

L_{eh} to M_{anali}



Bicycle Expedition





Rider's Note

If anyone has a love for nature and is passionate about adventure then LEH is one of the must-have experiences listed in adventure dairies. Manali - Leh - KhardungLa Cycle Ride is the mecca of Mountain Rides in India and a veritable Bucket List Item for all Cycling Buffs



Fill your life
with adventures,
not things.



Pedal with CYCLE ADVENTURES INDIA



Travel with ADVENTUROUS MUSAFIR

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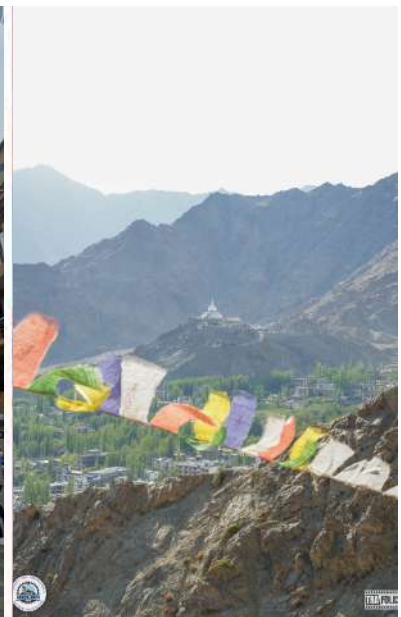
The origin of the word "travel" is most likely lost to history. The term "travel" may originate from the Old French word travail. Articles are from Wikipedia.

DAY 1 : WELCOME TO LEH

The journey begins with the arrival of the riders at beautiful Leh from their hometowns. All riders from across the country are to be assembling at Leh for the Journey to Manali. Once checked in at the hotel on the day of the tour all riders are free for a city tour & surroundings to acclimatize & prepare for the journey.

After getting some rest and post-lunch assembly for briefing & distribution of tour details & essentials for the journey is conducted. Post that we head out for a short orientation/acclimatization walk & medical orientation. In the evening post-dinner, we retire early to give our bodies a complete rest before the start of our expedition the next day.

Note: Top Sites to see in Leh: Pathar Sahib / Shey & Thikse Monasteries / Palace / Market Walk / Hall of Fame / Sangram / Shanti Stupa / Magnetic Hill / Cafes / much more



DAY 2: LEH - RUMTSE

Stay @ Homestay, Rumtse

Cycling 78 km,

Leh - Rumtse : 3500m - 4166m

Duration 8-9 Hours

Get excited to cycle downwards. It is day one of your Leh to Manali Cycling Expedition. On the way, you will see the roads covered with flora and fauna will start disappearing. Now the barren land begins. You will arrive at Upshi, a small village in the Ladakh region across the Indus River Valley. You will cross a bridge across the longest river in Asia – the Indus River. The river from Leh to Rumtse is named Tso-Kar because of its snow Colour which is also known as the “white lake”. Ride a few more kilometers to set up at Rumtse.



DAY 3 : RUMTSE - PANG VIA TAGLANGLA PASS & MORE PLAINS

Stay @ Homestay, Pang

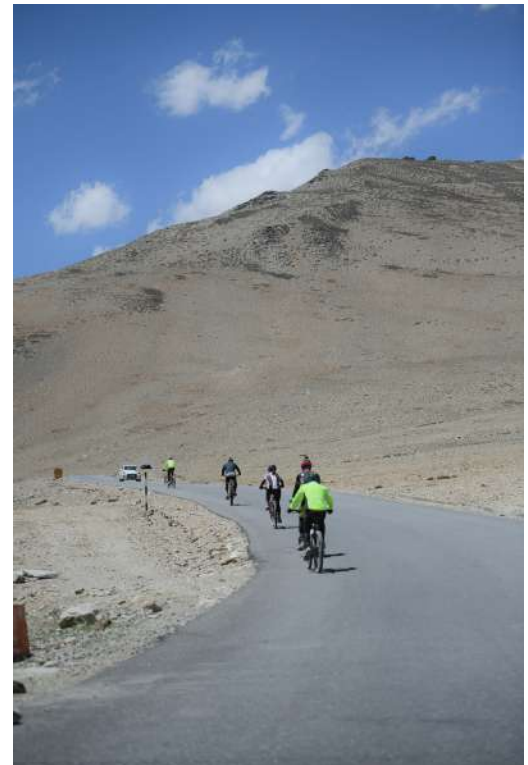
Pass 1: Taglang La

Rumtse to Taglang La to Debring to Pang : 4166m - 5328m - 4765m - 4550

Distance: 101km

Meters Duration 8 - 9 hours

The ride starts early morning at 6 am to conquer the first pass of Tanglang La. From the Pass, the ride gets more excited toward Debring. The pedallers enjoy the speed & chill of cycling downhill from one of the highest motorable passes in the world. The journey continues on more plains at a height of 4800 towards Pang. This is the star attraction of the Leh to Manali Cycling Expedition. After cycling for 40 KM, you will finally reach on top of pang which is covered with colorful prayer flags. It has a small temple nearby where you can seek the blessings of the deities. Amidst the cold atmosphere, you will be thrilled to be in one of the most dramatic landscapes of Ladakh. After relishing this moment, you will begin riding downwards to Pang around snow-covered mountains.



DAY 4 : PANG - SARCHU VIA LACHUNGLA & NAKEELA PASS

Stay @ Swiss Tent, Sarchu

Cycling 81 Km,

Pass 2 : Lachung La | Pass 3 : Nakeela Pass

Duration 8-10 Hours

Hurrahhhh !!! it's a twin-pass day. Today riders will be covering 70% of the Journey downward on planned roads. You will be riding toward Sarchu today covering two passes & 21 hairpin bends. The ride will be full of thrill & excitement as you will be reaching the old silk route. The day ends at Sarchu in the swiss tent located in the mid of barren land covered with mountains & passing stream of water. The main attraction of Sarchu is that you can enjoy star gazing at night.



DAY 5 : SARCHU - JISPA VIA BARALACHLAA PASS

Stay @ Swiss Tent, Jispa

Cycling 84 km

Pass 4: Barachala Pass

Sarchu -Baralachla : 4290m - 4850m

Baralachla - Jispa: 4850m - 3200m

Duration: 8-10 Hours

There is an incline from Sarchu to Baralachla Pass. Also, today is the last time we experience complete Isolation from the outer world. We gradually ascend towards the 4th pass of this route, 'Baralacha La', from Sarchu. The day comes to an end as we make a touchdown in Jispa, The whole journey from Baralachla Pass is descending to Jispa crossing Suraj tall & Deepak tall. The evening in Jispa will be full of celebration & excitement on bonfire, music, & much more...



DAY 6 : JISPA - KOKSAR

Stay @ Home Stay, Koksar

Cycling 68 km

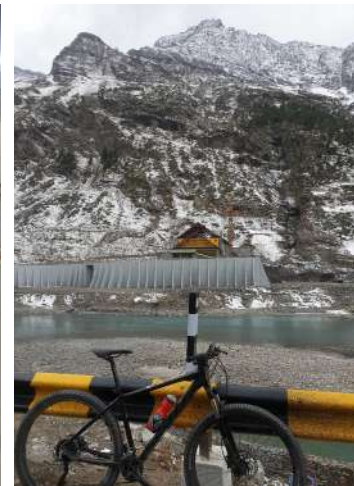
Meters Duration: 7-8 Hours

Jispa - Sissu : 4290m - 4850m

Sissu - koksar : 4850m - 3200m

Duration: 5-7 Hours

After spending the night at Jispa, get ready for cycling towards Koksar via Sissu. It is another village of Lahaul Valley and your stopover during the tour before the climb to Rohtang Pass. Lushed with high mountains and rivers enjoy your evening on the base of the last pass of the expedition.



DAY 7 : KOKSAR - MANALI VIA ROHTANG PASS

Stay @ Hotel, Manali

Cycling 59 km

Pass 5 : Rohtang Pass

Koksar – Rohtang Pass : 3140m – 3980m

Rohtang Pass to Manali : 3980m – 2050m

Duration: 6-8 Hours

The day starts with a climb of 19km straight towards Rohtang Pass. Once on the top, the riders get the last chance on the journey to experience the down ride of 35km with check-in at the hotel.

Expedition success party in the evening at the hotel following the memento distribution and closure dinner.

The technical team is ready to pack the machine to be carried back home the next day.



DAY 8 : MANALI

The journey ends in the morning around 10 am as check out will be done, now get ready to board the bus to Delhi from Manali. The bus moves around 11.30 to the capital New Delhi.

HAPPY MEMORIES & END OF TOUR & CHECK OUT



TOUR MAP



INCLUSIONS

1. All accommodations during the tour are on a sharing basis (Hotel/Swiss Tent/Camp).
2. All meals - Veg/Non-Veg (Breakfast / Lunch / Dinner) (Morning & Evening Tea & Coffee)
3. Transfer from Manali to New Delhi /Chandigarh
4. Tour Marshal for Support & Guidance
5. Dietician's recommended food menu for each day.
6. First Aid support + Medical kit+ Oxygen cylinder.
7. Jersey + Goodies + Hoodie's + Memento
8. Tour photography and video.
9. Bicycle overhauling /cleaning.
10. Energy Food/Drinks/Bars/Juices/Dry Fruits/Bottled Water/ORS/Glucose during the ride.
11. Tour success party at Manali
12. Training material/Tips to help you get ready to ride in the mountains.
13. Support vehicles to carry bags and essentials.
14. Bicycle Packing (only at Leh on the return journey).
15. Travel Insurance.
16. Technical Team
17. Permits & Passes for Khardungla.
18. Portable Washrooms / Changing room for all.
19. Tour organizers will be with the group for tour coordination



EXCLUSIONS

1. Govt. Taxes as applicable.
2. Cycle Accessories.
3. Personal expenses incurred during the tour.
4. Inner line permits for foreign nationals.
5. Return Tickets / Transfer from Leh to Home
6. Anything and everything else that is not a part of the inclusions

THINGS TO CARRY

Essential Clothing For Bike Ride And Stay

- Jersey/Dry Fit T-shirts (4)
- Gel-Filled Cycling Shorts (2)
- Biking Gloves Full (2)
- Raincoat (1)
- Shoes (2)
- Socks(5)
- Shoe Covers (2)
- Thermal Top (2)
- Thermal Bottom (2)
- Innerwear (4)
- Towel (1)
- Fleece (1)
- Warm Clothes like Scarves, Hats, Mufflers, Jackets, Gloves, Wind sheeter preferably woolen (1 each)
- Sanitizer (Individual for self-use)
- Carry Bag for Cycle
- Personal MEDICINES, if any recommended by Doctor
- Creams & Lotions / Sunscreen

Bike Accessories

- Bottle (2)
- Power bank
- Phone Holder (Optional)
- Gel-Based Saddle (Optional)
- Spares & Tools (Riders can carry extra tire and tube or can buy from our inventory if needed.)



ADVISORY

- One month before the start date, advised that legs should be exercised by cycling regularly
 - Avoid any rigorous routines. Along with this, mental fitness is also essential.
 - The weather can be unpredictable at instances, so it is safer to take precaution and prepare for the worst, in terms of clothing and rain/snow gear.
 - The total distance of 550 km includes navigable roads, although it can turn into dangerous, slippery and sloping trails.
 - The RAP (Restricted Area Permission)/Inner Line Permit is required by all visitors, which can be attained by providing a photo identification two weeks before the package start date. Without this, Khardung La is a no-entry zone.
- . Return Flights & Bookings shall be done self from Leh to Home, CAI is not Responsible for the same & to It's not included in the package.

PRICING

~~MRP 48,999/-~~

Early Bird Discounted Price

MRP 43,999/-

INCLUSIONS

- **All Stay & Meals / Refreshments / Hydration / Photos & Videos / Insurance Permissions / Support Vehicle / Jersey / Goodies / Hoodies / Mechanic / First Aid / Transfer / much more...**

BOOKING CONFIRMATION RULES

You can either book with us by making the entire payment upfront to company accounts including Govt taxes or pay the advance of 25% for booking your slot. Please note that we'd recommend that you do not miss these payment time slabs so we can confirm your commitment to the trip. We may accommodate other willing clients if the below-mentioned payment deadlines are not met.

- Over 90 days before departure: Booking confirmation of 25% of the total quoted price
- 89-60 days before departure: 50% of the total price
- 59-30 days before departure: 100% payment

In an event of a cancellation, you can avail of the refund. The refund rules are as follows:

- 60 days or more before the departure: 75% refund
- 45 days before departure: 50% refund
- 20 days before departure: 0% refund
- In case the client fails to join a trip, join it after departure or leave it before its completion, no refund will be made.
- The Company reserves the right to cancel any trip for unforeseen circumstances before the departure date. In this case, the Client will get a refund according to the extent of the Company's liability.
- Some of our trips require a minimum number of Clients to run it. If this number doesn't meet, we reserve the right to cancel the trip. The Company will endeavor to cancel this trip more than 30 days before the departure date unless it is due to the late cancellation of other passengers on the trip. In that case, it can get cancelled less than 45 (forty five) days before the departure date. In each case, the Client will get a refunded of any money they have paid to the Company, according to the extent of the Company's liability.
- If the Client fails to pay the balance of the trip price on due time, then company will cancel the booking. And no refund will be given by the company.
- The Cancellation Fees detailed above are only about the trip price and do not include any extra services booked like airport transfers and accommodation. These cancellation fees may be as high as 100%, and the Client is still liable for their payment.

ABOUT US

- Cycle Adventures India is an organization whose sole mission is to promote cycling as an adventure sport across the nation without compromising to quench your thirst to explore the unexplored. On regular basis, we organize bike adventure tours. From the rugged terrains of the Mountains to the beaches of Maharashtra, you name it and we have done all.

Now, it might come into your mind why CAI? We strongly believe that nothing is impossible if you put your heart and soul into it. We explore and create new routes and make them accessible for you to once put your heart into a lifetime experience.

Thrill, adrenaline rush, fun, meeting people from different walks of life, tasting local delicacies, and closely observing the culture of regions, are a few of many experiences you will cherish. So, what are you waiting for; come and live your venturous dreams with us!!!

- We have the required expertise in conducting high-altitude cycling in the Mountains. We endeavor to deliver the best in operations when you need it, whenever you need it.

- It may be the Bottle of Water, the Sachet of ORS, the Fistful of Nuts, the Garam Chai, the all-important Puncture Repair, the Comfortable Accommodation and WE will be there to provide it, Always and Every-time. We endeavor to keep you Happy, Healthy, and Worry-Free through the ride so that you go back rejuvenated, with a sense of Personal Achievement and a Trunk load of Fond Memories, and the thrill of having achieved something not easily done. We believe in making Family together with the bond of love.

Thank You

Write to us: info@cycleadventuresindia.com

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THE USE OF TRAVELING IS TO REGULATE IMAGINATION BY REALITY

SAMUEL JOHNSON



Pedal with CYCLE ADVENTURES INDIA



Travel with ADVENTUROUS MUSAFIR

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