

# NEWSLETTER

VOLUME 4  
APRIL 2026



## MASTER THE MOUNTAIN – A DEEP DIVE INTO THE ARBA HILLS

### The Himalayan Calling

Hello PokDuro-ans!

As the world navigates uncertain times, we find ourselves looking more and more toward the mountains for clarity and connection. Here in the Arba Hills, the trails remain a constant—ever-evolving, challenging, and ready for our global tribe to return this December.

This month, we're moving away from the logistics and diving deep into the technical heart of the 4th Pokhara Enduro Race. Whether you are a first-timer or a returning veteran, here is how you prepare for the terrain of Nepal.



### Partner Spotlight: Storytelling

Meet Eparewa, our Official Media Partner! They are the digital eyes of the race, focused on bringing the sights and sounds of the Himalayas to your screens. Whether you're chasing a podium or exploring the loam, Eparewa will be there to tell your story.



### The Tech Breakdown: Setup for Success

The Pokhara Enduro offers a dual challenge: the dry, rocky "Gold Standard" stages of the Arba Hills, followed by the deep, organic "Himalayan Loam" of Phaplu for those joining the extension.

Our Pro-Rider Recommendations:

- Tires: \* The Arba Hills: You need a tough casing (Maxxis DoubleDown or Schwalbe Super Gravity). The rock gardens in Stage 4 (Rock & Roll) are legendary for their bite.
  - Phaplu Loam: If you're heading to Phaplu, an aggressive tread (like a Shorty or Magic Mary) will give you unparalleled grip in the soft, deep forest soil.
- The "PokDuro" Setup: 150mm–170mm travel is the sweet spot. Ensure your brakes are freshly bled with new pads—Himalayan descents are long, and brake fade is your biggest enemy!
- Protection: Safety is our priority. Full-face helmets are mandatory for timed stages. We recommend lightweight, breathable armour that you can comfortably wear during the liaison climbs.