

14 Day Mountain Bike Adventure in Nepal on the Annapurna Circuit

Itinerary

Day 1

Arrival in Nepal and transfer to hotel. Your guide will be at the airport to greet you and take you to your hotel. Sleep off the jet lag and build up your bike if you have the energy!

Accommodations: Wood Apple Hotel

Day 2

Today, we will build up our bikes and ride through the streets of Kathmandu to the foothills for a ride on Helipad trail. This ride will help you to beat the jet lag with a nice climb and fun descent through Shivapuri National Park. After the ride, we will have traditional Dal Bhat for dinner and discuss the upcoming trip.

Accommodations: Wood Apple Hotel

Day 3- We will leave Kathmandu today and make the drive to Besisahar, our starting point for the Annapurna Circuit. Enjoy the scenery along the way as we will start to see the mighty Himalaya in the distance.

Accommodations: Tea House

Day 4- Besisahar (760m) to Taal (1700m)- 37.4km

Today we start the Annapurna Circuit! We will head out of Besisahar and begin to make our way to Taal. The ride has between 4000-5000 ft of elevation gain and takes us through magnificent scenery. We will be riding through a river valley and will spot some waterfalls along the way.

Accommodations: Tea House

Day 5- Taal (1700m) to Chame (2670m)- 22.6km

On this day, we will continue our journey with another challenging day to Chame. The scenery begins to change as we go deeper into the mountains. Enjoy the sights and sounds of villages as we pass through.

Accommodations: Tea House

Day 6- Chame (2670m) to Manang (3540m)- 29.7km

Today, we will make our way even further up into the mountains to the village of Manang. We may be getting tired, but we know that we have a rest and acclimatization day tomorrow!

Accommodations: Tea House

Day 7- Manang

Rest day in Manang. Sitting at just over 11,000 ft, we will spend the day adjusting to the elevation and resting our legs after three challenging days. If you choose, you can join the group in a hike to a beautiful lake just above town. Wander through the small village and enjoy a rest day well earned.

Accommodations: Tea House

Day 8- Manang(3450m) to Thorong Phedi (4450m)- 19km

From Manang, we will take singletrack out of the village and make our way up to Thorong Phedi. Take your time and don't push too hard because the air continues to get thinner. Arrive in Thorong Phedi, drink some tea and get ready for tomorrow's big push over the pass.

Accommodations: Tea House

Day 9- Thorong Phedi (4450m) to Muktinath (3760m) via Thorong La (5416m) - 22km

Today is the day we will make our way over Thorong La Pass! We will start well before dark to beat any incoming wind and weather. The push to the pass is a challenging one, which only makes it that much more rewarding. Just wait until you see the prayer flags that mark the high point- it is an incredible feeling! Once we get to the pass, we will descent almost 6000 ft of amazing singletrack all the way to Muktinath.

Accommodations: Tea House

Day 10- Muktinath (3760m) to Tukuche (2590m) via Lubra Valley- 32km

Our bodies should be well acclimatized after going up and over the pass. We will start the day with a short climb that will take us to one of the best descents in Nepal- Lubra Valley. This flowing singletrack is very fun and has some of the most breathtaking views! We will descend all the way to the river valley below and make our way to Tukuche to enjoy some apple brandy and apple desserts.

Accommodations: Tea House

Day 11- Tukuche (2590m) to Tatopani (1190m)- 42km We will make our way through the valley, on a combination of singletrack and jeep roads to the village of Tatopani. Here, we will enjoy soaking in some natural hot springs.

Accommodations: Tea House

Day 12- Tatopani (1190m) to Beni (790m)- 22km and 3 hour drive to Pokhara

Our last day of the ride will take us to our finishing spot of Beni. We will celebrate with a delicious lunch and then make our way to Pokhara for some lakeside relaxing.

Accommodations: Hotel in Pokhara

Day 13

Enjoy the morning in Pokhara, a beautiful lakeside city that has many adventure options. Walk around the city, rent a boat to get out on the lake or just relax before flying back to Kathmandu.

Accommodations: Hotel in Pokhara

Day 14

Today, we will say our “see you later” as we depart Kathmandu. We will transport you to the airport to catch your flight home.

*Itinerary is subject to change.

Important details

Accommodations

While in Nepal, we will be staying in 3 star hotels in Kathmandu and Pokhara. In the mountains along the Annapurna Circuit, we will be staying in tea houses- basic accommodations that include beds, blankets and sometimes a hot shower!

Nepal Recommendations

There are many sights to see in Nepal! Depending on when you arrive and depart for your trip, here are some suggestions for Kathmandu.

- Swayambhunath (The Monkey Temple)- sitting above Kathmandu, this buddhist temple is a must see while in Kathmandu. It's more common name of the Monkey Temple is because you are sure to see some monkeys hanging around the temple complex. Since this temple sits above the city, it has some fantastic views of the Kathmandu valley.
- Boudhanath Stupa- This giant buddhist stupa is one of the largest stupas in the world. It is one of the most visited sites in Kathmandu and is a short taxi ride from the Thamel area that we stay.
- Other treks- are you looking to extend your stay in Nepal? We are happy to organize treks for you into other regions or more mountain biking as well!

Flights/Arriving in Kathmandu

Your flight will arrive at the only International Airport in Nepal called Tribhuvan International Airport.

You will first need to get a visa upon arrival. We prefer to obtain visas at Kathmandu Airport, as it is cheaper. Here is the link where you can do the online pre visa application 12 days before your arrival:-

<http://www.online.nepalimmigration.gov.np/tourist-visa>

Here is the information you need to fill in the form

ADDRESS IN NEPAL

House No:- 40 **Street Name:-** Satghumti **Ward No:-** 29 **VDC:-** Gongabu

District:- Kathmandu **Contact:-** +977 1470090 **Cell:-** +977 9862791944

On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

You should have a printed copy of the form, A passport Photo and the Money in US\$ or any major currency on arrival you will see the visa line. They will give you change in local currency only.



After the visa and immigration, you will proceed to baggage claim. If you have bikes please check with the ground staff at the baggage claim as to where to collect them. Large Items are normally last into this area, so don't panic if you are waiting for a while.

On Exit once you have passed customs, proceed to the main doors and down the walkway. Your guide will be on the other side of the metal railing with a sign with your name on it. If you are traveling with your bike, they will be able to easily spot you.

In case of emergency or nobody is there here is the contact information :-

+977 9823100104 (Jenny Caunt) also works with Whats App

Flying with a bike vs. renting one in Nepal

There are some rental bikes available in Nepal, but we recommend to travel with your own bike. If you have never flown with your bike before, [we have created a guide to help you with the process](#). Reach out if you have any questions about this!

Currency

Nepal is a cash based culture, so please don't expect to use your credit card. It is recommended to get Nepali Rupees currency from an ATM once you arrive in Kathmandu. You can also exchange US dollars at a foreign currency exchange at the airport or in the Thamel area of Kathmandu where we will be staying.

Cell Phone

If you wish to use your cell phone while in Kathmandu, bring a copy of your passport picture to purchase a SIM card while in Nepal. You can do this for around \$10-15 at the airport or at a number of places in the Thamel area where we will stay in Kathmandu.

Luggage

There is secure luggage storage at our hotel in Kathmandu for our bike bags and any extra luggage.

Weather

The weather in Nepal is generally dry when we run our trips. The weather in the mountains can be varied and cold, so pack plenty of warm layers. It is unlikely to



rain but we do recommend being prepared in case it does. The nights can be quite chilly, so make sure to bring a jacket and some warmer layers.

A note on food related illness

Many people coming to Nepal get some form of stomach upset, but if you there are ways to avoid this. In most cases it is not from the food in the teahouses, and here are our tips to stay healthy:

Stay away from oily food in the mountains. Most of us are not used to lots of oily food for every meal and combined with the physical exhaustion, cold and altitude it can lead to upset stomachs. Try and choose light options like Dhal Soups, Soups, boiled and poached eggs, oatmeal, pasta and rice (non-fried) dishes- Be careful with your hands –wash, sanitize and wash again!

Be careful with your drinking water and especially where the nozzle of your camelback is dragging on the ground.

Stay away from street food in Kathmandu at the start of the trip!

Drinking Water

The tap water in Nepal is NOT SAFE to drink. Along with our local partners, we are trying our best to eliminate the need for disposable water bottles.

You will be able to get free water refills at the hotel and bike shop in Kathmandu. Please bring along some form of water purification to filter water along the way.

Gratuity

Gratuity is not included in your trip. In most cases like taxis, local restaurants and guided tours tipping is expected in Nepal but not compulsory. Generally local wages are low which reflects the poor local economy. Tipping is a voluntary bonus on your part if you are happy with a service. If you come across good service and are impressed with the guide, food, driver or other things then your tips will be appreciated.

Gratuity Suggestions:

Meals/Restaurant (Local) – 10% of the bill

Taxi Ride – 50 to 100 nrs

Trip Guide: 700 to 1500 nrs per guide per day (as a group)



Trip Porters – 500 to 1000 nrs per porter per day (as a group)

Gear Donations

World Ride trips help to support the growth of women's mountain biking in Guatemala. Gear is a limiter for the Guatemalan ladies who are getting into mountain biking due to financial limitations. Any donations that you can bring to Peru to leave with the ladies is very much appreciated! Things that are needed include:

- Bikes (getting a new one? Travel down with your bike and then leave it there!)
- Helmets
- Pedals
- Shoes
- Tires
- Gloves
- Hydration Packs

Travel Insurance

Travel insurance is recommended for your trip that includes medical. Typically bikes are not 100% covered by travel insurance policies. Many homeowners or renters policies do cover bikes while traveling abroad, so be sure to check into this before the trip. If you wish to get extra insurance for your bike, we recommend Velosurance.

Packing List

Anything you need for your own bike if bringing

- Derailleur hanger
- Extra brake pads
- Any special bike tools -Multitool, mini pump, spare tube

Bike gear

- Helmet (we highly recommend a full face helmet for this trip)
- Sunglasses (or goggles)
- Buff/scarf
- Pack (at least 15L in size to carry layers and capacity of 3L of water)
- Bike shoes

- Gloves
- 3-4 pairs of bike shorts or more depending on preference. (There are laundry services in Kathmandu and limited spots along the Annapurna)
- 3-4 jerseys
- Socks
- Long sleeve base layer
- Waterproof rain jacket

Other gear

- Warm jacket (the nights can be chilly)
- Either a bike light or a headlamp (you will need this the day going over the pass!)
- Other clothing for after ride
- Comfortable shoes to hike and walk around in
- Clothes to sleep in
- Swimsuit
- Any medication you might need
- Toothbrush and other necessities
- Sunscreen
- Water filter or purification tablets

Personal items

- Passport
- COVID-19 Vaccination card
- Proof of travel insurance if you purchased it
- Credit and debit cards
- A small amount of cash to travel with
- Camera (or just your cell phone)
- Cell phone (plenty of wifi along the way)
- USB Battery pack (optional- there are outlets in all of the hotels)
- Electronics cords and chargers
- Power adapter

Misc

- Any extra mountain bike gear you might be able to collect for the ladies there :)