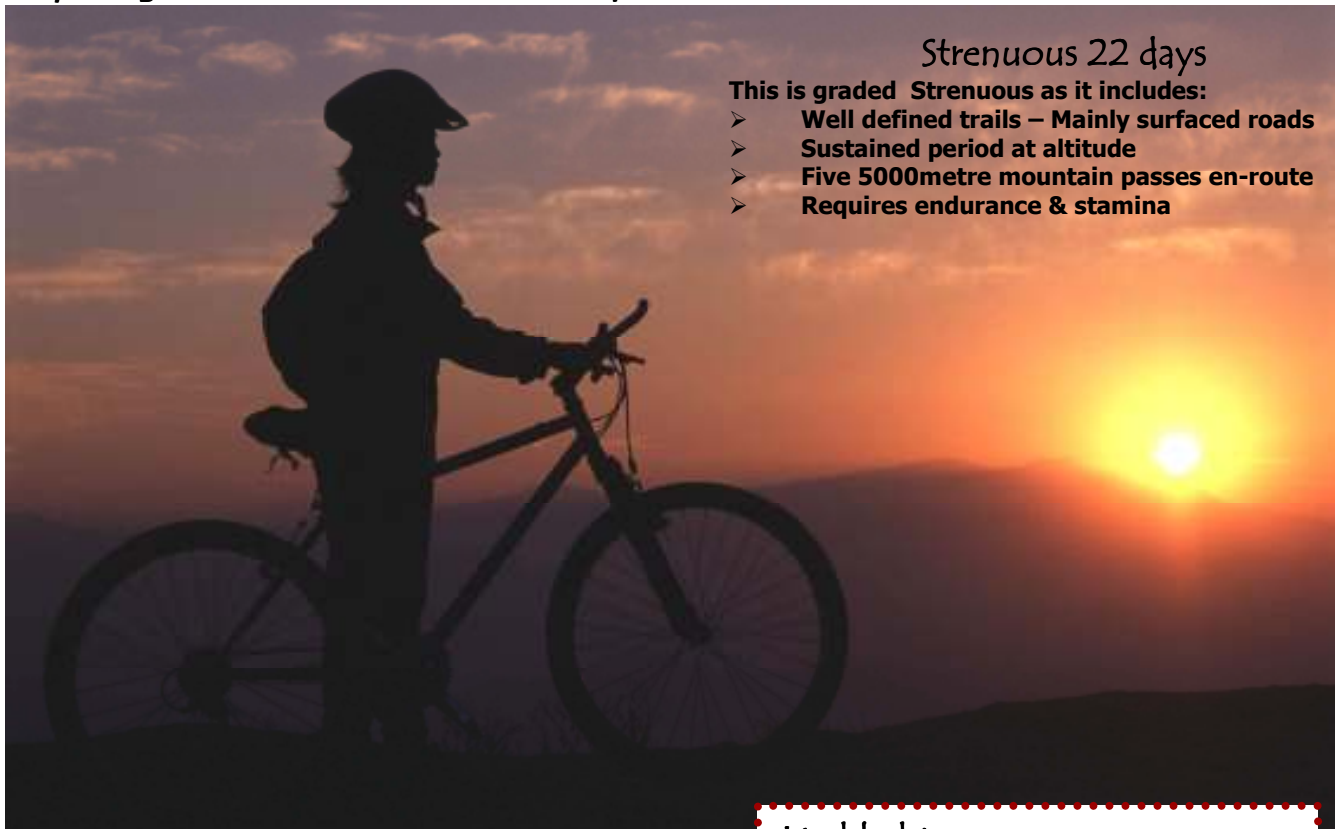




The Responsible Travellers

www.theresponsibletravellers.com

Cycling: Lhasa to Kathmandu Trip Notes



Strenuous 22 days

This is graded **Strenuous** as it includes:

- **Well defined trails – Mainly surfaced roads**
- **Sustained period at altitude**
- **Five 5000metre mountain passes en-route**
- **Requires endurance & stamina**

Introduction

A fully supported expedition in Tibet and Nepal: You will be riding from the ancient capital of Lhasa across Tibet via the base of Mount Everest and then on into Nepal and the Kathmandu valley on the second-longest downhill (two and a half days) in the world. This trip, with accommodations in local teahouses and camping, offers those bikers with an adventurous spirit to live up close with the mysterious nomadic people of Tibet and experience this vast and unique landscape on a more personal level.

The expedition also allows time for exploring many of Tibet's most fascinating cities and monasteries and gives the rider the opportunity to ride the best and most scenic portions of the friendship highway that links these two ancient Himalayan Kingdoms.

Support vehicles carry all equipment (and riders who may need a rest on the climbs!)

An experienced Nepali mountain bike guide, fluent in English and Tibetan, will ride with you, look after you and your equipment, help you with all-important altitude, acclimatisation and other health matters, and deal with Chinese officials and Tibetan support crew. Your trip starts and finishes in Kathmandu, where the guide will take care of all your last-minute needs, endorse your Chinese visas, and ensure that this will be a fabulous once-in-a-lifetime experience.

On a number of the cycling days there are several options for over night camping locations. Depending on the progress of the group and camping conveniences the campsites may vary a little. This will be decided by the Trip Leader during the trip.

Highlights:

- World's greatest downhill ride from Tibetan Plateau through the Himalaya to Nepal
- Forbidden city of Lhasa
- Visit Tibet's major monasteries & sights
- 15 days fully supported cycle expedition
- Five 5000m mountain passes
- Int. Flight Kathmandu – Lhasa

Detailed Itinerary

Day 1: Arrival in Kathmandu

Arrive in Kathmandu (4hrs 45mins ahead of GMT summer time).

Transfer to the hotel from the airport. Evening will be spent settling in and relaxing in the hotel, group dinner will be arranged in a restaurant in the evening.

Accommodation: City Hotel Bed & Breakfast

Day 2: Bike Test Ride

This morning there will be a full trip briefing by the leader followed by a test ride. This is an opportunity for those, hiring bikes to try it out and for those bringing their own to ensemble (make sure you bring enough spare parts if the bikes specified on hire are not compatible to yours. The spare parts we carry along are compatible to the specified trek series we hire out). After making sure everyone is properly kitted we go for a test ride on the outskirts of the city.

Accommodation: City Hotel Bed & Breakfast



Day 3: Fly to Lhasa

After a hearty breakfast, we drive to the airport for the flight to Lhasa. The flight is approximately an hour and is rather a spectacular one. It takes you over the Himalaya with view of the highest peaks in the world including Mt Everest, Lhotse, Makalu and Kanchanjunga. After the formalities with the immigration, the drive is approximately an hour and a half (95km) to Lhasa (3658m). On arrival we shall go on a short walk to Barkhor Square to stretch our legs and follow the crowds around this pilgrimage of the most holy Buddhist site. This will be your first taste of Tibet with a sensation of slipping into a medieval carnival. This is one part of Lhasa that has resisted any invasion of the modern world where ancient way of trading is still practiced.

Accommodation: City Hotel Bed & Breakfast



Day 4: Lhasa

Today is an acclimatization day sight seeing in Lhasa or resting. As you have arrived on such a high altitude plateau, we begin by taking it easy! We will visit few places such as Sera Monastery which is one of Lhasa's great monasteries that survived the Cultural Revolution better than most. We can get up close and personal to a 'Debate' where the monks will try and outwit their colleagues with questions on religion. After Lunch, we will visit the famous Potala Palace. This is the cardinal landmark, the winter residence of the Dalai Lama and a structure that deserves a place as one of the wonders of eastern architecture.

Accommodation: City Hotel Bed & Breakfast



Day 5: Lhasa

Today we have a short acclimatising ride, after a good breakfast we will start biking for Drepung Monastery cycling right in front and passing the Potala. The monastery is situated 25km to the west of Lhasa; this is to further allow our bodies to adjust to the climate and altitude. Drepung Monastery the largest of the monasteries out of the great Gelugpa branch of Buddhism was home to around 10,000 monks before 1951. We leave the bikes at the car park and explore the complex on foot. The main attractions here are the chapels of the early Dalai Lamas, the Great Assembly Hall and the Kitchen. We then cycle back to the hotel and then the rest of the afternoon is free, to rest or further exploration of Lhasa.
Accommodation: City Hotel Bed & Breakfast

Day 6: Khamba-La Base

Today we start the epic journey towards Kathmandu! Cycling through the busy roads for about 45 minutes we leave Lhasa behind and head south following the Kyichu (or Lhasa River). Arriving at Chusul we cross the bridge and follow the Yarlung Tsangpo (Brahmaputra River) for a while before reaching Camp at the bottom of Khamba La (pass). Please remember to always keep on the left hand side as there will be traffic passing us on this road.

Approx. 6-7 hour's ride, O/N Camp, Distance: 85km, Altitude: 3550m

Day 7: Yamdrok Lake

The morning is a steady climb to the pass at 4795m with a gain of approximately 1200m over a distance of 24 km. The view is stunning looking south, down upon the deep turquoise blue lake Yamdruk Yam Tso (also known as Scorpion Lake) and Himalayan Peaks beyond. The road descends several hundred metres before we arrive down to the lake. The rest of the day is a comfortable ride following the shores to the far end of the lake to camp before the town of Nagartse.

Approx.: 6-7 hours ride, O/N Camp, Distance: 68km , Altitude: 4300m



Day 8: Simi La Base

After breakfast we pack up and cycle on a straight path toward the Karo-la (5045) pass, cycling on the out skirt of the town Nagartse, with a panoramic view sweeping in front of us with great views of the Himalayas & glaciers. Upon reaching the summit of karo-la pass one can awe at the sight of the glacier which is approximately 50 metres above the pass. If you wish you can trade in the bicycle for a Yak for a fee. No doubt riding a Yak will bring a welcoming change for a few minutes and you can take some memorable pictures! Descending from here we travel across some spectacular wild Tibetan landscape, then, following the river down the valley we pass through some beautiful villages. We camp before Simi La 4350m(pass).

Approx. 6 hours ride.

O/N Camp. Distance: 68km, Altitude: 4610m

Day 9: Gyantse

Biking over the Simi-la pass (4,330m), we are on a pleasant and gradual ride to Gyantse town. The road is a gentle climb to the summit of Simi La (pass) that provides a commanding view over the deep turquoise blue waters of the reservoir. This can be a great lunch stop. We then descend from the pass and ride along the valley floor to Gyantse 254km south-west of Lhasa, this is one of the least Chinese-influenced towns in Tibet and is worth a visit for this reason alone. The town's principal attractions are the Gyantse Kumbum, a magnificent tiered structure that is the largest of its kind in the Buddhist world. Till the 14th century, there are no conclusive records of its existence but the town emerged as the centre of a fiefdom with powerful connections with the Sakyapa sect.



The remainder of the afternoon is free for you to visit the monasteries and Stupas contained within this historical town.
Approx.: 4-5 hours, O/N Hotel, Distance: 35km , Altitude: 3950m

Day 10: Shigatse

Leaving Gyantse, we also leave behind our 2 days of off road aches and pains as we find ourselves on a newly paved road which is a long day ride taking us across vast stretches of flat agriculture land to Shigatse, Tibet's 2nd biggest town and the traditional capital of Tsang. The Tsang kings exercised their power from the towering heights of Shigatse turning this town in to an important trading town as well as an administrative centre. It is also the seat of the Panchen Lama – the second only to the Dalai Lama.

Approx. 6-7 hours

O/N Hotel, Distance: 90km , Altitude: 3900m



Day 11: Tso La Phedi

Today will be a long day ride, with combination of paved and dirt road. Very interesting countryside of Tibet will have you stop frequently for photos. Lunch will be picturesque beside the Ra Chu River, before we cycle on to our camp below the Tso-la pass.

Approx. 6-7 hours, O/N Camp,
Distance: 112km or 83KM if tired!,
Altitude: 4000m

Day 12: Gyatso-la phedi

After about 500m of steady climb we arrive on Tso-La pass (4500m). There will be lots of prayer flags and you maybe even able to buy some to put up for yourself. It is also worthwhile to climb up to the small summit to the right of the pass. It is now a long descent from here, after passing the small dusty town of Lhatse we turn left southward to remain on the Friendship Highway towards Gyatso La (pass). We will camp beside the river below the pass.

Approx. 6-7 hours, O/N Camp,
Distance: 58km, Altitude: 4150m

Day 13: Shegar

In the morning after breakfast we cycle up a 25km climb toward the highest pass Gyatso-La (5220m). The ride to Gyatso-la is an interesting one as we will be in the middle of a gorge during the start of this particular section accompanied by a river on the right hand side. Approximately 7km before reaching the summit we suddenly come to an opening where we can once again see the great mountains but it will be very windy at this point (we advise for you to have wind proof attire ready as our support vehicle will be at a distance just in case) until we cross the pass and descend down to Shegar. If the horizon over the Himalaya is clear, you may have your first view of the worlds highest mountain Chomolungmo (Everest) before the end of the day.

O/N Hotel, Distance: 70km, Altitude: 4350m

Day 14: Pasom

Today we start our ride on a paved road up to the police check post. Here we will have to produce our passports to show the authorities. Around 6km after the check post we will turn off the Friendship Highway where our guide will complete the necessary administration to permit our entry to the Everest region. From here the path will be the toughest of bumpy roads. The road is very winding both up hill and down hill with sharp turns. On this particular road we would like to advise everyone to stay on the edge of the road at a safe pace because heavy vehicles also use this road. We climb to the Gyau La pass (5200m), along a rocky up hill section. From here a superb panoramic view of Everest, Lhotse, Makalu and Cho Oyu can be seen on a clear day. We will bike downhill towards the river which we cross and then face the windiest place of our tour. We will cycle through Tashi Zong village toward our camp at Pasom.

O/N Camp, Approx. 5-6 hours, Distance: 62km, Altitude: 4350m



Day 15: Rongphu Monastery

Today we will be on a bumpy road with a gentle climb up to Rongphu monastery to our campsite. Rongphu Monastery is the main Buddhist centre in the valley and once coordinated the activities of around one dozen smaller religious institutions. The view from here is the classic Everest North Face that you see all over on posters, postcards, magazines and guidebooks. The Rongphu Monastery is another highlight here that you read so much about. Sunset on Everest can be fabulous so camera at the ready.

Approx. 4-5 hours

O/N Camp

Distance: 33km

Altitude: 5000m

Day 16: Everest Base Camp

After breakfast, we ride for Everest Base Camp which is 8km away from Rongphu monastery. The road up to the Base Camp is a rocky one. There is also pony ride available for 60 - 80 Yuan if you prefer! The government has recently banned all motor vehicles from going up to the Everest Base Camp and because of this we will not have our support vehicle with us. At the Base Camp you can take photos next to a marker that reads 'Mt. Chomolungma Base Camp' which means "Mother Goddess of the snows" which indicates the 5200m altitude. We then return back to Rongphu and onward to Pasom campsite.

Approx. 6-7 hours

O/N Camp

Distance: 49km

Altitude: 4350m



Day 17: Tingri

Depending on road conditions there are two options to get to Tingri from here. The preferred option is going off road on a jeep track through beautiful wild Tibetan landscape over Lhama La to Tingri. However, if conditions are not good enough, then we backtrack over Gyau La and back on the Friendship Highway with a smooth tarmac road. When we reach Tingri it is another picturesque view with a huddle of Tibetan homes overlooking a sweeping plain which is bordered by the towering Himalaya Range. It is also called Tingri Dzong overlooked by ruins that was once a fort that was not blown up by the Chinese Red Guards but in fact destroyed by the invasion of Nepalese in the late 18th century. Nearby our campsite is a place called Tsamda where we can find a Hot Spring.

Approx. 7-8 hours, O/N Camp,
Distance: 112km, Altitude: 4340m

Day 18: Lhavlung Dovang

On this day we will cycle on the Friendship Highway to a camp at Lhavlung Dovang (Dovang means a place road construction workers live) between Thong-la (5050) and Zarakpa (5000m). After we leave the highway we peddle onto a road which is dusty during the dry season and muddy when it is wet.

Approx. 5-6 hours, O/N Camp



Day 19: Nayalam

Today the biking takes us over the pass of Lalung-la, which offers spectacular view of Gaurishankar, Dorje Lhakpa, Shishapangma and Langtang. Please make sure that you check your brakes properly because we will be riding mostly downhill from here. After 6 hours of biking we come to Nyalam which literary means 'The Gateway to Hell' in Tibetan. This is because the road drops from Nyalam like a stone off the Tibetan plateau into a mossy gorge of waterfalls and cascades which during the monsoon creates a sea of clouds that submerges the road giving the effect of an eerie scene out of a movie. Around 10km before reaching Nyalam is the local cultural sight of interest, Nyalam Pelgye Ling, a small temple that is associated with the Cave of Milarepa, the famous Buddhist mystic and composer of songs who lived during the late 11th to the early 12th century. We camp after Nyalam.

Approx. 5-6 hours, O/N Camp, Distance: 65km, Altitude: 3650m





Day 20: Dhulikhel

Our last day in Tibet, we descent (2850m to Barabise) on the longest downhill of our tour on a bad road which is muddy, rocky and slippery with a big drop on the right hand side into the river Bhote Kosi. Heading towards the border town of Zhangmu which also is known as Khasa in Nepali and Dram in Tibetan we enter Nepal through the borderpost at a place called Kodari. After approx. 3-4 hours of biking, we will have lunch at Barabise 870m a small town with shops and basic hotels. From here after lunch we will be transferred to a Hotel in Dhulikhel in our support van.

Approx. 2 hours

O/N Lodge, Distance: 127km, Altitude: 1600m

Day 21: Kathmandu

The last day of our biking trip bring us back to where our journey began, to Kathmandu via back roads through Bhaktapur and Thimi and transfer to the hotel.

Approx. 3 hours, O/N Hotel

Distance: 32km, Altitude: 1300m



Day 22: International Departure

Today there will be a transfer from the hotel to the international airport terminal for your departure.

Independent & Bespoke Group Trips

This trip can be tailor made for your own group, be it a charity fund raising challenge, cycle group, organisation or group of friends.

You can select any departure date and adjust the itinerary if necessary to suit your needs. The trip is also available as a guesthouse trip rather than camping expedition. **Please contact us at:**

info@theresponsibletravellers.com

Recommended Extensions

We suggest the following extensions which can be added to the end of this itinerary:

- 2 days chitwan Safari
- 2 day Spa Resort
- 2 day Kathmandu Highlights

To book e-mail: info@theresponsibletravellers.com

What's included in your holiday?

- ✓ Cycle Trip Leader
- ✓ Cycle Assistant / Mechanic
- ✓ Air Ticket Kathmandu – Lhasa
- ✓ Chinese Visa & Travel permits
- ✓ Tibetan Guide / Liaison Officer
- ✓ Hotel B&B: Kathmandu, Lhasa, Shigatse, Gyanste, Shegar, Dhulikel (10 nights)
- ✓ Full service tented camp 11 nights
- ✓ Support Vehicles: (4WDs & Equipment truck)
- ✓ Sightseeing Entrance fees in Tibet
- ✓ International Flight Airport Transfers
- ✓ Carbon balancing for international flight
- ✓ 100% profits donated to charity

What's not included:

- ❖ International flights & airport taxes
- ❖ All Meals not included in the itinerary
- ❖ Incidental extra personal expenses
- ❖ Nepal Tourist Entry Visa
- ❖ Single persons supplement
- ❖ Additional sightseeing not specified in the itinerary
- ❖ Travel Insurance
- ❖ Staff tips
- ❖ Excess baggage charges (Allowance 20kg)
- ❖ Bikes / Equipment (Bike hire US\$300)

Travelling alone.....and don't want to pay a single supplement? No problem, you will be paired up with someone of the same gender to share a room. If you would prefer the privacy of a single occupancy the Single Supplement for this trip is £295. Please note that single rooms in the mountain lodges will be dependant on availability and **can not** be guaranteed. We will do our utmost to meet your needs.

Thought of Funding raising for charity?

You may choose to take this opportunity to raise sponsorship for one of our affiliated charities, if you wish to do so please contact us at: info@theresponsibletravellers.com and we will forward details to you. **No amount is too small!**

First class staff & service levels

We are a highly credible tour operating organisation specialising in the Himalayan countries. All our staff are specially selected based on their experience, expertise and qualifications. We pride ourselves on a highly personalised airport to airport service with quality of care. The trip Leader will be an experienced professional leader working full time in the Himalayas & Central Asia with many years of experience. As a responsible employer we pride ourselves on hiring local staff and paying wages higher than most organisations. If you want to read more about our employment policy please go to: www.theresponsibletravellers.com/our-ethics/employment-policy.html

Further Information:

If you have any queries regarding this trip, whether it is about preparation, the itinerary or general travel information please do not hesitate to contact us. If this trip is not for you perhaps you would like to contact us for details of alternative trips. All our trips and additional extensions can be viewed online at: www.theresponsibletravellers.com or write to us at info@theresponsibletravellers.com.

Additional Information

Administration & Practicalities

Insurance: It is compulsory to take full holiday insurance which covers trekking to the maximum altitude of your trek/trip, and also covers full rescue and repatriation costs. You will need to provide a copy of your insurance details, including an emergency 24 hour telephone number to the trek leader before departing Leh. This should include any correspondence stating clarification of the required cover. If your policy documents are not available or prove to provide insufficient cover you may not be able to continue your trip. Please ensure that your policy also covers any extra activity outside of the stated itinerary you wish to do if you are extending your trip.

Passport: Passports need to be valid for a minimum period of 6 months from the date of visa application if you are applying in the UK and from the date of entry into Nepal.

Visa Details: Visas are available in advance from the Nepal Embassy for approx. \$40. A link to the website is below:
http://www.nepembassy.org.uk/visa_information.html

You can also have the visa processed at Kathmandu airport. If you intend to wait until your arrival at the airport please remember to bring two passport photos and US\$40 dollars in cash (N.B US dollars - is the only accepted payment).

The Chinese visa is issued only in the Embassy at Kathmandu, which will be applied for on your behalf approximately 2 months before your departure. The visa is then processed in your passport on arrival in Kathmandu.

Money: The local currency is Nepali Rupees (approx exchange rate 120 NRS - £1 – subject to daily fluctuation) Please note this can not be purchased in the UK. It is advised to take either sterling or US Dollars. Traveller's cheques and cash can be exchanged for local currency in Kathmandu. Credit cards are not generally accepted. In Kathmandu there are ATMs available to access cash via Cirrus / MasterCard / Visa cards.

The currency in Tibet is Chinese Yuan, which you can either purchase in the UK, or locally on arrival in Tibet. Either sterling, US Dollars or Euro can be exchanged at the Bank of China in Lhasa, and there are also ATM machines now that issue advances from Visa, Mastercard or Cirrus. The exchange rate is approximately 8 Yuan to \$US1. We suggest an allowance of £10 per day for meals and then an appropriate budget for additional incidental and personal expenses..

What to expect

Health: It is important you are fit and healthy for your cycling expedition. You will be at high altitude for a sustained period. We strongly recommend you visit your local GP and ask advice regarding any vaccinations required.

Baggage, Equipment Hire & Purchase : You should use a Kit bag that is strong enough to withstand the rigors of transportation in the mountains. Suitcases or rigid bags can not be used for expeditions. 20kgs is the luggage allowance on the Kathmandu – Lhasa flight and excess baggage will be charged. Bike hire is available at \$300 for the expedition. In addition many camping items are available in Kathmandu for purchase or hire at a low cost e.g. sleeping bag liners, down jackets & sleeping bags. Please contact us at least 1 month before departure with any queries regarding Bike or kit hires & purchases you may wish to make.

Weather

The summer months May – September are best for traveling in Tibet. During this time you should have warm days with temperatures between 15 - 25 degrees Celsius depending on altitude with relatively clear skies and little precipitation. At night when camping temperatures may drop below zero. Although in the rain shadow, you may experience some rain during the expedition.

Itinerary: Expect the unexpected! Please remember this is an adventure travel expedition in the Himalayas. All that is possible will be done to ensure the trip follows the outlined itinerary. However, due to factors beyond our control such as local weather, politics and airlines it may be necessary to vary one or more of the days. If this does occur we shall do our utmost to ensure minimal impact to you.

More about us & Our Ethics.....

Here at **The Responsible Travellers** we take great pride in the fact that we are **doing the right thing** by you our customers, by our staff, and by the people, country and environment in which we operate. We believe actions speak louder than words, over the next few pages you can read how our ethics are put into practice.



Our Guarantee:

100% of profits are donated to Charitable Projects

- ✓ We pay the cost to Carbon Balance your international flight to the Himalayas
- ✓ Through a committed Environmental Policy we work to ensure minimal impact of our activities
- ✓ We have a simple and fair Pricing Policy with no extra fees charges – price us up against other companies!
- ✓ Have a fair and ethical Employment Policy which is committed to employing local staff and paying fair wages

Are you ready for a change in the way you approach your holiday?

Before you go.... we start to take responsibility for your trip by carbon balancing your flights.



The impact on climate change from the way in which we live today is a topic we have all heard about, and is under much debate from the world's scientific community. This is something that we can not and should not ignore. This is why when you go on holiday with "The Responsible Travellers", we commit as part of our Responsible Tourism policy to ensure your trip contributes towards renewable energy technologies in the Himalayas. Given the great "green debate", we have chosen to implement this policy in a way that ensures we know we are making a difference. For every traveller to the Himalayas we donate twice the amount it costs to purchase commercial carbon credits** to either Nepal's Renewable Energy support programme BSP. Or Ladakh's Ecological Development Society depending on your destination. Travel with peace of mind with **The Responsible Travellers**

Whilst you are there.... Our Employment and environmental policies demonstrate our continued sense of responsibility. Firstly, our belief in aid through trade and therefore the generation of local employment and how this is managed is at the very heart of our operation. This is why we have a 100% commitment to employing only local staff. Our customers benefit from this by being able to get closer to the culture and learn more from the experience in the Himalayas, travelling with those who are born and bred in the area. By employing this policy we are also ensuring that the local economy benefits as much as possible rather than commercial organisations. We take great pride in ensuring fair wages to all our local staff and protecting our porters from exploitation. Secondly, our environmental policy addresses waste management, water usage, and encourages and supports the use of renewable resources. In addition, we work closely with the Nepal Sustainable Tourism Development Unit and WWF to ensure the strongest commitment to the local environment. Read more at: www.theresponsibletravellers/ethics.html



The choice is easy when you are...

After you've gone..... The Responsible Travellers donates all profits from its travel operations to charitable projects in Nepal. We believe the most effective way to invest is with the help of specialist organisations. We work with our partners to find suitable projects and locations to invest and then all the funds go directly to the local project. Our partner charities and areas of investment include:



Education

We believe all development starts with educating the people. We support community education programmes, child support programmes, and interest free loans for adult education through our beneficiary charity CHANCE Registered UK charity. 1107201..



Community Development

We help communities to provide themselves with improved facilities and encourage this to be done in an environmentally friendly way. Our volunteer programs allow visitors to experience this first hand when they opt for a family home stay and participate in the community project holidays.



Clean energy & Renewable Resources

Our third area of work involves working with BSP – the national biogas organisation in Nepal. The WWF estimate that only 29% of the original forest covers in Nepal still remains. Between 1990 and 2005, Nepal lost 1.2 million hectares of forest We work with BSP Nepal in order to help remote communities develop Biogas – a renewable energy resource which provides clean fuel, stops deforestation, and offers far reaching health and sanitation benefits.



Our commitment to Social and Environmental projects extends to our Life Membership with KEEP and being the first Corporate member of Bird Conservation Nepal (BCN)

To see more details of our charitable giving please go online to: <http://www.theresponsibletravellers.com/ethics/projects.html>



Bird Conservation Nepal
(BCN)

Our commitment to **Doing the Right Thing** extends from investing in local charitable projects, to making sure that our customers also get a good deal.

To help you have a hassle free holiday, we provide a fair and simple **pricing policy**:

- ✓ We charge a fair price: to make sure the holiday is as satisfying as possible; we charge what we believe is a fair price, not what we can get away with – compare us to other companies!
- ✓ No extra land charges or hidden fees: To keep life simple we make a single charge
- ✓ No profiteering from single supplements: we charge a fair price based on cost & do not charge excessive premiums for single supplements
- ✓ No nagging for donations: We do not request charitable donations from you in order to justify our responsible tourism policy. We work hard on your behalf so you can just concentrate on having a great time!

....Doing the right thing