

# Annapurna Circuit Mountain Biking Tour

## Standard Itinerary

### Annapurna Circuit Mountain Biking Itinerary:

#### Day 01:

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

#### Day 02:

Test drive Kathmandu valley 3/4 hours around 40km to confirm your bike ready everything overnight at hotel on BB plan.

#### Day 03:

Drive from Kathmandu to Besishahar by Jeep 176km 5/6 hours overnight at Lodge.

#### Day 04:

Biking from Besishahar to Chame 2670m Distance 66km 6/7 hours overnight at Lodge.

#### Day 05:

Biking from Chame to Manang 3540m Distance 30km 5/6 hours overnight at Lodge.

#### Day 06:

Manang: Acclimatization hike to Pranken monastery for nice mountain views and Gangapurna glacier overnight at Lodge.

#### Day 07:

Biking from Manang to Throng Phedi 4450m Distance 19km 5 hours overnight at Lodge.

#### Day 08:

Biking from Throng Phedi to Muktinath 3760m via Throng La (pass) 5416m distance 22km 6/7 hours overnight at Lodge.

### **Day 09:**

Biking from Muktinath to Marpha 2690m Distance 18km 5 hours overnight at Lodge.

### **Day 10:**

Biking from Marpha to Tatopani Natural Hot Spring) 1190m Distance 42km 6/7 hours overnight at Lodge.

### **Day 11:**

Biking from Tatopani to Beni 760m Distance 22km 3/4 hours and drive to the public van to Pokhara 83km 3 hours overnight at Hotel on BB plan.

### **Day 12:**

Drive from Pokhara to Kathmandu 200km 6/7 hours by tourist bus, evening dinner will together with Typical Nepali culture, overnight at Hotel on BB plan.

### **Day 13:**

Departure from Kathmandu to your onward destination our representative will drop you at the airport for your further destination ahead.

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## **Includes and Excludes**

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- Drive by public van from Kathmandu to Beshisahar 186 km guest and guide (optional: private vehicle as per participant's preference).
- 3 Night 3\* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Kathmandu to Beshisahar by public van guest and guide.
- Drive from Beni to Pokhara by public van guest and guide.
- Drive from Pokhara to Kathmandu 200 km by tourist bus guest and guide (optional: flight private vehicle as per participant's preference).

- Mountain bike and gears (please ask for specifications after letting us your bike size).
- Staff transportation  
Kathmandu/Beshisahar/Chame/Manang/Muktinath/Tatopani/Beni/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge).
- Experienced English-speaking Mountain bike guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porter 2: 1 (one porter for two guests) porter carries 25kg only.
- Annapurna conservation area project entry permits (ACAP).
- Trekking information management systems (TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek, Company t-shirt, Route map.
- Staff's medical insurance during the trek.

## **Excludes**

- Participants trekking equipment and personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
  - Emergency rescue and travel Insurance (most recommended).
  - Trip cancellation cost, loss, damage, and personal effects.
  - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
  - Dual suspension bike (400 euro extra for the biking trip)
  - Tips and gratuities for the staff.
  - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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