



Bicycle Expedition

TOUR DE UMLING LA



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Note For Rider's

The Umling La Pass, located in the Ladakh, India is the world's highest motorable road, situated at an altitude of 19,300 feet (5,882 meters). This pass is located 250 km from Leh and 105 km from Hanle. Visitors to Umling La Pass have the opportunity to visit the Indian Astronomical Observatory in Hanle, which is known for its unique location and scientific contributions. The experience of pedaling to Umling La Pass and visiting Hanle is described as one that allows individuals to see through themselves, as it provides a profound and introspective experience.



***LIFE IS EITHER A DARING
ADVENTURE OR NOTHING
AT ALL.***



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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 : LEH ARRIVAL & ACCLIMATIZATION

The journey begins in the morning at Leh, where all riders from across the country arrive. Upon arrival, the ground team will connect with you for pick-up from the airport and transfer to your hotel. Here, you will meet and get acquainted with other fellow riders. After settling in, you can explore the Leh market and get acclimatized to the surroundings.

In the evening, there will be a briefing and distribution session. This session will provide you with important information about the journey ahead, including the route, safety measures, and other essential details related to the expedition. Additionally, during this session, you will also receive your expedition jersey and other necessary items related to the journey.

At the same time, the technical team will be installing the cycles for the expedition in the evening. Once the orientation and distribution sessions are complete, we will go for a short ride to check the cycles. This will help ensure that any necessary fixes or adjustments can be made promptly.

In the evening, after dinner, it is highly recommended that you retire early to give your body complete rest before the start of the expedition the next day. This will help in ensuring that everyone is well-prepared for the journey ahead. Getting enough rest is crucial for acclimatization and physical preparation, especially when embarking on a challenging expedition.



DAY 2 : LEH TO TIRIDO VIA UPSHI

Stay @ Home Stay, TIRIDO

Cycling 95 km

Duration: 5-6 Hours

The Beginning of a Once-in-a-Lifetime Journey

After an early breakfast, we will be starting our Tour de Umling La Bicycle Expedition. Hop on your bicycle to embark on this memorable journey, riding through the valley laid with green fields and mountains.

Riding through hairpin curves, Indus Vally the road leads us to the small town of Upshi, where we will be taking our first halt. The distance between Leh and Upshi is approximately 49kms, with an elevation gain of 630 meters.

After having our lunch at Upshi, we will continue our journey to Tirido village. The elevation gain from Upshi to Tirido village is approximately 1,000 meters. The road between Upshi and Tirido is narrow and winding, with some steep ascents and descents. It's going to be a long ride, but the scenic beauty along the way makes it worth pedaling.

After reaching Tirido, take some rest and we will meet in the evening over tea/coffee, which will be followed by a briefing session. Today also, we will have our dinner early so that everyone can give rest to their bodies for the next day.



DAY 3 : TIRIDO TO NYOMA VIA CHUMATHANG

Stay @ Home Stay, Nyoma
Cycling 95 km

Meters Duration: 7-8 Hours

Today we have to cover approximately 95 kms. We will start early to make the most of the day's journey. Riders will kick off the expedition post tea/coffee. A hearty breakfast will be served enroute, ensuring riders are fueled with hydration and nutrition for the adventure ahead.

The estimated elevation gain from Tirido to Nyoma via Chumathang is approximately 680 meters. As we embark from Tirido, we ascend towards Chumathang at an elevation of around 4050 meters. Following a brief respite at Chumathang, we descend towards the mountain land zone for the Tank practice land of the Indian army. After a satisfying meal break and a leisurely ride, we arrive at Nyoma nestled at the foothills of the Hanle region.



DAY 4 : NYOMA TO HANLEY

Date : 23rd August 2023

Stay @ Home Stay, Hanley

Cycling 75km

Meters Duration: 7-8 Hours

The distance between Nyoma and Hanle is approximately 74 kilometers. Traveling from Nyoma to Hanle involves passing through Loma, which is about 51 kilometers away from Hanle. The road runs through Nyoma and then Loma, where you need to pass a bridge on the right that takes you to Hanle.

The journey from Nyoma to Hanle offers beautiful vistas and a unique experience as you traverse through the mesmerizing landscapes of Ladakh.

The elevation gain from Nyoma to Hanle is approximately 100 meters. Nyoma is situated at an elevation of around 4,180 meters, while Hanle is located at an altitude close to 4,300 meters. Hanle is recognized as India's first Dark Sky Reserve, making it a captivating destination for astrotourists and photographers alike. This stunning region in northern India offers opportunities for night sky gazing and wildlife exploration, making it one of the most visited and attractive destinations on the bucket list of tourists.



DAY 5 : DAY OFF AT HANLE

Date : 24th August 2023
Stay @ Home Stay, Hanle

Today we will be taking a day off for rest and village tour following star gazing at night in Hanle. Explore the Hanle Monastery and nunnery, which are beautiful and serene. Visit the Indian Astronomical Observatory, which is one of the highest astronomical observatories in the world and the highest in India.

Enjoy your stay in Hanle and take advantage of the unique opportunity to observe the wonders of the universe alongside the spiritual and cultural heritage of the region



DAY 6 : HANLEY TO CHISUMLE VIA NIRBULA PASS 50KM

Date : 25th August 2023

Stay @ Home Stay, Chisumle

Cycling 75 kms,

Duration: 7-8 Hours

Pass: Nirbula

The journey of true MTB begins. An offroad to the gateway of world's highest motorable road. The true MTB track to see you wild cyclist.

Hanle to Chisumle via Nirbula Pass covers a distance of approximately 75 kms. The route is challenging and requires experience in handling rugged terrains. Also necessary permits are required before attempting this journey.

The elevation gain from Hanle to Chisumle via Nirbula Pass is approximately 910 meters. Starting from Hanle at an altitude of 4,500 meters the route includes a climb to Nirbula Top at an elevation of 5,240 meters.



DAY 7 : UMLING LA : WORLD HIGHEST MOTORABLE ROAD

Date : 26th August 2023

Stay @ Home Stay, Hanle

Cycling 50km (25km up / 25km Down)

Duration 8-10 Hours

Final Day of the Ride, we will start peddling early to reach the target UMLING La. The initial 18 kms are straight and easy, providing a smooth start to the day's journey. But the last 6 kms are the most challenging climb of the entire journey, leading to the top of the world. Be prepared for sudden weather changes and a hard trail that will take you to the summit.

Enjoy the thrill of the final leg of your cycling expedition, and take in the breathtaking views from the top of UMLING La!



DAY 8 : HANLE TO LEH (SUPPORT VEHICLE TRANSFER)

Date : 27th August 2023

Stay @ Hotel, Leh

Momento Ceremony followed by Party & Dinner.

Morning Drive from Hanle to Leh, enjoy the scenic drive back from Hanle to Leh in the support vehicles, taking in the breathtaking landscapes along the way.

In the evening, team will host a success party to mark the victory of conquering Umling La.

The checkout process on the following day will be followed by your airport drop, ensuring a seamless transition from your accommodations in Leh to your departure.

So make the most of your time in Leh by immersing yourself in the local culture and picking up memorable souvenirs to cherish from your adventurous journey.



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 Hanle to Leh
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

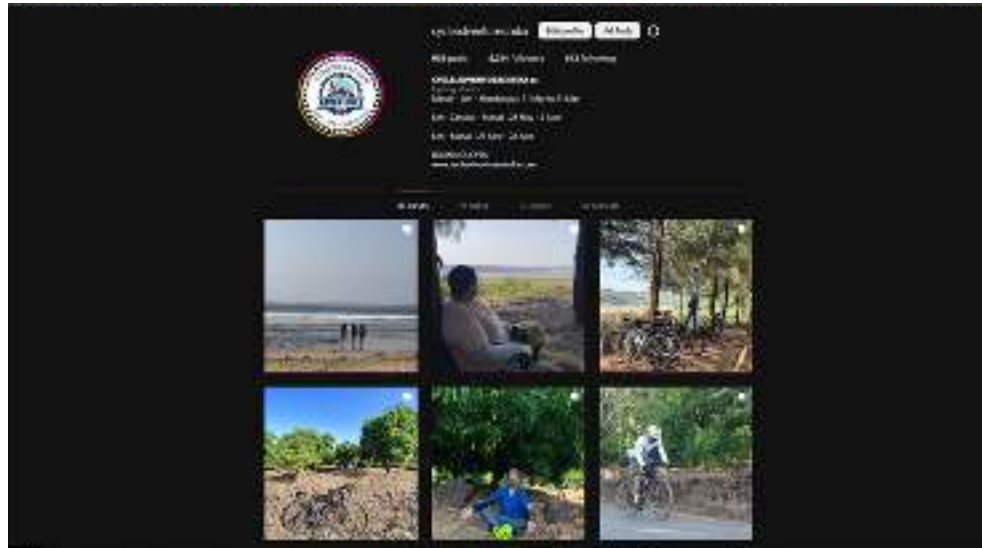
- Bottle (2)
- Power bank
- Phone Holder (Optional)
- Gel-Based Saddle (Optional)
- Spares & Tools (Riders can carry extra tire and tube or can buy from our inventory if needed.)



OUR SOCIAL PRESENCE

Instagram

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

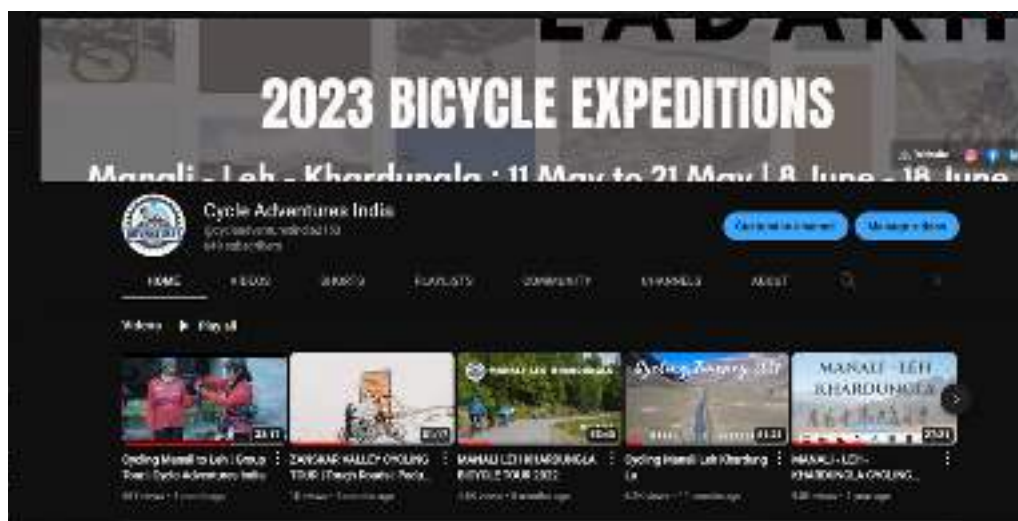


Facebook

<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 & It's not included in the package.

PRICING

~~MRP 49,999/-~~

EARLYBIRD OFFER

MRP 45,999/-

INCLUSIONS

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

Bicycle on Rent Available

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

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