Annapurna Circuit MTB Tour

Description

The Annapurna Circuit MTB tour is a challenging and exhilarating mountain bike adventure through the stunning Annapurna region of Nepal. The route follows the classic Annapurna Circuit trek, but on a mountain bike instead of on foot taking your tour to the next level of outdoor adventure.

The tour starts in the bustling city of Kathmandu and takes riders through beautiful villages, terraced rice paddies, and dense forests as they make their way around the Annapurna massif. Along the way, riders will have the opportunity to experience the local culture, taste delicious Nepalese cuisine, and enjoy breathtaking views of the Himalayas.

The tour typically takes around 12-14 days to complete, depending on the pace of the group and the number of rest days taken. It is a physically demanding tour, but the sense of accomplishment and the memories made are well worth the effort.

During the tour, riders will experience a range of altitudes, from just above sea level to the Thorong La Pass, which sits at an altitude of 5,416 meters (17,769 feet). The high altitudes and rough terrain make this tour a physically demanding challenge, but the sense of accomplishment and the stunning views make it all worth it.

Overall, the Annapurna Circuit MTB Tour is a once-in-a-lifetime opportunity to experience the beauty and culture of Nepal while pushing your physical limits and discovering your true potential.

Highlights

- Exploring remote villages and experiencing the local culture and hospitality of the Nepalese people.
- Crossing the Thorong La Pass, one of the highest passes in the world at an altitude of 5,416 meters (17,769 feet).
- Tasting delicious Nepalese food and trying local specialties such as dal bhat (a traditional rice and lentil dish) and momos (dumplings).
- Taking in breathtaking views of the Himalayas and the surrounding landscapes, including Annapurna South, Annapurna I, and Dhaulagiri.
- Building lasting memories and friendships with the other riders on the tour.
- Pushing your physical limits and discovering your true potential on this challenging and rewarding mountain bike adventure.

Itinerary

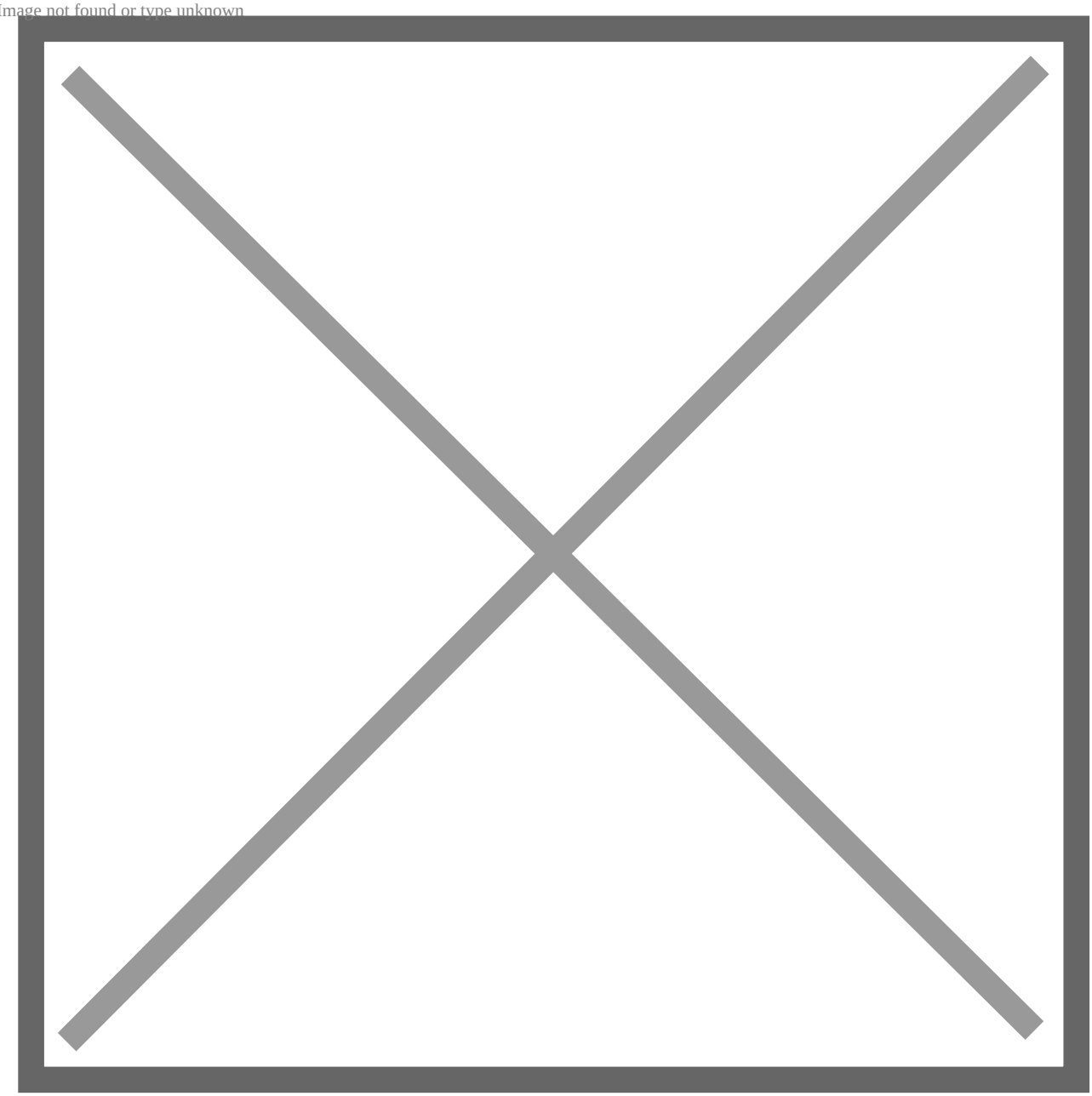
Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Ride in Kathmandu		
03	Drive to Besishahar By jeep	760 meters	7-8 hours
04	Besishahar to Taal	1,700 meters	5-6 hours

Days	Description	Altitude	Hours
05	Taal to Chame	2,670 meters	5-6 hours
06	Chame to Manang	3,540 meters	5-6 hours
07	Acclimatization day in Manang		
08	Manang to Thorang Phedi	4,450 meters	4-5 hours
09	Thorang Phedi to Muktinath via Thorangla pass	3,760 meters	7-8 hours
10	Muktinath to Marpha	2,690 meters	5-6 hours
11	Marpha to Tatopani	1,190 meters	7-8 hours
12	Tatopani to beni to Pokhara	770 meters	6-7 hours
13	Flight/Drive from Pokhara to Kathmandu	822 meters	35 minutes/7-8 hours
14	Departure to Airport		

Detailed Itinerary

Map

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Frequently Asked Questions

Q. How long is the tour?
A. The tour typically lasts around 12-14 days, depending on the pace of the group and the number of rest days taken.

Q. What is the difficulty level of the tour?
A. The tour is suitable for intermediate to advanced mountain bikers, as it involves long days of riding over rough terrain and high altitudes which is physically demanding.

Q. What is the weather like in the Annapurna region?
A. The weather in the Annapurna region can be quite variable, with hot and dry conditions during the day and cold temperatures at night. It is important to bring layers of clothing and prepare for all types of weather.

Q. Is it possible to do the tour independently or do I need to join a group?
A. It is possible to do the tour independently, but it is recommended to join an organized group for safety reasons and to have the support of a local guide who is familiar with the route.

Q. How do I prepare for Annapurna Circuit?
A. 1. Train strategically to keep up with the high altitude biking. 2. Carry Medications for the Tour incase of emergency. 3. Pack the right piece of clothing and footware. 4. Hydration and proper calorie intake is as important as the tour 5. Protect your skin and eyes, carry sunscreen and sunglasses.

Q. How cold is Annapurna Circuit?
A. The Annapurna Circuit Trek temperature keeps moving around -1°C to -14°C, which is extremely cold. The higher regions are even colder than that