

# Annapurna Cycling Tour

**Duration:** 14 Days Days

**Max Altitude:** 4,200 m

**Destination:** Nepal

**Trip Grade:** Moderate

**Best Season:** Autumn, Spring

## Trip Overview

A complete ride encircling the famous Annapurna mountain. This ride offers great variety through sub-tropical plains in the Himalayas, foothills through the trans-Himalaya Manang and Mustang regions. The trip goes through Thorong-La Pass (5416m) in between two valleys of Manang and Jomsom. The Kaligandaki Valley (probably the deepest gorge in the world) makes this an excellent trip that has diverse experiences, culture and traditional values.

An exciting trip that offers a rare opportunity to cycle through the heart of the beautiful Annapurna region, where we follow high ridges, climb rugged mountain passes and descend shady forest trails to the terraced valleys of lakeside Pokhara.

Passing through small mountain villages en route and with time spent in the bustling historic city of Kathmandu, there is plenty of opportunity to meet the incredibly friendly people of this country and absorb their rich culture.

**Duration:** 14 Days

**Best Season:** March-May, September-November

**Altitude Range:** Max 5416m

**Difficulty:** Strenuous

**Group Size:** Min. 2 Pax

**Average Daily Distance:** 30km

**Support:** Guide with Mechanical backup

## Detailed Itinerary

Day 01: Arrive in Kathmandu and transfer to hotel in Thamel.

The Tourist city offering numerous bars, shops, restaurants and an instant taste of Nepali life. In the evening over dinner, there will be a tour briefing. Provide copies of your passports and return tickets so your guide is able to make the trekking and biking permits required by local law. O/N Hotel. Meals: -

/-/D

Day 02: Drive to Besi Sahar and ride to Bulbule.

We check out from the hotel at 7:30am and head for Besisahar. Please make sure your bike and luggage are ready. If you are going to use a porter you can have 10kg each of extra luggage for the porter but if you are carrying your own things, please make sure you have a light backpack with limited clothing. A pair of T-shirts, under garments, sleeping gear, lightweight down-jacket for the evening and morning in the Himalayas and especially while crossing the Thorang Pass. No need to carry any sleeping bag or mattress. A light fleece jacket for you and a rain cover for the backpack is recommended. A camera and backup batteries, sun glasses, sun cream, toiletries, energy bars of your choice, cycling gloves etc., are a necessity.

We drive mostly on paved road to Besisahar in our private transport and then ride about 12 km to Bulbule on a dirt track. O/N Guest House. Meals: B/L/D  
Altitude: 840m. Distance: Approx 160km drive and 12km ride on off road. Road Condition: off Rd. 10% Paved Rd. 90%

Day 03: Bulbule to Taal

The trail soon turns to a rough jeep track, and follows the course of the Marshyangdi River along the left side of the valley. This track is steep and rocky with a final 1km descent into the flat valley surrounding Taal. O/N Guesthouse. Meals: B/L/D

Altitude: 1700m. Distance: Approx 25km

Day 04: Taal to Chame (Manang District)

Leaving Taal, there is a mani wall (dry stone wall inlaid with Buddhist prayer slates) in the middle of the path. These should always be passed on the left going clockwise. After going through green corn, barley and potato fields, the valley becomes narrow again. From Taal to Danaqu it will involve a large percent of push / carry with a very steep hard climb out of Danaqu. From here it becomes more bearable with closer views of snow capped peaks and a wide flowing trail to the finish. After a hard day's work to reach Chame, we can relax by the hot springs on the other side of the Marshyangdi River, enjoy baked bakery products, or even email home from the internet cafe. O/N Guesthouse. Meals: B/L/D

Altitude: 1700m – 2670m Distance: 21km

Day 05: Chame to Dhikur Pokhari

The route goes through a dense forest in a steep, narrow valley and crosses the river via two bridges, one at 2910m and the other at 3030m. The route follows a wide valley that opens up ahead of us. O/N Guesthouse. Meals: B/L/D

Altitude: 2670m – 3060m Distance: 33km

Day 06: Dhikur Pokhari to Manang

Today we ride to Pisang Village and then cross the Marsyangdi River and start few tough sections towards Ghyaru village (3670m). We then have a great single track from Ghyaru to Nawal (3660m) and down to Braga (3360m) and then to Manang. It is advised to go slowly, enjoying the scenery and culture of this region. O/N Guesthouse. Meals: B/L/D

Altitude: 3060m – 3540m Distance: 30km

Day 07: Manang to Ledar

Today is a short day to help us acclimatise. We have a few sections to Tanki and then ride to Ledar (4200m). Relax and acclimatise. O/N Guesthouse. Meals: B/L/D  
Altitude: 3540m – 4200 Distance: 12km

Day 08: Ledar to High Camp

Today we walk and ride with some hard pushes on the bike especially from Phedi to High camp. A fair section is not rideable (about 2km only is rideable) due to being a bit rocky, with steep steps on the trail. We are staying at the high camp instead of Thorang Phedi because there are many trekkers staying in Phedi, and the next morning is messy and crowded. O/N Guesthouse. Meals: B/L/D  
Altitude: 4200m – 4925m Distance: 7km

Day 09: High Camp to Muktinath via Thorong La Pass (5416m)

A 4am start is necessary to cross the Thorong La Pass as the trail can get windy later in the day, making it difficult to cross. It will take approximately 4 hours to reach the top (approx 3km) and will be a 100% carry for the cyclists. The effects of altitude are now fully felt and the majority of international visitors will be unable to move at anything but a snail's pace. Once at the top, the trail descends rapidly on a very steep slope (technical riding) for approximately 45 minutes to Muktinath O/N Guesthouse. Meals: B/L/D  
Altitude: 5416m – 3760m Distance: 15km

Day 10: Muktinath to Marpha

We'll ride along the Muktinath ridge and take the suspended bridge over the Kali Gandaki river before following a trail down towards the Lupra Valley, riding over narrow and technical single tracks. If we're lucky, we may spot wild horses and mountain goats while riding down the Lupra Valley. Once we arrive in Lupra, we'll continue descending down the Panda Khola to join the main trail. We have dinner in Marpha, the apple capital of Nepal, and enjoy a tour of the remarkable Marpha monastery. O/N Guesthouse. Meals: B/L/D.  
Altitude: 3760m – 2670m Distance: 40km

Day 11: Marpha to Tatopani.

It is mostly downhill, an exhilarating ride passing through a few rivers and mountain ridges. The views are fantastic of both mountains and villages. O/N Guesthouse. Meals: B/L/D. Altitude: 2670m – 1190m Distance: 42km

Day 12: Tatopani to Beni and drive to Pokhara

As we descend the temperature increases and the trail becomes less rocky. It is mostly a downhill ride on a dirt trail to Beni, about 25km away, and then we catch our private transport waiting to transfer us to Pokhara (approx 4hours). Enjoy the beauty of Pokhara Lakeside in the evening. O/N Hotel. Meals B/L/D  
Altitude: 1190-960m Distance: 25km

Day 13: Pokhara to Kathmandu by Bus. In the early morning after breakfast we drive back to Kathmandu via Prithivi Highway. Although it is a 6 hour long drive, it offers nice views of villages and rivers. O/N Hotel. Meals B/L/D

Day 14: Departure or start an optional programme

### **What's included**

- Cycling Guide
- Trekking permit
- Annapurna Conservation and mustang permit
- Private transfer to Besi Sahar
- Transfer from Beni to Pokhara by private car
- Pokhara to Kathmandu drive by tourist bus (if we fly the extra cost will be US\$110)
- All Accommodation on twin share
- 3 meals a day

### **What's not included**

- Bike and Accessories (bike hire costs US\$180)
- Pokhara – Kathmandu Air fare / approx: US\$110 if prefer to fly
- Mineral water / Soft and Hard Drinks
- Single Supplement: US\$375
- Porter US\$150 (One porter for two persons: weight limit 20kg per porter)
- Emergency Evacuation Fee
- Insurance

## **Contact Us**

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