m) and Gya-tso-La (5220m). Overnight at hotel in Xegar. B L D

Day 13: After breakfast, drive to Rongbuk (4980m) - (134km – approx. 5 hrs drive). There is one pass the Pang-La (5120m). From here can have a fantastic view to several Himalayan giants, including Everest, Makalu, Gyachung Khang, and Cho-Oyu. Overnight at Chessell Adventures' Everest base camp. B L D

Day 14: Stay at Everest base camp. A day of rest from the bikes, which can be spent exploring around Rongbuk Glacier, Guru Rinpoche's cave and Rongbuk Monastery. B L D

Day 15: After breakfast, drive to Old Tingri (4400m) - (100km – approx. 4 hrs drive). Stop for lunch here, then drive to Naylam 3700m. Today there are two high passes; Lalung-La 5050 and Tong-La 5124m. From the top of Tong-La you can enjoy panoramic views of the mountains including Shisa pangma, which is the only 8000m+ peak completely in Tibet. There is approximately 3 hours more to drive after lunch. Stay at hotel in Tingri. B L D

Day 16: After breakfast, drive to Zangmu (2300m) - and down to the Friendship Bridge to clear the immigration formalities in the Chinese side. Once we cross the bridge, it is then necessary to clear the Nepalese Immigration. Once formalities are complete we continue our drive towards Kathmandu. Today we stay at Dhulikhel 1400m, which is famous for the view of the sunrise. B L D



Day 17: After breakfast, drive to Kathmandu (1350m) - 40km – approx. 2hours drive. On the way we visit the ancient old city of Bhaktapur, which was famous for its art and architecture during the medieval age. Then drive to hotel for a free afternoon. B

Day 18: Kathmandu sightseeing, such as Boudhanath, Soyambhunath, and Pashupatinath. Dinner celebration. Overnight at Kathmandu. B

Day 19: Departure. B

Day 20: Arrive home.



## What's included

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### Your expedition cost includes:

- Twin share hotel accommodation.
- Train ticket for trip Beijing to Lhasa.
- Single tents in Base Camp.
- Meals as per itinerary (B, L, D).
- Enfield 500 cc bike
- Supporting staff, truck, jeep etc.
- Fuel, road captain, mechanic, his accommodation, food salary etc.
- Bike rental charges.
- Sightseeing entrance fees in Kathmandu valley, and in Tibet.
- Gamow bag PAC (portable altitude chamber), oxygen and medical kit.
- Support vehicles with adequate space for luggage & seating for passengers & tired riders.
- Tibet Permits.
- Kathmandu hotel 4 star -2 nights with bed and breakfast basis).
- All airport/hotel/airport transfers
- Insurance of all local staff.



## What's not included

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### The following are not included in your trip cost:

- Visa fees to enter Nepal.
- Staff tips.
- Bar bills and other extra entertainment charges.
- Laundry.
- International flights
- Cold drinks and alcoholic beverages
- Personal travel insurance (REQUIRED).
- Changes in itinerary or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Lunch and dinner in Kathmandu (it would be a pity to constrain your choices!)
- Meals and accommodation other than those specified
- Personal clothing and equipment for the ride



## Mountain Designs Equipment - VIP privileges

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Members of Chessell Adventures' expeditions receive a Mountain Designs VIP 15-20% discount card valid from the time your deposit is received to the start of the expedition.

Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand (see [www.mountainsdesigns.com](http://www.mountainsdesigns.com) for locations).

## About DCXP

DCXP was started by Duncan Chessell and has been operating trips around the world for many years. The experience gained in expedition logistics and health, has been utilised in developing teams of talented staff that are the basis of DCXP consistently high quality expeditions. DCXP is now managed by Katie Sarah, who has been involved with this business since 2006, and has now gained her own experience both in the field - from the remote wilderness of Antarctica to the summit of Everest - and in operating expeditions.

Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We arrange custom expeditions worldwide for groups who are looking for an experience that is both an adventure in remote and exciting destinations, but also has the infrastructure and support to help you achieve your goals.



## Travel Insurance

We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (motor bike riding and touring) and in the localities in which you will travel (China, Tibet Autonomous Region and Nepal), to elevations up to 5,200 metres above sea level). Whichever policy you choose, please read the relevant policy details in full.

## How do I book?

**Step 1** Complete the booking form contained in this document.

**Step 2** Pay your deposit by telegraphic transfer. Please use the bank details below, make sure you tag your payment with YOUR name, note details of payment and email them to us.

Bank details for direct payments **USD DOLLARS**. Ask your bank to make an international Telegraphic Transfer to:

Account number: 2431902

Account holder: Arun Treks and Expedition (P) Ltd.

Bank: Nepal Investment Bank Ltd.

Branch address: Durbar Marg, Kathmandu, Nepal

Swift code: NIBLNPKT

Please mark your payment with YOUR name, and advise me at [katie.sarah@dcxp.com](mailto:katie.sarah@dcxp.com)



PO Box 644 Kensington Pk Sth Australia 5068

[katie.sarah@dcxp.com](mailto:katie.sarah@dcxp.com)

## Gear suggestions

### ✓ Personal Clothing etc

- Sun hat
- Sunglasses
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter
- Helmet
- Riding gear (safety gear - your choice of how far you go with this)
- Riding boots and gloves
- T-shirt/long-sleeved shirt
- 2-3 Thermal tops and/or 2 thermals + 1 light fleece vest or top
- Fleece jacket heavy weight
- Shorts &/or long pants light weight
- Thermal long pants
- Fleece long pants, mid to heavy weight
- Several pairs socks and underwear
- Boots/shoes for evening/walking in Base Camp
- Warm boots for nights (e.g. sheep skin boots) \*Optional but great!

### Other Personal Gear

- Sun screen, zinc cream and lip balm
- Wash kit (small personal toiletries, nail clippers and pack towel)
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)
- Personal medicines including your usual medicines AND 1 course each of:
  - respiratory antibiotic (e.g. Amoxycillin)
  - gastrointestinal antibiotic (e.g. Ciprofloxacin)
  - gastro treatment (e.g. Imodium)
  - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
  - throat lozenges
  - altitude medication (e.g. Diamox)

### ✓ Personal Equipment

- Day pack
- Water containers: minimum 2L:
- DCXP Sleeping bag: 750-1000 grams of down with Dryloft outer shell, winter grade
- Head lamp, spare batteries (we suggest one with LED & halogen modes)

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (if forgotten) but don't rely on it.

R: This item is available to rent

DCXP: DCXP provides this item

## Personal details & trip details

Name as on passport: First name(s): \_\_\_\_\_ Middle names: \_\_\_\_\_  
 Last name: \_\_\_\_\_ Sex: Male or Female  
 Passport number: \_\_\_\_\_  
 Home address: \_\_\_\_\_  
 Postal address: \_\_\_\_\_  
 Phone number: AH: \_\_\_\_\_ BH: \_\_\_\_\_  
 Mobile phone: \_\_\_\_\_ Which is your preferred phone number: Home Work or Mobile  
 Email address: \_\_\_\_\_  
 Date of birth: (dd/mm/yyyy) \_\_\_\_\_ Nationality (as on passport): \_\_\_\_\_  
 Shirt size: XS S M L XL XXL Boot Size: \_\_\_\_\_ UK or USA (for climbing trips)  
 Trip applied for: \_\_\_\_\_  
 Start date: \_\_\_\_\_ Finish date: \_\_\_\_\_  
 How did you hear about the trip?: \_\_\_\_\_  
 Previous Experience: \_\_\_\_\_  
 Special Dietary Requirements/Food Allergies?: \_\_\_\_\_

## Next of kin (Emergency) contact details

Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_  
 Phone number (preferred): \_\_\_\_\_ Mobile ph: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Residential Address: \_\_\_\_\_

## Self assessed fitness / readiness for trip

Height (cm): \_\_\_\_\_ Weight (kg): \_\_\_\_\_ Resting heart rate: \_\_\_\_\_  
 Evaluate your general health: poor average good excellent  
 Evaluate your fitness: poor average good excellent  
 Please NOTE that you will on most trips be required to have your Doctor fill out a medical clearance certificate in addition to this information

Self assessed questions	Yes	No	Details
Do you feel you are physically prepared (or will be before commencement) for the trip that you are planning to undertake?			
Do you have any medical illnesses, infirmities, disabilities that require the regular care of a doctor?			
Do you have allergies, to food, bites, stings, drugs?			
Are you allergic to penicillin?			
List all the medications you are taking currently and the dosages			
Have you been hospitalised or had surgery in the last five years?			
Do you have any heart or respiratory problems?			
Are you a diabetic?			
Do you suffer from epilepsy or seizures of any kind?			
Do you have any physical or mental limitations that might preclude you from this trip?			
Are you pregnant?			

## Booking conditions, waiver, pricing policy

Name as on passport: First name(s): \_\_\_\_\_ Last name: \_\_\_\_\_

Trip Name: \_\_\_\_\_ Start Date: \_\_\_\_\_

Total Trip cost: \_\_\_\_\_ Currency (listed on website): USDS \_\_\_\_\_

Deposit due: \_\_\_\_\_ Currency (listed on website): USDS \_\_\_\_\_

### Base Currency price policy

Each trip is generally quoted in USD as listed on the website. The currency converter is indicative of a "mid rate" and the actual FX rates vary widely from bank to bank.

We require payment in this currency to be able to stabilise the price. Our agents and offices hold multi-currency bank accounts to facilitate this process, speak to your booking agent who will obtain an invoice for you from Arun Treks and Expeditions (P) Ltd (hereafter referred to as Arun Treks) in the appropriate currency and assist with payment either by EFT, telegraphic transfer, cheque or cash as appropriate. If you pay by prior arrangement with your agent in another currency be advised a FX surcharge may apply.

### Travel insurance & Doctors certificate

As a pre-condition for delivery of service you agree to return 60 days ahead of the start date of your trip, a Doctors certificate (that we will supply) stating you are fit for your intended journey and hold valid travel insurance appropriate to the journey intended that covers medical expenses and evacuation, i.e. climbing coverage for expeditions.

## Booking Conditions

### Risk Awareness / Liability Waiver

I have been advised by DCXP as agent for Arun of the following matters in relation to my upcoming trip with Arun Treks. I have been advised that travel, trekking, climbing and especially mountaineering are inherently dangerous activities. I may be killed, injured, incapacitated and experience pain, illness and suffering. I may experience loss, damage or theft of my property. Any of the above may not be Arun Treks or DCXP's fault or the fault of anyone. These incidents may be caused by others in my party, employees or directors of Arun Treks, their subcontractors or even my guide, may be caused by environmental factors, or even just physical or mental exhaustion which can happen at any time on my trip. There is no way of predicting all the hazards I may face. While Arun Treks will take reasonable precautions to minimise the risks, there is no way Arun Treks can guarantee my safety on this trip 100%.

I acknowledge that often the areas of operation are remote with little or no immediate medical support. In some remote areas self-rescue is the only option. My guide may need to begin first aid appropriate to the remoteness of the area and the nature of my ailment. By signing this document I certify that I have read and understood these risks and they are acceptable to me.

I also agree not to seek compensation, financial or otherwise from any incident that might occur during or associated with the trip, from Arun Treks or DCXP, or their respective directors, officers, employees, agents, partners or subcontractors.

Arun Treks and its agents including employees, guides, leaders, subcontractors and porters shall not be liable for loss, death or injury, to any of its clients or loss or damage or delay to their baggage, personal effects or other property arising from the following:

1. Acts of God including but not limited to Landslides, Ice Cliff Collapse, Avalanche, Earthquakes, Flooding and Fire;
2. Civil disturbances of any nature including but not limited to War, Revolution, Riots, Strikes or Labour Shortages;
3. Environmental Factors such as changes to trails rivers and valleys, loose rocks, unstable snow, unstable ground, bad weather;
4. Any other circumstance beyond our control and responsibility.

### Cancellation Policy

Your non-refundable deposit amount is specific to each trip and listed on the DCXP website or trip documentation. If you cancel you lose your deposit.

Payment in full is normally due 60 days ahead of departure date, if you don't pay by this date you can lose your place on the trip and your deposit is forfeit. In rare cases earlier payment will be required.

Normal Policy Is:

If you cancel 60-31 days before departure date you lose 50% of your payments.

If you cancel less than 31 days before departure date you lose 100% of your payments.

If you cancel and we are able to fill your place on the trip we may refund your money at our discretion. This would normally be subject to an administration fee. We may also choose to offer you another trip (transferable) at our discretion. Arun Treks reserves the right to vary or cancel a trip or a specific departure and will endeavour to advise you of cancellations not less than 42 days before departure. In the event of Arun Treks cancelling a trip, we would work with all the members of the trip to try to provide an alternative venue. If you do not accept alternative arrangements we will refund all payments you have made to Arun Treks, less any unrecoverable costs. Arun Treks will not be liable for any additional costs incurred by you such as airticket cancellation fees or changes. We advise you to have a travel insurance policy that covers cancellation.

### Itinerary Policy

Arun Treks will make every effort to achieve the objectives of the given trip/expedition. By signing below I understand that variations may be necessary for reasons including but not limited to; safety, interruptions to transportation, political unrest, prevailing weather conditions and the needs of the group.

### Trip Price Policy

The trip price may change at any stage. Changes might be due to international currency fluctuations, inflation, fuel prices, conditions, fees or other changes. Once your full payment has cleared into our account, we would normally not vary the price. If the trip price were to vary considerably (>10%) after you had paid your non-refundable deposit and you decided to cancel we would likely allow a full refund or transfer to another trip.

For included/excluded items and any special conditions, see the Info Pack for each specific expedition.

### Acceptance

I have read and understood, and accept, the Risk Awareness / Liability Waiver, Cancellation Policy and the Trip Price Policy. I acknowledge and accept that DCXP is an agent of Arun Treks.

I understand and accept the risks that have been explained to me, I hereby waive my right to bring any legal claim against Arun Treks even where Arun Treks and its Employees, Agents or Contractors would otherwise be deemed liable due to Gross Negligence, Breach of Contract or otherwise.

Signed: ..... Date: ..... Name: .....

If under the age of 18 please have a parent or guardian sign for you.



## Instructions

**This document DUE 60 days from the start of the trip please.**

PLEASE attend to these details at the first available moment.

Please fill out this as carefully as possible and fax, post or scan/email this into our reservations team.

Latest contact details can be found on the website.

If you can only fill out one section send that in now and update the second part later, thanks :-)

<b>Personal details &amp; trip details</b>	
Name as on passport: First name(s): _____	Middle names: _____
Last name (Surname) : _____	Sex:     Male or Female
Trip name: _____	Start date: _____
Passport Number: _____	Nationality: _____
<b>International flight information</b>	
Arrival City: _____ (city name) _	Departure City: _____ (city name) _
Arrival Date: _____ (dd-mm-yyyy) _	Departure Date: _____ (dd-mm-yyyy)
Arrival Time: _____	Departure Time: _____
Arrival Flight No: _____	Departure Flight No: _____
<b>Hotels: Single Supplement and Travelling Companion</b>	
Do you require a SINGLE SUPPLEMENT for your Hotel: Yes or No: _____ Camping/Lodges: Yes or No: _____	
Note that some trips a single supplement is included, if not a quote for the specific trip will be sent to you for approval and payment, before we book it.	
If you are travelling with someone and would like to be allocated a hotel room together, please specify below. Note some trips are share basis and you will be assigned someone to share with if you do not specify someone below. EXCEPTION - females will not be required to share with a male unless specifically requested! A single room will be provided for you in this situation at no cost.	
Name of travelling companion: _____	Room Setup: Twin Share (two single beds) or Double (one large bed)
Further instructions: _____	
<b>Travel insurance details</b>	
Please Note: The insurance company you have chosen to take cover with has a 24 Hour world-wide emergency assistance service. Should an accident occur after you have departed for your trip, DCXP needs to be able to contact the emergency assistance section of your insurance company. Therefore we need to know who they are and a contact phone number for them. Please note this is a different number to general enquiries and claims.	
The following are two <b>examples</b> of Insurance companies and their emergency assistance contact details.	
Company: <b>Covermore</b> 24 hour emergency provider: Customer Care Pty Ltd 24 hour emergency Ph: +61 2 8907 5619	Company: <b>IHI</b> (good for mountaineering cover) www.ihl.com 24 hour emergency provider: IHI 24 hour emergency Ph: +45 33 15 33 00
<b>Primary Policy</b>	<b>Second Policy (if required)</b>
Company: _____	Company: _____
Policy Number: _____	Policy Number: _____
24 HR Emergency Provider: _____	24 HR Emergency Provider: _____
24 HR Emergency Ph: _____	24 HR Emergency Ph: _____
It is in your best interest to purchase travel insurance as soon as you book your trip to cover cancellation costs, for example if you become ill before the trip and can not attend some travel insurance policies will re-imburse all your lost funds.	