



## ***Annapurna Circuit cycle trip***

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<b>Annapurna Circuit cycle - 15 Days</b> <b>Trip Code: T4W 570</b> <b>Grade: Challenging</b> <b>Starts: Kathmandu</b>	<b>Group Size: max of 12</b> <b>Ends: Kathmandu</b>
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<b>Trip Overview</b>	<b>Highlights</b>
<b><i>Day 1 Kathmandu</i></b> <b><i>Day 2 Drive Kathmandu – Bessishar &amp; bike to Khudi</i></b> <b><i>Day 3 Bike Khudi - Tal</i></b> <b><i>Day 4 Bike Tal - Chame</i></b> <b><i>Day 5 Bike Chame – Manang</i></b> <b><i>Day 6 Manang – Rest day – side trip</i></b> <b><i>Day 7 Bike Bike Manang – Yak Kharka</i></b> <b><i>Day 8 Bike Yak Kharka – Thorung Phedi</i></b> <b><i>Day 9 Bike Thorung Phedi – Thorung La pass - Muktinath</i></b> <b><i>Day 10 Bike Muktinath - Tukuche</i></b> <b><i>Day 11 Bike Tukuche – Tatopani</i></b> <b><i>Day 12 Bike Tatopani – Beni – Drive to Pokhara</i></b> <b><i>Day 13 Pokhara – chill out day</i></b> <b><i>Day 14 Fly Pokhara - Kathmandu</i></b> <b><i>Day 15 Kathmandu</i></b>	<ul style="list-style-type: none"> <li>• <b><i>Bustling Kathmandu</i></b></li> <li>• <b><i>Kathmandu sightseeing tour</i></b></li> <li>• <b><i>Cultural dinner and local entertainment</i></b></li> <li>• <b><i>Tibetan cultural</i></b></li> <li>• <b><i>Ascend to Thorung La pass (5416 metres)</i></b></li> <li>• <b><i>Being in the deepest Valley in the world – Kali Gandaki</i></b></li> <li>• <b><i>Acclimatisation days in Manang &amp; Yak Kharka</i></b></li> <li>• <b><i>Rhododendrons (in season)</i></b></li> <li>• <b><i>Views of Machapuchure, Dhauagiri, Manaslu, Bhrikuti, Annapurna range</i></b></li> <li>• <b><i>Mukinath temple</i></b></li> <li>• <b><i>Hot water Springs at Tatopani</i></b></li> </ul>

**‘Vote with your feet and come cycle with me’**

**Detailed trip itinerary - quoted cycling hours are estimated cycling times**



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### **Day 1: Kathmandu - 1400 metres above sea level)**

There will be a trek briefing at 8am (or the night before if everyone has arrived early) followed by sightseeing of Kathmandu city, with some leisure time to relax as well. We will meet for a group cultural dinner & traditional dancing (included in price) in the early evening.

Accommodation: Guest House Kathmandu

Included Meals: Dinner

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### **Day 2 Kathmandu – Bessishar - Khudi 1,400 – 780 metres**

We leave Kathmandu early and drive 5 hours to Bessishar Township - the start of Annapurna Circuit where we start our ride to Bhulebhule and onto Khudi.

You can observe the local way of life, bustling local markets, along the mighty Trishuli River and the distant mountains during the drive. Our first night on the Circuit will see us staying in a teahouse alongside the Marsyandi River with some great Nepalese hospitality. The first views of the Annapurna range will be visible during the trip and we are able to see the first good mountain views of Himalchuli, Ngadi Chuli (also known as Manaslu 2) along the first days ride. The traditional Nepalese way of life will leave you enchanted during 22 kms of riding today in mostly jeep tracks. This is a great prelude to the exciting adventure in the days to follow.

Accommodation: Teahouse

Riding time: 2 ½ hours      Distance - 9k's      Level - Medium      Track- Jeep

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### **Day 3 Bike Khudi – Tal - 780 – 1,700 metres**

Leaving Khudi, we follow jeep tracks again and reach the entry gate of the Manang district en route. There are some steep and rocky sections here where we'd have to carry or push the bikes. The region starts to get more remote and gives us the true taste of the marvelous Nepali life composed of different cultures. There is a fantastic waterfall along the way and you should definitely enjoy the chilling water here.

Accommodation: Teahouse

Riding time: 4-5 hours      Distance - 19k's      Level – Challenging      Track- Jeep

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### **Day 4 Bike Tal – Chame – 1,700 – 2,630 metres**

Riding the ascending trails through pristine forests and passing Buddhist prayer walls, we ride along marvelous green fields of corn, barley and potatoes. There is some pushing and carrying involved here, especially till the village of Danagu, from where the trail becomes more rideable also giving you better glimpses of the Himalayas. After almost 30kms of riding in a mix of jeep tracks, single tracks and rocky trails, we reach Chame, where we can relax along the hot spring set on the Marshyangdi River. We'll explore the region and visit the popular bakery and get in touch back home from an Internet café. The majestic views of Lamjung Himal, Annapurna II and Annapurna IV mark our stay at Chame.

Accommodation: Teahouse

Riding time – 5 ½ hours      Distance - 17 k's      Level - Challenging      Jeep - track

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### ***Day 5 Bike Chame - Manang 2,630 – 3,540 metres***

We head off on the Manang track close to the river passing apple orchards and the ruined Tibetan refugee village of old Bhratang. We pass a magnificent cliff of granite near the bridge of Paungda Danada which looks like a giant wave. This is a day of fascinating and varying landscapes in the Manang valley with large rocks and boulders, lakes in a large open flat area before reaching Lower Pisang.

As we climb higher, the increase in altitude can be felt however riding through the picturesque forests more than compensates for this. There are enormous massifs along the way and the track changes to a wide valley, passing through Humde, a village with one of the highest commercial airports in the world. There are a number of monasteries along the way, and the famous Barga Monastery is worth a visit.

Local peaks are another spectacle that will definitely draw your attention – there are several peaks over 4,000m. The change in landscape and vegetation is very noticeable upon reaching Manang, the ancient village with a very intriguing culture and lifestyle.

Accommodation: Teahouse

Riding time - 4 - hours      Distance - 34 k's      Level – Challenging      Track - Jeep

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### ***Day 6 Manang – Rest day 3,540 metres***

In order to acclimatize to the higher altitude, we'll spend an extra day at Manang, situated at 3,540m. Manang has plenty to offer for sightseeing, so today we'll explore plus visit Hundred Rupees Lama Monastery and hike to Gangapurna Lake.

At 3pm we visit the Himalayan Rescue Ass and health post (HRA) where Volunteer Doctors give very informative talks to trekkers and us adventure seekers. Their primary aim is to save lives and to educate, by alerting trekkers to the dangers of altitude sickness.

It is possible to post letters in Manang; take in a video at the cinema, or pass away the time sampling the excellent bakeries (Chocolate cake, cinnamon rolls, apple pie/crumble, and buckwheat bread). There is also a fast internet café to email friends and family.

We'll find time to check the bikes and make sure it's ready for more adventure.

Accommodation: Teahouse

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### ***Day 7 Bike Manang – Ya Kharka – 3,540 – 4,000 metres***

We leave Manang through a maze of narrow alleys and medieval houses and pass more stalls selling Tibetan souvenirs and trinkets. Due to the altitude we will take it easy and ride at a comfortable pace, enjoying the marvelous beauty of the otherworldly landscape and the giant Himalayan Mountains. As we climb up steadily to the village of Khusang where we will stop for a hot drink and say goodbye to Marshyangdi Valley. We follow the trails that lead to Jarsang River and reach Yak Kharka. The settlements are sparse in this region and along the way we can encounter yaks in large numbers grazing here, as well as an old mani, a Buddhist prayer-engraved wall.

Accommodation: Teahouse

Riding time – 2 - 3 hours    Distance - 12 k's    Level – Challenging    Track - single

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### ***Day 8 Bike Yak Kharka – Thorung Phedi – 4,000 – 4,450 metres***

Today is a climb to Thorung Phedi through trails that first drop and cross Jorsang River at 4,310m, and then ascend steeply. We ride through slowly today to adjust to the altitude in this lunar like landscape with steep glacial valleys and surrounding snow-capped peaks which ever way you look. This is a very picturesque section of the track and when we get to the village of Tenki Manang you get stunning views of Annapurna, Gangapurna and Tilicho.

Along the way, we cross several small wooden bridges over streams and ride through a narrow path heading towards Thorung Phedi. “Phedi” means base of a hill or a mountain; and Thorung Phedi is the base of the massive Thorung La Pass, which we cross the next day.

After lunch we will take a side trip to acclimatise in preparation for our crossing over the pass.

The teahouse has very nice fresh baked cinnamon buns or croissants to enjoy with fresh coffee.

A small and unexpected luxury amongst the high altitude mountains!

Accommodation: Teahouse

Riding time - 2 hours    Distance - 10 k's    Level – Challenging    Track – single track

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### ***Day 9 Bike Thorung Phedi – Thorung La pass - Muktinath – 4,450 – 5,416 – 3,760 metres***

We start very early in the morning up a steep zigzag climb to High Camp and to also to try and miss the winds at the top of Thorung La Pass at 5,416m.

The feeling of accomplishment at the pass is one to savor for a lifetime. We stop to enjoy the moment and marvel on the panoramic vista of a chain of virgin snowcapped mountains beyond, have a hot drink and to take commemorative photos in the stony/snowy landscape with prayer flags and mountains abound.

Our descent takes us pass a large glacier before reaching our well-deserved lunch stop at Chengur.

From the pass, we head down to Muktinath/ Ranipauwa arriving mid-afternoon for a well-earned rest and showers.

We will come across trekkers and pilgrims flocking from as far as India on their way to this revered Hindu temple. We will spend some time exploring the religious site and see the eternal flame that burns on natural gas source. “Mukti” means liberation and “nath” means a holy temple. Muktinath is considered to be a temple of soul liberation. Besides Hindu hermits and pilgrims we’ll see Tibetan traders as well.

There is also great shopping with stalls abound here in Ranipauwa with Tibetan scarfs, singing bowls, bracelets and jewellery.

Accommodation: Teahouse

Meals: Breakfast, lunch & dinner

Riding time - 8 hours    Distance -12 k's    Level – Challenging    Track – Single track

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### **Day 10 Bike Muktinath - Tukuche 3,760 – 2,586 metres**

From Muktinath we ride along a very enjoyable downhill track descending to the Kali Gandaki River valley floor and stop at Jomsom and then Marpha village which is legendary for apple orchards and Brandy. Make sure to taste some Marpha Brandy and a range of apple products like apple pie and dried apple skin. We continue on riding to Tukuche village, an ancient Thakali tribe settlement, and spend some time exploring the region and learning about the culture and history. Tukuche lies right beneath the Tukuche peak and amazing views Mt Nilgiri and of Dhaulagiri and the icefall of the east face.

Accommodation: Teahouse

Meals: Breakfast, lunch & dinner

Riding time - 4 - 5 hours      Distance - 27 k's      Level – Medium      Track – Jeep

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### **Day 11 Bike Tukuche – Tatopani – 2,586 – 1,190metres**

We begin riding from Tukuche to Tatopani through some fantastic downhill sections. Tatopani translates to “hot water” and rightly so, the hot springs at Tatopani are quite a treat. This is a great place to relax your mind and body and to pamper yourself after a day of biking. Located besides the banks of the Kali Gandaki River, the hot dip to unwind your muscles.

Accommodation: Teahouse

Meals: Breakfast, lunch & dinner

Riding time - 5 -6 hours      Distance - 43 k's      Level – Medium      Track – Jeep

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### **Day 12 Bike Tatopani – Beni & drive to Pokhara 1,190 – 900 metres**

After a relaxing time at Tatopani, we ride for about 1.5 hours on jeep tracks to reach Beni, a small but vibrant market town. We'll spend some time exploring the town and then drive back to Pokhara on a 4-hour drive.

Once we reach Pokhara, there is time reflecting on our thrilling adventure in the Annapurna's.

Accommodation: Guesthouse/hotel

Meals: Breakfast & lunch

Riding time - 3 hours      Distance -15 k's      Level - Easy      Track - Jeep

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### **Day 13 Pokhara – Chill out day**

The city lies along the banks of the gorgeous Phewa Lake and sports panoramic views of Machapuchure, Annapurna, Dhaulagiri and Manaslu. Pokhara is much more laid back and less hectic than Kathmandu, which makes it perfect for relaxation and adventure activities alike. We'll spend the rest of the day exploring the picturesque Pokhara Valley which offers wonderful natural and cultural points of interest for sightseeing. These include boating on Phewa Lake, exploring Seti River gorges and Gupteshwar Cave, visiting Tibetan Refugee Camps and Barahi temple. The Peace Pagoda is also quite a spectacular hike with an amazing view of the valley below and the Annapurna's at a distance.

Accommodation: Guesthouse/ hotel

### ***Day 14 Fly Pokhara – Kathmandu 900 – 1,400 metres***

We will depart early for the airport to fly back to Kathmandu. In the evening, we will share in a farewell dinner to celebrate our trip achievement and good health! Holidays should never have an ending date. So extend your trip and opt for adventure activities including trekking, bungee jumping, mountain flight, rafting, hiking, Chitwan jungle Safari and Lumbini heritage trip. These can be arranged before or after the biking adventure.

Accommodation: Guesthouse/ hotel

### ***Day 15 Kathmandu 1,400 metres***

Unfortunately your trip will end this morning, however you may wish to stay on an extra few days in our hotel in Kathmandu which has an amazing roof top garden to sit and relax and enjoy the organic coffee and surrounding Kathmandu Valley rim.

### ***Price includes:***

- **Experienced English speaking local Cycling Guides**
- **Acclimatisation days in Manang**
- **Flight Pokhara - Kathmandu (value USD110.00)**
- **Cultural dinner with local entertainment (valued USD30) –excludes drinks**
- **Half day sightseeing in Kathmandu including entrance fees (value of USD40.00)**
- **Trekking Adventures T-Shirt (value of USD65.00)**
- **Two x hotel (in Kathmandu), two nights in guesthouse Pokhara and ten nights teahouse (lodge type with comfortable foam mattress and pillow) on twin shared basis**
- **meals as indicated in itinerary**
- **Annapurna National Park permits and Tim's certificate**
- **International arrival & departure airport transfers**

### ***Local Cycling guides:***

Our local guides are all experienced, handpicked and by Ann Young (director of Trekking Adventures) to ensure that you our client have the best opportunity of success with comfort. Each client will be expected to carry your own day pack which should be large enough to carry all you will need throughout the day e.g. raincoat, water bottle, camera, spare clothing, snack food, etc.

### ***Tipping:***

It is customary to tip the tour leader, local guides at the end of your trek Please allow USD\$100 which is payable in Nepali rupees.

**Gifts:** Guides and porters also appreciate any discarded warm clothing, shoes, and packs.

### ***Accommodation:***

All accommodation as detailed in this itinerary is in hotels/ guesthouses / teahouses twin/triple/ while cycling, and standard hotels in Kathmandu. Extra accommodation can be reserved for you in Kathmandu before and after your tour at a discounted price.

### ***Nepal Visa:***

Prior to departure you may need to obtain certain visas depending on your nationality. Specific information is given to you in your pre departure information. A visa may be obtained at point of entry into Kathmandu at a cost of approx USD\$40 for 30 day multiple entry.

### ***Clothing Note:***

You will be required to take warm and appropriate, sleeping gear and clothing as the cycle ride can get very cold in the higher stops of the Annapurna Circuit in the evenings. (A clothing and equipment list will be supplied upon booking).

### ***Bike hire:***

It is possible to hire bikes in Kathmandu. Our guides will maintain and supply all parts associated with the bike hire during the course of your trip. Included in the bike hire price is; inner tubes, mini hand pump, puncture repair kit, chain oil, repair kit, cable lock, brake & gear wire, spokes, brake shoe, bike box if needed.

If you choose to bring your own bikes, then you will be responsible for all bike parts and maintenance. It is possible to bring your own bike seat, peddles for the hire bikes etc.

### ***Donations:***

Please note you will be expected to make a donation when entering Monasteries and schools.

### ***Pre departure information:***

Further to the information provided in this itinerary, other pre departure information will be emailed to you. Please read it carefully to make sure you are fully prepared.

### ***Important note:***

The enclosed notes are intended as a guide only, indicating a typical itinerary and series of activities and highlights. While every effort will be made to follow the route published on any departure and the distances travelled, driving time and available activities can vary for a number of reasons, in the event of political problems or natural difficulties which are beyond our control and prevent travelling to a particular area, Trekking Adventures reserve the right to substitute an alternative activity for that section of the trip. Overnight stops may vary on occasions from those suggested Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns the guide/leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if

necessary.

**Remember if you do not undertake some training before hand and you are found not be fit enough for the trip, this may jeopardise you being able to remain on the trek.(please read the terms & conditions carefully regarding this).**

***Price does not include:***

- Entry Visa to Nepal,
- Drinks, tips, laundry and other items of personal nature
- Meals except where indicated in the itinerary
- International airfares and Travel Insurance
- Single supplement
- Bike hire

***Optional extras before or afterward your trip:***

- Chitwan Safari (3 days),
- Everest Mountain Flight (approx. 40 minutes)
- Annapurna Base Camp
- Everest Base Camp trek
- Overland to Tibet (13 days).

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