



*Bicycle Expedition*

# SRINAGAR - LEH - KHARDUNGLA

# THE WORLD IS YOURS TO EXPLORE

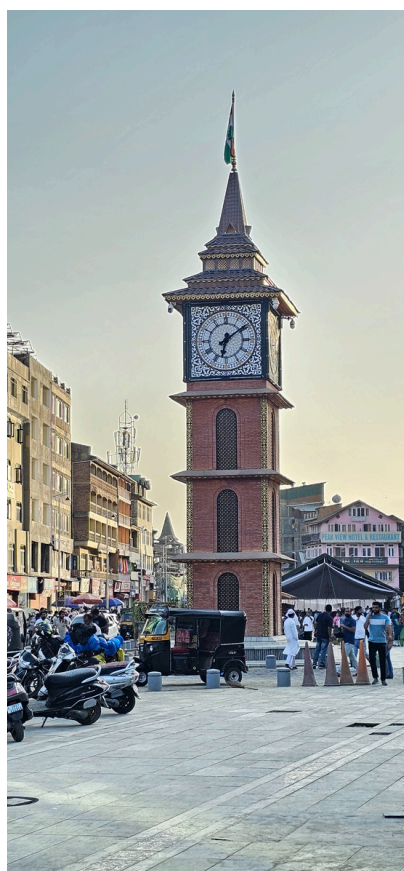


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The origin of the word "travel" is most likely lost to history. The term "travel" may originate from the Old French word travail. Articles are from Wikipedia.

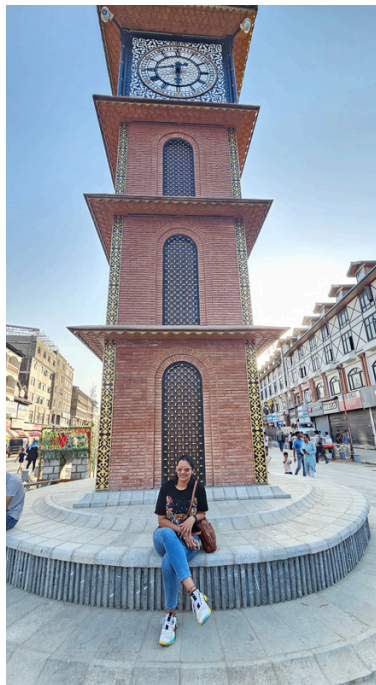
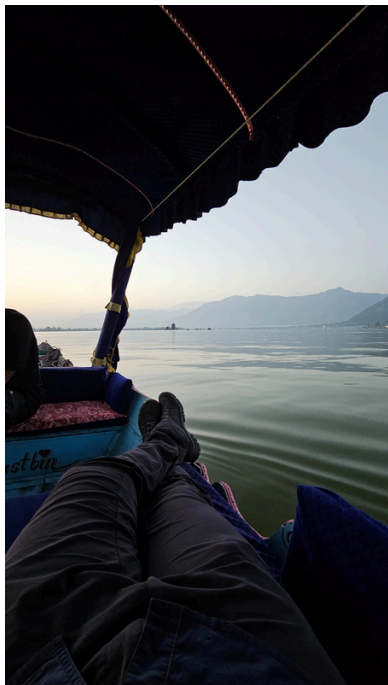
# DAY 1: WELCOME TO SRINAGAR

The journey begins with the arrival of the riders at **SRINAGR**. After riders check-in at the hotel and take some rest, they are free to take a city tour and explore the surroundings to acclimatize and prepare for the journey.

In the evening, we have a briefing and distribution session to discuss the essentials for the journey. At the same time, the **technical** team will install the bicycles.

Post that, the riders head out for a short acclimatization ride to check out the bicycles and in the evening, post-dinner, the riders retire early to give their bodies a complete rest before the start of the expedition the next day.

**Note:** Top Sites to see in SRINAGAR : Dal Lake, Laal Chowk, Old Market, much more.



# DAY 2: SRINAGAR - SONMARG

Stay @ Hotel, Sonmarg  
Cycling 75 km  
Altitude: 5200ft - 8900ft  
Duration: 5-6 Hours

Meals : Breakfast / Lunch / Dinner / Refreshment

The SRINAGAR - LEH - KHARDUNG LA bicycle expedition begins with an early morning warm-up at the hotel followed by light tea/coffee. The flag-off ceremony for the journey to Sonmarg starts from Dal Lake in Srinagar.

The early morning start is advantageous for crossing the city traffic-free and reaching the outskirts of Srinagar highway to Leh, with mountains on one side and a flowing river on the other.

Taking small interval breaks, Hydration and nutrition throughout the day, the riders reach their point of stay at Sonmarg.



## DAY 3: SONMARG - DRAS

Stay @ Hotel, Dras

Cycling 65 km

Altitude: 8900ft - 10500ft

Duration: 6-8 Hours

Pass: ZOJI La 11,600ft

Meals: Breakfast / Lunch / Dinner / Refreshment

Day 3 starts with an early morning meetup and warmup session followed by tea/coffee. Today be ready to conquer the first pass of the expedition, Zojila Pass, situated at 11,600ft. One of the toughest passes of the journey.

It's a thrilling day as you are going to enjoy the climbs and downhill throughout the region. Today's station point is at Drass, the second coldest place on Earth, which is known for its natural beauty and thrilling adventure activities.



# DAY 4: DRAS - KARGIL

Stay @ Hotel, Kargil

Cycling 64 km

Altitude: 10,500ft - 8700ft

Duration: 5-6 Hours

Meals: Breakfast / Lunch / Dinner / Refreshment

The Drass to Kargil has a mesmerizing route, covering 64 km, starting from Drass, the second coldest place on Earth, and ending at Kargil. Post morning meetup and warmup session followed by tea/coffee we embark on today's ride.

The route takes cyclists through the scenic landscapes of the region, offering a chance to interact with the local population and learn about the history of the Kargil War.



# DAY 5: KARGIL - HENISKOT

Stay @ Homestay, Heniskot

Cycling: 75 km

Altitude: 8900ft - 12,140ft

Duration: 6-8 Hours

Pass: NAMIKA LA 12,140ft

Meals : Breakfast / Lunch / Dinner / Refreshment

After the refreshments and tea/coffee, riders will assemble for the stretching session. Today, we will start our journey towards Heniskot, a village located on the NH1 Kargil-Leh route, which is only accessible for four months of the year. We will be covering approximately 75 kilometers.

Our route will take us across Namika La pass, with an elevation of 3,700 meters (12,139 feet) above sea level. This high mountain pass is located in the Zaskar Range of the Himalayas in Ladakh, India, known for its high altitude and challenging terrain.





## DAY 6: HENISKOT - SASPUL

Stay @ Hotel, Saspul

Cycling 85 km

Altitude: 11000ft - 13500ft

Duration: 6-8 Hours

Pass: FOTU LA 13500ft

Meals : Breakfast / Lunch / Dinner / Refreshment

Our next destination is Saspul, a small village located on the Kargil-Leh Highway. The journey from Heniskot to Saspul via Fotu La is a challenging and picturesque route. Today's distance is approximately 85 kilometers.

The first half of the day is all uphill cycling all the way to Fotu La (pass) also called TV tower. It's a challenging climb, with an elevation of 4,108 meters (13,481 feet) above sea level. The view from this place is breathtaking.

From Fotu La, it is all the way downhill to Lamayuru, which is known as the 'Moonland of Ladakh'. You can even grab the opportunity to visit the famous Lamayuru Monastery and experience the stunning landscapes of the region. After exploring Lamayuru, we will continue our journey to Saspul.



## DAY 7: SASPUL - LEH

Stay @ Hotel, Leh

Cycling 75 km

Altitude: 10200ft - 10800ft

Duration: 5-6 Hours

Onway: Sangam, Pathar Sahib, Magnetic Hill, Hall of Fame, and much more

Meals: Breakfast / Lunch / Dinner / Refreshment

As we are getting closer to our destination, thrill and adventure are getting at their peak. Leh is calling us today so are the challenges. The distance from Saspul to Leh via the Kargil-Leh Highway is approximately 75 km. The journey includes cycling through high-altitude mountain passes and descending into the beautiful valleys of Ladakh.

Saspul is located at an elevation of 3,500 meters (11,500 feet) above sea level, and Leh is situated at an elevation of 3,524 meters (11,562 feet) above sea level. Therefore, the elevation gain over the course of the journey from Saspul to Leh is approximately 1,600 meters.

Along with the thrill, today you will be getting a chance to explore some famous points of Leh. Starting from Sangam Point to Gurudwara Pathar Sahib, to Magnetic Hill, and then to War Memorial Leh before we enter the Hotel.



# DAY 8: LEH - KHARDUNGLA - LEH

Stay @ Hotel, Leh  
Cycling 80 km  
Altitude: 10800ft - 18000ft  
Duration: 8-10 Hours

Pass: KHARDUNG LA 18000ft

Meals : Breakfast / Dinner / Refreshment

Here comes the final challenge of the expedition, get ready to conquer the mighty Khardung La. The distance from Leh to Khardung La Pass is approximately 39 kilometers. The altitude of Khardung La is 5,357 meters (17,582 feet) above sea level, making it one of the highest motorable passes in the world.

The route from Leh to Khardung La Pass offers a mix of adventure and beautiful sights. Some of the notable places you can explore along the way include - South Pull, Army Base, Army Souvenir Shop, and finally mighty Khardung La Pass.

After conquering mighty Khardung La, we will turn back to Leh. In the evening, we will be celebrating our expedition success, as the CAI team will be hosting a party and success ceremony to honor all the riders for achieving something incredible.

Kudos for thinking about it as it's the first step of the journey. Catch you at Srinagar !!



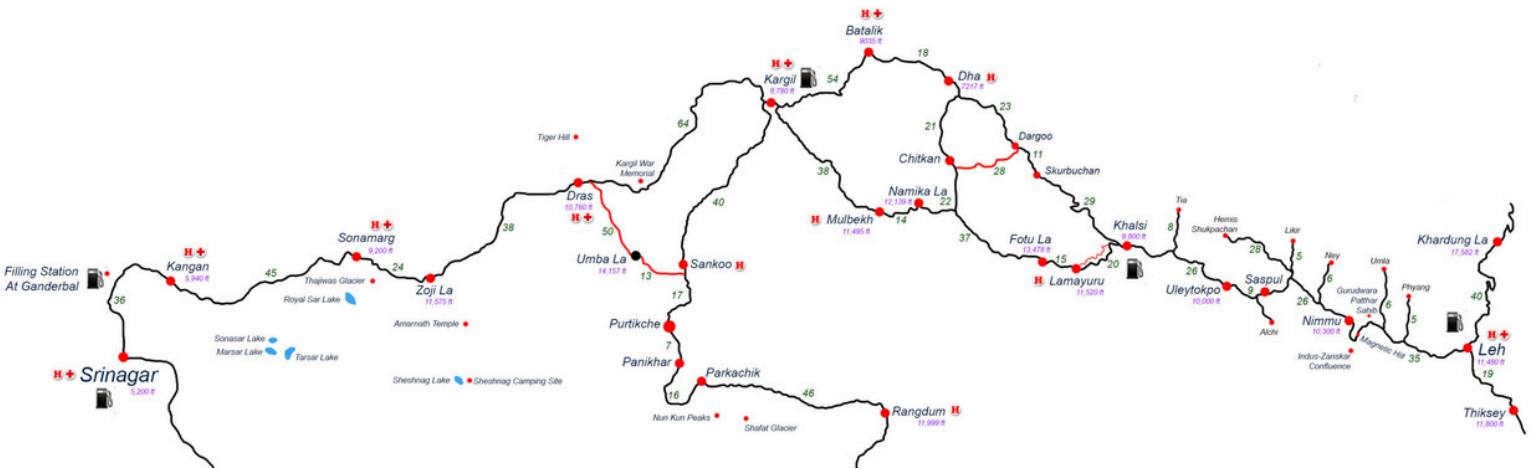
# DAY 9: LEH - HOME

Meals: Breakfast

Check Out: 11.00am

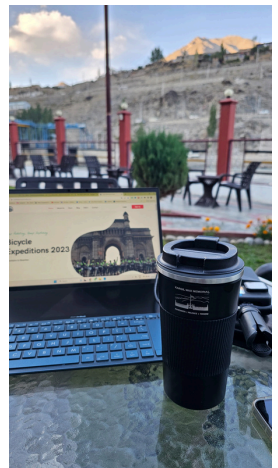


# TOUR MAP



# INCLUSIONS

1. All accommodations on twin sharing ( 4-star stays & 1 homestay @ Heniskot)
2. All meals - Veg/Non-Veg (Breakfast / Lunch / Dinner) (Morning & Evening Tea & Coffee )
3. Tour Marshal for the ride.
4. Tour organizers will be with the group for tour coordination and support.
5. Hydration & Nutrition ( Fruits/Energy Food/Bars/Dry Fruits/ORS/Glucose/Water/much more )
6. First Aid support + Medical kit + Oxygen cylinder.
7. Tour photography, video bites, and the whole Tour Journey Video.
8. Achievement Momento + Jersey + Jacket
9. Bicycle Installation ( SRINAGAR ) + Bicycle Packing ( LEH )
10. Dietician's recommended food menu for each day.
11. Tour success party at Leh.
12. Training material/Tips to help you get ready to ride in mountains (videos and e-talks).
13. Support vehicle x 2 to carry bags/bicycles and essentials.
14. Sight Seeing on the way to Leh (Sangam Point to Gurudwara Pathar Sahib, to Magnetic Hill, to War Memorial Leh, and then in the evening to Shanti Stupa )
15. Technical Team for Bicycle
16. Permits & Passes for Khardungla.
17. Group Travel Insurance.
18. Portable Washrooms / Changing room for all.



# EXCLUSIONS

1. Cycle Accessories.
2. Personal expenses incurred during the tour.
3. Inner line permits for foreign nationals.
4. Return Tickets / Transfer from Leh to Home
5. 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)
- Full length for Leg (2)
- Raincoat (1)
- Shoes (2)
- Socks(8)
- Shoe Covers (1)
- Thermal Top (2)
- Thermal Bottom (2)
- Innerwear (4)
- Towel (1)
- Fleece (1)
- Warm Jacket (1)
- Sanitizer (Individual for self-use)
- Personal MEDICINES, if any recommended by Doctor
- Creams & Lotions / Sunscreen

## Bike Accessories

- Bottle (2)
- Hydration Bag 3lts
- Power bank
- Phone Holder (Optional)
- Gel-Based Saddle (Optional)
- A pair of Tube ( Incase of own bicycle & compatible to wheel set )



## 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 precautions and prepare for the worst, in terms of clothing and rain/snow gear.
  - The total distance 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 and bookings shall be done self from Home to Srinagar and Leh to Home, CAI is not Responsible for the same & to It's not included in the package.

## PRICING

### Early Bird Offer

**45,999/-**

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

### INCLUSIONS

- **All Stay (4-star stay & Home ) / 3 meals ( Bf + Lunch + Dinner ) / Refreshments Hydration Photos & Videos / Permissions / 2 Support Vehicle / Mechanic / First Aid / 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](mailto:info@cycleadventuresindia.com)

Talk to us : +91 98887 36789

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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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