

# Team Australia 2025-Annapurna Circuit Mountain Biking Expedition

## Basic Package

Price Starting at: NRs. 346,753

### Inclusions

1. Airport Pick up on arrival and drop off at the end of the trip
2. Flight tickets from Katmandu to Pokhara and Pokhara to Katmandu
3. English speaking experienced & license holders-four MTB guides
4. Two porters and a jeep driver. Three extra porters for the Summit.
5. Food and accommodations during the trip
6. Permit and TIMS
7. Jeep and van support ( 4\*4 Jeep )
8. Insurance, food, and accommodation, salary, and transportation for supporting crew.

### Exclusions

1. Visa fee and flight to Nepal
  2. Alcoholic drinks
  3. Soft drinks and beverages tea coffee during our breaks on our rides.
  4. Bike hire \$600. See website for details.
  5. E-bike hire available.
  6. Travel activity, medical and emergency evacuation insurance
  7. Tipping for guides, porters, and support staff.
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## Standard Package

Price Starting at: NRs. 346,753

### Inclusions

1. Airport Pick up on arrival and drop off at the end of the trip
2. Flight tickets from Katmandu to Pokhara and Pokhara to Katmandu
3. English speaking experienced & license holders-four MTB guides
4. Two porters and a jeep driver. Three extra porters for the Summit.
5. Food and accommodations during the trip
6. Permit and TIMS
7. Jeep and van support ( 4\*4 Jeep )
8. Insurance, food, and accommodation, salary, and transportation for supporting crew.

### **Exclusions**

1. Visa fee and flight to Nepal
  2. Alcoholic drinks
  3. Soft drinks and beverages tea coffee during our breaks on our rides.
  4. Bike hire \$600. See website for details.
  5. E-bike hire available.
  6. Travel activity, medical and emergency evacuation insurance
  7. Tipping for guides, porters, and support staff.
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## **Premium Package**

Price Starting at: NRs. 346,753

### **Inclusion**

1. Airport Pick up on arrival and drop off at the end of the trip
2. Flight tickets from Katmandu to Pokhara and Pokhara to Katmandu
3. English speaking experienced & license holders-four MTB guides
4. Two porters and a jeep driver. Three extra porters for the Summit.
5. Food and accommodations during the trip
6. Permit and TIMS
7. Jeep and van support (4\*4 Jeep)

8. Insurance, food, and accommodation, salary, and transportation for supporting crew.

## **Exclusions**

1. Visa fee and flight to Nepal
  2. Alcoholic drinks
  3. Soft drinks and beverages tea coffee during our breaks on our rides.
  4. Bike hire \$600. See website for details.
  5. E-bike hire available.
  6. Travel activity, medical and emergency evacuation insurance
  7. Tipping for guides, porters, and support staff.
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## **Itineraries**

### **1. DAY 1: Arrival in Kathmandu**

At the airport you will be received by our representative, and you will be transferred to a hotel nearby (100m) or be flown to Pokhara based on arrival time. We will manage your pick-up and domestic flights. Welcome to the Himalayan country - land of Mount Everest, Lord Buddha, brave Gorkha, natural beauty, cultural diversity, and authentic local hospitality.

### **2. Day 2: Fly from Kathmandu to Pokhara and Team meeting at PMTBA Bike shop.**

Bike check and 2hr ride.  
PM last minute shopping and clothing check.

### **3. Day 3: Pokhara to Sundar Bazar (857m)**

We start our ride in the morning via the royal trek routes of Begnas, Bhorletar and Lamjung. You will become acquainted with authentic villages where locals grow their own food, work on the farm, lakes, and rivers. It's an experience not to be missed. The climate is tropical – high 20°C & humid.

**Bike time: 6 to 7 Hrs .**

**Distance: approximately 65 Kms**

### **4. Day 4: Sundar Bazar to Syange (1130m)**

Leaving Sundar Bazar & biking a few Km's uphill, we reach Besisahar. We will see many waterfalls, and each hill and village has different ethnicities and lifestyles. As we climb higher and get better views of the mountains, we get to see Annapurna, Lamjung, Manaslu, and other famous peaks. In a few hours, we will arrive in Syange where we stay overnight.

**Bike time: 4 to 5 Hours.**

**Distance: approximately 45 Kms**

### **5. Day 5: Syange to Chame (2670m)**

Uphill biking along with dramatic scenery that make the day beautiful. It is going to be the hardest day due to high gradient and climb. The more we climb the better view of the mountain where we get to see Annapurna, Lamjung, Manaslu, and other peaks much closer now. There will be many waterfalls, flora and fauna along the way. We will stay at Chame village, the headquarters of the Manang district. Feel the Alps topography and mountains vibes here in this place. We will have an evening walk after the ride.

**Bike time: 5 to 6 hours.**

**Distance: approximately 38 Km**

### **6. Day 6: Chame to Upper Pisang (3300m)**

Pisang village is on the Marsangi River valley with the ethereal background of the mountain, pine forest, and flowing blue/white river. Local settlements and terraces where they grow crops, and keep animals; ages-old monasteries are the attractions of this place. If we are lucky, we see rituals such as marriage ceremonies, and festivals, cultural and traditional celebrations.

**Bike time: 5 to 6 hours.**

**Distance: approximately 22 Km**

### **7. Day 7: Pisang to Manang via Ngawal (3540m)**

We start our ride after breakfast in the morning, acclimatized from yesterday. We ride to Ghyaru village trails, which we should not miss. We will reach Ngwal in about 2.5 to 3 hours based on our pace and stops. Ngwal is one of the authentic villages located in the lap of Annapurna II.

**Bike time: 3 hours.**

**Distance: approximately 25 Km**

### **8. Day 8: Manang (3550m). A rest day (Acclimatization day)**

We would like to re-assure that our itinerary is longer than any other companies because we believe in acclimatization so that none of our guests and the crew should get altitude problems. Our trips allow longer days to become acclimatized and to get used to the Himalayan territory. Though we will not be riding, we can explore the Ice Lake, monasteries, Manang villages and the Himalayan Rescue Association of Nepal. We will gather information regarding managing high altitude sickness. If anyone would like to ride then please consult with a guide or team leader.

### **9. Day 9: Manang to Yak Kharka (4036M)**

We know that high-altitude rides need to get acclimatized to go over 5 thousand meters. So, here we get an opportunity to ride a short ride in the lap of the Himalayas. Yak Kharka offers excellent views of some 7000M peaks and gives us the opportunity to acclimatize.

**Bike Time: 2 Hours**

**Distance: 12 Km**

### **10. Day 10: Yak kharka to Thorong Phedi Basecamp (4450m)**

We are all set to head towards the pass and reach Phedi today. It will be hard due to thin air to push the bike and hike, but the dramatic scenery, the feeling of being on the almighty mountains, and the energy you have from the height are superb. Feel like a mountain bird flying over 4000 meters. Take it easy and be patient at your own pace and enjoy the glory on the mountain. We may see some yaks along the way and MAYBE even a Himalayan snow leopard, and who knows, even the footprint of YETI!

**Bike time: 2-3 hrs.**

**Distance: approximately 9 Km**

### **11. Day 11: PHEDI BASECAMP to Muktinath (3800m) via. Thorong-La 5416m**

**Today is the biggest and most challenging day of our adventure.**

We need to wake up early- 4am .

We will take light breakfast and use our energy bars during the first hour of the climb before stopping for a full breakfast at the teahouse.

We then push our bike to the pass, and strong legs might be able to pedal on a ride-able gradient at no snow section towards the top of the pass.

The more you push, it's going to be challenging due to the thin air ( 10% oxygen) . Take it easy and enjoy every step/pedal of your trip. The four guides and two porters are there to help you so you not need to worry . Enjoy the glorious views of the mountains - the Dhaulagiri, Annapurna, GangaPurna - and many others over 6,000 metres. Also, the Tibetan plateau of the Upper Mustang from the pass when you ride descend to Muktinath.

It's the best experience and one you will never forget.

**Bike time: 8 to 9 hours.**

**Distance: approximately 19 km**

### **12. Day 12: Muktinath to Kalopani(2530M) Lunch at Marpha.**

Our trip has offered a complete taste of Himalaya height, desert-like, alpine, subtropical, and mid-hills mixed types of trails, along with authentic villages, pine forest, river valley, and lakes. Today is the day for you to be proud of what you have done. Our ride will be rewarding, mostly downhill, and for the technical lovers, we could take you to some single tracks for those who like to stick with off-road would also give lots of fun and adventures where there is plenty of cliff and narrow streets..

**Bike time: 4 to 5 hours.**

**Distance: approximately 52 Km**

### **13. Day 13: Kalopani to Beni Bazar (900M). Then drive to Pokhara**

A blessed morning, after a good night's sleep and we are ready to rock and roll biking along the Kali River, where we pass villages, lush forest, and the famous pilgrimage of Galeshower Dham. Our private jeep will be waiting for us at Beni Bazar. Lunch is in a local organic restaurant nearby.

**Farewell dinner: 7.30pm.**

**Bike time: 3 to 4 hours. Distance: approximately 36 km**

**Driving time: approximately 3 hours**

### **14. Day 14: DEPART POKHARA FOR KATMANDU.**

Based on the flight time, we can walk around Thamel or visit temples and monasteries based on available time. Then get ready to fly with a reluctant goodbye for now and see you again next time.

Note: In case of unexpected circumstances, such as political, pandemic, natural disaster, weather issues, and any event which may incur a risk to our guests, PMTBA reserves the right to modify the program.