

YAK ATTACK INFORMATION PACK

Many thanks for deciding to join us on this year's Yak Attack. Below you will find some information you may require to make your stay, and race, in Nepal safe and enjoyable.

Nepal

Time Difference

Nepal is 5 and three quarter hours ahead of GMT.

Language

Nepali is the official language of Nepal and spoken by approx. 90% of the population. There are many other languages and about 30 major dialects. English is also widely spoken. Learning and using a few words such as hello, please and thank you, is much appreciated.

Airport

Tribhuvan International Airport, Kathmandu

The baggage claim hall can be, at times, hectic and there is usually no indication which belt your luggage should appear on!! Contrary to what you might be told, trolleys are free, but if you enlist the help of an airport porter then they will expect to be paid for their services. In the unlikely event that your luggage doesn't turn up, there is an official desk dealing with these issues situated in the left hand side (as your heading out) of the arrival / baggage claim hall. It is a good idea to have a photograph of your luggage so that it is easily identifiable if it should be delayed/lost.

Taxis into Kathmandu can be booked at the desk situated in the corridor exiting the airport or, if you have pre-booked a hotel, many have courtesy mini buses waiting for you outside the airport terminal but please check this at the time of booking - it is always best to check with the guesthouse that they will be meeting your flight.

Visas

A 15 day visa is US\$25, a 30 day visa is US\$40, or a 90 day visa is US\$100 (this has to be paid for in foreign currency, US\$, AU\$, Euro, GBP etc) can be obtained upon arrival at Kathmandu airport, **for which you will need 1 passport sized**



photograph and a pen (On a busy day it can take well over an hour to pass through passport control, especially if you do not have a pen to complete the forms) The necessary documents will be given to you either on your flight or are obtainable in the airport. Visas can also be arranged in advance at your nearest Nepali embassy.

Passport Validity

Please ensure that your passport is valid for at least 6 months from the time you intend to enter Nepal.

Money

If you are bringing all your spending money from your home country it makes good sense to bring the majority in the form of travelers cheques in either US\$ or £; there are many places to change these in Kathmandu. Alternatively you can bring an ATM card and withdraw small amounts of money as and when you need it. You can also bring cash and change it to rupees in Kathmandu (the largest amount you can bring in to Nepal without declaring it is US\$5000)

During the race, expect to spend on average 2000-3000 rupees a day on extra food, drinks etc (depending on appetite!!). All money required for the duration of the race should be changed in Kathmandu and it is advisable to accrue as many small notes as possible, as change for large denominations is not always available in the more remote areas.

It is not possible to withdraw or change money once leaving Kathmandu,

On the Race Safety

One of the most important ways competitors can help to maintain safety during a race is to listen and adhere to the race official's instructions before, during and after each stage. A rider that turns up late for the start, or does not report in at the end, for example, will not only inconvenience the rest of the participants but could put lives at risk. **There will be briefings each evening and pre-race start each day and we request that all riders are in attendance and pay careful attention.**

The route will be way marked and all riders will be supplied with a GPS file of the route that should be downloaded to a GPS device. Riders are requested to be diligent in following the markings and, if in doubt, refer to the GPS device. There will be markings every 2km or so. If a rider has not seen a marking for some time the chances are that they have taken a wrong turn. Please do not carry on blindly; some trails lead to very remote and sparsely inhabited areas. Retrace your steps to the last marking and, if necessary, wait until another rider or race official appears.

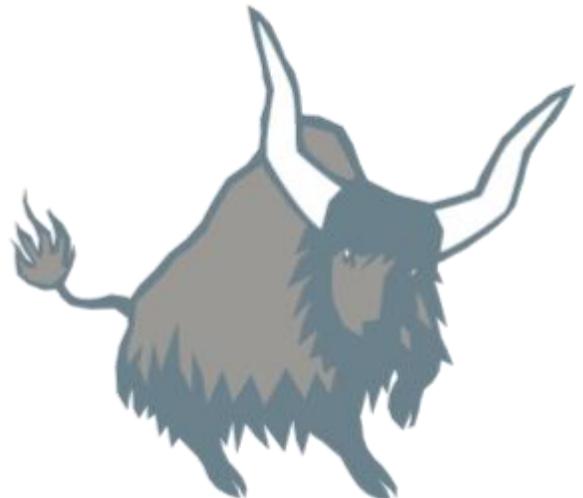
Stay hydrated. Temperatures can rise to around 30 degrees C during the daytime and humidity can be very high. Riders who do not hydrate adequately risk the misfortune of heatstroke and, in worse case scenario, collapse. There will be frequently located water stations (details in course notes, to follow later), please use them at every opportunity.

Accidents – Emergency help will never be far away, but if you do come across a seriously injured rider, it is your duty to stay with them until further assistance arrives.

The route traverses trails used by local village folk, local traffic, dogs etc. Please be considerate when passing and give them a warning shout if they are unaware of your approach.

Vaccinations

The following vaccinations are recommended for people visiting Nepal but it is advisable to check with your GP as to what you may require:



Tetanus, Polio, Typhoid, Hepatitis A.

Health Care

The Nepalese health service does not provide free care for visitors and so your own private insurance is vital. Minor health problems can always be treated by doctors with practices in the resorts and elsewhere in the country. Pharmacies are available in most towns.

If you have a more serious problem, Kathmandu now boasts a selection of modern, well-equipped hospitals offering the latest in conventional medical and surgical therapies.

Insurance

In the event of an emergency it may be necessary to evacuate an injured or seriously ill competitor by helicopter. It is a condition of entry that all competitors have suitable insurance covering them for taking part in this event and allowing for immediate helicopter evacuation in the unlikely event it is needed. This is compulsory and evidence of the policy must be provided a Minimum of 1 month before the race start. Any competitor without the necessary insurance will not be allowed to take part.

All competitors shall be required to sign a personal liability waiver in order to participate in the race.

Make sure your health/travel insurance covers you for medical expenses abroad. If not, supplemental insurance for overseas coverage, including possible evacuation, should be seriously considered. If illness occurs while abroad, medical expenses including evacuation may run to tens of thousands of dollars. Bring your insurance card, claim forms, and any other relevant insurance documents. Before departure, determine whether your insurance plan will make payments directly to providers or reimburse you later for overseas health expenditures.

Health Considerations

Upset Stomach

As most stomach upsets are due to the unsanitary preparation of food, it is useful to know what to watch out for. Under-cooked fish (especially shellfish) and meat (especially pork and mince) can be hazardous. Salads can be risky unless purified water has been used to wash the various vegetables. Fruit that has already been peeled should be avoided. Be careful of ice cream, in particular the varieties sold by street vendors and served at cheap restaurants. Sometimes there are power outages Nepal, especially away from urban centres, so it pays to be suspicious of all refrigerated foods if you know there has been a recent outage in your area.

Water

Tap water is not safe to drink. Bottled water is readily available both in Kathmandu and around the trail the race uses. The plastic bottles however contribute immensely to Nepal's pollution problem. Modern filters + water purifying tablets will produce water that is safe to drink, will save you money and will help reduce the pollution in the country. If purchasing a filter for the first time, it is probably best to obtain it from your country of origin from a reputable source.

Sunburn

Always remember to apply a sunscreen product with a sun protection factor of at least 15. Remember you are just 600km from the equator. Even with sunscreen, your sunbathing should be limited in time. If you don't apply sunscreen you are liable to become so sunburnt that it will be painful to move, your skin will peel, you will have to start afresh to get that tan, and most importantly you put yourself at risk of serious dermatological disease.

Heatstroke

Sometimes those who have spent too long in the sun suffer what is termed heatstroke, the most common form being



caused by dehydration. This condition can occur if the body's heat-regulating mechanism becomes weakened and the body temperature rises to unsafe levels. The symptoms are a high temperature - yet a lack of sweat - a flushed skin, severe headache, and impaired coordination. In addition, the sufferer may become confused. If you think someone has heatstroke, take that person out of the sun, cover their body with a wet sheet or towel, and seek medical advice. To avoid heatstroke, take plenty of bottled water and avoid prolonged time exposed to the sun.

Altitude Sickness

Many people experience headaches, lose their appetite, sleep badly and get puffy eyes and swollen fingers above 3000m, this is usual but should not be ignored. If you start vomiting, feeling dizzy and have a rapid heart rate after rest, then please advise a group leader so arrangements can be made for you to rest at a lower altitude. At a lower altitude your symptoms should disappear and you can attempt to carry on. You should not hide your symptoms for fear that you cannot continue in the race as your condition could worsen rapidly, especially during the night. It is recommended all participants verse themselves with the dos and donts of AMS (altitude sickness) before leaving for Nepal.

General Advice

Bring adequate supplies of all medications in their original containers, clearly labelled. Carry a signed, dated letter from the primary physician describing all medical conditions and listing all medications, including generic names. If carrying syringes or needles, be sure to carry a physician's letter documenting their medical necessity. Pack all medications in hand luggage. Carry a duplicate supply in the checked luggage. If you wear glasses or contacts, bring an extra pair. If you have significant allergies or chronic medical problems, wear a medical alert bracelet.

Wear long sleeves, long pants, hats and shoes (rather than sandals). For rural and forested areas, boots are preferable, with pants tucked in, to prevent tick bites. Apply insect repellents containing 25-50% DEET to exposed skin (but not to the eyes, mouth, or open wounds). DEET may also be applied to clothing.

Don't sleep with the window open unless there is a screen. If sleeping outdoors or in an accommodation that allows entry of mosquitoes, use a bed net, preferably impregnated with insect repellent, with edges tucked in under the mattress. The mesh size should be less than 1.5 mm. If the sleeping area is not otherwise protected, use a mosquito coil, which fills the room with insecticide through the night. In rural or forested areas, perform a thorough tick check at the end of each day with the assistance of a friend or a full-length mirror. Ticks should be removed with tweezers, grasping the tick by the head. Many tick-borne illnesses can be prevented by prompt tick removal. Mosquitoes should not be a problem during the race, aside from in Besi Sahar, but please bear this advice in mind if you are travelling before or after the race, elsewhere.

Avoid contact with stray dogs and other animals.

Emergencies

Useful Emergency Numbers are:

Police Control - 100

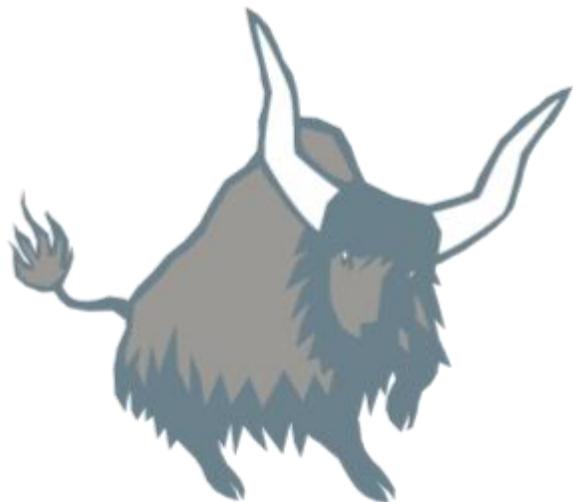
Fire Brigade - 101

Electricity

Electricity is produced by hydro-electric dams and cannot meet demand. Power is cut to just a few hours a day normally. Hotels and businesses often have battery back-up and noisy diesel generators.

The standard Nepalese electrical outlet is a three-pronged triangle, but some have been retrofitted to accept US and European plugs. Simple adapters can be purchased inexpensively.

The output voltage from the wall outlet is 220V AC and frequency is between 50-60Hz. People visiting from countries



using different voltage and frequency should make sure that their adapter or charger is capable of operating in this range.

All lodges have a supply of electricity, but this can be somewhat sporadic and cannot be guaranteed. Most lodges will allow you to charge your battery for around 100 rupees per hour but there is usually only 1 to 2 outlets available (an adapter will be required) so it is best for participants to charge their batteries on a rota system, if possible.

Race Registration

Race registration will be at The International Guesthouse, Kaldhara, Thamel, Kathmandu 44600, Nepal. (see Map for directions) on 3rd November,

The registration desk will be open from 10.00 to 12.00hrs. All riders are expected to attend registration between these hours to collect their race number and complete the registration paperwork.



There will be an informal get together in the evening for the riders to meet each other and other members of the Yak Attack support team. (Location and time advised at registration) on the 3rd . Please inform us if you intend to attend this gathering as we can book places in the restaurant. (dinner not included in entry fee)

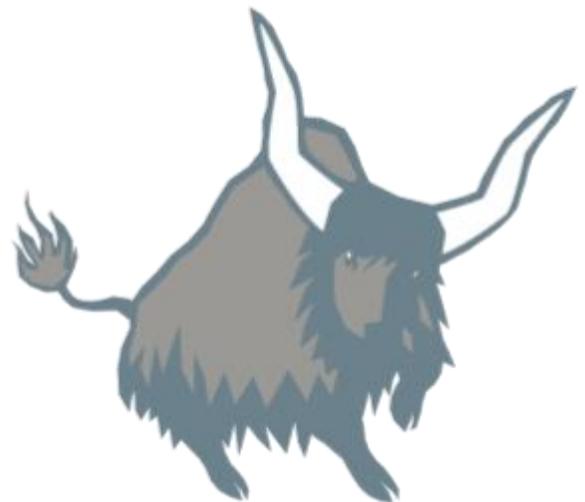
Pre-Race Bike Repairs

The Event mechanic will visit the race hq (International Guesthouse) on a daily basis between November 1 and 3 from 10am to midday^f. Services and parts will need to be paid for.

Race Start Day

All riders must report with their luggage (strictly maximum **20kgs** and clearly labelled with their name) and bikes (Built) at the International Hotel at 8am on the morning of the 4th. The Bikes and luggage will be loaded on Separate Vehicles and transported to Besi Sahar. Riders will be taken by coach to Besi Sahar (approx. 6 hour drive).

Bike bags / boxes and any luggage not needed during the race should be left at the respective hotel you will be returning to



after the race has finished.

Compulsory Kit List

The following clothing and equipment must be carried by all competitors during the race:

- ✓ Mobile phone
- ✓ Plasters
- ✓ Bandage and safety pins
- ✓ Provisions for carrying at least 2 litres of water (water bottles or CamelBac etc)

If weather conditions dictate, we may ask riders to carry additional clothing/equipment. This will be advised of at the daily race briefing in the evening.

It is also compulsory that whilst riding all bikers wear a helmet and carry the following items:

- ✓ Spare tube+ puncture outfit
- ✓ Link to repair broken chain
- ✓ Multi tool
- ✓ Pump
- ✓ Chain Lube

It is a race requirement, as a minimum, that all competitors are adept in repairing a puncture and fixing a broken chain. It would also be prudent to carry some light items of warm clothing to change into after finishing each stage as the luggage may not arrive until a few hours later, and especially as we gain altitude the afternoons can become quite cold.

Recommended Kit List

The following is only a suggestion and includes items worn or carried. Several thin layers are better than a few thick ones as air trapped between the layers acts as insulation. Remember that although it may be hot during the day, temperatures can plummet as soon as the sun goes down and it will probably be below freezing at night above 3000m. At Thorong Phedi the night time temperature is likely to be around -10C.

A Yak Attack kit bag will be issued to each rider to transport all belongings during the race. Every rider must use this kit bag. The capacity is approx. 80ltrs and the bag must not weigh anymore than 20kg. The weight will be checked on the morning of the 4th and riders with luggage over the 20kg limit must either carry the excess themselves or leave it in Kathmandu. No Exceptions.

Rucksack for carrying possessions/ spare clothing etc during the day.

Lockable bag for leaving spare luggage at hotel in Kathmandu

Various polythene bags for wrapping clothes etc.

Footwear (see paragraph below)

Cycling shorts, tops and gloves (at least 2 of each)

Down/synthetic jacket (can be hired in Kathmandu)

Warm trousers or Tracksuit bottoms

Thermal long sleeved high wicking top (at least 2)

Thermal longs

Mid layer fleece

Thin socks

Thermal socks (for night and crossing pass)

Thermal Gloves and head cover

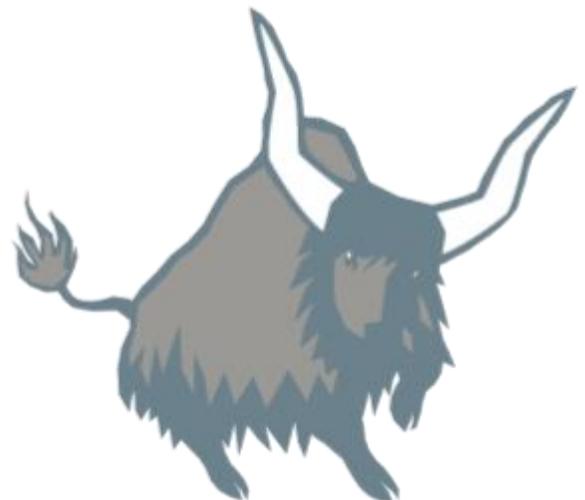
Waterproof and windproof jacket and leggings

Sunglasses

Travel type or small towel

Biodegradable soap for washing body, hair and clothes

3/4 season sleeping bag (can be hired in Kathmandu)



Any race aids ie HRM, water bottles, re hydration powder, recovery aid etc
Water filter and/or purifying tablets,
Chemical hand/foot warmers for crossing the pass,
Crampons/ice spikes for the icy descent from the top of the pass.

*Footwear.

For the majority of the race normal trail/cycling shoes will be sufficient. However, whilst crossing over the pass snow may be encountered, the temperature may be below freezing and competitors should decide whether their footwear will be adequate for such conditions and bring an alternative set of shoes/boots if they deem necessary. Also riders must consider that on the Besi Sahar to Manang legs, and whilst crossing the Thorong La pass, there is a certain amount of walking/carrying involved, often over rocky surfaces, and should also consider whether their normal riding shoes are adequate for this. A warm pair of shoes/boots to change into after each day's stage has finished is also recommended and the boots/shoes adequate for crossing the pass could also satisfy this criteria.

You may find this link to be of interest <http://chase-the-rainbow.blogspot.co.uk/2013/10/yak-attack-essentials.html#more> written by Neil Cottam, who has completed the Yak Attack several times.

First Aid Kit

This is only a minimum recommendation and is at the participant's discretion:

- ✓ Plasters(various sizes)/ plastic skin
- ✓ Crepe Bandage and fastening
- ✓ Antiseptic cream
- ✓ Pain Killer such as paracetamol or Ibuprofen
- ✓ Sunscreen (Factor 50)
- ✓ Lip Salv
- ✓ Hand wash

The Bike

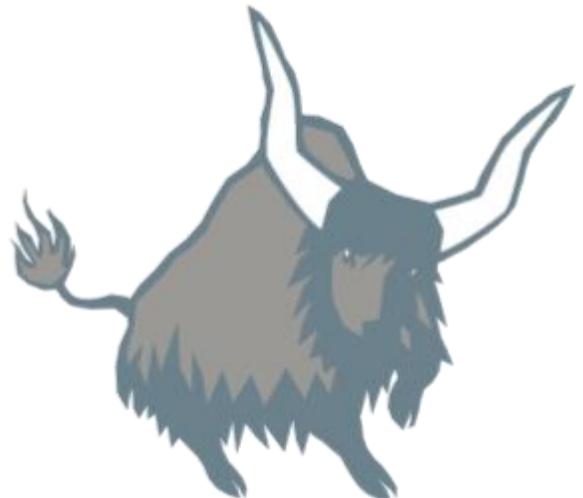
Your bike must be in good working order and of a suitable quality for coping with a seriously tough off road trail. Most people ride hardtails with front suspension, although full suspension is growing ever more popular and a couple have even done it on singlespeed fully rigid! !! We would recommend fitting new brake pads before starting the race and a new chain if the old one is showing any signs of wear. Once leaving Kathmandu, spares are not readily available so it will be necessary to bring these with you.

As a minimum, we would recommend bringing 2 sets of spare brake pads, spare chain, spokes and spd cleats as well as the aforementioned compulsory items. The course passes through a vary varied terrain, including, sand, mud, water so a good chain lube is a must and some equipment for cleaning the chain, cassette, chainwheel and mechs etc would be prudent.

As previously mentioned, it is a requirement that all competitors are adept in maintaining their own bikes, including being able to fix punctures and a broken chain.

Nutrition

Set breakfast and evening meals are included in the race entry fee for the duration of the race. The food is invariably quite basic and includes such things as Dahl Bhat (boiled rice and lentil curry), noodles, potatoes, pasta, soup, bread, egg and porridge, but is all freshly cooked and typically high carb.



Water

The only water that is safe to drink without treatment is bottled water, all other sources must be treated with either purification tablets or with a filter.

Wherever possible, we will provide at least 1 water station per day, where riders can top up their supplies with bottled water. We will advise where the station will be in the evening briefing. It is the rider's responsibility to ensure that they are carrying enough water for the duration of the stage.

Most villages from day 4 upwards have a water filter station where safe water can be purchased at a far lower rate than bottled, (you must take your own container). It makes sense to use these to top up your supplies for the evening /next day's stage.

The effects of altitude alone can cause dehydration and for those also exerting themselves at these heights, extreme caution must be exercised. Always ensure you are drinking plenty of water; the use of re hydration/isotonic powders is highly recommended.

Costs

Generally speaking, the higher the location, the higher the cost. A bottle of mineral water in Kathmandu can cost as little as 10rp, whereas at Thorong Phedi that will have risen to approx. 300rp. The same goes for food. A typical Nepali meal of Dal Bhat can be purchased in the capital for around 200rp but along the trail, the cost could be double or in some locations even triple that, with western style food having an even higher incremental cost.

Alcohol is relatively expensive, anywhere in Nepal. A 500ml bottle of locally brewed beer (Everest or Gorka) will cost you around 300 – 400rp at most popular locations in Kathmandu and could just about bankrupt you at Thorong Phedi!!

Hotel accommodation in Kathmandu ranges from around \$10 a night for something quite basic to over \$200 a night a luxury hotel. Expect to pay \$40 -\$50 a night for a double room including breakfast at a mid-range hotel in Thamel.

A budget of US\$80 -\$100 per day would provide reasonable hotel accommodation, 2 meals in restaurants (lunch and dinner) and allow for a couple of beers and taxi trips around the city. If you are on a tight budget, this could be reduced to as little as around US\$20 per day by taking basic accommodation and eating in local eateries and obviously abstaining from beer and walking or cycling around the city.

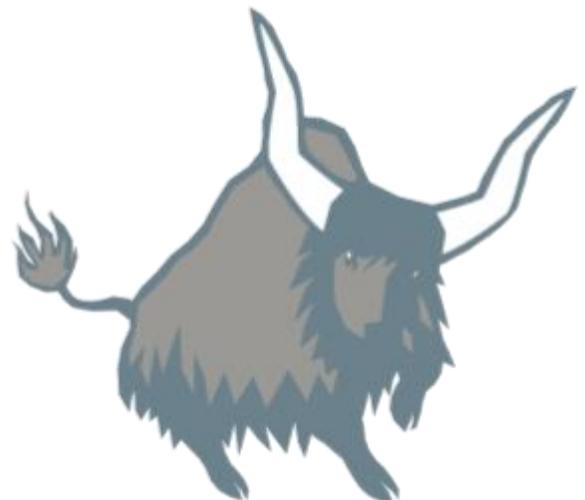
Transport is very reasonably priced. Taking a tourist bus for the 200km journey between Kathmandu and Pokhara will cost around US\$30. Taxi and rickshaw prices around the city must be negotiated before departure!!

Tipping

Tipping in Nepal does help to reward and encourage good service. Tip in cash if paying by credit card and give directly to the person you wish to reward. In Nepal, especially outside of Kathmandu and Pokhara, wages are low and the cost of living is rising, and so a tip is a gesture that really does work. 5 -10% is adequate for a restaurant.

Etiquette

An all-purpose Nepali greeting is "Namaste", uttered whilst keeping one's own hands at chest height, palms together. When greeted in such a manner, it is polite to respond as such.



Handshaking is also an acceptable greeting, but never offer your hand to a monk. Few Nepalese use cutlery, preferring to pick up food with their hands – do not be afraid to ask for cutlery. When passing items, eating, or shaking hands, always use the right hand. The left hand is traditionally the hand used when splashing yourself with water having used the toilet!

Public displays of physical affection should be avoided.

Nepali people will forgive many breaches of etiquette such as swimwear and eating habits. But always remember to remove shoes and headgear when entering temples as a sign of respect. Ladies should also cover shoulders and long skirts or trousers, in such places. Show respect by turning off mobile phones etc and by avoiding inappropriate or loud conversation. Statues should not be sat near or on, or touched, and pointing is considered very rude.

Toilets

Outside of Kathmandu and Pokhara, the 'squat toilet' is the norm, except from in hotels and guesthouses geared towards tourists. Adjacent to the squat toilet is a bucket and/or tap, which has two functions: flushing the toilet and cleaning the nether regions (with the left hand only) while still squatting.

In tourist areas, you'll find Western toilets and probably toilet paper. In general, put used toilet paper in the separate bin; don't flush it down the toilet, as pipes and sewage systems cannot cope with this. Most rural places don't supply toilet paper, so always carry an emergency supply if you are not keen on the bucket/tap way. More rustic toilets in rural areas may consist of a few planks precariously positioned over a pit in the ground.

Safety & Crime

Levels of petty crime are far lower than in many other Asian countries and violent attacks against tourists are infrequent. As with any travel, it pays to be vigilant; exercise caution and common sense; never flash valuables or leave them unattended and open to temptation.

The most potentially hazardous encounter in Nepal is the traffic – vehicles are often driven in unexpected and dangerous ways, and so always be alert and exercise caution when crossing a road.

Internet

Once the race leaves Kathmandu internet connections can be painfully slow. We will be updating the race website with daily reports via a mobile connection but this is also unreliable and not always possible (this is the high Himalayas after all!!!)

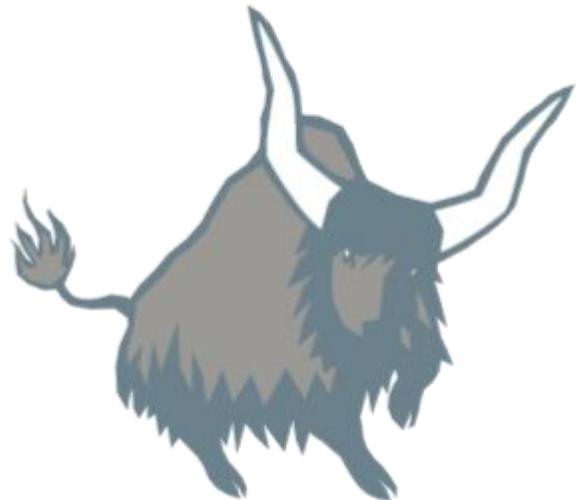
Religion

Nepal is known as a Hindu Kingdom, although it is an intricate tapestry of Hinduism, Buddhism, Christianity, Islam, Tantrism, and others, demonstrating great religious tolerance and harmony. Traditions and festivals are prevalent, as are temples and stupas, which you cannot fail to see.

Race Days

There will be a short briefing during each preceding evening about timings/the route of the following day's race, but a typical day would be like this:-

The porters transporting the luggage between destinations travel much slower than the competitors, so they need to leave very early in order to reach the destination at a reasonable time. Competitors will need to have their bags packed and ready for collection by 6am. As your sleeping bag will invariably be packed in this bag, it is usually then too cold to go back to bed!! The lodges will start serving breakfast from this time. Race start will usually be around 9am (time advised previous evening), any competitors not on the start line at the allotted time will



receive time penalties. Please use the time between the bags going and race start to have breakfast, settle your account for extra food with the lodge owners, check your bike and verse yourself with the course.

Stages, aside from stage 7, will commence with a group start. Please be especially wary at these times of other people, animals, vehicles, obstructions etc on the trail. Although the course will be route marked where necessary, it is ultimately the riders' responsibility to navigate to the finish point, so please pay attention during the previous evening's briefing, which will also inform competitors if and where water stations will be situated and give details of the course and any major landmarks to look out for etc. On most days, the route will pass through many small villages/settlements where food, chocolate, water etc will be available.

The finish line will be clearly visible; please ensure that the timekeeper can see your race number and check your name on the finishing list before proceeding to the lodge. Your room should already have been allocated to you at the lodge. If you require a warm shower, it is best to have this as early in the afternoon as possible (before temperatures drop), but please be aware that warm showers are not always available and are subject to availability. Your bag may not arrive until a while later so it is always best to change into any warm dry clothes you have been carrying with you and retire to the lodge eating quarters, which is most often the warmest place. The evening meal will be served at around 7pm, preceded by the race briefing for the following day. Results from the day's stage can also be seen at this time.

The Route/GPS

It is a condition of entry that all international competitors supply their own GPS unit which is capable of downloading .gpx files of the course.

In due course, we will be sending you GPX files of each stage that must be uploaded to your GPS unit for navigation use during the race. **The route will be way-marked but we provide these files and method of navigating as a further safety measure and it is compulsory that everybody uses them.** Please ensure the files are uploaded to your GPS unit before the race so that any problems can be addressed; race officials will not have time at the briefing or on race day to sort out any problems of this nature. These files will be available and sent out to you, after the final course check, a week before the race.

Itinerary – Forbidden Kingdom

November 3rd 2016 – Race registration at the International Guesthouse in central Kathmandu.. Collect race numbers and meet the Yak Attack team.

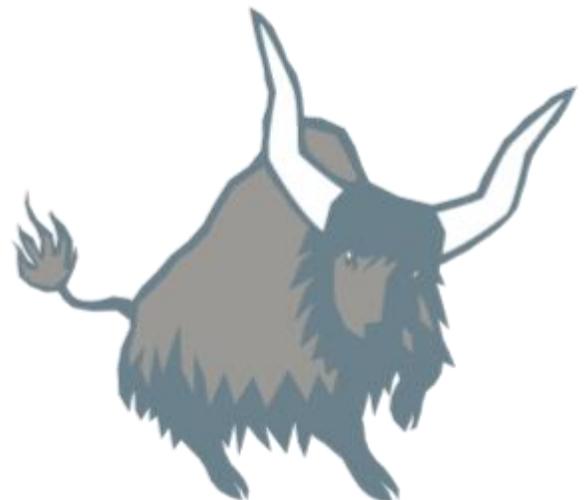
November 4th Vehicle transfer to besi sahar

November 5th to 15th – Yak Attack 2015 – see stage details.

November 16th Private coach to Kathmandu,

Included in entry fee –

All accommodation for the duration of the race on twin share basis. (November 4th to 15th inclusive)
Set breakfast and evening meal during the race (November 5th to 15th)
All necessary permits
Coach transfer Pokhara to Kathmandu for riders and bikes
Portering of belongings during race by either 4WD vehicle or porter (maximum allowance of 20kg pp)
Vehicle support (where possible) during race stages
Manned water stations with bottled water, Torq nutrition and Snacks during each stage



Fully qualified medical team
On site bike mechanic
On site masseur
Finishers T-shirt, medal and certificate
Overall winners prizes
Stage prizes
Prize giving ceremony and post-race party at the in Pokhara

Not included in entry fee –

International flights
Equipment including bike, helmet, clothing, sleeping bag, etc
Lunches, bottled water, soft drinks or alcohol
Insurance
Private medical services or treatment, emergency medical treatment and emergency evacuation fee
Entry visas or immigration services

NB: The area in which this event takes place is extremely remote with few or no medical facilities. In the event of an emergency it may be necessary to evacuate an injured or seriously ill competitor by helicopter. It is a condition of entry that all competitors have suitable insurance covering them for taking part in this event and allowing for immediate helicopter evacuation in the unlikely event it is needed. This is compulsory and evidence of the policy must be provided before the race start. Any competitor without the necessary insurance will not be allowed to take part.

All competitors shall be required to sign a personal liability waiver in order to participate in the race.

Stages

Below is a list of stages and a brief summary of key points for that stage -

Stage 1 – Starting hot (30°C) but could be down to below 5°C when the riders finish. River crossings, puddles and gritty terrain are potentially very damaging to chain. Expect chain suck and carry lots of chain lube. Some very steep climbs on loose, rocky surfaces. Riders will start to feel first affects of altitude.

Stage 2 – Daytime temperature of around 10°C. Could be snow and ice, especially in forested areas. Can be very muddy along the flat valley leading to the finish. Carry spare clothing for the finish as porters will be sometime behind the riders. Night time around 0°C. Be aware of any altitude sickness symptoms and inform one of the team if you are in anyway concerned.

Stage 3 - 5°C to 10°C but weather can change rapidly. Be equipped for snowstorms, high winds, even if it is clear at the start. Snow and mud can be expected. Carry lots of warm clothes for the finish, porters could be a long way behind and temperatures will drop below freezing once the sun has gone. Be aware of altitude sickness symptoms and seek advice if at all concerned – better safe than sorry. We are now at 4450m!!

Stage 4 – 4am start; it could be as cold as -° 15c but, with wind chill, this could feel like -25°C. **DO NOT underestimate the pass.** Full fingered insulated gloves, waterproof/insulated footwear, face cover, Cat 4 sunglasses, factor 50 sun cream and lip balm are all necessary for this stage. A normal water bottle or



camelbac will freeze within minutes so it is essential to perfect a method of carrying liquid without it freezing. Perfect your bike carrying technique months before this stage. 3.45am in the dark and freezing conditions are not the place to be experimenting with a new strap system, so perfect it in advance and stick to it. Adhere to the race officials' instructions; if they see you are in trouble or are not going to make it to the top, unassisted, they will take measures to ensure your safety. It is imperative that you listen to them as not doing so could endanger your life.

Stage 5 – 7km hike and bike out of Muktinath upto 4080m. 5 more 3600m+ passes to negotiate. Terrain dry, dusty and potentially windy. Wear lots of Sunblock. Carry lots of warm clothes for the finish, porters could be a long way behind and temperatures will drop below freezing once the sun has gone. Be aware of altitude sickness symptoms and seek advice if at all concerned

Stage 6 – Climb to 4010m with 2 more 3600m+ passes. Terrain dry, dusty and potentially windy. Wear lots of Sunblock. Carry lots of warm clothes for the finish, porters could be a long way behind and temperatures will drop below freezing once the sun has gone. Be aware of altitude sickness symptoms and seek advice if at all concerned

Stage 7 – 21km time trial starting and finishing in Lo Manthang, only 450m climbing.

Stage 8 – Very tough!! Up to 4288m, with 5 more 3600m passes. Rocky, technical singletrack climbs and descents. Terrain dry, dusty and potentially windy. Wear lots of Sunblock. Carry lots of warm clothes for the finish, porters could be a long way behind and temperatures will drop below freezing once the sun has gone. Be aware of altitude sickness symptoms and seek advice if at all concerned.

Stage 9 – 1500m ascent, 3000m descent, maximum elevation 3751m. Finish in Tatopani 1100m, first time below 3600m in 6 days !!

Stage 10 Reliability ride Tatopani to Beni 30km then coach transfer to Pokhara approx. 3 hours

Race Finish

The actual race officially finishes in Pokhara on November 15th. The prize giving ceremony will take place in the evening. In the morning participants along with their luggage and bikes will board a Coach to Kathmandu. Once in Kathmandu riders, luggage and bikes will be transported back to the International Guesthouse and Yak Attack services will cease. Please ensure that you have booked hotel accommodation for your continued stay in Kathmandu.

Useful phrases/words

Hi/Hello/Greeting	Namaste
Thank You	Danyabad
Yes	Huncha/Ho
No	Hudaina/Haina
1, 2, 3, 4, 5	Ek, dui, tin, char, pach
5, 6, 7, 8, 9, 10	chha, sath, aath, nau, dash
Good	Ramro
Bad	Naramro
I'm vegetarian	Ma sahakari hu
Help!	Ggwar!
Excuse me	Xyama pau
I don't understand	Maile Bujena



Websites of Interest

<http://chase-the-rainbow.blogspot.co.uk/2013/10/yak-attack-essentials.html#more>
www.nepal.com

<http://www.lonelyplanet.com/nepal>

<http://www.nepalvista.com/about-nepal/customs-and-etiquette>

<http://www.nepalvista.com/about-nepal>

<http://www.nepalvista.com/about-nepal/say-nepali>

<http://www.bbc.co.uk/news/world-south-asia-12511455>

<http://www.britannica.com/place/Nepal>

<http://www.visitnepal.com/>

http://mylanguages.org/nepali_phrases.php

<http://www.tripadvisor.co.uk/Tourism-g293889-Nepal-Vacations.html>

<http://www.worldtravelguide.net/nepal>

http://wikitravel.org/en/Nepali_phrasebook

