

Annapurna Circuit MTB Tour

13 Days

12 Nights

From \$ 2000/-

Highlights

- ✔ Staying in teahouses and guesthouses run by local families
- ✔ Expert guides ensuring your safety and comfort throughout the tour
- ✔ Ride over prayer flag-lined suspension bridges.
- ✔ Stand among the world's highest peaks.
- ✔ Ride through picturesque villages, including Taal, Chame, and Manang.
- ✔ Cross the challenging and rewarding Thorong La Pass at an elevation of 5,416 meters.
- ✔ Incredible views of the Annapurna mountain range
- ✔ Challenging ride through the Thorong La Pass at 5,416 meters
- ✔ Experiencing the local culture and cuisine of Nepal



- 📍 Start Point : Besi Sahar
- 📍 End Point: Pokhara
- 📏 Distance : Upto 200KM
- 👥 Group Size : 2-15 pax
- 📍 Max Altitude : 5416m / 17768.81ft
- ⚠️ Difficulty : Extreme
- 🌐 Skill Level: Intermediate+
- 📅 Best Season : Sep-Dec | Mar-May
- 📍 Region : Annapurna
- 📄 Download Pdf Itinerary

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The Complete Guide to Annapurna Circuit Biking Tour

Explore the breathtaking landscapes of Nepal, pedal through charming villages, and experience the rich culture of the local communities. Over the course of 12 days, you'll ride through some of the most scenic and challenging terrain in the world. The tour takes you from the bustling city of Kathmandu to the beautiful city of Pokhara, and through the Annapurna mountain range, offering incredible views of snow-capped peaks and lush valleys.

Our experienced guides are passionate about sharing their knowledge of the region and will ensure your safety and comfort throughout the journey. We provide high-quality bikes and gear, as well as support vehicles to carry your luggage and offer assistance when needed. Whether you're an avid cyclist or a beginner, the Annapurna Circuit Mountain Biking Tour is an adventure of a lifetime that you won't want to miss.

So why wait? Book your spot on this incredible mountain biking tour today and experience the beauty and culture of Nepal from a unique and thrilling perspective. We guarantee you won't regret it

Itinerary

📍 DAY 1 - ARRIVAL IN KATHMANDU, NEPAL

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be met by a representative who will take you to your hotel in Thamel, the heart of the tourist district of Kathmandu. Depending on your arrival time, you may have the opportunity to explore the streets, sights, and shops of Thamel, or to relax after your journey.

DAY 2 - KATHMANDU SIGHTSEEING AND TOUR PREPARATION

Today you can choose to explore the sights of Kathmandu, or prepare for your biking tour. You may want to take a guide for the tour of the city's temples, palaces, and markets, or simply wander through the narrow streets and soak up the vibrant atmosphere of the city.

DAY 3 - TRANSFER FROM KATHMANDU TO BESI SAHAR

After breakfast, you will be picked up from your hotel and driven to Besi Sahar, a small town on the banks of the Marsyangdi River. This is where your biking tour begins, and you'll have the opportunity to meet your guides and other members of your group.

DAY 4 - BESI SAHAR TO TAAL BIKING: 30KM RIDE, 1400M ASCENT

Today we start the biking tour and ride 30km from Besi Sahar to Taal. We'll ascend 1400m, and the road will be relatively easy. The route passes through small villages and terraced farmland, offering a glimpse into the daily life of the locals.

DAY 5 - TAAL TO CHAME BIKING: 36KM RIDE, 1300M ASCENT

We'll start biking from Taal and ride 36km, ascending 1300m to reach Chame, the headquarters of the Manang district. The route passes through pine and rhododendron forests and offers stunning views of the Annapurna range.

DAY 6 - CHAME TO MANANG BIKING: 30KM RIDE, 1250M ASCENT

Today, we'll ride 30km and ascend 1250m to reach Manang. The route passes through the Marsyangdi River and the quaint village of Pisang, which is famous for its apple orchards. Manang is a picturesque town situated in a broad valley and surrounded by towering peaks.

DAY 7 - REST DAY IN MANANG

Today is a rest day in Manang, which allows us to acclimatize to the high altitude. You can explore the town and its monasteries, or take a short hike to the nearby hills to enjoy the stunning views.

DAY 8 - MANANG TO THORONG PHEDI BIKING: 17KM RIDE, 1240M ASCENT

We'll bike 17km and ascend 1240m to reach Thorong Phedi, the last stop before we cross the Thorong La pass. The route passes through alpine landscapes, and we'll be surrounded by snow-capped peaks throughout the day.

DAY 9 - THORONG PHEDI TO MUKTINATH BIKING VIA THE THORONG LA PASS: 14KM RIDE, 1040M ASCENT

Today is the most challenging day of the tour as we cross the Thorong La pass, the highest point of the tour. We'll ride 14km and ascend 1040m to reach Muktinath, a holy site for both Hindus and Buddhists. The pass offers spectacular views of the Annapurna and Dhaulagiri ranges.

DAY 10 - MUKTINATH TO MARPHA BIKING VIA LUBRA VALLEY: 30KM RIDE, 960M ASCENT

Today, you'll continue your journey towards Marpha, a picturesque village located in the Kali Gandaki Valley. The ride will take you through the Lubra Valley, which is known for its beautiful landscapes and traditional way of life. You'll also get to see the stunning Dhaulagiri and Nilgiri mountain ranges in the distance.

DAY 11 - MARPHA TO TATOPANI BIKING: 32KM RIDE, 460M ASCENT

From Marpha, you'll head towards Tatopani, which means 'hot water' in Nepali. Along the way, you'll pass through charming villages and lush forests, and have the opportunity to soak in the natural hot springs in Tatopani to rejuvenate your muscles after the previous days' rides.

DAY 12 - TATOPANI TO POKHARA BIKING: 28KM RIDE, 400M ASCENT

Today's ride takes you through beautiful landscapes and traditional villages as you make your way towards the city of Pokhara. Pokhara is known for its stunning natural beauty, with views of the Annapurna and Dhaulagiri mountain ranges, as well as its laid-back atmosphere. You'll have the rest of the day to explore the city, relax by the lake or take part in various adventure activities, such as paragliding, zip-lining or boating.

DAY 13 - TRANSFER FROM POKHARA TO KATHMANDU.

Today marks the end of your Annapurna Circuit Biking Tour. You'll transfer back to Kathmandu by private vehicle, and have the rest of the day to explore the city, do some last-minute shopping or simply relax before your departure.

TRIP ENDS HERE!





What's Included

- ✔ All land transport in private vehicles including airport transfers, Support Vehicle.
- ✔ All meals as per itinerary.
- ✔ Professional and experienced guides with relevant qualifications
- ✔ All permits and entry fees.
- ✔ Porters for carrying your bags .
- ✔ Comfortable accommodation during the adventure
- ✔ Comprehensive support for all aspects of the trip
- ✔ A detailed adventure information pack
- ✔ Knowledgeable advisors to assist with trip planning
- ✔ Regular updates about the adventure itinerary
- ✔ Emphasis on safety and risk management

What's Not Included

- ✘ Fees for visas to enter or exit the country
- ✘ Travel & Medical insurance (compulsory and must include helicopter evacuation)
- ✘ Medical costs that may be incurred during the trip
- ✘ Lodging expenses before and after the adventure
- ✘ Transportation to the adventure starting point
- ✘ Rental fees for equipment needed during the adventure
- ✘ Alcoholic and non-alcoholic drinks consumed during the trip
- ✘ Meals that are not part of the planned itinerary
- ✘ Personal purchases made during the adventure
- ✘ Optional additional activities that can be arranged for an extra cost.

Mandatory Documents

- 📄 Identification document
- 📄 Booking Receipt, if Booked Online (PDF will work)

Cancellation Policy

- 📄 More than 30-days prior to departure - 50% refund.
- 📄 In Between 15-30-days prior to departure - 25% refund.
- 📄 Less than 15-days prior to departure - No Refund.

Frequently Asked question

WHO WILL BE GUIDING US?

Your tour guides for mountain biking in Nepal are seasoned professionals who are native to the region and have a genuine love for the country's culture and terrain. They prioritize your safety and strive to ensure that you have a memorable experience. Your guides will be readily available to assist with any inquiries or needs you may have during your journey.

HOW MANY PEOPLE WILL BE IN THE GROUP? —

Our priority is to provide the best experience to all participants, which is why we limit the size of our groups. Typically, our groups consist of 8 to 12 people. However, we require a minimum of 4 people to run our mountain bike tour in Nepal.

DO WE HAVE TO CARRY ALL OUR GEAR WITH US? —

You are not required to carry all of your equipment with you. Instead, you only need to bring a 20 litre day pack while cycling. Our team provides a support vehicle and driver who will transport your luggage to your next lodging each day, ensuring that it is available for you upon arrival.

WHAT IF I COME ACROSS A SECTION OF TRAIL I CAN'T RIDE? —

During your mountain bike tour in Nepal, if you encounter a trail section that seems difficult to ride, your guide will be pleased to provide you with some bike skills training to enhance your confidence and enjoyment. In case you do not feel comfortable riding a certain section, you can always dismount and walk through it. Remember, it is not a competition of biking skills, but a relaxing mountain biking vacation where everyone can take their own pace and enjoy the experience.

WHAT TYPE OF MOUNTAIN BIKE IS BEST FOR THE TRIP? —

It is recommended to use a high-quality full suspension mountain bike with 120mm travel in both the front and rear. The terrain can be challenging in certain areas, and a full suspension bike will provide more comfort during the entire trip. However, it is still possible to ride a hard tail bike every day if that is your preference. Please keep in mind that the trails in Nepal can have thorns, so it's recommended to bring tubeless tires or tires with thicker walls and inner tubes. Bringing your own bike to Nepal is also advised.

WHAT ABOUT TOURIST VISAS, HOW DO I GET THOSE? —

To obtain a short-term tourist visa for Nepal, one can either buy it on arrival at the Kathmandu airport using cash in US dollars or purchase it in advance online through VisaHQ. It's important to note that personal checks, travelers' checks, and credit cards are not accepted as payment for the visa at the airport. Opting to buy the visa in advance can save time and hassle after a long flight.

WHAT HAPPENS IN CASE OF INJURIES AND EMERGENCIES? —

In the event of injuries and emergencies, our guides are equipped with professional first aid kits to provide treatment for minor injuries. Additionally, health professionals are available at villages and camps throughout the journey. It is mandatory for travelers to have travel insurance which covers emergency rescue and evacuation expenses.

NOTE ↗

- Safety first: Always wear appropriate safety gear, including a helmet, gloves, and protective clothing.
- Know your limits: Be honest with yourself about your abilities and choose trails that match your skill level. Pushing yourself too hard can lead to accidents or injuries.
- Be prepared: Carry enough water, snacks, and other essentials like a first aid kit and a bike repair kit. It's better to be over-prepared than under-prepared.
- Respect nature: Stay on designated trails to avoid damaging the environment. Don't litter or disturb wildlife.
- Respect other riders and hikers: Yield to hikers and slower riders, and be courteous to other trail users.
- Follow the rules: Obey trail rules and regulations, including speed limits and trail closures.
- Stay connected: Make sure you have a way to communicate with others in case of an emergency, and let someone know your planned route and expected return time.
- Have fun: Remember to enjoy the ride and take in the beautiful scenery around you.

ADDRESS

THE TRIPPY FROG

MAKALBARI , KATHMANDU

NEPAL (ZIP - 44600)

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CONTACT

THETRIPPYFROG@GMAIL.COM

+977-9813399084

+977-9863683851 [WHATSAPP](#)

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