



RODE TO EVEREST



Your Information Pack

Thank you for booking a place on our Rode to Everest Adventure. This information pack requires some information from every participant, *(it's the only dull bit of this adventure I promise you)*. The information you supply is essential to ensure that we provide the best possible experience for you.

2	Document Check List
3	Insurance Details & Emergency Contacts
4	Your Health
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7	Driving/Riding Conditions
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11	Visa Application

3 things you must bring with you to Nepal.

1. Complete pages numbered 2, 3 and 4 of this Information Pack and bring with you. You don't need to bring any of the other pages.
2. Bring x2 (two) photocopies of the following documents with you:
 1. The photo page of your current Passport.
 2. Current Driving Licence, both sides.
 3. Front cover and photo page only of your current International Driving Permit. (IDP)
 4. Your Travel Insurance policy page showing the policy number and start & expiry dates.
3. You must bring 4 recent colour passport type photographs for your Tibet Permit/Visa Application at the Chinese Embassy in Kathmandu.

The photograph must be of the following spec, nothing else will be accepted.

1. 33mm width x 48mm height
2. White background
3. Both ears must be seen
4. No spectacles or glasses allowed

PHOTOCOPIES ARE NOT ALLOWED. THEY MUST BE THE ORIGINAL PHOTOGRAPHS.

The Chinese Embassy is notoriously difficult to deal with so please make sure that your photograph specification is 100% correct.

If you have any questions regarding how to fill in any aspect of the forms, please email me, reachus@nomadicknights.com

Looking forward to sharing a fantastic adventure with you.

Thank You

Alex Pirie
Nomadic Knights

PLEASE TICK

- Completed forms (Pages 2, 3 & 4) and bring to Nepal with you.

Bring x2 (two) photocopies of the following documents.

- Passport photo page
- Current Driving License, both sides
- Front cover and photo page only of your current International Driving Permit. (IDP)
- Travel Insurance policy page showing the policy number and start & expiry dates.
- x4 (four) photographs as per specification on page 1 of this information pack.

IT IS ESSENTIAL THAT YOU BRING ALL THESE ORIGINAL DOCUMENTS WITH YOU. YOU WOULD BE UNABLE TO RIDE WITHOUT THEM.

If you are travelling with other participants, please provide their names opposite:

Insurance Details & Emergency Contacts

Please provide full details of your travel insurance policy and their contact details plus the names of 2 people who should be contacted in the event of an illness or accident, please write clearly and in CAPITAL LETTERS and include international dialing codes on all contact numbers.

Name of participant:

Name of Insurance Company:

Policy Number/Expiry Date:

24 hour Emergency Tel Number:

Emergency Contact No.1

Name

Relationship

Daytime Telephone Number:

Evening Telephone Number:

Mobile with country code:

E-mail address:

Emergency Contact No.2

Name

Relationship

Daytime Telephone Number:

Evening Telephone Number:

Mobile with country code:

E-mail address:

Name of Participant:

It is for your own safety that we find out as much as possible about your medical history. Your answers will be treated in the strictest confidence and will not necessarily have an adverse effect on your chances of participating. Please advise us in the space below of any condition, past or present, which you think may have a bearing on your ability to take part.

Please be advised that a letter will be required from your doctor or consultant should any doubts arise concerning your health.

Please tick the appropriate box:

- Are you allergic to any drug / medicinal product? Yes No
Are you suffering from or are you a carrier of any infectious disease? Yes No
Are you allergic to any food or drink products? Yes No

If 'Yes' to any of the above, please give full details below together with any other information which may be relevant:

Are you taking regular and/or occasional medication? Yes No

If yes please give full details of ALL regular medication and dosages in the space provided below. Also include any occasional medication that you will be using on the event which could affect your ability to take part.

Your health:

You will be riding in varied conditions and in changing climates, often for long periods; therefore it is important that you are in reasonable health. If you have any medical condition which could be adversely affected by strenuous exercise or heat, or are in any doubts concerning your health, or taking any medication, you must get clearance from your doctor before returning this form. It is also your responsibility to inform us of any conditions that may arise in the period between completing this form and the event. It is important that we know about any potential problem well in advance.

You do not need to bring excess clothing unless you are planning to stay in Tibet after the trip. Do not bring clothing, baggage or any equipment that you are worried about damaging as facilities during the event are at times basic. All luggage will be carried by truck.

RIDING A MOTORCYCLE.

A general note about clothing for the Nepal and Tibet:

It is important that you are as comfortable as possible in your riding kit to ensure that you can direct as much of your attention as possible to the road or track ahead. Temperatures can change significantly during the day's ride so a good tip is to wear several layers to give you the ability to adjust your kit to suit the conditions.

HYDRATION PACK (ESSENTIAL – 3 LITRE CAPACITY STRONGLY RECOMMENDED)

HELMET (ESSENTIAL)

Any helmet that has approval for road use is acceptable and must be worn at all times when riding the motorcycle. The ideal type is the full-face road/motocross or enduro type helmet as they have the best compromise of features. The peak acts as a sunshade, the chin guard gives good protection and ventilation and the overall design allows the comfortable wearing of goggles – strongly recommended for keeping out dust! Goggles are advisable instead of sunglasses for the same reason. Most people use tinted visors or goggles. If you do then I would strongly advise that you also carry a spare clear lens for your goggles/helmet for riding in the rain or dark.

UPPER BODY ARMOUR (ESSENTIAL)

There are a few different styles of body armour available; the hard plastic 'rooster-tail deflector' or tabard style, the 'all-in-one' mesh jacket (which includes hard armour in all the vulnerable areas and a kidney belt) or separate pieces of hard armour fitted into a jacket. It is down to personal choice as to which is most comfortable. It is important that elbows, back, shoulders and chest are as well protected as possible.

JACKET (ESSENTIAL)

A warm textile motorcycle jacket is highly recommended as they usually feature a removable lining. This is ideal as it allows adjustment of kit according to temperature changes during the day.

PROTECTIVE TROUSERS (ESSENTIAL)

Hard wearing and breathable are the important features, beyond that it is down to personal choice. Textile, as opposed to leather, is preferred as leather is too hot and restrictive for the conditions. Motocross or enduro type pants are ideal although alternatives such as reinforced denim jeans or combats could be considered. It is essential that adequate knee protection is worn, the hard type being recommended.

MOTORCYCLE BOOTS (ESSENTIAL)

Sturdy, over the ankle motorcycle boots are essential.

Continued overleaf.

GLOVES (ESSENTIAL)

Two pairs of gloves are strongly recommended – one lightweight/summer pair and one waterproof/winter pair. Temperatures and conditions can vary greatly during a day's ride so ensure that you have both with you every day.

THERMAL BASE-LAYER (ESSENTIAL)

Basically, thermal underwear! It is worth purchasing a base layer specially designed for outdoor pursuits as it will have properties built in to keep moisture away from the body and keep the wearer dry and warm. Separate top and bottoms rather than an all-in-one suit are recommended.

WATERPROOFS (ESSENTIAL)

The changeable conditions in Nepal & Tibet mean that there is the possibility of rain during the event. A lightweight waterproof suit serves a dual purpose – it keeps the rain out but can also act as an extra insulator against wind and cold. Suits are available as either a one or a two-piece, both of which have their advantages. For example, the one-piece is more watertight, whereas the two-piece can be worn as separate items and is easier to put on and remove.

TANK BAG

Not required as all the motorcycles are fitted with soft panniers and a magnetic tank bag. Please bring a proper waterproof bag (ESSENTIAL) for your documents, mobile phone, camera, valuables etc.

PASSPORT PHOTOGRAPHS (ESSENTIAL)

Please bring 4 passport style photographs as specified on page 1 of this Information Pack.

BASIC FIRST AID KIT (ESSENTIAL)

To include a sufficient supply of any personal medication. Items that may be very useful include rehydration salt sachets, paracetamol, ibuprofen, antiseptic cream and sticking plasters.

ANTISEPTIC ALCOHOL-BASED HANDWASH (ESSENTIAL)

SUN BLOCK (ESSENTIAL)

A high factor is strongly recommended.

SLEEPING BAG

Although bedding will be provided every night, you may prefer your own sleeping bag for nights in the more remote locations.

SUNGLASSES

MOSQUITO REPELLENT Bring some just to be safe.

TORCH - A head torch is very useful.

DUCT TAPE, CABLE TIES, WASH BAG, SCARF / BANDANA (TO PROTECT NECK), FLEECE / PULLOVER, TOWEL, TRAINERS OR SANDALS, T-SHIRTS, FLEECE, CASUAL TROUSERS, SWIMWEAR, BUNGEE CORDS...

and finally EAR PLUGS - *To protect against snoring room mates!*

Ok, first things first. Nepal and Tibet are different, very different. Riding conditions vary greatly as it's a huge area. In Nepal we ride on the left and in Tibet we ride on the right. Road conditions in Tibet have been greatly improved over the years due to it now being opened up to foreigners. It has a unique landscape of outstanding characteristics and variety. It has turquoise lakes, deep valleys, emerald green forests, glittering snow mountains, extensive grassland and desolate desert. All of these represent the utmost of beauty.

It's not so much about your riding ability. It's more about your attitude in tackling the situations we find ourselves in. Each of us have different riding capabilities but we all tend to share a positive attitude, a sense of humour and a passion for adventure. Every day is invigorating, some days more than others. Conditions during the tour will challenge us all however it will be easier to take it in your stride when surrounded by a like-minded bunch of people. Our days are planned so we can stop and take photographs of the incredible scenery, have regular breaks to take in fluids, and grab something to eat. You will soon grow to love chai. (Sweet Tea).

Here's a description of the riding conditions.

Nepal and Tibet are unpredictable and this is as accurate as I can get.

Min Temp – Minus 5 degrees (Overnight at Base Camp)

Max Temp - 25 degrees

Sunshine - Yes

Rain - Possible

Snow – Possible at higher altitude.

Challenge level - 80% due to high altitude.

Riding conditions in Nepal & Tibet are varied due to its mountainous terrain. During the tour we will be expecting mostly sunshine however it's possible we could run into some rain, sleet or snow, be prepared for all seasons. Day time riding temperatures can be cold so make sure you carry warm layers with you on the motorcycle. We ride mostly on good tarmac and cement roads. For many of the days the riding is easy and relaxed however some sections will be a mixture of mountain graded roads (some pot holes and loose gravel). The weather can very much dictate the condition of the roads

Acute Mountain Sickness (AMS)

AMS can affect anybody and the condition has no connection as to whether you are fit or not. It can generally affect you at over 2,500 metres and as we ascend to over 5,000 metres on some of the days you need to be aware of this condition. It can occur due to the lack of oxygen and the symptoms are usually temporary. The symptoms are a headache, nausea and dizziness. It can also disrupt sleep. Symptoms can be reduced by staying well hydrated with water and by taking Diamox tablets. Please ensure that you bring your own supply of Diamox tablets with you. We always carry a supply of Diamox tablets however it's essential that they are kept for emergency use only.

We also have oxygen cylinders readily available in case you need it. From my own personal experience it only affects around three people in every one hundred and is usually dealt with very quickly by our travelling medics/doctor/team. We recommend that you take 1 x 250mg tablets a day, half in the morning and half at bedtime. You can start your course of tablets on day 4 morning as we leave Kathmandu.

What should I expect with regards to the accommodation and will I have to share a room?

The accommodation we stay in during the event will vary. It may not always be up to top standards but it will always be safe, clean and the best we can secure in the remote areas we visit. Wherever possible, rooms are allocated on a twin-share basis. If you are travelling with a friend or partner we will do our best to accommodate you accordingly, provided we are aware of the situation well in advance of the trip. If you are travelling alone you will be expected to share with another solo participant. Due to the remoteness of parts of the route, at times it may be necessary to sleep more than two to a room and in some of the accommodation our requirement for twin-bedded rooms may exceed the supply and only double rooms may be available. This will mean that, at times, your space will be limited. We recommend a sleeping bag for those concerned about personal space! Think basic and then nothing will shock you. Expect everything from lodges, cabin-style accommodation to luxury hotels – it's all part of your adventure.

Do I have to return from Nepal on the date specified?

No, If are you able to extend your stay we would recommend that you do so. Nepal is a wonderful country and offers much to those wishing to explore.

Do I book my flights through you?

No, you will be responsible for booking your own flights. You will find the travel arrangements in the "HOW TO GET HERE" section on your trip page.

Do I need to be an experienced rider?

It is important that you feel comfortable and confident on a motorcycle for riding in Nepal & Tibet. We usually suggest that you have at least two years recent riding experience and strongly recommend that you take part in an off road training day as this will, for 99% of riders, improve not only your safety but your overall enjoyment of the event.

Can I bring a pillion?

Yes, It very rarely happens, but the organisers reserve the right to request a pillion passenger to dismount and travel in one of the support vehicles at any times when weather or road conditions deem it necessary. Any such space has to be prioritised for any participant with an injury or illness and pillion passengers may not be able to hop in and out of vehicles at will.

Do I need to be reasonably fit?

You do not need to start marathon training but it would not hurt to increase your cardiovascular workout. If you are not doing any exercise and have no desire to join a gym then we recommend that you try to walk at a fast pace for a minimum of twenty minutes three or four times a week. For those of you who are members of a gym carry on as usual. Stamina is important because the combined effects of long arduous rides at altitude in hot and/or cold conditions can leave you exhausted. Combine this with early starts, little sleep and new food, it becomes clear your body needs as much help as it can get. A small amount of effort prior to departure can make all the difference.

How much will it cost?

The cost of participation in our Rode To Everest events can vary depending on the tour. We require a booking deposit of \$850.00 (eight hundred and y US dollars) that is non-refundable but deductible from the overall total.

What is provided?

Use of the motorcycle, your fuel, accommodation, breakfast and evening meal, mechanics, medics, team leaders, luggage services and support vehicles.

Continued overleaf.

What is not provided?

Costs which are the responsibility of the participant, not Nomadic Knights include: travel arrangements out with our proposed itinerary, any costs pertaining to inoculations; the cost of your visa and personal travel insurance; lunch/snacks; your drinks in the evenings; telephone calls.

How much luggage can I bring?

Some airlines usually restrict hold luggage to around 20kg so pack light! Please check with your airline to confirm these details as they do vary.

Is there anything I should not bring?

Nomadic Knights recommends that you do not bring any valuables; this includes laptops and other electrical equipment. We recommend that you do not bring clothing or footwear that you are worried about ruining. Expensive camera equipment should be insured and well protected.

Currency Requirements/How much spending money will I need?

You will need to bring some spending money with you but not a great deal. In Nepal the currency is Nepalese Rupee and in Tibet the currency is the Chinese Yuan. You will be able to exchange money in both countries therefore the best currency to bring would be US dollars as they are accepted in most places. Whilst recognizing that everyone's spending patterns are different, as a rule of thumb we recommend that you bring \$500.00 USD. This should cover any drinks or food you may want to buy throughout the day and evening.

Do you tip?

Tipping is at your discretion however it's customary to tip porters at hotels. Please ask if you are unsure how much to tip. At the end of the tour we will hold a collection for the drivers and mechanics that supported us throughout the trip. You will find them invaluable and incredibly helpful.

Will electricity be available?

Most of the time, yes – but this cannot be guaranteed at all times. Power cuts are likely in all destinations on the tour, but these are usually short-lived. Remember to pack a world adaptor if you need to charge your camera, phone, etc.

Will laundry facilities be available on the trip?

Yes, during our rest day in Lhasa and at the end of the trip in Nepal.

What will the food be like?

The food is amazing. Tibetan food, like Tibetan people and their culture has a very distinct character. There is a wide variation of food including Tsampa (dough with roasted barley and butter), beef and mutton dishes, noodles including thukpa, sausage, rice, milk curd and yoghurt and the not to be missed Tibetan momos. These are delicious dumplings which are made with either meat or vegetables. The half moon shape momo can be either steamed or fried and served with chilly sauce. There are many vegetable dishes available also and we mustn't forget the hot Tibetan sweet tea. You will grow to love this during the adventure and will look forward to our tea stops throughout the ride.

What visa do I need?

All participants will require a tourist visa to visit Nepal & Tibet. Please refer to page 11 of this document for more information regarding your visa requirements. It is your responsibility to ensure that you are in possession of all necessary travel documents before departure.

What inoculations would you recommend?

You will be travelling in the countries of Nepal & Tibet so please check with your GP for advice.

Do I need travel Insurance?

YES - participants MUST be covered by suitable travel insurance for the areas we travel in. This must include adequate provision for riding a motorcycle of up to 500cc in a foreign country and include medical and repatriation insurance. You are NOT required to cover the motorcycle or motor vehicle itself – third party cover is provided by the organisers but if damage to the motorcycle occurs due to rider error or neglect then you may be liable for the cost of repair. The organisers recommend that travel insurance be purchased by the participant when booking the tour and making payment. This should provide cover against cancellation charges, travel above 3,000 metres, unexpected curtailment of the event, medical expenses arising overseas, mountain rescue services, helicopter costs and loss or damage to luggage and personal liability claims. It is your responsibility to ensure that you have suitable cover. You must carry the original of this insurance document with you at all times during the ride.

Do I need an International Driving permit (IDP)?

Yes, you will need an International Driving Permit for Nepal & Tibet. You can generally find out how to obtain your International Driving Permit by contacting a motoring organisation within your own country.

How is the ride structured?

Shortly after arriving in Nepal you will take part in a 'warm-up' ride that will enable you to get used to the motorcycle and the riding conditions before embarking on the tour. Each morning during the tour there will be a briefing on safety aspects and that day's route. Each day will have some planned stops but there will be plenty of opportunities for you to travel at your own pace and stop where required. We encourage you to do this – the photo opportunities are second to none and you must take some time out to meet the incredible people of Nepal & Tibet.

The group will be accompanied by Nomadic Knights team members to offer any help that may be required and to ensure that the appropriate pace for that day's ride is being maintained. We will allow you as much flexibility and freedom as we can in this regard but because of the changeable conditions in the region, there may be times when we will have to impose some control over your riding to ensure that we reach that night's destination at an appropriate time – i.e. before dark !!!

Do I need a Full Motorcycle Licence?

Yes. You must hold a current and full motorcycle licence at the time of the event. Riders will not be able to participate without proof of a valid licence. A provisional licence is not sufficient for participation on this tour.

Can I use the motorcycle in the evening?

No, we cannot allow you to ride independently of the group for both safety and insurance reasons.

Travel Permits and Visas are required to enter Nepal and Tibet.

You will require a valid Passport with a validity of a minimum period of six months.

Let's start with Nepal, this is your responsibility to obtain.

A Nepal visa is fairly easy to obtain and you have a couple of choices in regards to how you get it. You can use a visa agent of which there are many or you can apply to your nearest Nepal Embassy in person or online. You need to apply for a 30 day Multiple Entry Tourist Visa to coincide with your travel dates. Your other option is to obtain a visa upon arrival in Nepal. You can get as soon as you land at Kathmandu airport and it's a very simple straightforward process. The cost is \$40.00 USD to be paid in cash.

The address is: Hotel Tibet International, Boudha, Kathmandu, Nepal. Tel: 00977-01-4488188
info@hoteltibetintl.com.np

Tibet Travel Permit.

The Tibet Travel Permit is a bit more complicated due to the fact that Tibet is a politically sensitive area however we do all the paperwork for you and it's all included in the cost. We will all meet in the hotel at 6pm on the arrival day of the trip to complete our paperwork.

You need to scan and email (or photograph) a copy of the following documents 7 weeks before the start of the tour:

1. Your passport photo page.
2. Both sides of your plastic drivers license.
3. The front and photo page of your International Driving Permit. (IDP)
4. Travel Insurance policy page showing the policy number and start & expiry dates.
5. A Passport type colour photograph

Please email them to both email addresses below.

samdup@exploretibet.com
alex@nomadicknights.com

The first email address is the address of our Travel Agent in Tibet. They will communicate with you directly however please follow up with them to make sure they have received the correct documentation. You must mention in all your email correspondence that you are travelling with Nomadic Knights.

If you have any other questions regarding your adventure please email reachus@nomadicknights.com