



3rd to 6th October 2019

SECTION 1: ITINERARY OCTOBER 2019

DAY 1: Bicycle Rally | 3rd Oct 2019 | 11:00 AM to 12:00 PM | **Location:** Ram Bagh, Mall Road, Manali

DAY 1: Fun Activities | 3rd Oct 2019 | 12:00 PM to 01:00 PM | **Location:** Ram Bagh, Mall Road, Manali

DAY 1: Himalayan BMX Comp | 3rd Oct 2019 | 01:00 PM to 03:00 PM | **Location:** Ram Bagh, Mall Road, Manali

DAY 1: 9th Himalayan Trails n Dust MTB Challenge PRACTICE | 3rd Oct 2019 | 04:00 PM to 06:00 PM | **Location:** Solang Valley

DAY 2: 9th Himalayan Trails n Dust MTB Challenge | 4th Oct 2019 | 10:00 AM to 01:00 PM | **Location:** Solang Valley

DAY 2: 1st Himalayan Enduro Championship PRACTICE | 4th Oct 2019 | 02:00 PM to 04:00 PM | **Location:** Gulaba

DAY 3: 1st Himalayan Enduro Championship | 5th Oct 2019 | 10:00 AM to 01:00 PM | **Location:** Gulaba

DAY 3: 5th Himalayan Downhill Mountain Bike Trophy PRACTICE | 5th Oct 2019 | 02:00 PM to 04:00 PM | **Location:** Solang Valley

DAY 4: 5th Himalayan Downhill Mountain Bike Trophy | 6th Oct 2019 | 10:00 AM to 01:00 PM | **Location:** Solang Valley

PRIZE CEREMONY: 06:30 PM onwards Daily | **DINNER:** 08:00 PM to 09:30 PM Daily | **WAKEUP CALL:** 06:30 AM Daily | **RIDER REPORTING:** 09:00 AM Daily

NOTE: Participants are not allowed to enter the course before or after the mentioned timings.

SECTION 2: REPORTING

Participants are requested to report at-least 1 day before your selected event.

Reporting Location: Hotel Iceland, Solang Valley (12 km from Manali) (<https://goo.gl/maps/8xMxJKwtEek>)

How to reach Solang Valley:

- 1: Private Cabs, available from Taxi Union Office located at the Mall Road, Manali.
- 2: Auto-Rickshaw (Tuk-Tuk), available from Mall Road, Manali (Near Govt. Bus Stand)
- 3: Self-Drive, Stay on Manali-Leh Highway and keep heading straight to Solang Valley from Palchan Village.

SECTION 3: CONTACTS

Naveen Barongpa: +91 941 861 2482
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Himalayan Mountain Bike Network reserves the right to make modifications to the above-mentioned itinerary depending on weather, terrain, local conditions etc. This is to ensure smooth operations and your comfort and safety during the event.

Participants are advised to stay at the provided accommodation for their own convenience. Stay at separate hotels/Guest-House/Lodge will be at participants expense.

SECTION 4: RULES & REGULATIONS FOR PARTICIPANTS

CONDITIONS OF ENTRY

- 01:** Helmet and Brakes required at all times while riding. No exceptions.
- 02:** All riders must have closed shoes during training sessions and competitions.
- 03:** All riders participating in Downhill mountain bike race are instructed to wear full face helmets and safety gear.
- 04:** All riders must be self-sufficient during XCO, Enduro and DH race.
- 05:** Riders participating in Himalayan Enduro Championship are advised to bring AM/Enduro mountain bikes with minimum 130mm travel.
- 06:** Riders participating in Himalayan DH MTB Trophy are advised to bring full suspension mountain bikes with minimum 130mm travel.
- 07:** Riders under 18 must have waiver signed by parent or guardian.
- 08:** No intentional damaging or tagging of local area. If something breaks, report it to a staff member immediately.
- 09:** Please respect the trail as you would outdoors. The disposal of food packaging on the trail is strictly prohibited.
- 10:** Taking short-cuts on the trail/course will result into disqualifications. No exceptions.
- 11:** Any participant receiving outside assistance from a non-racer without organizers permission will be disqualified.
- 12:** No loitering on trails.
- 13:** This event is NOT for any E-Bikes, hybrid or road bikes. All other Mountain bikes welcome. We welcome 29er's too!
- 14:** All riders will be provided with a number plate and numbers for this event. Bikes not displaying the supplied number plate or stickers supplied by the organizers, no other numbers will not be permitted on the track. It is a condition of entry that this plate be used for the entire race meeting and other than numbers or stickers may be attached to the plate.
- 15:** Do not cut/modify the race number plate in any form. Any extra stickers or branding are not allowed to be pasted on the number plate.
- 16:** Any damage to gondola will not be tolerated. Full repair/restore expenses to be borne by the participant on the spot.
- 17:** Making fun of fellow participant or rider skills will result into disqualification. No exceptions.
- 18:** No fighting, loitering, spitting, dirty looks, etc.

SCRUTINEERING GUIDELINES

- All riders may have their bikes and race gear checked at any time during the meeting.
- Any faults found will be noted, a failure sticker may be placed on the number plate and the rider will be sent away to have the faults rectified.
- Riders whose bike/race gear does not pass scrutineering will be required to re-present their bike/race gear for re-inspection prior to being permitted to practice or race on the track.
- Failure to rectify faults will exclude the rider from the event.
- The most common items found at fault in the past include:

1. Missing handle bar
2. Loose chain
3. Ineffective brakes
4. Dangerous projections
5. Torn or loose handgrips
6. Torn gloves
7. Damaged helmet
8. Incorrect fitting helmet
9. Incorrect style handlebars
10. Loose headset bearings
11. Loose cranks
12. Broken pedals

SECTION 5: WHAT TO BRING

1 - BIKES: We highly recommend to bring your own mountain bike for The Himalayan Mountain Bike Festival. A Flatland BMX or a Regular BMX for the Himalayan BMX Comp, A lightweight hardtail with front suspension or a short travel dual suspension bike with disc brakes are recommended for Himalayan Trails n Dust MTB Challenge. A full suspension All-Mountain Bike or a Enduro Bike with minimum of 130 to 170mm of travel is recommended for the Himalayan Enduro Championship and a Full suspension Downhill Bike or a Enduro Bike is recommended for the Himalayan Downhill Mountain Bike Trophy. Make sure your bikes are in perfect working condition before the trip. Few bike specific spares like disc pads, 29er and 650B spokes, brake fluids may not be easily available therefore we suggest you to bring your bike specific spares along.

2 - GEAR: We recommend to bring your riding helmet. A MTB Specific full-face helmet is compulsory for the Himalayan Downhill MTB Trophy. 3 to 4 pairs of padded riding shorts, breathable jerseys and 3 to 4 pair of socks to ride comfortably. You will be riding in the Himalayas where everything depends on Mother Nature. Therefore, you must keep a wind / rain jacket handy in your hydration pack all the times. Your hydration pack should also consist of SPF 50 + sun screen lotion, chapstick, personal medication and your basic riding tool.

3 – LUGGAGE: The Himalayan Mountain Bike Festival will take place in the month of October the days will be pleasant; however, it may rain without warning especially in and around Manali. The nights and early mornings will be moderately cool and warm layers are must. A good quality down jacket, warm head cap and gloves are must include things in your luggage. We also advise you to bring your own sleeping bags.

SECTION 6: TERMS & CONDITIONS

If you wish to register for any event with Himalayan Mountain Bike Network, please read and understand the following Terms and Conditions and retain for future reference as they form the basis of your contract between us, Himalayan Mountain Bike Network, and all those listed on the booking form on whose behalf the party leader is acting. A contract will only exist when we have received a completed booking form from you, your deposit and proof of appropriate insurance and we have sent to you confirmation of your booking and invoice.

TRAVEL AND MEDICAL INSURANCE

Travel and medical insurance is mandatory on all Himalayan Mountain Bike Network – Expeditions and other events. Our mountain biking events take place in wilderness areas where there is often little access to normal medical services or hospital facilities. Where necessary, evacuation can be difficult and expensive. Medical and evacuation expenses will be the responsibility of the participant. Expedition's participants are responsible for purchasing medical insurance.

If you are likely to participate in other activities available in the resort/area (e.g. paragliding, rock climbing, rafting etc.), please make sure the insurance includes full cover for all the activities that you may participate in. It is an essential condition of booking your holiday that you take out adequate holiday insurance to our reasonable satisfaction.

We reserve the right to terminate your booking if you fail to obtain travel insurance. However, it is the responsibility of you and all members of your party to ensure the insurance cover purchased is suitable and adequate for your particular requirements. We cannot be responsible for your costs if you fail to do so.

Any other excursions or hazardous activity in which you participate during our event, such as paragliding, rock climbing, rafting etc., are at your own risk and liability and may not be covered under the terms of your holiday/event insurance. Please check the details of your individual policy before participation. If you carry out any activities with a member of our staff or representative of flow, we cannot take any responsibility for injuries/death howsoever caused. At all times clients must use their own judgements based on their abilities and all activities of whatever nature are at their own risk. To purchase Travel and Medical Insurance please contact your local travel agent.

CANCELLATIONS

CANCELLATION BY THE PARTICIPANT

All cancellations have to be made in writing and sent by mail or email to Himalayan Mountain Bike Network (info@himalayanmtb.com / himalayanmtb@gmail.com) by the person named on the booking form. Cancellation assessments will be calculated on the day Himalayan Mountain Bike Network receives your notification. Cancellation charges will be calculated from the date we receive written notice of cancellation via mail or email.

If cancelling your registration, the following policy will apply:

- 42-26 days prior to 3rd October 2019: Cancellation charge of 50% of the total cost of the registration fee
- 0-25 days prior to 3rd October 2019: Cancellation charge of 100% of the total cost of the registration fee

Please note that any payments made to an airline on your behalf may not be recoverable and will be subject to the airlines cancellation policies. No refunds will be made for a cancellation during the course of the tour, nor for unused portions of the trip.

CANCELLATION BY HIMALAYAN MOUNTAIN BIKE NETWORK

Himalayan Mountain Bike Network reserves the right to cancel the event if the minimum number of participants or sponsors is not fulfilled. We also reserve the right for making alterations to our website and event details before and after bookings have been confirmed. We will notify you for any such modifications.

If we cancel the event you will receive a full refund of all monies paid to us. Please note that once event are scheduled, cancellations by us are extremely rare. Himalayan Mountain Bike Network cannot assume responsibility for any loss incurred on account of non-refundable air tickets. Please contact us prior to purchasing your flight as to confirm that the required number of participants have signed up for an expedition.

Himalayan Mountain Bike Network cannot be responsible for any loss, delay, cost or the enjoyment of your holiday due to weather conditions. No refunds can be made if weather conditions are unfavorable. We can accept no legal liability and will pay no compensation.

SINGLE PERSON SUPPLEMENTS

Accommodations are based on double occupancy at hotels/campsites. Single room arrangements are usually available for a supplemental cost. We will do our best to find a suitable roommate for those desiring one, but if one is not available, you will be given a single room and charged a single supplement. We reserve the right to raise the registration cost if there are exceptional cost increases beyond our control.

HEALTH AND FITNESS REQUIREMENTS

Participants should be healthy and are advised to check with their own doctor for their own medical requirements before travelling. It is very important that persons with medical problems make them known to us well before departure. Hospital facilities for serious problems can be difficult to source in remote areas and evacuation can be delayed, difficult and expensive. Himalayan Mountain Bike Network assumes no liability regarding provision of medical care.

PARTICIPANT RESPONSIBILITIES

Himalayan Mountain Bike Network expects that participants are responsible for: understanding the conditions implied in an expedition/event Itinerary, selecting a trip that is appropriate to their interests and abilities.

We would suggest taking care of your personal belongings. We cannot be held responsible for any loss, damage or theft of your personal belongings.

Please do not try to compete/race with fellow participants on any non-competitive events. Reckless riding will not be appreciated.

IMPORTANT: Do Not Disrespect the Locals or destroy/deface any property. Doing so may result in unpleasant experience and Himalayan Mountain Bike Network team will not be responsible for any consequences faced by any participant or volunteers due to such actions.

We want all our clients to have an enjoyable holiday and best riding experience with us in the Himalayas.

Not sure about something or need more information regarding the event? Feel free to contact us and we will be happy to answer your queries ASAP: info@himalayanmtb.com