



Annapurna Bike Tour



Trip Grade: Moderate
Duration: 13 Nights/14 Days
Max. Altitude: 5416m

Destination: Nepal
Region: Annapurna
Activity: Mountain Biking
Theme: Cycling

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Overview

Annapurna region is one of the best trekking destinations in world where thousands of people trek in this region every year. Annapurna region is very famous trekking destination in Nepal. World's highest trekking pass i.e. Thorong La Pass (5416m) lies in Annapurna Circuit. And cycling/mountain biking around Annapurna Circuit is one of the world's most thrilling adventure. Annapurna Circuit is one of the best destinations in Nepal for any kind of adventure outdoor activities with the highest pass in the world, Thorong La Pass (5416m). Mountain biking in Annapurna circuit is an extraordinary trip which leads you to pristine villages inhabited by diverse ethnic groups as you ride along the laps of arguably the most beautiful Himalayan range. Trekking Experts offer this exclusive Cycling around Annapurna Circuit Trek which will allows you to cycling in pristine valleys with spectacular views of Snowy Mountains.

Cycling around Annapurna Circuit Trip with Trekking Experts begins with six hours' scenic drive to Bensi Sahar. This extraordinary bike trip takes you to some of the most beautiful places in the world. Biking trip starts from lowland paddy fields, steadily gain altitude as we pass through oak and pine forests that eventually give way to the high desert country at Manang (3580m) and the descent is equally amazing and varied. Strenuous biking is well rewarded at both low and high altitudes, on the approach to the Thorung La (5416 m) as well as during the descent from it. You'll get opportunity to do mountain biking in world's deepest Kali Gandaki gorge, passes several unique villages, Thorong Pass, beautiful landscape and sacred Muktinath temple. You'll be rewarded by panoramic views of mountains such as Dhaulagiri (8176m), Annapurna I (8091m) II, III, IV, Manaslu (8163 m), Annapurna south, Nilgiri, Machhaphuuchhare, Hiunchuli, Lamjung Himal, Tukucho peak, Tilicho peak etc.

Highlights

- ✓ Cycling over world's highest trekking pass-Thorong La Pass (5416m)
- ✓ Cycling in world's most popular Annapurna Circuit Trail
- ✓ View the panoramic views of world's 10th highest mountain Mt. Annapurna (8091m) along with other snowy peaks
- ✓ Explore typical rich cultured villages like Manang, Pisang
- ✓ The diversity of landscapes, villages, ethnicities, lifestyles
- ✓ Visit sacred Muktinath temple
- ✓ Natural Hospring in Tatopani
- ✓ Cycling in world's deepest Kali Gandaki gorge

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu-Bulbule (alt. 840m)

After breakfast in Kathmandu, you'll drive to Besi Sahar by private air-conditioned vehicle with your mountain bike guide. About six hours' scenic drive to Besi Sahar offers you to observe the life of local people, bustling local markets, the mighty Trishuli River and the distant mountains. When you reach Besi Sahar, you will make your bikes ready for first ride to Bulbule. The first views of the Annapurna range will be visible during the trip, with the Marshyangdi River (also called Khudi River) gushing below. The traditional Nepalese way of life will leave you enchanted during 22 kilometers of riding today in mostly in jeep tracks. This is a great prelude to the exciting adventure in the days to follow.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 22 kilometers (3/4 Hours' ride) **Altitude:** 840 meters

Day 03: Bulbule- Tal (alt. 1700m)

After breakfast at lodge, you'll start your today's cycling following jeep tracks again and reach the entry gate of the Manang district en route. There are some steep and rocky sections here where you'd have to carry or push the bikes. The region starts to get more remote and gives you the true taste of the marvelous Nepali life composed of different cultures. There is a fantastic waterfall along the way and you should definitely enjoy the chilling water here.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 19 kilometers (4 Hours' ride) **Altitude:** 1700 meters

Day 04: Tal-Chame (alt. 2670m)

After breakfast at lodge, today you'll start your riding ascending trails through pristine forests and passing Buddhist prayer walls (Mani), you'll ride along marvelous green fields of corn, barley and potatoes. There is some pushing and carrying involved here, especially till the village of Danagu, from where the trail is more ride able also giving you better glimpses of the Himalayas. After almost 30kms of riding in a mix of jeep tracks, single tracks and rocky trails, you'll reach Manang- the district capital and then to Chame, where you can relax along the hot spring set on the Marshyangdi River. You can explore the region and taste products from a popular bakery and get in touch back home from an Internet café. The majestic views of Lamjung Himal, Annapurna II and Annapurna IV can be seen from here.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 29 kilometers (4 /5 Hours' ride) **Altitude:** 2670 meters

Day 05: Chame- Manang (alt. 3540m)

After breakfast at lodge, you'll climb higher today. You'll feel the increase in altitude while you're riding. With trails that run through forests and a narrow valley, you'll cross several suspension bridges en route. There are enormous massifs along the way, which is the heart of the Annapurna region. The trails run through a wide valley, passing through Humde, a village with one of the highest commercial airports in the world. There are a number of monasteries along the way, and the famous Barga Monastery is worth a visit. You can see several local peaks. The change in landscape and vegetation is very marked in Manang, the ancient and mystifying village with a very intriguing culture and lifestyle.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 32 kilometers (4 /5 Hours' ride) **Altitude:** 3540 meters

Day 06: Manang (alt. 3540m)

Today is fully free day to explore around Manang and rest for acclimatization. In order to acclimatize, you can go higher altitude. Manang has plenty to offer for sightseeing, so today you'll explore this amazing village, visit Hundred Rupees Lama Monastery and hike to Gangapurna Lake.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** N/A **Altitude:** 3540 meters

Day 07: Manang- Yak Kharka (alt. 4050m)

After breakfast at lodge, today you've easy riding to Yak Kharka. You'll leave Manang through a maze of narrow alleys and medieval houses of Manang. As you climb up steadily to the village of Khusang, you'll leave Marshyangdi Valley and following the trails leading to Jarsang River, and you'll reach Yak Kharka. Despite ride able trails, the higher altitude takes effect and pushing the pedals become an effort. You'll take it easy and ride at a comfortable pace, enjoying the marvelous beauty of the otherworldly landscape and

the giant Himalayan Mountains. The settlements are sparser in this region and along the way you may encounter yaks in large numbers grazing here, as well as an old Mani walls, a Buddhist prayer-engraved wall.
Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 11 kilometers (2 /3 Hours' ride) **Altitude:** 4050 meters

Day 08: Yak Kharka- Thorong Phedi (alt. 4450m)

After breakfast at lodge, today you'll climb to Thorong Phedi through trails that first drop and cross Jorsang River at 4310m, and then ascend steeply. You'll ride through the picturesque village of Tenki Manang from where you get stunning views of Annapurna, Gangapurna and Tilicho. Along the way, you'll cross several small wooden bridges over streams and ride through a narrow path heading towards Thorong Phedi.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 10 kilometers (2 /3 Hours' ride) **Altitude:** 4450 meters

Day 09: Thorong Phedi-Muktinath (alt. 3760m)

After very early morning breakfast at lodge, you'll hike up to Thorong La Pass at an elevation of 5416 meters from sea level. Your porters will help you to bring your bikes to the top along with your baggage. From the top of Thorong La Pass, you'll be rewarded with panoramic views of mountains and surrounding valleys. From the top you'll descent o Muktinath by bike. Upon arrival at Muktinath, you'll spend some time exploring the religious site and see the eternal flame that burns on natural gas source. "Mukti" means liberation and "nath" means a holy temple, so Muktinath is considered to be a temple of soul liberation. Besides Hindu hermits and pilgrims you'll see Tibetan traders as well.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 11 kilometers (5 /6 Hours' ride+Walk) **Altitude:** 3760 meters

Day 10: Muktinath – Tukuche (alt. 2586m)

After breakfast at lodge, today you'll ride to Tukuche along a very enjoyable downhill track descending to the Kali Gandaki River valley. You'll make a quick pit stop at Marpha, a village with legendary apple orchards. Make sure to taste some Marpha Brandy and a range of apple products like apple pie and dried apple skin. Tukuche village is an ancient Thakali tribe settlement, and spend some time exploring the region and learning about the culture and history of the village. Tukuche lies right beneath the Tukuche peak and Dhaulagiri, with amazing views of Mt. Nilgiri and icefalls of Dhaulagiri's east face.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 27 kilometers (3 /4 Hours' ride) **Altitude:** 2586 meters

Day 11: Tukuche- Tatopani (alt. 1190m)

After breakfast at lodge, you'll begin your riding from Tukuche to Tatopani through some fantastic downhill sections. Tatopani translates to "hot water" and rightly so, the hot springs at Tatopani are quite a treat. This is a fabled place to relax your mind and body, so pamper you after a great day of biking in this fantastic region. Located besides the banks of the Kali Gandaki River, the hot dip amidst the surrounding natural beauty in Tatopani will definitely help to unwind your muscles.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Travel Distance:** 40 kilometers (4 /5 Hours' ride) **Altitude:** 1190 meters

Day 12: Tatopani- Pokhara (alt. 820m)

After breakfast, today you'll do your last day of riding to Beni from Tatopani. After relaxing at hot spring, you'll ride for about 1.5 hours on jeep tracks to reach Beni, a small but vibrant market town. You'll spend some time exploring the town and then drive back to Pokhara which will take about 4 hours' drive. It's a bumpy drive and you can enjoy the scenic views you get along the away. Once you reach Pokhara, you can spend your time to explore around Pokhara.

Accommodation: Three Star Hotel **Meals:** Breakfast, Lunch **Travel Distance:** 18 kilometers (1 /2 Hours' ride) **Altitude:** 820 meters

Day 13: Pokhara-Kathmandu (alt. 1310m)

After leisurely breakfast at hotel, you'll drive to Kathmandu today. You'll be picked up by our vehicle and drive to Kathmandu which takes about six hours' drive. Upon arrival in Kathmandu, you'll check-in at hotel and have free time to explore around Kathmandu.

Accommodation: Three Star Hotel **Meals:** Breakfast **Travel Distance:** N/A **Altitude:** 1310 meters

Day 14: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

What's Included

- Meals & Accommodations**
 - 2 nights in Kathmandu at three star-hotels on twin sharing basis with bed & breakfast
 - 1 night in Pokhara at three star-hotels on twin sharing basis with bed & breakfast
 - 10 nights in local lodges during the trek in common-room (optional upgrade to attached toilet room USD 25-60 per person) with full board basis (Breakfast, Lunch and Dinner) on twin sharing basis
- Transportations & Flights**
 - All airport/hotel/airport transfers by private air-conditioned vehicle
 - Kathmandu-Bensi Sahar ground transfer by air-conditioned private jeep with staff
 - Beni-Pokhara and Pokhara-Kathmandu by private vehicle with trekking staff
 - 15 kg baggage per person for trek and flights
- Permits & Fees**
 - Annapurna Conservation Fee
 - TIMS Fee
- Guide & Supporting Crew**
 - 1 English speaking experienced mountain bike guide with his daily wages, food, accommodation, transfers and insurance
 - 1 porter for every member to carry personal baggage with his daily wages & transfers and insurance
 - Porter Support to carry bikes in Thorong Pass
- Value-Added Services**
 - Comprehensive First Aid Kit
 - Comprehensive Trekking Map and Kathmandu Valley Map

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Mountain Bike and its accessories
- Bikes carry in Thorong Pass if you want to carry by horse
- Extra porter if your luggage is more 15 kg per person
- Attached toilet rooms during the trek if you want to take shower (normal rooms are included)
- Emergency helicopter rescue charges
- Main meals during Kathmandu and Pokhara stay (lunch and dinner)
- Tips for trekking crew