SPICE ROADS
CYCLING



TRAILS

ANNAPURNA SINGLETRACK CIRCUIT

Tour Code
NPL-NAP

12 DAYS
11 NIGHTS

Destinations	Nepal
Tour Meets	Kathmandu
Tour Ends	Kathmandu
Fly in to	Tribhuvan International Airport
Fly out of	Tribhuvan International Airport
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**206** km Total cycling distance
29 km Avg distance / day	**1283** m Avg climbing / day

PRICING

Price	US$ 2,600
Bike Hire (Mountain Bike)	US$ 400
Bike Hire (Full Suspension Mountain Bike)	US$ 700
Single Supplement	US$ 260

DEPARTURES

18 Apr - 29 Apr 2027
10 Oct - 21 Oct 2027
07 Nov - 18 Nov 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Domestic flights
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

This bike tour is true classic with Himalayan mountain passes, sweeping descents, magnificent views, clean air, and abundant culture and history in one of the most secluded countries in the world. The total distance is around 789 km in eleven full and two half days of riding. The riding varies between some easier shorter days and some challenging days due to the altitude and gradients involved.

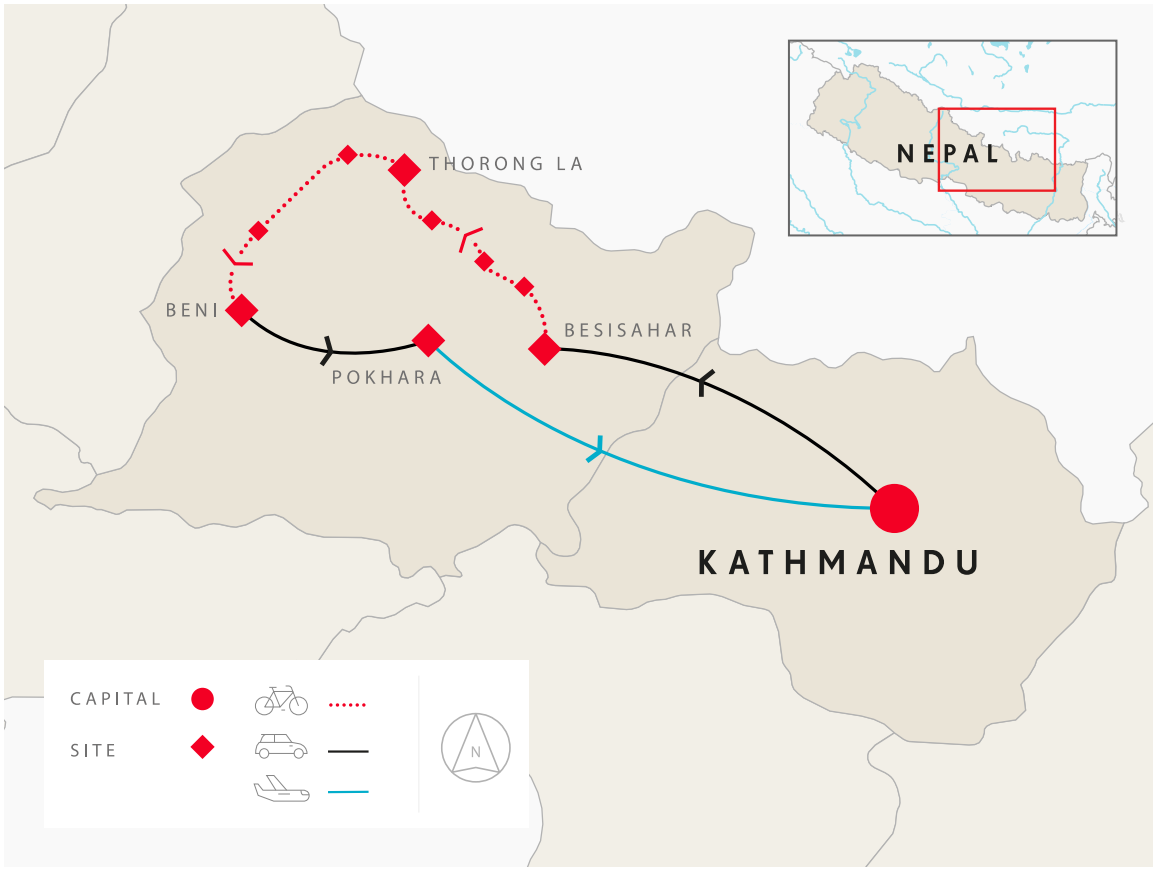
This tour is a mountain biker's dream, with almost all of the route on singletrack. There will be fast, technical descents, long, flowy sections and even some steep surprises where you'll have to get off and push. Daily distances aren't long, but aggressive terrain and high altitude will mean some long days in the saddle and a high degree of physical challenge. Mountain biking at such a high altitude is taxing, and the first several days will be slow, with a built in rest day to acclimatize.

We'll stay in the region's famous teahouses, which are rugged and traditional, but comfortable. Understand that in the highest mountains on earth, all the amenities aren't always available. However, you'll be warm, well-fed, well-rested and can even find a cold beer at the end of the ride!

Unparalleled mountain biking in out-of-this-world scenery make for a true adventure you will remember for the rest of your life.

Suitability: This is a high-altitude mountain biking expedition. While we start out below 2,000 meters, we will be riding at over 3,000 and 4,000 meters on some days. Riders must have a high level of fitness, and be able to handle the rigor of challenging physical activity- riding steep terrain, pushing the bike- at very high elevations. Incredibly demanding terrain requires advanced handling skills and experience riding singletrack on blue and black level trails.

Biking Conditions: This tour is primarily on singletrack, with a few short sections of double track and dirt roads. Expect steep, rocky trails with plenty of obstacles and variable surfaces as you climb higher and through different ecozones and soil types. Some sections might require pushing, and porters will assist us with carrying bikes over Thorong La, which is well over 5,000 meters.



Day 1: Arrive in Kathmandu

Our guide will collect you at Tibhuvan International Airport and transfer you to your accommodation in the lively Kathmandu neighborhood of Thamel. Depending on arrival time, you can spend the afternoon exploring the sights of the city, shopping in Kathmandu's many adventure supply stores, or relaxing for the trip ahead. In the afternoon, we'll fit our bikes and prepare for the trip ahead!

Kathmandu Guest House

Day 2: Kathmandu to Besisahar

An early start to the day, where we'll enjoy some Himalayan-grown coffee before heading out on the 6 hour drive to Besisahar. Outside of busy Kathmandu, we'll get to see the beautiful countryside of Nepal. with it's many green, terraced fields, and there will be time to enjoy the views and have lunch.

Once in Besisahar, we'll begin preparing for the next day's ride, as well as meeting our local porters for the trip. We'll have our first welcome dinner and overnight in a cozy teahouse, the first of many on the trip!

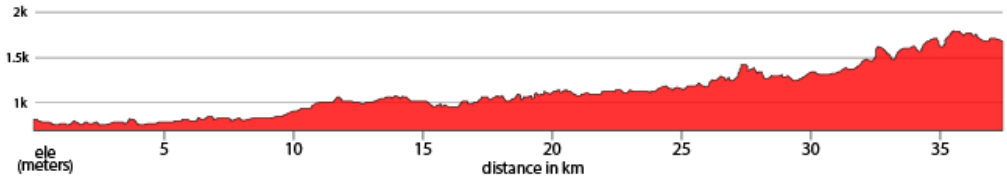
Local Teahouse Breakfast, Lunch, Dinner

Day 3: Besisahar to Tal

After breakfast, it's time to set out on our first day of riding. Fresh out of Besisahar and finally onto some real Himalayan singletrack! We'll begin to whittle away at the 1,000 meters of climbing for the day. Our path takes us along the Marsyandi River, and though we're not yet in the highest altitude section of the trip, the views are simply beautiful.

We'll arrive in Tal, situated in a deep gorge, and surrounded by terraced farms perched impossibly on the steep slopes of Himalayan foothills. Our overnight is in another local teahouse, where we'll refuel and keep warm.

Local Teahouse Breakfast, Lunch, Dinner



Ride 37km +2417m -1020m

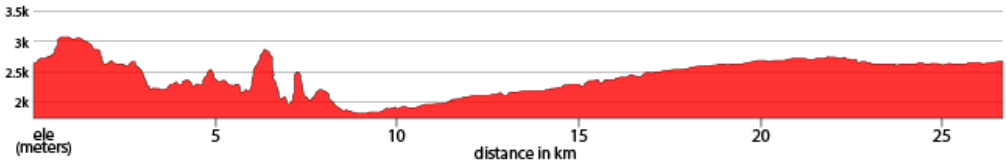
Day 4: Tal to Chame

It wouldn't be a the Himalaya if there was no climbing, and today is no exception as we work our way up. The elevation in Chame, our destination for the day, puts us within the "high altitude" category, of over 2,500 meters. This is one to take slowly, and let your body adjust.

Today's route is challenging; with steep uphills on rugged singletrack. Thick jungle surrounds us, interspersed with views of the river. So rests to catch your breath and take in the views are well worth it!

We'll overnight in the village of Chame, a key spot on the Annapurna trekking circuit, and we'll be in the company of trekkers and local Sherpa.

Local Teahouse Breakfast, Lunch, Dinner



Ride 26km +1641m -707m

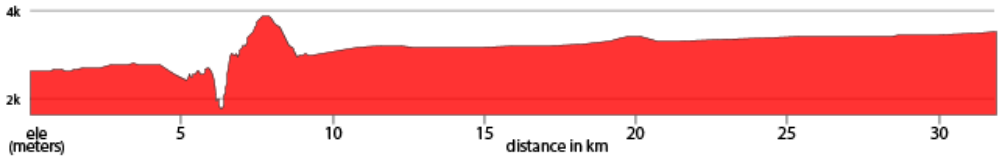
Day 5: Chame to Manang

A beautiful ride today, as we climb higher into the Annapurna region, to the village of Manang. Our track widens as the environment changes from jungle to arid alpine and we finally get the sense of being in the high Himalaya.

The ride isn't too technical, but the surface can be soft in some places with loose rock. Combined with the rapidly rising altitude, it's a good idea to take things slow today. At over 3,600 meters, Manang is well beyond high altitude, and we'll feel the effects as we cycle.

We'll overnight and acclimatize in a cozy trekking teahouse.

Local Teahouse Breakfast, Lunch, Dinner



Ride 32km +1397m -247m

Day 6: Manang Rest and Acclimitization Day

Today's rest and acclimatization day couldn't be in a better spot. The village of Manang is well-equipped for a cozy rest day with coffee shops and even a movie theater, for those looking to take it easy before the ride ahead. If you're feeling adventurous, there are several short side hikes in the area that will offer breathtaking Himalayan views and help acclimatize to the altitude.

Manang is home to the Manangi people, who thrive in the high altitude environment. Lucky travelers get a chance to watch the locals participate in the ancient sports of archery and pony racing.

We'll spend another restful evening in a local teahouse, fueling up for another big day.

Local Teahouse Breakfast, Lunch, Dinner

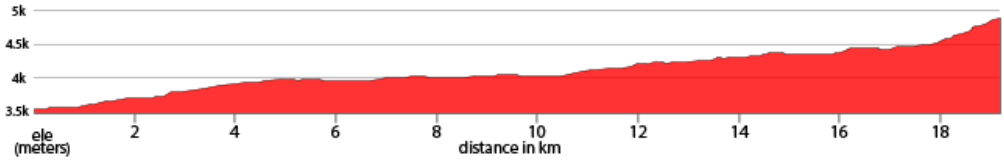
Day 7: Manang to Thorong Phedi

Bidding goodbye to Manang, our course points us higher again. We'll take the ride slow, through the village of Yak Kharka, and further to Thorong Phedi, the base camp of mighty Thorong La, at just under 5,000 meters.

The trail runs along a small river valley and is mostly rideable, but very rocky in some sections, where carrying will be necessary. It's best to take this section slowly, as the terrain is loose and prone to sliding. Our expert guide will help you navigate the trail safely as we pass difficult sections along with plenty of local foot-and hoof- traffic.

Overnight in a teahouse in Thorong Pedi, where we'll dine heartily after a hard days ride. It's best to get to bed early to get enough rest before the big climb on the following day.

Local Teahouse Breakfast, Lunch, Dinner



Ride 19km +1404m -81m

Day 8: Thorong La

Rise very early to set out for Thorong La at 5 AM. This is the Annapurna Circuit's most famous high altitude pass, and the most challenging part of our ride.

To reach the top of the pass, more than 1,300 meters from Thorong Phedi, will require several steady hours of pushing in the cold and high altitude. We'll have assistance from local porters, who will carry our bikes for us, but the climb is still a long slog that will test our spirits.

Once at the top, at 5,416 meters, we'll take in the view from both sides, a jaw dropping forest of snowy peaks that stretch beyond our line of sight. After that comes the real reward- a superb and technical downhill all the way to our rest at the end of the day in the village Muktinath.

We'll share stories of the day's ride over a hearty Himalayan feast.

Local Teahouse Breakfast, Lunch, Dinner



Ride 22km +966m -1656m

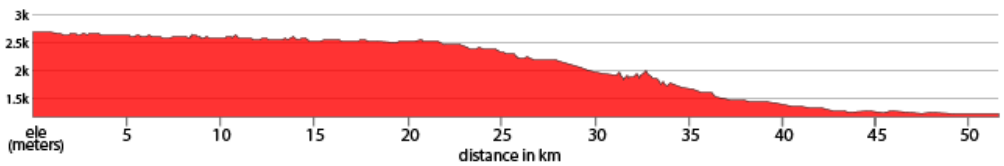
Day 9: Lupra Valley

With the most challenging part of the trip behind us, it's on to some fun! Now that we're primarily losing elevation, we can go much further and we'll cover more ground today than in the past several days combined!

We head out of Muktinath, traversing a small hillside trail that's mildly technical. There will be a few sections of push, followed by fun and fast singletrack switch backs all the way down to a valley riverbed. We'll rejoin the main trail in Jomsom and enjoy some tough riding, but with great views, all the way to the lovely traditional village of Tukuche.

We'll have some time to enjoy Tukuche, before pressing on further down to Kalopani via a lush jungle singletrack. Overnight in Kalopani after a thoroughly action-packed day!

Local Teahouse Breakfast, Lunch, Dinner



Ride 52km +685m -2135m

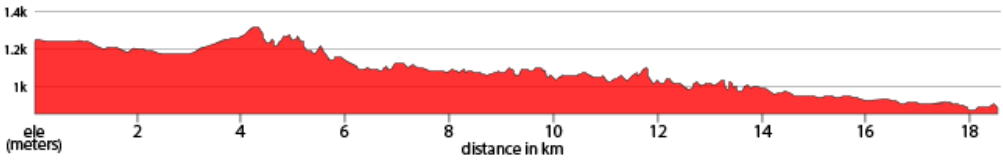
Day 10: Kalopani to Pokhara

Another day of descending, we'll start off along a riverside trail with great views of snow-capped peaks. The river trail passes the impressive Rupse Waterfalls, where we can stop for a tea break near the mist. Gear up for the next section, a swift descent as the trail loses over 1,000 meters on a winding, rocky track with exciting jumps and drops.

We ride all the way into the village of Beni, where we'll have some lunch and then load up the bikes for a 3-hour drive into Pokhara, Nepal's second largest city and a great place for relaxing and unwinding after a long trek.

Overnight in Pokhara.

Hotel Karuna Breakfast, Lunch, Dinner



Ride 18km +473m -832m

Day 11: Transfer to Kathmandu

Sleep in or enjoy the sights of Pokhara in the morning. This laid back city is a haven for trekkers, and is home to many cozy coffee shops, restaurants, and boutiques, as well as local culture like temples. In the mid-afternoon, we'll head back to Kathmandu via a short flight.

Once in Kathmandu, we'll have time to relax over one last cup of chai or do some last minute souvenir shopping, before regrouping for a farewell dinner.

Kathmandu Guest House Breakfast, Lunch, Dinner

Day 12: Departure

In the morning, we'll transfer you to the airport to catch your flight out of Nepal. Or if you'd like to extend your stay, we'll help you prolong your cycling adventure with more travel arrangements.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, preferably with full suspension in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

The easiest way to get a Nepal Tourist Visa is to fill out the **online form**, print it, and pay on arrival. Visit the Nepali Immigration Website here, click on "VISA ON ARRIVAL," complete the form, and print it out. When filling in the form, you will need to enter an address and contact number in Nepal. We will supply this in the pre-departure information pack one month before departure or feel free to ask us before that. Upon arrival, proceed to the visa line with your printed form and the visa fee, which is $30 USD for 15 days, $50 USD for 30 days, and $125 USD for 90 days. Although multiple payment methods are available, it is advisable to carry cash in USD or another major currency, as any change will be given in Nepalese Rupees. Once you submit the form and make the payment, your visa will be processed, and you can enter Nepal.

Health

There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against: Typhoid; Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. If you have come from an area infected with yellow fever you are required to be vaccinated before entering the country. Please speak to your doctor/physician for the most recent information.

Weather

Temperatures and climate vary according to the altitude. Nepal has two seasons – the dry season runs from October to May and the wet (monsoon) season from June to September, when 80% of the rain falls. Nepal's weather is generally predictable and pleasant with March to May (spring) and September to November (autumn) being the best times to visit. The Kathmandu Valley, at an altitude of 1,310 m/ 4,297 ft, has a mild climate, ranging from 19-27ºC/67-81ºF in summer, and 2-20ºC /36-68ºF in winter. Come prepared for chilly evenings and bring proper gear for brisk early morning starts and descents.

Accommodation

For trips in the Himalaya, accommodation is limited to local guesthouses, or "teahouses." Himalayan teahouses are simple, family-run operations that provide full room and board for guests. Due to the remote location of the high Himalaya, and the fact that all supplies must be carried in on foot, facilities are basic. Nearly all rooms are twin share, with shared toilet and bathing facilities throughout the guesthouse. Hot water usually must be prepared in advance.

Meals are served in the main common area of the teahouse, usually heated by a wood (or dung) stove. Travelers can usually charge devices in the common area, as rooms are not equipped with power outlets.

Rooms are not heated, but we'll provide 4 season sleeping bags to keep you toasty during the cold mountain nights!

Food

Meals are included in the itinerary as B = breakfast, L = lunch, and D = dinner. Nepali cuisine is diverse and reflects the country's geography and cultural influences, with staples like rice, lentils, and vegetables. A typical meal includes dal-bhat-tarkari (lentils, rice, and curry), often accompanied by pickles and yogurt. Popular dishes include momos (dumplings), sel roti (rice-based doughnuts), and gundruk (fermented leafy greens). Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water and energy-restoring drinks are included in the tour price. Soft drinks and other beverages during meals are not included. Beer and alcohol are NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars a day for incidentals. Included entrance fees are those for the listed sites and national parks that are part of the itinerary. Any other site fees are not included.

Money

The currency is the Nepali rupee (Rs) and there are Standard Chartered Bank ATMs in Kathmandu and Pokhara that take international cards. However, to be safe, we suggest you change money in Kathmandu and carry cash as backup in case the power goes down, the ATM is out of order, or you lose or break your plastic. Major credit cards are widely accepted at midrange and better hotels, restaurants and fancy shops in the Kathmandu Valley and Pokhara only.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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