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# 14 Days Annapurna Circuit Bike Tour | Cost Details | My Everest Trip

- Duration: 14 Days Days
- Max Altitude: 4,200 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

## Overview

### Annapurna Circuit Mountain Bike

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

### Annapurna Biking Tour

Annapurna Circuit Mountain biking tour is a combine adventure of walking and cycling in the high elevations of Annapurna crossing the famous adventurous pass, [Thorong La](#). The trip is best of mountain bikers they want to experience the ultimate adventure in their life.

An exciting mountain biking 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 are plenty of opportunities to meet the amiable people of this country and absorb their rich culture.

1. Duration: 14 Days
2. Best Season: March-May, September-November

3. Altitude Range: Max 5416m
4. Difficulty: Strenuous
5. Group Size: Min. 2 Pax
6. Average Daily Distance: 30km
7. Support: Guide with Mechanical backup

Day 01

## **Arrive in Kathmandu and transfer to the hotel**

The Tourist city offers 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 7:30 am 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, undergarments, 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, sunglasses, 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 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 a 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 acclimatize. We have a few sections to Tanki and then ride to Ledar (4200m). Relax and acclimatize. O/N Guesthouse. Meals: B/L/D

Altitude: 3540m - 4200m 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 4 am 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 program**

## **What To Expect?**

### **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 Airfare / 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

## Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



## Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## Contact Us

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