

TOUR OF SPITI

★ ICE AGE EXPEDITIONS ★
SNOW DRIVE

HIMACHAL PRADESH PUBLIC WORKS DEPTT
DIVISION — KAZA

HIGHEST VILLAGE IN WORLD
CONNECTED WITH MOTORABLE ROAD

VILLAGE KOMIC
POPULATION — 114 CAPITA
ALTITUDE 4587mtr.





NOTE FOR RIDER'S

A BICYCLE EXPEDITION THAT OFFERS A THRILLING ADVENTURE THROUGH THE RUGGED TERRAINS OF SPITI VALLEY, PROMISING UNFORGETTABLE EXPERIENCES AND BREATHTAKING LANDSCAPES.

RIDERS GET TO EXPLORE HIDDEN GEMS, HIGH-ALTITUDE PASSES, AND CULTURAL SITES WHILE CREATING LASTING MEMORIES WITH FELLOW RIDERS.

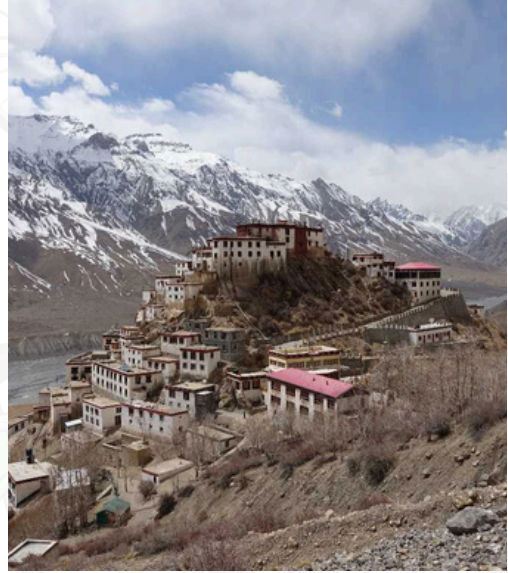




Mission : Emission Reduction Expeditions

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**"The bicycle is a curious vehicle.
Its passenger is its engine."**



DAY 1 : ARRIVAL AT SHIMLA & ACCLIMATIZATION



- The journey begins at ISBT (Inter-State Bus Terminal) Delhi, where all the riders will gather to board the Volvo bus for Shimla.
- Ground staff will be present to assist the riders and ensure a smooth boarding process.
- Riders should arrive on time to avoid any delays and enjoy a seamless start to their thrilling journey(as any miss will be taken care by the rider itself).
- Upon arrival, our team will connect with you for pick-up from Shimla Bus Terminal and transfer to the hotel.
- After the meet and greet with fellow riders, everyone can move to their respective rooms to take some rest before lunch.
- Lunch will be followed up with orientation and distribution session. You will receive your expedition goodie bag, which includes your jersey and other essential items required for the journey, ensuring you are well-equipped and prepared for the adventure ahead.
- The briefing session will cover important information about the journey ahead, such as the route, safety measures, an introduction with the ride marshal, technical team and other essential details related to the expedition.
- While the sessions are underway, the technical team will be busy installing the cycles for the expedition in the evening.
- Following the completion of these sessions, we will embark on a short ride to check the cycles, allowing us to promptly address any necessary fixes or adjustments to ensure that the bikes are in optimal condition for the journey ahead.
- In the evening, riders can explore Shimla and acclimatize themselves to the surroundings.
- 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.



DAY 2 : SHIMLA TO KINGAL

Stay @ Hotel, Kingal

Cycling 88 km

Duration: 5-6 Hours

- Hop on your bicycle to embark on this memorable journey, as we will be riding through the valley laid with green fields and mountains.
- After enjoying a hearty breakfast, we will start our Spiti Bicycle Expedition.
- Today's route includes Shimla-Narkanda-Kingal, the elevation from Shimla to Kingal is approximately 2,276 to 2,708 meters.
- The distance between Shimla and Kingal is approximately 88 kms.
- This route provides a picturesque and scenic view, offering stunning landscapes and the opportunity to experience the beauty of the Himalayan region.
- Nutrition and hydration support will be provided by the team throughout the entire journey.
- We will be taking a break for lunch between 1:30 PM and 2:00 PM.
- Upon reaching Kingal, rooms will be allocated to everyone.
- In the evening, we will meet up for a Hi-Tea session followed by a briefing on the updates for the next day's expedition.
- Today as well, we will have an early dinner to ensure that everyone can rest and rejuvenate their bodies for the challenges of the upcoming day.



DAY 3 : KINGAL TO BADHAL

Stay @ Hotel, Badhal (Jeori)

Cycling 67km

Meters Duration: 6 - 7 Hours

- 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 fuelled with hydration and nutrition for the adventure ahead.
- The elevation from Kingal to Jeori in Himachal Pradesh ranges is from 990 meters to 2244 meters approximately.
- We will be taking a break for lunch between 1:30 PM and 2:00 PM.
- Upon reaching Badhal, rooms will be allocated to everyone.
- In the evening, we will meet up for a Hi-Tea session followed by a briefing on the updates for the next day's expedition.
- Post discussion, riders can embark on a leisurely walk to explore the picturesque surroundings and immerse themselves in the natural beauty and tranquility of Jeori,
- Today as well, we will have an early dinner to ensure that everyone can rest and rejuvenate their bodies for the challenges of the upcoming day.



DAY 4 : BADHAL TO SPILLO

Stay @ Hotel, Spillo(Kinnaur)

Cycling 69 km

Meters Duration: 8 - 9 Hours

- Spillo is a Village in Pooh Tehsil in Kinnaur District of Himachal Pradesh State, India.
- Spillo is surrounded by Reckong Peo Tehsil towards west , Kalpa Tehsil towards west , Nichar Tehsil towards west , Mori Tehsil towards South.
- As we have a longer ride today, so we will try to leave early, so we can cover maximum distance before lunch.
- Will start the ride post having our morning tea/coffee.
- Breakfast will be served enroute, along with the hydration and nutrition support throughout the ride.
- Lunch break will be between 1:30 PM and 2:00 PM.
- Upon reaching Spillo, rooms will be allocated to everyone, get fresh and take rest.
- In the evening, we will meet up for a Hi-Tea session followed by a briefing on the updates for the next day's expedition.
- Post dinner take rest and rejuvenate the body for the challenges of the upcoming day.



DAY 5 : SPILLO TO NAKO

Stay @ Hotel, Nako

Cycling 96km

Meters Duration: 9 - 10 Hours

- Nako is a village located in the Kinnaur district of Himachal Pradesh, India. It is situated at an elevation of 11,893 feet (3,622 meters) near the Indo-Tibetan border
- Today ride will be more tougher as today's elevation gain from Spillo to Nako in Himachal Pradesh is approximately 1,133 meters.
- We will departure early today, after having our tea/coffee.
- Today's route has rough patches, roads will be narrow and also it's a landslide-prone rocky mountains, making it one of the most treacherous routes in the world.
- Breakfast & lunch will be served enroute.
- If we reach to Nako on time, then in evening post Hi-Tea, we can explore the Nako's monastery and the Nako lake.
- Dinner will be served around 8- 8:30 PM, post the briefing session.
- Post dinner, take rest timely as next challenge is waiting for us tomorrow.



DAY 6 : NAKO TO TABO

Stay @ Hotel, Tabo

Cycling 65 km

Duration: 7-8 Hours

- Tabo is a small town in the Lahaul and Spiti district on the banks of the Spiti River in Himachal Pradesh.
- Tabo is the oldest continuously operating Buddhist enclave in both India and the Himalayas.
- Ride will start post breakfast today, as today 50% ride is descend, so we have to wait for proper sunlight.
- Nako is situated at an elevation of 11,893 feet, while Tabo is located at an elevation of 10,000 feet.
- We will be crossing the Tabo bridge today.
- Lunch will be served enroute, around 1:30 - 2:00 PM.
- Rooms will be allocated on reaching Tabo, get fresh and take rest before meeting on Hi-Tea.
- Dinner will be served around 8- 8:30 PM, post the briefing session.
- Take rest and get your body adequate amount of energy as more adventure is waiting.



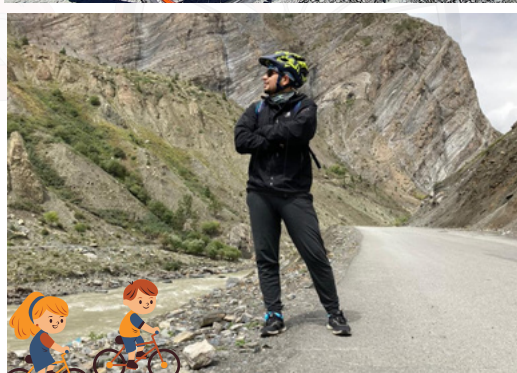
DAY 7 : TABO TO KAZA

Stay @ Hotel, Kaza

Cycling 50km

Duration 7-8 Hours

- The road from Tabo to Kaza is very scenic, with the Spiti River flowing on the left side and high mountains close to the road.
- After traveling 23 km towards Kaza, the landscape transforms from barren brown to lush green.
- Kaza is the sub-divisional headquarters of Lahaul & Spiti and a transit point for exploring nearby villages.
- The journey from Tabo to Kaza offers glimpses of yellow valleys, green grasses, serpentine roads, mud pillars, and landscapes that change within seconds.
- Today also we will start the ride after having our breakfast.
- The elevation gain from Tabo to Kaza is approximately 1300 feet.
- Lunch will be served en route, around 1:30 - 2:00 PM.
- If we reach Kaza on time, everyone can get fresh & rest as in the evening post Hi-tea, we can explore local market and Kaza Monastery.
- Dinner will be served around 8- 8:30 PM, after the briefing session.

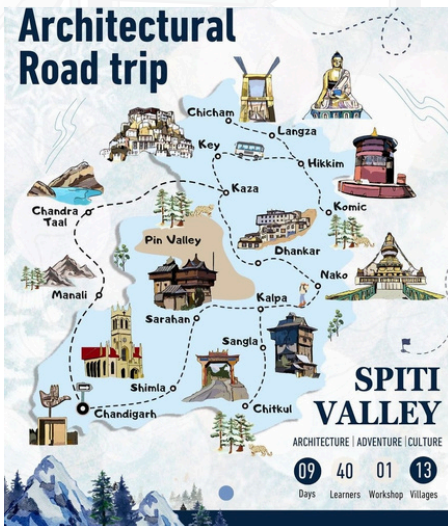


DAY 8 : CITY TOUR AT KAZA

Stay @ Hotel, Kaza

City Tour on Tempo Traveller

- Today we will explore the main attractions and highlights of Kaza, the largest town in the Spiti Valley.
- Situated at an elevation of 3,650 meters (11,980 feet), Kaza is a picturesque high-altitude desert town surrounded by towering mountains.
- Post having our breakfast, we will board the tempo traveller and will kickstart our day at Kaza.
- Today we will explore the following places :
 - a. **Key Monastery:** One of the largest monasteries in Spiti Valley, dating back to the 11th century.
 - b. **Komic Village :** Komic Village is known for its stunning natural beauty, & remote location. It's one of the highest villages that is connected via motorable roads.
 - c. **Chichum Bridge :** India's highest road span crossing approximately 150 meters above a tributary of the River Spiti in the Himachal Pradesh region.
 - d. And few other places like Fossile village Lanza, Golden temple of Spiti and more...
- In evening, we will have a briefing session, to discuss about the upcoming trill & adventure.
- Today dinner will reserved around 8:30 PM, so that everyone can take rest timely.



DAY 9 : KAZA TO LOSAR

Stay @ , Losar

Cycling 60 km

Duration : 9-10 hours

- The ride from Kaza to Losar in Spiti Valley is a scenic journey that offers breathtaking views of the surrounding landscapes.
- The road conditions will vary today, as some sections being off-road and challenging.
- The elevation gain from Kaza to Losar is approximately 700 meters or 2,300 feet.
- Will start the ride post having the breakfast & tea at the hotel.
- Lunch will be served enroute, around 1:30 - 2:00 PM.
- Upon reaching losar, rooms will be allocated to everyone, get fresh and take rest.
- In the evening, we will meet up for a Hi-Tea session followed by a briefing on the updates for the next day's expedition.
- Post dinner take rest and rejuvenate the body for the challenges.



DAY 10 : LOSAR TO CHANDRA TAAL

Stay @ camp, Chandra Taal

Cycling: 40 km

Duration: 5-6 hours

- Chandra Taal is a beautiful high-altitude crescent-shaped lake in the Spiti Valley of Himachal Pradesh, India.
- The route passes through the Kunzum Pass, a high mountain pass at an elevation of 4,551 meters (15,000 feet) separating the Lahaul and Spiti valleys.
- Due to the high elevation and steep terrain, today's ride to the Kunzum Pass range will be challenging.
- Chandrataal is situated at an elevation of 4,270 meters (14,000 feet) above sea level.
- The lake is located near the Kunzum Pass, approximately 14 kilometers from Batal and 40 kilometers from Losar village.
- Today also we will start the ride, post having our breakfast & Tea at Losar.
- Lunch will served around 1:30 PM to 2:00 PM.
- Hydration & Nutrition will be taken care of throughout the journey.
- In the evening we all will gather for a Hi-Tea & briefing session.
- Post dinner take a rest and give your body rest to enjoy the next day's ride.



DAY 11 : CHANDRA TAAL TO MANALI

Stay @ Hotel, Manali

Distance : 112km

Duration : 5-6 hours

- Today is the last day of the expedition, and we will be covering the last 112kms to reach Manali.
- Will start the journey, post having the breakfast .
- Today we will be covering the journey on tempo traveller depending upon the roads condition.
- Once we reach the hotel at Manali, have you Lunch & take rest.
- In evening we will be meeting over the Hi-Tea to discuss about our journey, which we will be remembering for the lifetime.
- Around 7:00 PM, team will host a success party to mark the victory of conquering "TOUR OF SPITI", followed by Momento Ceremony & Dinner.
- Enjoy your evening at Manali !!

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



- Wakeup call 📞 Home calling !!
- Packup your bags & get ready to board your bus for home.
- Team will be assisting everyone in the process of boarding the bus, by ensuring a seamless drop to bus stand.

YOU'RE WELCOME !!

IT HAS BEEN A PLEASURE ASSISTING YOU ON YOUR JOURNEY AND MAKING IT MORE MEMORABLE. IF YOU HAVE ANY MORE QUESTIONS OR NEED FURTHER ASSISTANCE IN THE FUTURE, FEEL FREE TO REACH OUT.

SAFE TRAVELS AND BEST WISHES ON YOUR ADVENTURES AHEAD !!

TEAM CYCLE ADVENTURES INDIA



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 Delhi to Shimla & Manali to Delhi
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 + Momento
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 Manali on the return journey).
15. Travel Insurance.
16. Technical Team
17. Permits & Passes
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 Delhi 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/>

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1,528 posts 9,047 followers 575 following

CYCLE ADVENTURES INDIA IN
@cycleadventuresindia
Product/service
BICYCLE EXPEDITION LADAKH 2024 Bookings Open. The itinerary links are attached below
MLK / SLK / TDU / L2M / SPITI
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13K accounts reached in the last 30 days. View insights

MUMBAI-GO... UMLING LA 2... MLK 2023 AU... MLK 2023 JU... MLK 2023 MAY MTG 2022 ETT Support

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1.3K likes · 1.4K followers

Intro
Keen Dardalinn Keen Evninninn New Brunnaric & New

YouTube <https://www.youtube.com/channel/UCV-1kSQrBYeuB3nhw2327Yg>

Cycle Adventures India
@cycleadventuresindia2153 · 1.17K subscribers · 35 videos

Cycle Adventures India is a cycling adventure sports company established in early 2019...more
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For you



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 64,999/-~~

EARLYBIRD OFFER

MRP 59,999/-

INCLUSIONS

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

MTB on Rent Available (1x10 / 2x10 Merida / Scott with Hydraulic Disc Bracks)



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

Talk to us : +91 98887 36789



THE USE OF TRAVELING IS TO REGULATE IMAGINATION BY REALITY

SAMUEL JOHNSON



Pedal with CYCLE ADVENTURES INDIA

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Mission : Emission Reduction Expeditions