

## Annapurna Circuit Cycling Tour

Duration: 22 Days



### Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 5416 m.</b>
<b>Activity: Mountain Biking</b>	<b>Group Size: Min 02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Want to go for a heart-pounding mountain biking adventure in Nepal and visit the famous Annapurna Circuit trail? Then our [Annapurna Circuit Cycling Tour](#) is the right trip for you. Giving you a lot of opportunities to explore all the spellbinding destinations, we take you on a life-changing journey with incredible natural and cultural phenomena™ that are bound to keep your heart-racing all the way. Starting from the capital city of Kathmandu, we drive out to Besisahar(760m) and then to Khudi village. From this point onward, we begin our biking adventure by traveling to Bahundanda village. Lovely scenic trails filled with overwhelming mountain sceneries occupy most of the biking trail ahead. Continuing on, we visit numerous awe-inspiring sites like the ancient yet stunning Manang village, grandiose Tilicho Base Camp and the spine-tingling Thorong La Pass. Not to mention, Muktinath Temple (a very popular religious site) which will be visited by us during ending phase of our biking tour. And ultimately, we conclude our tour by descending further down to Tatopani (this place is mainly famous for its natural hot springs) and Beni Bazaar for a drive back to Pokhara city. Contact, [Himalayan Holyland Treks & Expedition](#) right now and to join our Annapurna Circuit Mountain Biking Tour.

## Itinerary

### Day 01 : Arrive in Kathmandu

After your flight lands at the Tribhuvan International Airport (TIA) of the Kathmandu city, a representative of Himalayan Holyland Treks & Expedition shall be waiting for you at the airport terminal. Upon meeting with him/her, you along with your other trekking friends shall be welcomed and greeted in a proper Nepalese manner. Afterward, he/she shall escort you to a private vehicle for a drive to your hotels where you are planned to stay for the night. Stay overnight at Kathmandu.

### Day 02 : Kathmandu Sightseeing Tour, Welcome Dinner

It's your first morning in the bustling capital city of Nepal and we have planned a sightseeing tour for you so that you don't miss out on the chance to explore this incredibly historically rich capital city where enticing architecture and cultural exits harmoniously. Wake up and enjoy your lovely breakfast. Then after our guide shall escort you to a private tour vehicle which will be used for our entire sightseeing tour. First, we visit the ancient prehistoric Swoyambhunath Temple which is situated high above a hill and therefore provides a heart captivating view of the entire city. Next, we head to another famous Buddhist Stupa called Boudhanath which is also largely popular for being the largest Buddhist stupa in south-east Asia. Similarly, we are going to visit the holy Hindu shrine of Pashupatinath which is positioned at the banks of Bagmati River. Vivid religious sights will occupy your vision as you take a look around. And at last, we head to the historic royal palace where intricate wood carvings never fail to impress the first-time visitors. Ultimately, we are to conclude our tour for the day being and head back to our hotel. Stay overnight at Kathmandu.

### Day 03 : Drive Kathmandu / Besisahar (760m) / Khudi (790m) [Lo, B, L, D / Total Cycle: 0km]

Our Annapurna Circuit Mountain Bike experience starts with a drive to a western town called Khudi which can easily take 6-7 hours to reach from Kathmandu. Therefore, we need to wake up early for a swift drive away along the torrential rivers and hills areas as we have a long day ahead of us which is filled with immense natural exquisiteness. Passing through several indigenous towns and villages en-route, we can enjoy the lovely sky views with gentle gust of winds flowing around us. And with steady drive, we arrive at Beshisahar town and from there we again drive forward to Khudi town which will be our final destination for this day and end our drive. All in all, today we have managed to cover a land distance of total 309 km. Stay overnight at Khudi.

### Day 04 : Khudi / Bahundanda (1310m)

Today we are going to start our first biking experience inside the spectacular Annapurna region which means you need to have a proper breakfast and then make a move toward your next destination of Bahundanda. But before that, you are going to be given a proper mountain bike which will accompany you for your entire cycling journey in the challenging yet beautiful terrains of Nepal. Initially, we are going to follow an easy paced road to Bhulbule and then after cross the shimmering Marsyangdi Khola which will require us to go through a long suspension bridge high above the river bank. With the lovely hill scenery alongside us, we are going to reach at Ngadi village and the onward move across Lampata village. Later after an exhausting ride, we have to make a last steep climb to arrive at the final destination of Bahundanda village where you can rest yourself till dinner and go to sleep. Stay overnight at Bahundanda village.

### Day 05 : Bahundanda / Tal (1700m)

It's day five of our incredible journey so we shall again wake up and enjoy the amalgamating natural haven of Bahundanda village. Afterward, you shall have your breakfast and then slowly but gradually head onward to our next destination of Tal village. To begin, our arduous ride today we are going to have to go down through a slippery section along the terraced farmlands and leave behind Bahundanda village. Next, we will be riding up for a climb over a small ridge that takes us towards Kanigaon village. This

village is located at a beautiful location at an elevation of 1,170 meters above sea level. Later on, we make a short descent down a few waterfalls and pass through a popular local town called Jagat. From here, it won't take much long for us to reach Tal village where we shall stay for the upcoming chilling night. Stay overnight at Tal.

## Day 06 : Tal / Chame (2670m)

Wake up, it's a heart throbbing morning here in the scenic Tal village. Finish eating your breakfast and then we will again start continuing our ride through this overwhelming paradise of natural and cultural diversity. Our beginning trails today will follow a picturesque path beside the south banks of the river as we plan on heading to Danaque village through some stunning forest filled with many wild vegetation and animal life. Continuing on, we are going to ride further ahead and cross a cemented bridge which is close to a beautiful waterfall. The trail here on after begins to get rockier and steeper so we need to ride over a steep ridge and head for Chame village. This village is a settlement situated inside Manang district at a high elevation of 2,670m. Stay overnight at Chame.

## Day 07 : Chame / Pisang (3300m)

As the alarm rings and wakes you up, you shall have a proper Nepalese breakfast at Chame village. After having our breakfast, riders need to kick start their way onward to Pisang village. Following our planned itinerary, we begin riding our way along a pleasant forested trail and reach a large apple orchard shortly after leaving Chame village. Firmly our ride moves us closer to Bratang village and while continuing our ride along the north bank of the Marsyangdi River, we are now going to reach at Pisang village with a few notable steep sections. Stay overnight at Pisang.

## Day 08 : Pisang / Manang (3540m)

A remarkable day awaits us as the morning rays of sun begin lighting the scintillating Pisang village. As usual, we are going to have our breakfast, jump on our cycles and then again continue marching ahead with our team mates. Today we shall again ride alongside the Marsyangdi River and later on cross a gentle stream which leads our way towards a long steep climb. From this point onward, we are going to cross a small forested section of the trail and then make a short descent down the valley floor. Moving along the valley floor, we reach the Humde village where Manang's infamous airstrip is located. Beyond it, will be the Sabje valley which has the towering monstrosity of Annapurna massif above it. Now with some extra last-minute final ride past through chortens and maniwalls, we reach Manang and have a relaxed rest for the remaining day. Stay overnight at Manang.

## Day 09 : Manang / Khangsar (3,750m)

After enjoying our stay at Manang, we are now going to continue our spellbinding journey into the mesmerizing wilderness. So, we once again wake up and then follow our pathways down to KhangsarKholo. After that, we make a short ride to a near by village which is named the Khansar village after the name of the river which flows close to it. This is an old Tibetan styled indigenous village where we are going to spend the upcoming night. Stay overnight at Khangsar.

## Day 10 : Khangsar / Tilicho Lake Base Camp (4,200m)

Today we are making a memorable attempt to reach the famous base camp of the world's highest lake, Tilicho Lake. Like always, we have our breakfast and then follow a large trail that leads us to a Gompa on our way to an intersection. Traversing through a high ridge, we start descending down through a slope and soon after we are going to reach at a building. That building notifies us that we have arrived at the famous Tilicho Base Camp which sits at the high elevation of 4,200 meters above sea level. Stay overnight at Tilicho Lake Base Camp.

## Day 11 : Early morning ride to the Tilicho Lake and back to Khangsar (3,750m)

Waking up early in the morning, we shall have our breakfast and then continue our cycling adventure in the alluring Annapurna region. Leaving Tilicho Lake, we now cycle our way back to Khangsar village by following the same old previous trail which was used by us to reach Tilicho Base Camp. After reaching Khangsar village, you can explore around for a bit and spend the night in one of itâ€™s local lodge. Stay overnight at Khangsar.

## **Day 12 : Khangsar / Manang (3540m)**

After getting a proper night sleep at Khangsar village, you along with your other cycling friends should now wake up and have your breakfast prepared by the local chef of your lodge. As you finish eating your breakfast and fully fill up your tummies, you are now going to travel down to Manag village again for the second time by retracing our steps back there. Stay overnight at Manang.

## **Day 13 : Continue to Letdar (4200m)**

Keeping up with our scheduled itineraries, we have to move further ahead to our next destination within this day in order to reach ThorungPhedi tomorrow. Hence, after filling up our tummies with local breakfast, we now jump on our cycles again for a day full of adventure as we head toward Letdar village. During our cycling journey, we go through chortens and maniwalls which help us reach Yak Kharka which means we are getting very close to Letdar. And after some final attempts, we cross a suspension bridge and arrive at Letdar village. Stay overnight at Letdar.

## **Day 14 : Letdar / ThorungPhedi (4450m)**

We wake up and have our breakfast. Then after kick off our day with an uphill ascent further towards ThorungPhedi. One of the highlight of this day is that, we are able to see the stunning Thorung Peak right ahead of us during our cycling endeavor to reach the ThorungPhedi. Additionally, ThorungPhedi is also the last village before the challenging Thorung La Pass which we are going to climb up the next day. Stay overnight at ThorungPhedi.

## **Day 15 : Cross Thorung La (5416m), Continue to Muktinath (3800m)**

Eventually we leave behind ThorungPhedi and then make a challenging attempt to cross the formidable Thorung La Pass which sits comfortably at a high altitude of 5,416 meters above sea level. Hence, we need to start our ascent up to the top as early as possible. Waking up early before the sunrise, we begin our climb up the Thorung La Pass which can have some steep trail. And after struggling through for about 4 hours, we shall reach at the top of Thorung La Pass. Upon arriving there, cyclists will be greeted by the astounding scenery of fluttering Buddhist prayer flags and the incomparable panoramic Himalayan vistas. Later on, we are now going to make our descent down from the top to the revered religious site of holy Muktinath Temple. As we get down to the arid Kali Gandaki Valley floor, we gradually pass the moraines to a more grass covered slopes and ultimately arrive at Muktinath Temple before the sunset. Stay overnight at Muktinath.

## **Day 16 : Muktinath to Jomsom (2710m)**

The beginning of our final phase of the cycling trip has come upon us as we are now going to head down to the windy airstrip at Jomsom town. Starting our descent down to the gorge of Kali Gandaki and commence passing through several local village along or scheduled route. Cyclists ride through Jharkot and Khingar villages one after the another which can be seen with exquisite Tibetan architecture to capture the heart and the minds of the travelers passing through them. Further ahead, our trail begins to become more dessert like with impressive color contrasts occupying the entire landscape of the areas near Jomsom. Later on, we arrive at Jomsom town and rest inside one of its local teahouses. Stay overnight at Jomsom.

## **Day 17 : Jomsom / Kalopani (2530m)**



Moving ahead, we shall now leave behind the windy Jomsom town and ride down to Marpha village before ultimately heading to Kalopani for the overnight stay. Cyclist at first need to follow through a trail filled stone walls and enter inside the famous Marpha town where the locally grown apples are quite popular among tourists and travelers who visit this particular village. We suggest tasting their local Apple Pie and apple wine before leaving it. Next, we ride below down to Tukuhe village and there after to Larjung village. Marching through the pine and juniper trees, we shall eventually arrive at Kalopani village. Stay overnight at Kalopani.

## **Day 18 : Kalopani / Tatopani (1190m)**

From Kalopani, our onward descends further down to Tatopani village today. With a gentle downhill trail, cyclists move down and reach the Ghasa village which shall be our the last Thakali village for the entire trip. Here after, we can enjoy the oxygen filled fresh air as we get lower and then seemingly arrive at Tatopani village where cyclists can leave their bikes for the day being for a soothing hot water bath on the various hot water pools of this village. You can jump into these pools with your tour mates and calm down as you feel the hot waters revitalizing your exhausted muscles. Stay overnight at Tatopani.

## **Day 19 : Bike until Beni Bazaar (24km, 830m, 90% ride-able) and drive to Pokhara.**

We now say goodbye to the noteworthy hot water pools of Tatopani village and ride our way to the Beni Bazaar which is a small western town with buses and micros to take travelers back to Pokhara. After few hours, we arrive at Beni Bazaar and then get escorted to a private vehicle which shall take us to the iconic lake city of Pokhara. At Pokhara, you can take down your luggage and spend the rest of the day by strolling around the markets areas of lakeside street. Stay overnight at Beni Bazaar.

## **Day 20 : Fly or Drive to Kathmandu (1310m) [H, B]**

It's the twentieth day of your cycling journey in western Nepal and this means that now we are heading back to the capital city. Hence, we get inside a private tourist vehicle and drive our way to the central part of Nepal where the Kathmandu valley is situated. Following our previous trail, we reach Kathmandu and after getting there, a representative of The Himalayan Trekking shall transfer you to your hotel rooms. Stay overnight at Kathmandu.

## **Day 21 : Free day in Kathmandu, (H, B)**

Today you have a free day entirely made to give you some leisure time in Kathmandu. This means that you can go out and do some sightseeing activities around the local streets. Along with that, you may want to buy some Nepalese souvenirs for your friends and families back home. Stay overnight at Kathmandu.

## **Day 22 : Fly back your home (B)**

Today marks the official ending of our spectacular Annapurna Circuit Mountain Biking Tour! Therefore, a representative of Himalayan Holyland Treks & Expedition shall help you get transferred to the Tribhuvan International Airport 3 hours prior to your scheduled departure. In the end, we hope that you enjoyed your fabulous mountain biking experience in one of the most popular trekking parts of Nepal with the guided assistance of our expert team members. We gladly wait for your kind return back to Nepal for some other fun adventures with us.

## Cost Includes

- ⇒ Pick up from and drop off at the hotel and the airport on a private tourist vehicle.
- ⇒ Twin-sharing accommodation in a two or three-star hotel in Kathmandu and Pokhara including breakfast.
- ⇒ Twin-sharing (occasionally dormitory style) accommodation in guesthouses during biking in Annapurna region.
- ⇒ Ground transportation from Kathmandu to Beshisahar, from Beni to Pokhara and from Pokhara to Kathmandu.
- ⇒ **Himalayan Holyland & Expedition**'s licensed English-speaking mountain biking guide (The number of guides and assistant guides is depends on group size).
- ⇒ Mountain bike for 9 days of riding (We have full-suspension bikes of Giant and Trek brands, and if you want to bring your own bike, you can).
- ⇒ The required number of local staff and porters to carry your luggage during the trip (We assign one porter for two clients).
- ⇒ Food, accommodation, salary, insurance, equipment and medicine for our field staff.
- ⇒ Himalayan Holyland duffel bag and cap.
- ⇒ Annapurna Conservation Park permit and TIMS card.
- ⇒ Farewell dinner in a Nepali restaurant with cultural dance program.
- ⇒ All government taxes and official expenses.

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## Cost Excludes

- ⇒ Lunch and dinner in Kathmandu and Pokhara and all three meals during biking in Annapurna region.
- ⇒ International airfare and airport departure tax.
- ⇒ Your travel insurance (Compulsory for the trip and should cover helicopter rescue).
- ⇒ Nepal entry visa " you can obtain a visa easily upon your arrival at the Tribhuvan International Airport in Kathmandu. (A multiple-entry 30-day tourist visa can be obtained for USD 40 or equivalent. Similarly, a multiple-entry 90-day tourist visa costs USD 100. Please have 2 passport-size photos. USD/Euro in cash is handy).
- ⇒ All items of personal nature like drinks, laundry, battery charge, internet etc.
- ⇒ Biking attire and other personal gears.
- ⇒ Tips for biking staff and driver (Tipping is expected).
- ⇒ Others expenses not mentioned in the Price Includes section.

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