

MOUNTAIN BIKING BACKCOUNTRY TIBET

11 DAYS

As featured in:

- Action Asia
- MountainFlyer
- Coast Mountain Culture



Who We Are

Extravagant Yak - a foreign and local partnership - specializes in providing rich and authentic, personally crafted travel experiences in Tibet. Equally at home in the lap of luxury or in the warm hospitality of a nomad tent, we deliver tailored attention to detail on every unforgettable journey.

Why Travel With Us

We love what we do. Extravagant Yak exists to provide second-to-none overland travel services to some of the most geographically extreme and culturally fascinating corners of Tibet. Our 15 years experience in this region uniquely qualifies us to have hands on control of the quality of your trip.



"Travel with us and support [Tibetpedia](http://Tibetpedia.com)! This site represents the core of our CSR value. Tibetan Business Highlights is the feature of this site that promotes Tibetan small businesses of excellence across the plateau."
- Jim Hamp, Co-founder - Extravagant Yak



Chengdu, Sichuan, is the gateway city to all three Tibetan areas in SW China: [Central](#), [Kham](#) & [Amdo](#)



[Metok Karbo Restaurant](#) in Lhasa is an example of a Tibetan owned business promoted on [Tibetpedia](http://Tibetpedia.com)





What to Expect on Your Trip to Eastern Tibet

Eastern Tibet offers some of the most authentic, untouched corners of the Tibetan world. While more well traveled places like Lhasa and Everest Basecamp require enduring the crowds, in Eastern Tibet you will experience little to no tourism traffic along with an untouched natural environment. From low-lying Panda country to high-valley river towns and big-sky grasslands, the landscape of Eastern Tibet is also much more diverse. Enjoy the best of Tibetan culture and hospitality, while taking in the breathtaking mountain vistas and vast grasslands found only on the roof of the world.

Extravagant Yak has created the perfect tour for those who consider a sense of adventure and a dose of curiosity essential travel ingredients. In eleven days we will take you by private vehicle from **Chengdu** to **Kangding**, and **Tagong**, while riding the most exhilarating single track in the alpine wonderland found around the peaks of **Minya Konka** (Gongga Shan in Chinese) and **Yala**.



Mountain Biking Backcountry Tibet - Trip Overview

This Mountain Biking Backcountry Tibet tour is designed for two-wheeled mountaineers. This epic cycling challenge is best described as adventure biking. There are riders for whom 2-3 hours of climbing is worth an hour or more of non-stop downhill single track. For these riders, when burning muscles and desperate pedal strokes are overshadowed by the seemingly futile experience of breathing, by screaming lungs gasping for one more mouthful of oxygen, their smiles get bigger and their sense of adventure grows deeper.

Simply put, the rider who thrives on a Mountain Biking Backcountry Tibet tour in **Kham Tibet** is one for whom no effort is too great to capture the prize of the descent. And combined with the task of daily falling victim to awestruck in the remote and mountainous world of Tibet, there is hardly a better prescription to discover (again) that the path to enlightenment is always ridden on a mountain bike.



For the backcountry cycling tour profiled below, five out of the seven days of riding do not offer a pedal stroke under 3000m (10,000ft), six days of riding will take you above 4000m (13,000ft), and one day will take you to a maximum elevation of 4550m (14,760ft).

Looking for a custom tour? Either way, we are pleased to oblige. After all, if joining an upcoming tour does not appeal to you, we specialize in consulting with you to tailor make a route for you.





Giant Panda Research & Breeding Facility in Chengdu



Eastern Tibetan architecture

Trip Itinerary

Day 1. Arrive in Chengdu

The heart of Western China welcomes you as your driver navigates the throngs of cyclists which mix with the rhythm of a modern city. After check-in and a rest at the beautiful Fraser Suites, you're off to dinner and a visit at China's historical Three Kingdoms era Zhuge Liang Memorial Temple and Jinli Ancient Street.

Accommodation: [Fraser Suites, Chengdu](#)

Day 2. Chengdu to Kangding (shuttle)

Today you head out of the Sichuan basin to penetrate deep into the mountains that guard the approach to the Tibet-Qinghai plateau. You pass through a virtual time warp on your six hour journey. Everything becomes new: landscape, climate, cuisine, language, customs, and of course, the people. On the first evening in Kangding (elev. 2600m) you'll have the option of joining in with a community dance in the town square



before heading up the valley to your guesthouse (3,200m).

Distance: 325km.

Accommodation: [Tibetan Guesthouse, Kangding](#).

Day 3. Ride Day 1

Panpan Mt. Ride. The true adventure begins! After getting a good breakfast and assembling bikes in the morning, enjoy an afternoon acclimatization ride which is guaranteed to be one of your top three rides of the whole trip. Begin with a gentle 8km ride up Panpan valley along a broad alpine valley with nomad families in traditional yak hair tents dotting the landscape along with their roaming animals. Max out at 4200m before the exhilaration of over one hour of rewarding downhill (17km) on the other side through a pine forested canyon above Kangding. Evening includes an introduction to one of the world's best kept secrets: Tibetan cuisine.

Max. elevation: 4200m.

Accommodation: [Tibetan Guesthouse, Kangding](#)



Ride Day 1: Gentle ride up Panpan valley before a 17km descent



Start of Ride Day 2





Ride Day 2: Ridge ride to Tagong



Ride Day 3: Riding the grasslands up to Yala Mt. north pass

Day 4. Ride Day 2

Tagong Ridge Ride. Enjoy a scenic morning 90 min shuttle to the trailhead outside the highland nomad village of Tagong which sits on the West side of Yala Mountain. Begin a 15km ascent starting at 3500m and max out at the 4200m pass before traversing a ridge trail above Tagong with views of Yala and Gongga mountains in the distance. Another long descent (12km) back to earth begins with a steep upper valley ride before leveling out lower down as you pass a few local farms with barley fields. Scenes including herds of cattle and flocks of goats being driven through the center of town, await you as you arrive at the nomad outpost of Tagong. Enjoy a visit to the local monastery in the middle of town before dinner.

Accommodation: [Jya Drolma and Gayla's Tibetan Homestay, Tagong](#)

Day 5. Ride Day 3

Yala Mt. North Pass. An early start today involves a short shuttle to access a ridge ride that traverses the west side of Yala mountain from south to north. The first half of the ride is an



undulating mix of both single track and grassland riding with the shadow of Yala Mountain looming above your right shoulder. Following a picnic lunch, a steady climb up and around an alpine bowl to Yala pass will take you to the highest point on your bike this trip (4350m), with views of Yala valley on the backside and sweeping views of the plateau to the west. From the top of the pass it is a 12km descent to tonight's campsite in the valley below. There are several kilometers of technical rock riding in the bottom half of the descent, which is easily walkable for those who lack the technical confidence.
Accommodation: [Campsite \(3750m\)](#), [Yala Mt.](#)

Day 6. Ride Day 4

Yala Mt. East Pass. Today is a feast for your senses as you cycle into the alpine wonderland which is the backside - East side - of Mt. Yala (5820m). From the previous night's campsite, ride a couple of kilometers to the base of this morning's ascent. The first hour is a steep trail (with some pushing required) up to where it continues as a moderate ascent to



Ride Day 3: Yala north side campsite



Ride Day 4: stream crossing





Ride Day 4: Riding the backside of Yala Mt.



Ride Day 5: views of Minya Konka

the pass. Once again you max out at 4200m before descending into the forested wonderland below. There is a short and steep descent near the top, before reaching the flowing single track that carries you 20km to the trail exit below at 3000m. Hot springs are a welcome reward before a shuttle to tonight's accommodation (3,800m).

Accommodation: [Local Guesthouse, Yaha Village](#)

Day 7. Rest Day

Kangding is the gateway to Eastern Tibet. Perched on the Eastern edge of the Tibetan plateau, this historic trading town remains a city of commerce and communication between Han Chinese and Tibetan peoples. At 2600m, it is the perfect place to enjoy a day of rest. The first thing you notice the next morning is that everywhere you look goes up! Kangding is perched on the edge of the Tibet-Qinghai plateau. An optional trek to a grassland above town will follow breakfast. For those who simply want to chill out at a very chic cafe downtown and enjoy the vibes of the city while posting some



updates for family and friends, that can be arranged too. A stroll through the markets later in the day will give you an idea of why this town has been a key historical trading center between Tibetans and the Chinese. An early dinner will be enjoyed before driving to the staging point for tomorrow's ride. Accommodation: [Local Guesthouse](#), [Yaha Village](#)

Day 8. Ride Day 5

Yulongxi Valley Ride. After breakfast, depart directly from the guesthouse for a 12km ascent to the 4500m pass above the village. The first half of the ascent follows a surreal river valley up to a waterfall before joining the mountain road to the top of the pass, where you access the nomad valley of Yulongxi. On a clear day the whole of the Minya Konka (Gongga Mt.) range is visible from here, making this a fantastic picnic spot. Following lunch, drop 4km on a hairpin laced road to the valley floor below, before continuing a further 16km undulating ride through a grass carpeted valley past grazing yaks and



Ride Day 5: Bold descent in front of Minya Konka



Tibetan Hospitality: Yulongxi valley homestay





Ride Day 6: Take the plunge
(or the alternate route on the road)



Ride Day 6: 1300 vertical meter single track descent

surprised shepherds. The destination this evening is the warm hospitality of a local semi-nomadic family home (3,950m).

Accommodation: [Drashi's Tibetan Homestay, Yulongxi](#)

Day 9. Ride Day 6

Zemei Pass. The Zemei valley ride continues for another 8km this morning before heading east toward Minya Konka and your last climb of the trip. The 11km ascent includes a sweeping view of Yulongxi valley below and the most breathtaking view in all of Eastern Tibet. Minya Konka's main massif is directly opposite the top of Zemei pass (4550m), offering one of the most up close views of any Himalayan peak. Check your brakes before a 13km—1300 vertical-meter—descent to Zemei village below. Choose a technical single track descent, or the alternative switchback road to the valley below. Quaint hardly begins to describe this remote and romantic village nestled away in the mountains of Eastern Tibet (3250m). Join an optional afternoon trek to the monastery at the base of Minya Konka's west side glacier before dinner.

Accommodation: [Local Tibetan Homestay, Zemei Village](#)



Day 10. Ride Day 7

Zemei Valley Ride. Shuttle to Chengdu. This morning begins your reluctant departure from this virtual shangri-la. The scenery changes constantly as you begin a 30km descent out of the alpine highlands down to the canyon valleys above Shimian. Today's ride begins with 15km of single track and is one of our favourite continuous stretches of single track anywhere in the world. This is the perfect way to finish your Tibetan backcountry adventure. Your shuttle back to Chengdu (3.5 hrs) will be waiting at the end of the trail. A hot shower and a celebration banquet will be enjoyed back in the big city comfort of Fraser Suites Hotel.

Accommodation: [Fraser Suites, Chengdu](#)

Day 11. Depart

Dates & Cost below...



Ride Day 7: another epic 15km stretch of single track descent



Ride Day 7: changing ecology on the descent



Dates & Cost

Dates: Contact us for available dates - 11 Days

Cost: \$3,100_{USD} /person

Inclusive of:

- All transport, including airport pick-up and transfers
- Private vehicle and driver, plus vehicle for bicycle transport
- English speaking bike guides
- All meals
- All accommodation based on double occupancy
- All activities and entrance fees en-route (per the itinerary)
- Comprehensive packing list, including list for your personal bike specific spare parts
- Comprehensive bike repair toolset and repair stand en-route

Excludes:

- Personal bicycle and riding gear
- International airfare
- Medical, travel, and trip interruption insurance
- Souvenirs, laundry, items of a personal nature

Optional Pre-ride 4 Day Lhasa Highlights Trip

If you don't want to miss Tibet's most iconic cultural and historic sites, this 4 day trip also allows several days of acclimatization before the ride begins. Be sure to see details in the accompanying itinerary.

USD \$1,450 all inclusive

