

Annapurna Circuit by Bike | Duration: 14 Days

Days | Cost: \$2000

The Annapurna Circuit by Bike is one of the world's best trek offering varieties than any other equivalent biking trip, in term of length, in the world. It takes us from sub-tropical zone up to the very edge of the arid Tibetan plateau. The ultimate mountain biking adventure in the Annapurna region comprises of high traverses into the snow covered mountains with maximum opportunity for discovering the hidden wonders and being the part of simply unbeatable mountain biking experience in the Himalayas. This is unparalleled biking that combines the Marsyangdi Valley and the sacred Kali Gandaki Valley. This trip encircles the entire Annapurna range. The climax of Annapurna Circuit biking is crossing the formidable Thorong La Pass (5416m). It is at the very edge of the Tibetan plateau and affords unsurpassed panoramic views of Annapurna peaks. We visit Muktinath Temple, a holy shrine for Hindu as well as Buddhist. We pass Dhaulagiri Ice flow fall and the world's deepest gorge. The Kali Gandaki River has made deepest gorge between Dhaulagiri and Annapurna peaks. Hot springs await us at Tatopani.

At a Glance:

- **Tour code:** NMB003
- **Style:** Cycling | Mountain Biking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** Everyone
- **Duration:** 14 Days
- **Start in:** Kathmandu | Airport
- **End in:** Kathmandu | Airport
- **Transport:** Private
- **Price:** 2000

Highlights of the tour:

- Experience the thrilling mountain biking adventure
- Scenic drive to Besisahar through mountain terrain
- Crossing the challenging Thorong La Pass(5416m)
- Majestic views of High Mountain
- Visit Holy Temple Muktinath and biking on deepest Gorge on earth
- Natural water hot spring bath at Tatopani

What's Included:

- Airport pick up and drop
- Welcome and farewell dinner
- All sightseeing trip as mentioned
- All entry fees during sightseeing
- All hotel accommodation
- All transport on private coach
- 3-4* accomodation with breakfast

What's Not Included:

- Lunch and dinner
- Drinks and bar bill
- Tipping
- Personal insurance
- Other things not mentioned

Arrival and transfer to hotel

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

Sightseeing around Kathmandu

After the pre-trip meeting, you will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. You will have a private vehicle and a professional tour guide at your disposal. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces. Overnight at the hotel in Kathmandu.

Drive from Kathmandu to Besisahar

After early morning breakfast scenic drive to Besishahar from Kathmandu. Take fresh air and enjoy the

staggering beauty of an area surrounded by high hills. On your drive you can see beautiful scenery Marsyangdi valley. You can enjoy spectacular views of Himalayas. Overnight at hotel.

Cycle Besishar to Tal (37.4km)

Early morning wake up and take a hot breakfast, assemble your bikes and start cycling towards Tal. The beginning trail follows the course of the Marsyangdi River along the right side of the valley. As you ascend uphill, you gain about 1,000 meters in elevation along with cascading waterfalls. Tal offers you picturesque scenery with terraced fields and local villages.

Ride from Tal to Chame (22.6km)

Today is the hard and challenging day of riding because of the longest sections covering 2,710m elevation. The terrain is rugged but fun. In Chame, you will get a chance to see higher Oak and maple tree along with the majestic major Himalayas by riding. Spend your night at Chame guest house.

Biking to Manang from Chame (29.7km)

Early morning heavy breakfast and off on the trail. The trail takes through deep forest in a steep and narrow valley. Ride through trails and broad forested valley floor a small stool airstrip and a village of about 200 houses and Barge Monastery which is the largest in the entire district and reach Manang. Spend your night in Manang.

Manang Rest, Exploration and Acclimatization

Today is the day for acclimatization and exploration of Manang, though it is a rest day you can ride to surrounding height up to 4000 meters to adapt the altitude in coming days as you will face high altitude in next days. Manang is home to the Manangi people and here you can sometimes see the ancient sports of archery and pony racing. Beside that you can also do some sightseeing around such as Lake, Monastery and Chhorten. The views of the Annapurnas, Gangapurna and the glacial lake below it are spectacular. From Left to right the peaks are Lamjung, Annapurna II, Annapurna IV, the false peak of Annapurna III and Gangapurna above the glacier.

Cycle from Manang to Throng Phedi (19km)

Early morning after breakfast begin your cycling from Manang to Thorang Phedi through Tengri valley, leaving the Marsyangdi valley along the Jarsang Khola valley. Continue to ascend to higher altitude. Enjoy the scenery and culture of the region. Passing through Yak Kharka which means Yak pastures and cross the river on the mountainside, which will lead you Thorung Phedi. Overnight in hotel of Thorong Phedi.

Ride from Throng Phedi to Muktinath via Throng La (22km)

Today is the biggest and challenging day as you have to wake up early in the morning and get ready to feel the altitude. Being ready with gears start your journey early in the morning climb will be hard but you will take it easy. Guide always advise you to enjoy each and every step as you rarely step on this height in your life. The effect of the altitude can be relief by the Jaw dropping views from the Thorong-La (5416m) Pass. Once you reach on the top, enjoy the view then trek down to Muktinath. Overnight in a guest house.

Ride from Muktinath to Tukuche via Lupra Valley (32km)

Leaving behind Muktinath, your next destination will be Tukuche. Ride towards Dhangladanda through a less used trail, from where you get spectacular views of Himalayas. Switch back single tracks that take you down to the river bed in Lupra valley. Then paddle to Jomsom where you will rest and have lunch. From Jomsom onwards, move to an old village of Tukuche. Explore the Thakali culture of the village and take a sip of Apple Brandy.

Biking from Tukuche to Tatopani (42km)

After heavy hot breakfast begin your cycling from Tukuche to Tatopani going through downhill section along with gentle, flat and winds in and out of the valley sides through pine forests and small villages. Following the river, there are good views of the snow capped peaks and beautiful waterfalls. Upon arriving Tatopani relax your body and muscles taking natural water hot spring bath at Tatopani.

Cycle to Beni from Tatopani and Back to Pokhara

From Tatopani, you will be heading towards Beni. Today is an easy ride of about 18 kms. Following the Kaligandaki River, the trails throw some exciting riding with its dirt trails with heavy rocks around. Spend some time exploring the Beni town and drive back to Pokhara. Spend your night in hotel of Pokhara.

Transfer to Kathmandu

Fly from Pokhara to Kathmandu, enjoy panoramic mountains views. Spend the rest of the day exploring, shopping or just relaxing in Kathmandu's numerous cafes and rooftop restaurants before spending the evening celebrating your achievements.

Drive to airport for return flight

Your final day in Kathmandu is very free. You can do whatever you like. Many prefer for shopping while some other want to explore cultural aspect of the Kathmandu valley. Our local guide helps you find appropriate place for shopping as per your need and interest. Farewells! Our airport representative will accompany you to the airport see you off.

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