

# Hike and Bike Annapurna Circuit

## Basic Package

Price Starting at: NRs. 372,885

### Inclusions

1. Airport Pick up and Drop Off
2. Mountain bike guide
3. Hard Tail Mountain Bike
4. Porter to carry your luggage
5. Mineral water
6. Full accommodations (14 nights) and meals (from starting day dinner through lunch on the final day)
7. ACAP Permit and TIMS
8. Bike cargo from Pokhara to Jomsom

### Exclusions

1. Nepalese visa
  2. Flight to and from Nepal
  3. Travel, activities and medical insurance
  4. Personal safety, MTB gear and equipment
  5. Full suspension bike (optional - additional 300 Euros)
  6. Gratuity to guides, porters and supporting staff.
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## Standard Package

Price Starting at: NRs. 436,454

### Inclusions

1. Private car/van transfer from the airport to the hotel.
2. 3 nights deluxe residence in twin bed sharing basis with breakfast at 4\* hotel in Pokhara.

3. 2 nights deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 4\* hotel.
4. City Tour in Kathmandu or Pokhara with our tour guide and all entrance fees.
5. Domestic flights from Pokhara to Kathmandu, as well as airport taxes.
6. During the journey, meals (breakfast, lunch, and dinner) are served with tea and coffee, as well as hot and cold filter water.
7. During the trip, accommodation is provided from lodge to lodge.
8. Experienced, helpful, and friendly mountain bike guide, porters (1 porter for every 2 people), their food and lodging, salary, equipment, and insurance.
9. Mountain bike with dual suspension and other maintenance.
10. All transportation is provided by private vehicle.
11. All required permits to enter the Annapurna Conservation Area.
12. Service charge for the office.
13. All local taxes
14. A bottle of beer after every day ride

### **Exclusions**

1. Private car/van transfer from the domestic airport to the hotel in Kathmandu.
  2. Other than breakfast, any meals (lunch and dinner) in Kathmandu and Pokhara.
  3. Travel coverage.
  4. International flight tickets to and from Nepal.
  5. Fee for a tourist visa to Nepal.
  6. Personal expenses.
  7. Any kind of cold drinks, laundry, phone call, internet.
  8. Personal Trekking Gear such as sleeping bags and jackets.
  9. Evacuation in an Emergency (Helicopter Rescue).
  10. Any costs incurred as a result of a change in itinerary, such as landslides, domestic flight delays, political unrest, and strikes, etc.
  11. Any other costs that are not included in the quoted price.
  12. Renting of horse or additional porter due to any potential accident or natural disaster.
  13. Tipping to guide, porter, driver and any other supporting staffs.
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# Premium Package

Price Starting at: NRs. 582,621

## Inclusion

1. Private car/van transfer from the airport to the hotel and hotel to the airport after trip.
2. 3 nights super-deluxe residence in twin bed sharing basis with breakfast at 5\* hotel in Pokhara.
3. 2 nights super-deluxe lodging in Kathmandu on a twin bed sharing basis with breakfast at a 5\* hotel.
4. Fully private jeep assists.
5. City Tour in Kathmandu or Pokhara with our tour guide and all entrance fees.
6. Two way domestic flights, as well as airport taxes.
7. During the journey, meals (breakfast, lunch, and dinner) are served with a cup of tea or coffee.
8. During the trip, accommodation is provided from lodge to lodge.
9. Mineral water, cold drinks and energy bars.
10. Experienced, helpful, and friendly mountain bike guide, porters (1 porter for every 2 people), their food and lodging, salary, equipment, and insurance.
11. Mountain bike with dual suspension and other maintenance.
12. All transportation is provided by private vehicle.
13. All required permits to enter the Annapurna Conservation Area.
14. Service charge for the office.
15. All local taxes.
16. A bottle of beer or a glass of fine wine after every day ride.

## Exclusions

1. Other than breakfast, any meals (lunch and dinner) in Kathmandu and Pokhara.
2. Travel coverage.
3. International flight tickets to and from Nepal.
4. Fee for a tourist visa to Nepal.
5. Personal expenses.
6. Expenses on laundry, phone call, internet.
7. Personal Trekking Gear such as sleeping bags and jackets.

8. Evacuation in an Emergency (Helicopter Rescue).
  9. Any costs incurred as a result of a change in itinerary, such as landslides, domestic flight delays, political unrest, and strikes, etc.
  10. Any other costs that are not included in the quoted price.
  11. Renting of horse or additional porter due to any potential accident or natural disaster.
  12. Tipping to guide, porter, driver and any other supporting staffs.
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## Itineraries

### 1. Day 1: Arrival in Kathmandu

Step into the spectacular realm of the mighty Himalayan land, where the towering Mount Everest reigns supreme as the tallest peak on the planet and the birthplace of the enlightened Lord Buddha. Our trusty representative will greet you at Tribhuvan International airport in Kathmandu and escort you to your plush hotel in the vibrant Thamel. Get ready for an adventurous afternoon stroll through the bustling streets of Thamel. And in the evening, our representative will unveil the thrilling itinerary for your upcoming days.

### 2. Day 2: Drive from Kathmandu to Pokhara (850m)

Today you will commence on a picturesque drive through the rolling hills of Nepal to the charming city of Pokhara. Soak in the breathtaking vistas of one of the country's most breathtaking landscapes, dotted with vibrant villages teeming with rich cultural heritage. Marvel at the spectacle of the Trishuli and Marshyangdi rivers, renowned for their thrilling rafting experiences. This journey offers a window into the authentic essence of Nepal and guarantees to be a once-in-a-lifetime adventure. As you board on 6-7 hour drive, you will arrive at the stunning city of Pokhara, where you will den for the night. Take advantage of the afternoon to explore the serene beauty of Lakeside and prepare for the next leg of your journey by checking your bikes.

### 3. Day 3: Drive from Pokhara to Ngadi and hike to Syange

Brace yourself for an exciting and demanding day ahead! Embark on a thrilling 5-hour drive from Pokhara to Ngadi, taking in the breathtaking beauty of the mountainous roads. The trek from Ngadi to Syange is a magnificent and enriching journey through the lush Annapurna region of Nepal, surrounded by verdant forests and towering peaks. Discover the historic first tunnel of Nepal, be amazed by the region's rich wildlife, and rejoice in the natural splendor of the Marshyangdi river valley. This walk is a tapestry of stunning landscapes and cultural experiences that promises to leave you enamored and inspired.

**Distance: 15 Km**

**Hiking time: 3 hours approx.**

### 4. Day 4: Hike from Syange to Dharapani (1860m)

Start on a journey of exploration and challenge as you traverse the Annapurna region of Nepal from Syange to Dharapani. Your trail begins in the charming village of Syange and winds along the tranquil Marsyangdi River, passing through idyllic forests, picturesque villages, and breathtaking landscapes of dirt roads and mule tracks. As you advance, the elevation will steadily increase, presenting you with steeper and narrower terrain. Dharapani, a quaint village located at the convergence of the Marsyangdi and Dudh Khola rivers, awaits you at the end of the trail. This trek offers a once-in-a-lifetime opportunity to immerse yourself in the

remote communities, diverse cultures, and natural wonders of the Annapurna region.

**Distance: 16 Km**

**Hiking time: 4-5 hours**

#### **5. Day 5: Hike from Dharapani to Chame (2670m)**

Rise and shine, as we continue on a thrilling trek through the idyllic Marshyangi River Valley. Our journey will take us through charming apple orchards, quaint villages, and sprawling terraces, as well as rugged mule tracks and picturesque jeep trails into a lush pine forest. The trail will culminate in a challenging ascent from Danakyu to Timang, but the stunning vistas that await you make every step worth it. Recharge your batteries in Chame, the headquarters of the Manang District, where the magnificent views of Annapurna II and Lamjung Himal reward your hard-earned efforts. After a long day of adventure, retire in comfort at a local tea house, complete with internet connection so you can stay connected with your loved ones.

**Distance: 17.5 Km Hiking**

**Time: 4-5 hours approx.**

#### **6. Day 6: Hike from Chame to Pisang (3200 m)**

Fuel up with a filling breakfast, as we set off from Chame on an adventure through the verdant pine forest trails towards the mighty Himalayas. As we traverse deeper, we will come across the largest apple orchard in the region at Bhratang, where we can savor the taste of freshly-baked apple pies, crumbles, and even donuts, washed down with a reviving glass of juice. The uphill journey ahead will be demanding, but the breathtaking vistas at Dhikur Pokhari make every step worth it. Recharge with a delicious lunch before continuing on the easier trail, where the scent of the Himalayan pine forest will enliven your senses and the majestic views of the Himalayas will be an unforgettable experience.

**Distance: 17 Km approx.**

**Hiking Time: 4-5 hours**

#### **7. Day 7: Hike from Pisang to Manang (3540m)**

Today we will start on a thrilling journey from Pisang to Manang, traversing through the vibrant pine forests and scaling the steep terrain to reach the quaint village of Ghyaru. You will gasp in wonder at the breathtaking vistas of the surrounding peaks, including Annapurna II and Annapurna IV, and immerse yourself in the unique culture and lifestyle of the region. We will pause for lunch in Nawal, then continue down the picturesque Humde valley to the charming village of Manang. Along the way, you will encounter the rich Tibetan heritage, dotted with monasteries, Mani walls, prayer wheels, and flags that embody balance and energy. Rest for the night at a cozy tea house and prepare for another exciting day ahead.

**Distance: 22 Km Approx.**

**Hiking time: 6-7 hours**

#### **8. Day 8: Rest/Acclimatization day**

Today, we will start on a leisurely day to acclimate to the elevation. Despite being designated as a rest day, we will embark on a brief ascent to a height of 4000 meters, preparing us for the greater heights that lay ahead. Additionally, we will undertake a brief excursion in the surrounding region. During our excursion, we will allocate some time to visit the Gangapurna Glacier Lake, Monastery, and Chorten to rejuvenate ourselves in Manang.

#### **9. Day 9: Hike from Manang to Yak Kharka (4200m)**

After indulging in a delectable breakfast, we shall embark on our onward trek through the authentic Himalayan paths. It is crucial for us to fortify our minds for the thinner air and the demanding terrain ahead. Although the trails may prove to be more challenging than the previous days, it is suggested to adopt a leisurely pace and savor the grandeur of the Himalayas. This is a once-in-a-lifetime chance to soak in the splendor of the towering peaks. We will pace ourselves to acclimate to the altitude and keep our hearts from

racing and lungs from gasping for air. During our journey, we will have the privilege of witnessing the grazing yaks, blue sheep, and other exotic wildlife as we make our way towards Yak Kharka.

**Distance: 10 Km Approx.**

**Hiking time: 4-5 hours**

#### **10. Day 10: Hike from Yak Kharka to Thorong-Phedi (4550m)**

Today, you will embark on a trek that appears to be shorter in distance, but presents its own unique challenges, particularly in terms of the altitude and rocky terrain. During the dry seasons, the trail may lack lush greenery, but will provide stunning views nonetheless. You will traverse along the river, cross a small bridge, and face a steep climb to reach Thorong-la Phedi, which serves as the starting point for the ascent to Thorong-la Pass. The journey is expected to culminate at Thorong-la Phedi by noon, where you will take a break for lunch at a tea house. In the afternoon, you will undertake a short but steep hike to the high camp to aid in acclimatizing for the night ahead at Phedi.

**Distance: 7 Km Approx.**

**Hiking time: 3-4 hours**

#### **11. Day 11: Hike from Thorong-Phedi to Muktinath (3810m) via Thorong-La (5416m)**

Today presents a significant challenge as we must rise early at 4am, ready to tackle the altitude. With our gear on, we embark on a strenuous journey, but we will take it at a leisurely pace, savoring each step. The breathtaking scenery from the summit of Thorong-La Pass will make you forget the effects of altitude. After reaching the top, we can enjoy a hot beverage at a small stall and relish the panoramic views. We then face the steepest descent to Muktinath, where we will relish a delicious meal at Champarbu (4200m) before visiting the spiritual town of Muktinath. In the afternoon, we will visit the temple of Muktinath, surrounded by 108 water spouts believed to wash away sins if one takes a bath through them. Additionally, we will see the temple of eternal flames and the natural flame under the statue of Buddha at Dolamebar temple.

**Distance: 19 Km**

**Hiking time: 9-10 hours**

#### **12. Day 12: Biking from Muktinath to Kalopani (2530m)**

Today is the day we've been eagerly anticipating, as we embark on an epic mountain biking adventure from Muktinath to Kalopani. Our tired legs will be given a break while we enjoy the thrill of biking through stunning mountain scenery and challenging terrain. The journey begins in the spiritual town of Muktinath, renowned for its holy temples, and continues with a climb up to Lupra Pass. From there, we'll embark on a thrilling descent featuring steep inclines, loose gravel, and narrow single tracks with rocky paths. This ride offers the perfect mix of technical and flowy sections, making it ideal for experienced riders. As we make our way down, we'll be rewarded with breathtaking views of the Annapurna and Dhaulagiri mountain ranges visible from Kalopani. This mountain biking journey from Muktinath to Kalopani will surely be an unforgettable experience, taking us through the heart of the Himalayas.

**Distance: 48 Km**

**Biking Time: 5 hours Approx.**

#### **13. Day 13: Biking from Kalopani to Galeshwor (850m) and drive to Sarangkot (1593m)**

Today, after a satisfying breakfast, we set off on a mountain biking journey from Kalopani to Galeshwor. This 40 km ride will present a mix of challenges and scenic views through the Himalayan foothills. Expect to spend 4-5 hours on this ride, encountering rough dirt roads and rocky single track along the way. The trail passes through some of the most awe-inspiring landscapes and the deepest gorge in the region. Upon arrival in Galeshwor, we will load our bikes and drive on a private jeep to Sarangkot, where we will spend the night. From Sarangkot, we will have the opportunity to witness a beautiful sunrise and take in the stunning mountain ranges that we have encircled throughout our Annapurna trip.

**Distance: 40 Km**

**Biking Time: 5 hours Approx.**

**Driving Time: 3 Hours**

#### **14. Day 14: Biking from Sarangkot to Pokhara (850m)**

Today marks the end of our mountain biking journey and we're excited for a great day ahead. The ride from Sarangkot to Pokhara is scenic and adventurous, featuring a combination of paved roads and dirt paths that lead through stunning landscapes, including terraced rice fields, dense forests, and quaint villages. This mountain biking adventure is suitable for riders of all skill levels, as it offers a balance of challenging and easy sections, allowing riders to customize the ride according to their physical abilities.

**Distance: 20-30 Km**

**Biking Time: 3-4 hours**

#### **15. Day 15: Drive or take a flight back to Kathmandu**

After bidding farewell, you'll travel to Kathmandu by our private vehicle. The road transportation is part of the package, but if you choose to fly to Kathmandu instead, an additional flight fee will apply to you.