



Bicycle Expedition

MILK ANALI - EH K HARDUNG LA



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.



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5 YEARS 10+ M_LK

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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 : MANALI ARRIVAL & ACCLIMATIZATION

The journey begins in the evening around 4 pm from the capital city **NEW DELHI**, all riders across the country/world are going to assemble at ISBT Delhi(**Majnu-ka-Tilla**) to board Volvo to **Manali**. Riders from the beautiful city **Chandigarh** and its surrounding area will board the Volvo from **Zirakpur / Chandigarh** & the night journey begins for **Manali**. Our ground team will connect with you and decide on the meeting point.

Thereafter you are transferred to your hotel, where you meet up and get acquainted with other fellow riders on Day 1 of the tour.

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



DAY 2 : MANALI - MARHI

Stay @ Camp Site, Marhi

Cycling 35 km

Altitude: 1950m – 3300m

Duration: 5-6 Hours

The beginning of once in a lifetime journey begins. After an early breakfast, we will be starting our **Manali-Leh-KhardungLa** bicycle expedition. Hop on your bicycle to start this memorable journey, riding through the valley laid with green fields and mountains. The landscape feels as if it was specifically designed for an adventure-seeking cyclist. Riding through hairpin curves the road leads us to the small town of Marhi. The day's journey makes you more inclined towards the expedition.



DAY 3 : MARHI - SISSU

Stay @ Hotel, Sissu

Cycling 54 km

Pass 1: Rohtang Pass

Altitude: Marhi – Rohtang : 3300m – 3980m

Altitude: Rohtang – Sissu : 3980m – 3130m

Meters Duration: 7-8 Hours

The day will begin with a climb of 18km to the 1st pass i.e. **Rohtang Pass**. As Rohtang snow-peaked glaciers await for us in the line of the Horizon. After taking breather at Rohtang Pass, we descend towards the **River Khoksar** followed by munching and easy riding, we reach **Sissu** at the foothills of the Pir Pinjal range.



DAY 4 : SISSU - JISPA

Stay @ Swiss Tents, Jispa

Cycling 52 km

Altitude: 3130 – 3200 Meter

Meters Duration: 7-8 Hours

After spending the night at Sissu, get ready to peddle towards Jispa. It is another village of **Lahaul Valley** and your stopover during the expedition. Lushed with high mountains and rivers on both sides, enjoy the mesmerising ride towards Tandi and climb up to **Keylong**, which is famous for it's Kardang Monastery. Enjoy the downhill to reach Jispa. Take rest & fuel-up for **Baralach la pass** for the next day.



DAY 5 : JISPA - SARCHU

Stay @ Swiss Tent, Sarchu

Cycling 84 km

Pass 2 : Baralachla

Jispa - Darcha : 3200m - 3360m

Darcha - Baralachla : 3360m - 4850m

Baralachla - Sarchu : 4850m - 4290m

Duration: 8-10 Hours

Enjoy the descent before the climb towards **Sarchu**. Also, today you will have the first experience complete Isolation from the outer world. Gradually ascend starts toward the 2nd pass of this route, '**Baralachla La**', via **Zing zing bar**. The day comes to an end as we touch Sarchu. Stay for tonight is at SwissTents. It's a long-day but you gonna witness snow-covered mountains & plain roads. On-way army camps & hospitals are available for any major support requirements (incase anyone needs).



DAY 6 : SARCHU - WHISKY NALA

Stay @ Camp Whisky Nala

Cycling 48 km,

Duration: 7-8 Hours

Pass 3: Nakeela Pass

Sarchu – Nakeela : 4290m – 4789m

Nakeela – Whisky : 4789m – 4600m

After climbing up **21 hairpin bend loops**, we can take a breather with some rolling terrain for a few km, before we start the ascend to 3rd Pass on this route '**Nakee-La'** pass. As we touch the top of the pass, it's the downhill ride, a time of day every rider awaits. The route view is so mesmerizing that the hardwork you have done will not go waste. We will reach **Whisky Nala** and relax in the stay domes today.



DAY 7 : WHISKY NALA - DEBRING

Stay @ Camp Site, Debring

Cycling 81 Km,

Pass 4 : Lachulung La

Whisky - Lachulung : 4600m - 5067m

Lachulung - Debring : 5067m - 4765m

Duration 8-10 Hours

This day will be a long-distance ride for the riders, but the best part is that today's ride will be covering 70% of downhill ride and you will be covering **More Plains** today. It is a stretch of **40 KM** bordered by mountains on both sides. Ride continuously on More Plains at a height of **4800 meters**.



DAY 8 : DEBRING - RUMTSE

Stay @ Hotel, Rumtse

Cycling 46 km,

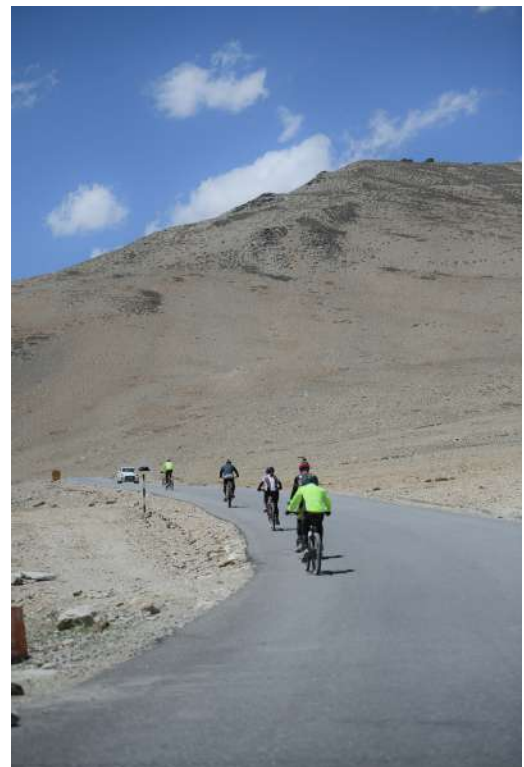
Pass 5 : Taglang La

Debring - Taglang La : 4765m - 5328m

Taglang La - Rumtse : 5328m - 4166m

Meters Duration 7-8 hours

Ride continuously on **More Plains** at a height of 4800 towards **Tanglang La** which is now 12th highest motorable road in the World. Climbing to this pass is quite difficult due to less amount of oxygen. But this is the star attraction of this **Manali to Leh Bicycling Expedition**. After climbing for 18 KM, you will finally reach on top of **Taglang La** 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 Landscape or Ladakh. After relishing this moment, you will begin riding downwards to **Rumtse** via snow-covered mountains.



DAY 9 : RUMTSE - LEH

Stay @ Hotel, Leh

Cycling 78 km,

Rumtse – Leh : 4166m – 3500m

Duration 8-9 Hours

Get excited to cycle towards your destination. It is the last day of your **Manali to Leh Cycling Expedition**. On the way, the barren lands will start disappearing as you will see the roads getting covered with flora and fauna again. 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 ride from Rumtse to Leh is named **Tso-Kar** because of it's snow Colour which is also known as "White lake". Ride a few more kilometres and you will be at **Leh**.



DAY 10 : LEH - KHARDUNG LA - LEH

Stay @ Hotel, Leh

Cycling 78 km,

Leh - Khardungla - Leh : 3500m - 5359m - 3500m

Duration 7-8 Hours

After an early breakfast, we leave for **Khardungla pass**, known as **Almighty-Khardungla** because of its rough terrain and challenging nature. You climb **Karakorum** and **Zaskar** mountains to reach **Khardungla**. Cycle through the scenic valley on one of the world's highest motorable road and celebrate your achievement at the top of this **almighty Khardungla**. Be ready to **pat your back with sense of proud and happiness**.



HAPPY MEMORIES & END OF TOUR & CHECK OUT

After conquering **Khardungla** get ready to enjoy the hardwork. As team CAI will be arranging expedition success party and small ceremony in evening, to ensure you take **MEMORIES FOR LIFETIME** with you.



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 New Delhi /Chandigarh to Manali
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 LEH.
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

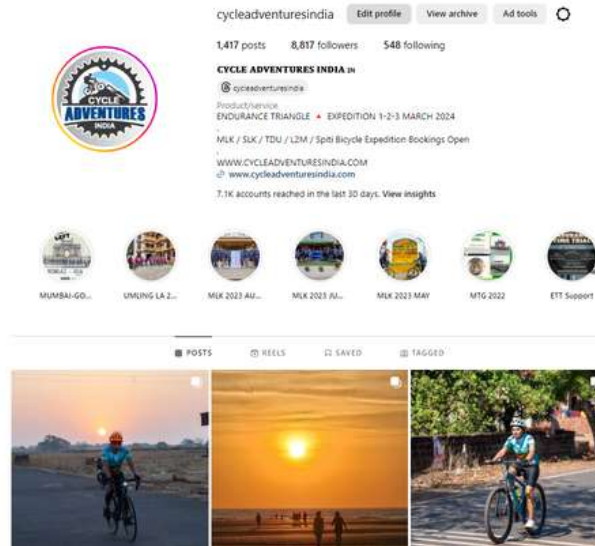
- Bottle (2)
- Power bank
- Phone Holder (Optional)
- Gel-Based Saddle (Optional)
- Spares & Tools (Riders can carry extra tire and tube or can buy from our inventory if needed.)



OUR SOCIAL PRESENCE

Instagram

<https://www.instagram.com/cycleadventuresindia/>

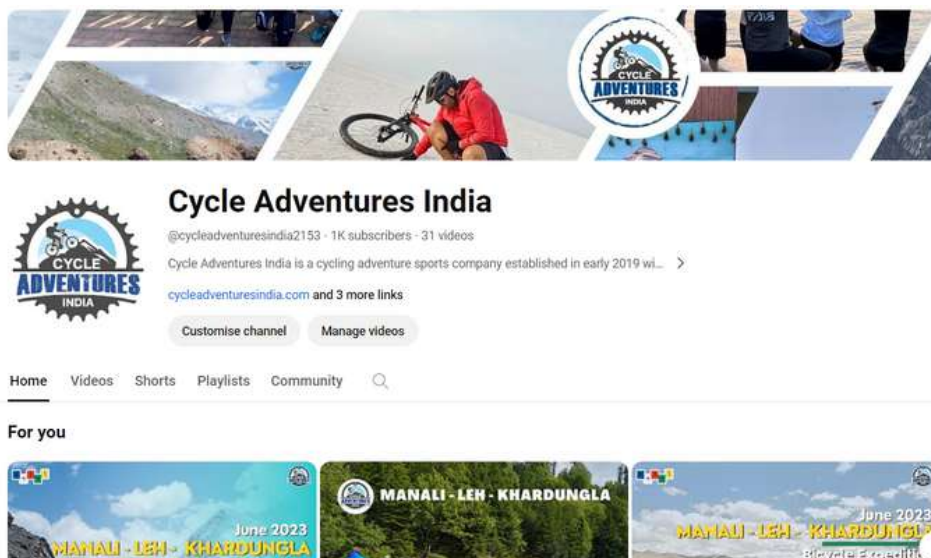


Facebook

<https://www.facebook.com/cycleadventuresindia>



YouTube <https://www.youtube.com/channel/UCV-1kSqrBYeuB3nhw2327Yg>



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

Early Bird Offer

Rs 46,999/-

~~**MRP 49,999/-**~~

INCLUSIONS

• **All Stay & Meals / Refreshments / Hydration / Photos & Videos / Insurance Permissions / Support Vehicle / Travel / Jersey / Goodies / Hoodies / Mechanic / First Aid / Transfer: New Delhi / Chandigarh to Manali / much more...**

Bicycle on Rent Available @ 900 - 1500 per day as per brand & components

Single Room Stay

Rs 18,999/- extra

BOOKING CONFIRMATION RULES

You can either book with us by making the entire payment upfront to company accounts or pay the advance of 15,000/- for booking your slot. Please note that we 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.

- 89-60 days before departure: 50% of the total price
- 59-30 days before departure: 100% payment

In the event of a cancellation, you can carry forward your booking amount to the next slot or other expedition in a span of 1 year from the date of booking.

- 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 canceled less than 45 (forty-five) days before the departure date. In each case, the Client will get a refund 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 time, then the 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

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