Annapurna Circuit Bike tour

DURATION: 13 DAYS

Trip Facts

Group Size 1-10 Persons

Trip Grade Challenging

Accommodation Hotel / Guest House

Max Height 5416 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus / Jeep / Bike

Duration 13 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
January-May, August-December

Trip Overview

Annapurna Circuit Bike Tour is a popular and thrilling adventure in Nepal, offering stunning mountain scenery, diverse landscapes, and rich cultural experiences. This circular trekking route, starting and ending in Besisahar, takes riders through lush forests, terraced fields, picturesque villages, and high mountain passes. The tour is challenging and suitable for experienced mountain bikers but not beginners due to its rugged terrain, steep ascents, and technical descents. The best time for the Annapurna Circuit Bike Tour is during the spring and autumn, with stable weather and clear skies. **Permits, accommodations, and bike rental** are required, and it is essential to plan your itinerary and book accommodations in advance. The tour also offers an opportunity to immerse oneself in the local culture and learn about diverse ethnic communities. It is essential to be well-prepared for weather changes and altitude-related challenges and to respect local culture and the environment by following responsible tourism practices.

Some popular attractions along the route include ancient monasteries, breathtaking mountain views, and traditional Tibetan villages. Additionally, travelers can indulge in local cuisine and participate in cultural activities such as traditional dance performances and handicraft workshops. It is advisable to pack layers of clothing, carry necessary medications for altitude sickness, and be mindful of waste management to minimize environmental impact during the tour. **The tour covers 250 km** of mountain biking paradise, surrounded by some of the world's highest peaks. The Annapurna Circuit is the highest mountain en route and the ninth tallest mountain in the world, with snow-capped mountains, suspension bridges, pine forests, sparse mountain villages, and stunning views. The tour passes through rough terrain, stones, pebbles, and steep uphill and downhill trails, and includes visits to the Gurung, Manangi, Chemjong, and Thakali people.

MOUNT
ADVENTURE HOLIDAYS

Trip Itinerary

Arrival in Kathmandu

Mount Adventure Holiday's representative will meet you at the airport and transfer you to your hotel.
Depending on your arrival time, there may be time to explore the streets, sights, and Ps of Thamel or to relax after your journey, before joining your guides for an early evening welcome meal, where they will explain more about the coming day's activities.

Preparation & Sightseeing in Kathmandu (optional day)

Breakfast, Lunch & Dinner Hotel

Following a relaxed breakfast at the hotel, someone from the Mount Adventure Holidays Teams will issue the riders with their merchandise to check over the bikes, with a member on standby to assist with any mechanical issues. The afternoon will be free for a relaxed sightseeing ride around some of the sights and cultural points of interest that Kathmandu has to offer. the evening group meal will leave ample time for packing, ready for the early start the following morning. Nike's are not required for the tour and be left at the hotel.

Drive Kathmandu to Besi Sahar

Breakfast, Lunch & Dinner Guest House Bus

Whilst the riders get an early breakfast, the biking crew members will load the luggage and bikes onto the transfer vehicles for the coach transfer to Besi Sahar. You will leave Kathmandu at around 8 approximately will stop for lunch arriving by non, leaving plenty of time to explore the town and stretch your trails heading up into the mountains.

Besi Sahar to Taal: 30km Ride, 1400m Ascent

Breakfast, Lunch & Dinner Guest House Bike

After an early breakfast, you'll leave Besi Sahar and almost immediately hit encountering lots of small stream crossings. after fairly flat terrain, the trail starts to climb up with the remainder of the distance ascending towards Taal, which is situated on the banks of the Marshyangdi River.

Taal to Chame: 36km Ride, 1300m Ascent

Breakfast, Lunch & Dinner Guest House Bike

Upon leaving Taal, the trail climbs up a steep and rocky jeep track, past a spectacular waterfall to Timing the final riding offers a little respite from the continuous climbing as it undulates all the way to Chame, one of the Annapurna area, which is situated in a narrow valley. From here onwards riders may start to feel the effects of the high altitude and temperatures that are considerably lower than at Besi Sahar. f you fancy a gargantuan challenge then you could consider combining Days and riding hames done during Yak Attack. We would only recommend this option for very fit riders and you can read all about the challenge here

Chame to Manang: 30km Ride, 1250m Ascent

Breakfast, Lunch & Dinner Guest House Bike

As you ascend in altitude, the riding distances get shorter but that doesn’t mean they get any easier. The trail through pine forests before following an open valley depending on the weather, riders could encounter lots of mud and even their first snow during this section, then again, it could be lovely hard-packed flowing terrain. This is the Himalaya'snsge at the drop of a hat!

Rest Day in Manang

Breakfast, Lunch & Dinner Guest House

Day 7 will be a rest day in Manang, which is essential to allow the body to acclimatize, a break from the bikes. From Manang, there are plenty of interesting and scenic treks that can be undertaken, or short rides if you are feeling up to it! There are also a number of excellent bakeries, coffee shops, and local eateries to while away the day.

Manang to Thorong Phedi: 17km Ride, 1240m Ascent

Breakfast, Lunch & Dinner Guest House Bike

The shortest day distance-wise, at only 17km, but riding time will be a little longer than your average 17km!! Altitude is the biggest obstacle today with riders finishing at 4450m above sea level. Snow and severe cold are also distinct possibilities, but the scenery is absolutely breathtaking-capped mountains in every direction.

Thorong Phedi to Kagbeni via the Thorong La Pass: 25km Ride, 1040m Ascent

Breakfast, Lunch & Dinner Guest House Bike

From Thorong Phedi a very early start will be necessary as high winds can pick up later on in the day on the top of the pass, which you will want to avoid. It's time to put the bike on your back for a 5km hike-a-bike, starting in the dark, through snow and freezing temperatures to the highest point of the trip, Thorong La, at 5416m.
This could be the slowest 5km you have ever done, taking on average 3 to 6 hours, but the feeling of euphoria on reaching the top is more than worth all the effort. With lady luck on your side, the descent will be clear of snow from the very top and you can take on what has to be one of the world's greatest mountain bike downhills, from 5416m to 2700m in 20km leading you back to the warmth of Kagbeni; the gateway to Upper Mustang.

Kagbeni to Tatopani: 58km Ride, 960m Ascent

Breakfast, Lunch & Dinner Guest House Bike

The only reason to start early today is to have even more time at the hot springs at Tatopani; the day's final destination! 58km of predominantly downhill takes riders back down to the sub-tropical heat and oxygen-rich air. The first 35km is a gentle drop-down Kali Gandaki gorge; reputedly the deepest gorge in the world. The final 23km into Tatopani is a jaw-clattering, rough and rapid descent that will test both man and machine. The hot springs now await to soak away the aches and pains of 6 days on the trail.

Tatopani to Beni & transfer to Pokhara: 28km Ride, 400m Ascent

Breakfast, Lunch & Dinner Hotel Bike / Jeep

The last ride of the trip! With the hard work done, it's a relaxing ride down to the end of the trails. Being back at lower altitudes will make the riding seem easy and the trail undulates all the way to Maldhunga. The first 21km to Beni is a jeep back and then from there it will be broken tarmac. Once you arrive at Maldhunga, the team will pack the bikes and luggage onto the vehicle, and you will be transferred to Pokhara which will take approximately 3-

4 hours. After arriving in Pokhara and checking into your hotel, there will be plenty of free time for exploring & shopping.
(Option to carry on riding to Pokhara will be available, a total of 82km with a long climb and long final descent into Pokhara, extra estimated riding time 4 hours)

Pokhara to Kathmandu

Breakfast, Lunch & Dinner Hotel Plane / Bus

After breakfast, you will to Kathmandu via a 25-minute short plane journey or the 8-hour bus journey (please state at the of booking which option you would prefer). nice Kathmandu, there will be me in the afternoon for some trinket shopping or to explore some of the many temples and places of interest in the city. Please let us know at the time of booking if you would prefer to stay in Pokhara for w extra days to check out some of the adventurous (or leisurely!) activities that it has to offer!

Departure

Transfer to the international airport

Cost Includes

- Airport/Hotel/Airport pick up and transfer by private car/van.
- Three nights deluxe accommodation on a twin bed sharing basis with breakfast at 3* Hotel Harmika in Kathmandu.

- One-night deluxe accommodation on a twin bed sharing basis with breakfast at 3* Hotel Asia in Pokhara.
- Sightseeing Tour in Kathmandu with our tour guide and all entrance fees.
- Domestic flight tickets from Pokhara-Kathmandu and airport tax.
- Meals (breakfast, lunch, and dinner) with Tea & coffee and hot/cold filter water during the trek, Lodge to lodge accommodation during the trek.
- experienced helpful and friendly mountain biking guide, porters (1 porter for 2 people)/Donkeys, their food & and accommodation, salary, equipment & and insurance.
- Hard Tail Mountain Bike and other maintenance.
- All transportation by private vehicle/land cruiser.
- Annapurna Conservation Area Permit.
- All necessary permits
- Office Service charge.
- All Government Tax.

Cost Excludes

- Bar bills, beverage bills, laundry, and, other personal expenses
- Travel and rescue insurance
- Tips for guide, porter, and driver
- Hotel in Kathmandu
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended

Trip Map