ROUTE NOTES

Start and Finish: Pokhara, Nepal/Distance: 380 km (236 mi)/

Duration: 1–2 weeks/Category: Multi-week circuit/

Terrain: Rocky gravel, 75% off-road, 80% rideable, 10,300 m (33,793 ft)

of ascent/Level: Moderate, some off-road skills required

HIGHLIGHTS:

The circuit is roughly divided in two by the Thorong La pass, which is the crux of the route thanks to its 5,416 m (17,769 ft) peak. Going clockwise, the section between Muktinath and Manang is considered to be the most beautiful in the entire circuit.

LOCAL SPECIALTIES:

On the trail, trekkers, cyclists, and locals alike are powered by a regional staple called dal bhat: a base of boiled rice and stewed lentils.

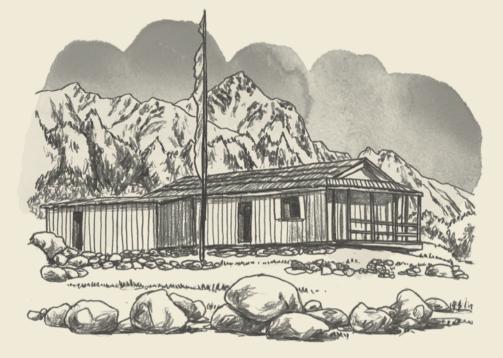
WILDLIFE AND LANDSCAPE:

The circuit goes from 600 m (1,969 ft) above sea level, with hot and lush tropical forests, all the way up to the cold, windy, and virtually lifeless mountainsides well over 5,000 m (16,404 ft).



RESUPPLY NOTES:

Tea huts line the route and cater to Western tastes, although the local food is the real attraction. Try the momo: stuffed dumplings often served swimming in peppery tomato-based jhol achar sauce.



ACCOMMODATIONS:

The tea huts mean that shelter is never far To maximize the enjoyment on the deaway, and riders don't need to worry about carrying much in the way of overnight gear. the best choice.

GETTING THERE (AND BACK):

to Pokhara or arrange a private transfer.

RIDE SEASON:

April to May or October to November (peak seasons) are the best. Outside of this, weather can be unpredictable and monsoon-like.

EQUIPMENT:

Warm kit is needed for time off the bike, especially as overnight the temperatures can plummet well into the minus teens.

WHAT TO RIDE:

scents, a hardtail mountain bike would be

OTHER IMPORTANT INFORMATION:

Fly to Kathmandu. You can either cycle There are two permits required to ride the circuit: the Annapurna Conservation Area Permit (ACAP) and Trekkers' Information Management System (TIMS).

HISTORY:

Follows the well-worn trekking route, which has been in use since Nepal opened to tourism in the 1970s.

CONTRIBUTOR INFO:

Eileen Schwab is an experienced bikepacker from New Zealand. Matty Waudby is a well-traveled cycle tourer based in the U.K. They were joined by Emma Cornelis, Rob Hermans, Andy Hovey, and Clare Nattress.

