



Cycling Around Annapurna Circuit

URL: <https://naatatravels.com/trip/cycling-around-annapurna-circuit/>

Duration

14 Days

Per Person Cost

USD 1,700

Difficulty

Demanding

Group Size

1-16

Maximum Elevation

5,416 meters

Accommodation

3-star hotel in Kathmandu
and teahouse during the trek

arrival_on

Kathmandu

Meals

Breakfast, lunch and dinner

Departure

Kathmandu

Trip Route

Annapurna Circuit

Trip Overview

It is backbreaking but every drop of sweat is worth it. The word of praise that we hear about the Annapurna Circuit Mountain Bike tour is way less compared to the real feel in the track midst the mighty mountains.

The sublime Annapurna Circuit has been considered one of the best high altitude mountain biking routes for mountain bikers from around the globe. The incredible trip takes you to some of the most stunning biking routes of Nepal passing different landscapes and mountain vistas. During the trip we visit several Sherpa villages, deep valleys, sub-tropical rain forests, high deserts and wooded alpine. Furthermore, we get picturesque views of massive Himalayas including Annapurna and Manaslu.

We Reach the lowland villages, dense oak forests, deep gorges and lovely isolated hamlets to the lap of the mighty mountains and the Gangapurna lake - one of the beautiful altitude fresh water lakes.

What is awesome is the crossing of the Thorong La pass (5416m) link.. which is a challenging ascent, enveloped by some of the most gorgeous mountain sceneries in the world.

The cycling begins after the drive from Kathmandu to Besisahar via ground transportation. Besisahar is the point of start for biking (and also trekking). We start circling the Annapurna massif anti-clockwise.

The trail slowly ascends allowing you to acclimatize to the high altitudes, as you travel along the Marsyangdi Valley. After the intersection in Thorong La Pass, we bike downhill to Muktinath: one of the most famous Hindu pilgrimage sites. We then cross Lupa Valley to reach Jomsom (renowned for its wind), and then descend to Tukuiche to Tatopani to Beni where the biking finally ends.

A jeep will transfer you to Pokhara and the next day to Kathmandu.

The terrain is demanding and this trip best suit for riders with spirit and experience.

Average ride distance: 25 to 35 Km in a day

After having completing this trail, your perspective towards life changes.....

Trip Itinerary

Day 30 minutes: Arrival at Tribhuvan International Airport in Kathmandu

Upon your arrival at Tribhuvan International Airport in Kathmandu, a representative from Naata Travels will be there at the airport holding a placard bearing your name. He/she will escort you to your hotel.

Accommodation

3-star hotel

Meals:

Welcome dinner

Altitude:

1400 meters

Day 6 hours: Pre-trip meeting and drive from Kathmandu to Besisahar

We will kick off your adventure in Kathmandu with a morning briefing at our office, right after breakfast. You'll connect with your biking guide, get answers to your questions, and receive a duffel bag and cap. Come prepared with your passport, two passport-sized photos, and a copy of your travel insurance. During the session, clear any outstanding balance and sign the trip form and disclaimer. If you're running late and might miss the meeting, please let us know beforehand.

Next, embark on a picturesque six-hour drive to Besisahar, where your biking journey begins. Upon arrival, gear up and meet our support crew, including porters who'll handle your luggage, setting you up for the ride ahead.

Accommodation

Guesthouse

Meals:

Breakfast and lunch

Altitude:

760 meters

Day : Ride from Besisahar to Tal

We have our hearty breakfast and set for our first day of biking. We pedal along the vibrant trail, tracing the Marsyangdi River's path on the right side of the valley. Climbing steadily, you gain 1,000 meters in

elevation, tackling trails that are 95% rideable. This exhilarating day sets the stage for even more thrilling rides ahead.

Time:

7-8 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

1700 meters

Day : Ride from Tal to Chame

Departing Tal, you encounter a mani wall—a dry stone structure embedded with Buddhist prayer slates—standing in the path's center. Always pass it on your left, moving clockwise. You ride through lush fields of green corn, barley, and potatoes until the valley narrows again. From Tal to Danaque, you face a tough stretch, pushing or carrying your bike up a steep, challenging climb out of Danaque. Beyond this, the trail opens up, becoming more rideable, with stunning snow-capped peaks coming into closer view and a wide, flowing trail guiding you to the finish.

Time:

6-7 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

2670 meters

Day : Ride from Chame to Manang

You climb through fragrant pine forests as the trail unfurls into a lush, fertile agricultural valley. Pedaling along the dirt path, you weave through vibrant villages and settlements, meeting friendly locals and playful, snotty-nosed children. Starting from Pisang at 3,230 meters, you ride through a wide valley that stretches open before you.

Time:

6-7 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

3540 meters

Day : Acclimatization day at Manang

You pause your ride for the day to explore the Himalayan town of Manang, acclimatizing to the high altitude. Rapid ascents can pose serious risks, so you take it easy. Embark on a short, half-hour trek to the stunning Gangapurna Lake, one of many excursions from Manang. You also hike for about an hour to

a nearby hilltop, where you marvel at the towering Mt. Gangapurna and the shimmering lake below. Spend the rest of your time adjusting to the altitude and soaking in the breathtaking surroundings.

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Day : Ride from Manang to Yak Kharkha

Depart Manang and begin your ascent toward Yak Kharka at 4,050 meters. Tackle a short ride today, as pedaling grows challenging with the rising elevation. Navigate trails that are about 60% rideable, taking your time to savor the stunning scenery and rich culture of the region.

Time:

3-4 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

4050 meters

Day : Ride from Yak Kharkha to Thorong High camp via Thorong Phedi

You push through a demanding climb, feeling the altitude's effects intensify with each step, yet the breathtaking landscape views leave you in awe. Tackle trails that are about 50% rideable, staying focused and conserving energy. Prepare yourself physically and mentally for the challenging high-altitude ascent awaiting you tomorrow.

Time:

4-5 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

4925 meters

Day : Ride from Thorong high camp to Muktinath via Thorong La Pass

Rise early for a 4 AM start to conquer Thorong La Pass, beating the strong winds that can make crossing tough later. Trek for about 4 hours, covering roughly 3 km, carrying your bike along trails that are approximately 70% rideable. Push through the challenging ascent, then pause at the summit to soak in the triumph of reaching the Annapurna Circuit's highest point. Gear up for an exhilarating downhill ride, tackling 45 minutes of technical terrain until you arrive in Muktinath at 3,760 meters, where you can rest your weary body.

Time:

7-8 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

5416 meters

Day : Ride from Muktinath to Marpha

Depart the sacred pilgrimage town of Muktinath and ride toward Dhangladanda along a lesser-traveled trail. From this scenic viewpoint, carve through thrilling single tracks, descending swiftly to the riverbed in Lupra Valley. Pedal onward to Jomsom, where you pause to rest and enjoy a hearty lunch. Continue from Jomsom to the charming old village of Marpha, where you savor a sip of local Apple Brandy.

Time:

6-7 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

2670 meters

Day : Ride from Marpha to Tatopani

The trail begins with an easy ride, but after reaching Rukse Chaahara, it drops about 1000 meters in elevation. This section offers the most challenging and enjoyable part of today's ride, with 95% of the trail being rideable. The thrilling downhill ride leads to Tatopani, a village famous for its hot springs. Once there, take a refreshing dip in the natural hot baths.

Time:

5-6 hours

Accommodation

Guesthouse

Meals:

Breakfast, lunch and dinner

Altitude:

1190 meters

Day 5-6 hours: Ride from Tatopani to Beni and drive to Pokhara

Today marks the final day of riding. Enjoy the journey as you pedal towards Beni Municipality, the endpoint of the Annapurna Circuit biking route. From there, hop into a jeep and drive to Pokhara. Reach the city in about 4 hours. Once in Pokhara, take time to rest and explore.

Time:

3-4 hours

Accommodation

Guesthouse

Meals:

Breakfast and lunch

Altitude:

900 meters

Day 7 hours: Drive from Pokhara to Kathmandu

Return to Kathmandu by tourist bus. Check into your hotel and get ready to enjoy your final night in Nepal.

Extend your trip if you wish—join a Chitwan jungle safari, go rafting or bungee jumping, take a Kathmandu Valley shopping tour, enjoy a scenic Everest flight, or choose from other exciting activities.

Accommodation

3-star hotel

Meals:

Breakfast and lunch

Altitude:

1400 meters

Day 30 minutes: Departure

The trip concludes here. Our airport representative will drop you at the international airport in Kathmandu for your flight departure from Nepal.

Accommodation

Breakfast

Trip Includes

- Accommodation in twin basis in 3-star hotel in Kathmandu & Pokhara
- Accommodation in teahouses in twin/triple sharing basis
- All ground transportation in private tourist vehicle
- Experienced, government licensed, English speaking cycling guide
- All permits and entry fees
- Breakfast in Kathmandu and Pokhara and all meals on the trail

Trip Excludes

- Mountain bike. You can hire a full suspension mountain bike for around 40-50 USD per day.
- International flight to and from Kathmandu
- Travel insurance
- Any beverages and personal expenses
- Nepal entry visa fees
- Any other not mentioned in the includes section

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal