ANNAPURNA CIRCUIT MOUNTAIN BIKING

Activity description · Epic Shangri La Adventure P. Ltd

Version issued 10 November 2026 · Reference 52361F15 · actiontrails.com

Details Itinerary:

Day 01- Arrival in Kathmandu airport (1345meters).
Our airport representative will be receiving you at Tribhuvan International airport, outside the airport terminal. You will be then transferred to your respective hotel in our private tourist vehicle. Overnight at Hotel

Day 02- Early Morning drive to Chame 2620m (9-10 hours)

We drive to Chame there is a mani wall (dry stone wall inlaid with Buddhist prayer slates) in the middle of the path. These should always be passed on the left going clockwise. After going through green corn, barley and potatoes field, the valley becomes narrow again. It takes approx 6 hours of drive through bumpy off roads dusty trails passing through beautiful villages and scenery. We assemble our bikes today. Enjoy the natural hot spring. Overnight at Chame

Day 03 – Ride from Chame to Upper Pisang (17km, 3,340m)
Ascend through pine forests as the trail open into a fertile agricultural valley. Rice fields and cow pastures mark a rather more hospitable stretch of terrain. The dirt trail leads you through villages and settlements, and you get the opportunity to meet with friendly locals and snotty children. Overnight at a guesthouse
Rideable: 50%
Distance: 8.79 mi
Time: 3:09:19
Avg Speed: 2.8 mph
Elevation Gain: 2,425 ft
Calories: 796 C
Avg Temperature: 71.4 °F

Day 04 – Ride from Upper Pisang to Manang (19km, 3,540m)
The route goes through a dense forest in a steep, narrow valley and crossing the pine forests, sweet single tracks suspension bridges and climb steep up carrying your bike, hike a bike up to village called Ghyaru a perfect place to stop for tea and apple pies enjoy the views of magical Annapurna ranges, after few climb we will enjoy our awesome singletrack, sweetdownhill via Ngawal and awesome riding to Manang village by afternoon. Overnight at Manang.
Rideable: 95%
Distance: 9.24 mi
Time: 2:12:27
Avg Speed: 4.2 mph
Elevation Gain: 1,401 ft

Calories: 671 C
Avg Temperature: 62.6 °F

Day 05 – Rest day and acclimatization in Manang
It is necessary to spend a rest day here to acclimatize. Ascending too rapidly could have potentially fatal consequences. There are many short excursions possible from Manang and remaining active is encouraged to aid acclimatization. Overnight at a guesthouse.
Day 06 – Ride from Manang to Yak Kharka (15km, 4,010m)
Today we leave Manang through narrow, medieval-looking streets and then climb steadily up to Khusang. Although the trail is more rideable above Khusang (3,900m), the altitude now takes effect and pedaling becomes a very hard work. It is advised to go slowly enjoying the scenery and culture of this region. Overnight at a guesthouse.
Rideable: 75%
Distance: 6.08 mi
Time: 2:31:39
Avg Speed: 2.4 mph
Elevation Gain: 2,066 ft
Calories: 575 C
Avg Temperature: 45.9 °F

Day 07 – Ride from Yak Kharka to Thorong Phedi/Highcamp 4900m (12km, 4,450m)
We continue to ascend to higher altitude, and thus make our ride more strenuous as we reach Thorung Phedi. It is important to remain physically and mentally prepared for the highest climb of the following day. Take it easy and enjoy the scenery as we forsake distance for altitude. The scenery of the mighty hills surrounding you is sure to impress. Overnight at a guesthouse.
Rideable: 45%
Distance: 4.29 mi
Time: 2:48:10
Avg Speed: 1.5 mph
Elevation Gain: 1,939 ft
Calories: 482 C
Avg Temperature: 41.5 °F

Day 08 – Hike a bike from Thorong Phedi/Highcamp to Thorong La Pass and ride awesome downhill to Muktinath (40km, 3800m)
A 4am start is necessary to cross the Thorong-La Pass: the trail can get windy later making it difficult to cross the pass. It will take approximately 4 hours to reach the top (approx 3km) and will be 100% carry for bikers. The effects of altitude can now be fully felt. Once at the top, the trail descends rapidly on a very steep slope (technical riding) for approximately 45 minutes to Muktinath (3,800m) and then on a less extreme gradient on fast, wide flowing trails to the valley floor, where we will be greeted by the medieval village of Kagbeni, last stop before entering Mustang. Overnight at a guesthouse.

Day trip (Extra)

we’ll climb up to Gyu La Pass at 4500m, which borders on the restricted area of Upper Mustang.Take in the incredible views before dropping in for a fast and fun 15 km downhill trail ride back to our guesthouse in Kagbeni. After lunch or snacks shuttle back to Muktinath and enjoy your day at Muktinath.

Rideable: 85%
Distance: 17.73 mi
Time: 7:58:54
Avg Speed: 2.2 mph
Elevation Gain: 3,299 ft
Calories: 988 C
Avg Temperature: 50.2 °F

Day 09 – Muktinath, Ride to Marpha via Lupra Pass

After breakfast we'll shuttle back up to Muktinath where a 45 minute hike-a-bike will bring us to Lupra Pass at 4200m.We'll drop in on a long and flowing singletrack descent totalling 30 km's – this is one of the best rides anywhere on earth!Tonight's accommodation in Marpha Village is home to abundant apple orchards, we'll sample fresh apple pies and sip on homemade apple brandy. Enjoy your evening and night at the beautiful walled thached roof village of Marpha.

Day 10 -Ride from Marpha to Tatopani (42km, 1,190m)
Today we'll ride through authentic Nepali foothills and villages on a mix of singletracks and rugged jeep trails.We'll ride through the Kali Gandaki Valley, one of the world's deepest river gorges, reach Tatopani enjoy natural hot spring beers and cheers at night!!!!!!

Rideable: 100%
Distance: 37.04 mi
Time: 6:25:47
Avg Speed: 5.8 mph
Elevation Gain: 1,873 ft
Calories: 1,765 C
Avg Temperature: 64.4 °F

Day 11 – Ride from Tatopani to Beni (35km, 830m) and drive to Pokhara (820m)
As we descend the temperature increases and the trail becomes less rocky. From Beni the final 15km is a long an undulating track that follows the course of the river and passes through paddy fields, lined with banana plants. Once at Khaniya Ghat we will rejoin the paved road, where a bus will be waiting for us to transfer to Pokhara (2 hours). Enjoy and relax at lakeside, Pokhara Overnight at a hotel
Distance: 11.53 mi
Time: 1:48:28
Avg Speed: 6.4 mph
Elevation Gain: 3,066 ft
Calories: 574 C
Avg Temperature: 62.8 °F

Day 12 – Fly back from Pokhara to Kathmandu (1,345m)
An early morning departure to Kathmandu by flight from Pokhara Domestic airport. It's a great day for the shopping and souvenirs and remember your family friends back to your hometown. Tonight we celebrate dinner programs and we can spend our night at bars and clubs inside Thamel.

Day 13: Relaxation day and visit some UNESCO world heritage sites

Today is your rest day after an adventurous bike trip in the mountains now is time to relax and easy

going before your flight back home. Today during your free day we will organize historical & cultural tours in Kathmandu including UNESCO world heritage sites. Overnight in Kathmandu.

Day 14 – Final departure from Nepal
The trip concludes. Our Airport Representative will drop you at the international airport in Kathmandu for your flight departure from Nepal. See you again soon. Namaste !!!!!!!

Trip Map & Altitude Profile