

# RIDE Incredible India 2009-2010



**LIMITED  
to 12  
riders**



## Pat Fitzpatrick

Contributor to Australian Mountain Bike and Outer Edge magazines, Pat is your accomplished guide and qualified MTB coach.

Pat descends from an esteemed lineage of competitive cyclists, with more than 100 years of racing history in his family.

Coaching since 1999, Pat draws on over 25 years of race craft - having refined his skills and culminating his expertise in BMX, MotoX, MTB and Road cycling disciplines.

Pat now imparts his wealth of knowledge to others, fostering talent from beginners to Olympians.

**Treat yourself to an exotic riding experience that combines first class MTB adventure trails, culture and breathtaking scenery, while boosting your MTB enduro&XC skills with expert coach Pat Fitzpatrick.**

Join MTB Skills Coach Pat Fitzpatrick and the Ride International team on an adventurous journey through 'God's own country', southern India's Kerala state. Kerala is a great introduction to India for those who have never been - and for those who have, we're about to share some of the world's best riding.

The rides take place high in the Western Ghats ranges, renowned as one of the world's ten best biodiversity hotspots. It is largely undiscovered MTB territory and off the tourist trail. We venture into areas where you'll meet wonderful locals - the remote hills tribe people -and experience the REAL India.

This is not your standard MTB tour. These are guided enduro and cross country rides that include expert skills coaching. Through the course of the tour, you will receive one on one coaching that includes ergonomic and performance bike set up.

The skill-based rides are designed to improve your confidence, speed and skills as you pedal through some of the most amazing, challenging, thrilling, rewarding and technical riding terrain you're ever likely to encounter. We ensure you complete the tour a much better rider than when you started.

Being in India, you will sample many colourful, cultural, historical and culinary delights that enriches the entire experience.

**Adventure Travel**  
Life. Time. Experience.

Tour operated by

**RIDE**   
**International**

Email [info@adventure-travel.com.au](mailto:info@adventure-travel.com.au) or call [03] 9696 8400 to reserve your place



## DAY 1 Transfer Cochin to Kuttikanam Bike Set Up

Depart Cochin - early morning vehicle transfer to Kuttikanam hill station located high in the Western Ghats mountain range. The mesmerising journey leaves the hustle and bustle of the city and heads for the scenic hills via towns and villages, pausing for lunch en route.

Arrive in Kuttikanam early afternoon.

Performance and ergonomic bike set up. An individualised exercise to tailor your bike to your geometry. Followed by a 2-hour single track ride, departing from the hotel, where we test and fine tune your bike set up 'in-motion'.



## DAY 2 Kuttikanam Vagamon to Tomb of Kolal

30 km+ Enduro-Xcountry adventure departing from our hotel. We ride winding singletracks through high altitude tea estates, offering a cliff-edge nerve test option, en route to the remote village of Vagamon for a traditional Keralan lunch.

After lunch is a short uphill to the extraordinary setting of the tomb of Kolal Halamed, which is perched atop a solid granite hill. We take in stunning 360° views of the dramatic Western Ghats ranges before offering 2 options to finish off the day:

Option A: Return to hotel by bike or vehicle transfer.

Option B: Descend a steep, technical and physically challenging 1000m - 20 km downhill through wooded jungle, rubber and pineapple plantations, making the day's total ride distance to over 50 km.



## DAY 3 Kuttikanam World's End to Wembley

25 km+ Enduro-Xcountry ride departing from our hotel. The tea picker's trekking trails become our singletrack route as we weave in and out of tea plantations to World's End - a spectacular viewpoint and stunning photo backdrop with valley views as far as the eye can see.

Option A: Return to hotel by bike.

Option B: We descend another epic downhill on fast, technical doubletrack through cardamom, rubber and pineapple plantations. We pass a remote colonial tea-drying relic before reaching the oddly-named village of Wembley, making the day's total ride distance to over 40 km.



## DAY 4 Kuttikanam to Periyar

40 km+ Enduro-Xcountry transfer ride departing from our hotel (luggage transported by vehicle). We ride out on singletracks and quiet country roads via Eagle Rock, onto flowing double tracks through remote villages to Thekkaddy, the home of Periyar - India's premier wildlife sanctuary.



Arrive at Periyar in the afternoon with time for personal relaxation or to take a walk and explore the bustling village.

## DAY 5 Periyar National Park Transfer to Cochin or Munnar

Sunrise boat trip through Periyar National Park Lake - a slow paced cruise on an antiquated timber ferry boat in search of wild elephants and tigers.

5-day participants transfer to Cochin.  
8-day participants transfer to Munnar.

Arrive in Munnar early afternoon. Short 2-hour singletrack acclimatisation ride amidst some of the highest tea estates in the world, returning at sunset.

## DAY 6 Munnar Top Station Downhill to Body

25 km+ Enduro-Xcountry journey departs from our hotel on a challenging, yet scenic ride from the busy Munnar township to 'Top Station'.

Option A: Return to hotel by bike or vehicle transfer.

Option B: Ride the advanced technical downhill singletrack from the hamlet of Top Station to Body.

The trail follows the old pioneer path first used in the 1870's by British tea planters in search of new lands for cultivation. It provides one of the best descents in the area, making the day's total ride distance to over 45 km.

## DAY 7 Munnar Elephant Pass & Bumps Circuit

30 km+ Enduro-Xcountry loop departs from our hotel on tea estate singletracks as we head for Elephant Pass, a traditional wild elephant migration route. Bring your climbing legs as we take in some of the most scenic ridges and valleys around Munnar and keep an eye out for the majestic giants.

We then get onto the Bumps circuit, with its spectacular scenery of terraced tea plantations. The singletracks lead us to finish the day with two fantastic downhills

Return to Munnar for late afternoon visit to tea museum and spice market.

## DAY 8 Munnar Rumble in the Jungle Evening transfer to Cochin

65 km+ Enduro-Xcountry ride departing from our hotel. An all day epic ride that has us descending for hours into a remote, hidden jungle. Test your newly honed skills to dodge wild elephant dung, cross a wide shallow river and spot native tree houses as you complete one of life's toughest and most rewarding riding experiences.

Evening transfer to Cochin.

## Testimonials

“Pat was incredibly patient and made the days a lot of fun... the attention to the smallest detail was great.

I finished with a lot more confidence and full of handy race tips.”

**Sharon Laws**  
British Olympic Cyclist  
(Beijing, 2008)

“What I liked most about Pat’s approach is that he explains why you are doing something not just what to do...

We had a group of mixed abilities and Pat was able to give all of us plenty of attention while ensuring that the fitter riders got a longer and harder workout...

Everyone was ecstatic with the improvements they had made.”

**Brad Davies**  
2009 South Australian  
Solo 24hr MTB Winner

“I’m not too shabby a mountain biker (if I do say so myself) and he’s improved my technique and hence speed by a tremendous amount (probably 20%) through only one session

Sometimes an old dog needs to relearn those basic tricks...”

**Wade Wallace**  
CyclingTipsBlog.com

# RIDE Incredible India

## 2009 - 2010

### Departure Dates

<b>1</b>	<b>Ride ONE</b>	<b>5-Days</b>	28 December - 01 January	\$1650	pp   Twin share
		<b>8-Days</b>	28 December - 04 January	\$ 2450	pp   Twin share
<b>2</b>	<b>Ride TWO</b>	<b>5-Days</b>	06 January - 10 January	\$1650	pp   Twin share
		<b>8-Days</b>	06 January - 13 January	\$ 2450	pp   Twin share
<b>3</b>	<b>Ride THREE</b>	<b>5-Days</b>	15 January - 19 January	\$1650	pp   Twin share
		<b>8-Days</b>	15 January - 22 January	\$ 2450	pp   Twin share

#### INCLUSIONS

- All vehicle transfers as stated per itinerary. We offer vehicle support options to make it easy to return to base when you’ve had enough for one day. We also provide luggage transfers when applicable, so that all you are required to carry on a day’s ride is your hydration / day pack.
- All meals as stated per itinerary. There is a wide choice of delicious Indian and some western dishes that cater for large cycling appetites. All meals [breakfast, lunch & dinner] are provided.
- All accommodation as stated per itinerary. Mid-range hotels and guesthouses have been chosen for their cleanliness, reliability and service. Prices are listed as twin share. Single rooms are available upon the inclusion of a single supplement. Please contact us for details.
- Skills coaching and guiding as per itinerary
- Bottled drinking water daily
- Periyar Wildlife Park entrance fees

#### EXCLUSIONS

- International airfares and departure taxes [tour starts and finishes ex. Cochin]
- Indian travel VISA [please contact consulate or visit website - see banner below]
- Travel insurance [it is compulsory to have your own travel insurance]
- Bike hire [we advise you bring your own bike for maximum benefits]
- Snack foods, alcohol and gratuities

#### WHO SHOULD COME

Mountain bikers and riding enthusiasts with a keen sense of adventure. Our rides are tailored to suit a range of levels, however moderate fitness and mountain biking experience is essential. Narrow bridge and shallow river crossings are probable, which will require you to carry your bike.

#### NON-RIDING PARTNERS

We warmly welcome and encourage non-riding partners to join us. Whilst we do not provide a set organised program, we offer local information and suggestions on how to fill your day with experiences and activities.

#### FITNESS REQUIRED

A moderate level of fitness is mandatory. We recommend exercising several times a week at least 6-weeks before departure. A medical health check prior to departure is strongly advised.

#### GETTING THERE

The tour starts and finishes in Cochin, which has an international airport and can also be reached by train or bus.



Tour operated by

