



The Yak Attack

19th October – 16th November 2018, 29 Days

Day 1 19 October 2018, Hotel Manaslu

Depart Melbourne Airport. Arrive Kathmandu and, after clearing Customs, you will be welcomed at the airport and transferred to your hotel. You'll have a few hours to settle in and maybe even wander the local area.

Day 2 20th October 2018, Hotel Manaslu (B)

After breakfast, a full briefing then the chance to check over your gear and bike, sort out last minute purchases; explore Kathmandu or optional guided sightseeing.

Day 3 21st October 2018, Local Lodge (B,D)

Drive approximately 5 hours by private vehicle to Behisahar, organise your gear, eat, and enjoy your first night in a local lodge.

Day 4 22nd October 2018, Training ride - Besi Sahar (800m) to Tal (1,590m). Local Lodge (B,L,D)

A big up and down day, avoiding vehicles on the basic jeep tracks, and dodging around trekkers, pony trains and goat herds on the trails. Your ride will take you through terraced farmlands and rhododendron forests, past waterfalls and over suspension bridges.

Finally, after a series of gruelling switchbacks and steep, rocky inclines, you arrive at Tal. Nestled at the base of a large waterfall, on the sandy beaches of the Marshyangdi river, Tal is the first Buddhist settlement along the trail.



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Day 5 23rd October 2018, Training ride - Tal (1,590m) to Chame (2,710m). Local Lodge (B,L,D)

Riding through a deep gorge, there are steep climbs out of Tal which will feel harder as the air thins, but we help your lungs and legs adapt by riding a shorter stage than the Yak Attack. Wooden and suspension bridges, first glimpses of the Annapurnas, muddy tracks, and more gruelling climbs, as you ride past the chortens of the Tibetan style village of Thanchowk, from where it is an easy pedal into Chame.

Day 6 24th October 2018, Training ride - Chame (2,710m) to Manang (3,540m). Local Lodge (B,L,D)

Continue climbing past mani walls and Paungda Danda rock face, an impressive curved slab of rock rising 1500m from the river below, to gain the first amazing views of Annapurna II, Pisang Peak, Himalchulli and Ngadi Chuli. Climb past Dhukur Pokhari lake, over more suspension bridges and through blue pine forest, possibly encountering your first light dustings of snow on the trail. Through picturesque Braga, housing the largest Gompa (temple) in the region, and into Manang, an old medieval town with a comfortable modern quarter, where you can fill up on yak steak and cake, and relax under a hot solar shower.



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Day 7 25th October 2018, Acclimatisation day Manang (3,540m). Local Lodge (B,L,D)

Today is the chance to speed up your acclimatisation by climbing high, either on foot or bike, and sleeping low back in Manang. There are many stunning side trips to peaks, lakes and glacial moraines with views to the summits of Annapurna and Gangapurna, less than 8kms away. The Himalayan Rescue Association operates an aid post here, with foreign doctors available for advice and consultation, as well as free daily lectures on altitude sickness at 3pm. Make sure you are back in time for the lecture, as they proudly claim that no one who has attended has died from altitude sickness.

Day 8 26th October 2018, Training ride - Manang (3,540m) to Thorong Phedi (4,450m) Local Lodge (B,L,D)

Today is a very tough day, maybe the toughest! The air thins as the trail steadily gains elevation, climbing out of the Marsyangdi Valley into the Jarsang Khola Valley. Riding past fields of yaks, well above the tree line and possibly in snow, you now have great views of Annapurna II and IV to distract you from the difficult task of getting oxygen into the lungs. Continue over suspension bridges and past mani walls, nearly always climbing, until you reach Thorong Phedi, where the basic accommodation keeps out the elements as you try to get some sleep in the high altitude.



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Day 9 27th October 2018, Training ride - Thorong Phedi (4,450m), to Kagbeni (2,840m). Local Lodge (B,L,D)

Before dawn, shoulder your bike and start the 5km climb in and out of moraine canyons, past the many false summits, to reach the top of Thronog La pass at 5,416m. The first 1,616m of descent is extremely difficult, regardless of the conditions. Ride down endless switchbacks through either thick and melting snow, or slippery loose gravel scree, until Muktinath (3,800m). From here the next 960m of descent is on jeep trails, with the shock of again manoeuvring around vehicles, people and livestock.

Day 10 28th October 2018, Training ride - Kagbeni (2,840m) to Tatopani (1,190m). Local Lodge (B,L,D)

Start early to descend out of the Kali Gandaki gorge before late morning, when the strong southerly headwind commences to howl, whipping up dust and sand. If the legs are feeling strong, and you want to leave the jeep track behind for a while, there are new side trails to explore, with temporary bridges and shortcuts across river-side gravel bars, if the water is low. At the end of the day, enjoy the amazing sensation of all the extra oxygen entering your muscles and lungs, and relax in one of Tatopani's two stone, hot-spring pools, where the water is around 37C.

Day 11 29th October 2018, Training ride - Tatopani (1,190m) to Beni (830m) then drive to Pokhara. Waterfront Hotel (B,L,D)

This is a busy section with a lot more buses, trucks, motorbikes and pedestrians, making their way along the jeep track, to and from Beni. From here Pokhara is just a 3-4 hour drive away and you now have 6 days to repair, refuel and play.



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Day 12 30th October 2018 Waterfront Hotel (B)

Pokhara is not only a laid-back version of Kathmandu but also the adventure-sports capital of Nepal. Chill by the lake or pool, eat every hour in a different restaurant, explore the shops and bars, stand-up paddle or be rowed around the lake. Alternatively, seek out an adrenaline-hit by paragliding, bungee jumping, ultra light flying or travelling 120kmh on a 1.8km zip line.

Day 13 31st October 2018 Waterfront Hotel (B)

Continue with the laid-back theme, maybe spin the legs on some flatlands, take a walk up to Peace Pagoda, enjoy a massage or take a meditation or yoga class. Visit the International Mountain Museum, Tibetan Monastery or Carpet factory.

Day 14 1st November 2018 Hotel Manaslu (B)

A 6-8 hour drive by private vehicle, back to the wonderful craziness and sensory overload of Kathmandu.

Day 15 2nd November 2018 Hotel Manaslu (B)

Visit the medieval squares of Thamel, Bhaktapur or Patan, and lose your way in the maze of back alleys and lanes. Explore the ancient temples, take a guided sightseeing tour or just eat, shop and rest.

Day 16 3rd November 2018 Hotel Manaslu (B)

Registration day! Meet your fellow competitors and start the final mental preparation for the race of your lifetime.



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Day 17 4th November 2018 Local Tea-House (B,D)

You are now in the hands of the Yak Attack crew. Transfer by coach of all riders, luggage and bikes to Besi Sahar (approx 6 hours).

Day 18-24 5th-11th November 2018 Local Tea-House (B L,D)

The Yak Attack 2018 race will follow the same route as the training ride you just completed but without the rest day, making it fast and furious! We'll be adding the full 2018 race details as soon as they are released.

Day 25 12th November 2018 Waterfront Hotel (B)

What a big night last night at the awards party!! Back in the familiar, laid back Pokhara, you can now really enjoy all that it has to offer. And for those who played it safe the first time and kept away from the adventure activities, here is your chance to cut loose.

Day 26 13th November 2018 Waterfront Hotel (B)

And, for those who didn't get out of bed yesterday, today is the last chance to savour all of Pokhara's delights.

Day 27 14th November 2018 Waterfront Hotel (B)

Drive along the all too familiar Tribuvan Highway and grab the last views of rural Nepal, as you head back to Kathmandu.



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Day 28 15th November 2017 Hotel Manaslu (B)

Last minute shopping, catch up on sights or just sit in the ancient squares and soak up all the colour and atmosphere of daily life in Nepal. Pack your bike ready to return home and hit the trails stronger than ever before!

Day 29 16th November 2018 Hotel Manaslu (B)

After breakfast and goodbyes, transfer is provided to the airport for your flight back to Melbourne.

If you measure the depth of a canyon by calculating the difference between the highest peaks of the gorge and the height of the river surface, the Kali Gandaki Gorge is the world's deepest. The Gandaki River, which flows through the gorge, is older than the Himalayas and has, at its lowest point, an elevation of 1,300 metres, creating a difference of 6,800 metres from the highest peak.

Day 30 17th November 2018 (B)

Arrive back in Melbourne