



# MANALI - LEH KHARDUNGLA



Duration :  
11 days



Pickup Point :  
Delhi To Manali  
By Volvo



Group Size :  
Max. 20 People



+91-9988009290



[www.cycleadventuresindia.com](http://www.cycleadventuresindia.com)





# JOURNEY OVERVIEW

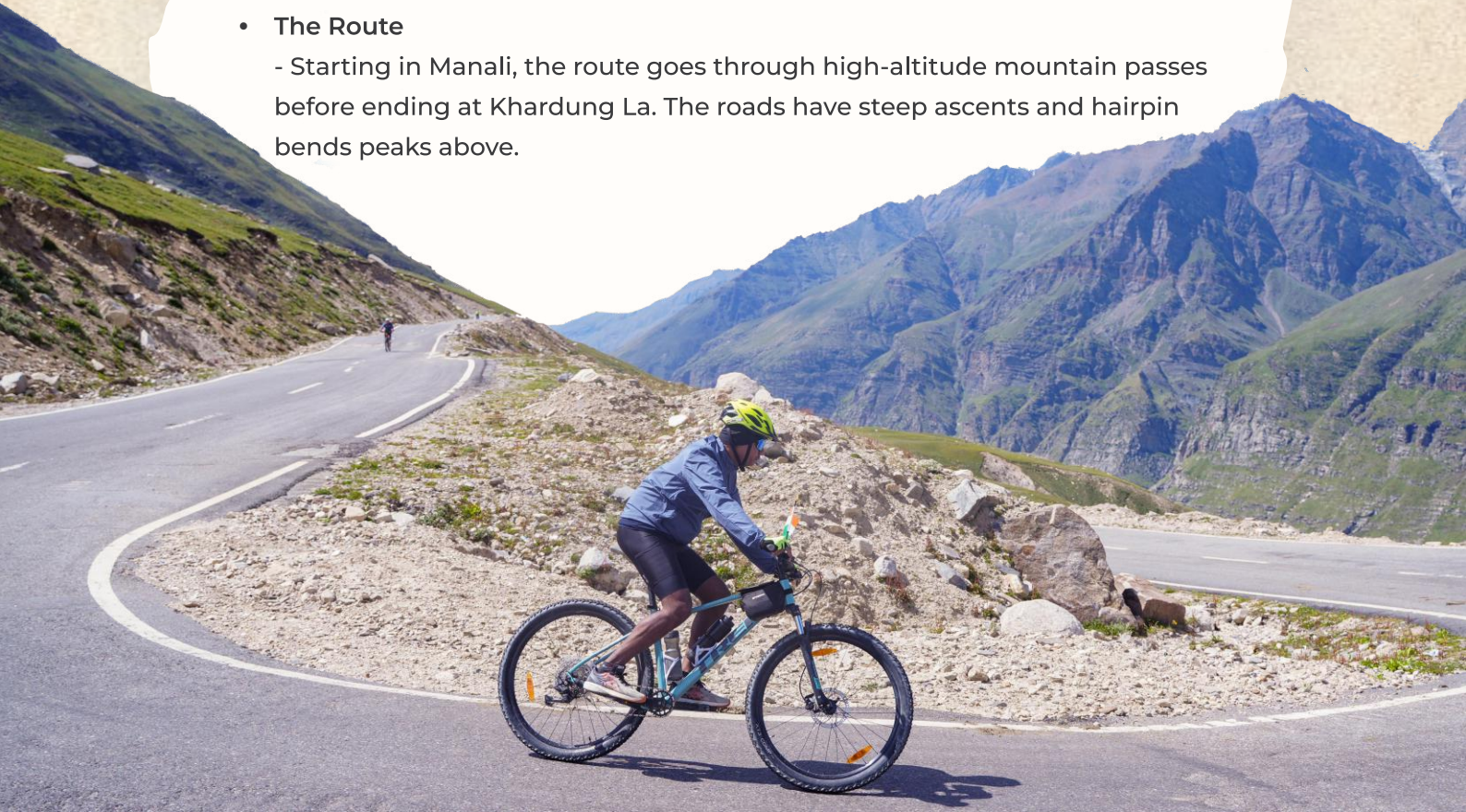
The Manali-Leh-Khardung La Cycle Ride is a premier adventure experience in India, particularly for cycling enthusiasts and nature lovers. This expedition offers a unique opportunity to traverse some of the most breathtaking landscapes while challenging one's physical limits.

## ADVENTURE DIARY

The Manali-Leh-Khardung La cycling expedition is a challenging adventure through the Himalayas, testing endurance while rewarding cyclists with stunning scenery. This expedition, covering approximately 511 km, is best experienced from May to September, offering clear roads and favorable weather conditions. It typically takes 11 days to complete.

## Key Highlights

- **The Route**
  - Starting in Manali, the route goes through high-altitude mountain passes before ending at Khardung La. The roads have steep ascents and hairpin bends peaks above.







# JOURNEY OVERVIEW

- **Khardung La Pass**
  - The journey often concludes with reaching Khardung La, one of the world's highest motorable passes, at an elevation of 17,577 feet (5,359 meters).
- **Challenges**
  - The route includes crossing multiple high-altitude passes such as Rohtang La, Baralacha La, Nakee La, Lachung La, and Tanglang La. Some sections have rough roads and unpredictable weather.
- **Preparation**
  - Preparing for the expedition should ideally begin six months in advance with regular bicycle rides and physical fitness training. It is recommended to be able to run 10 km in 75 minutes weekly for at least a month before the expedition.
- **What to Expect**
  - Throughout the journey, you can expect to see forests, flower-laden valleys, and the rugged terrain of the Himalayas.







# HIGHLIGHTS OF THE EXPEDITION



**Breathtaking  
Landscapes**



**Cultura  
Immersion**



**High-Altitude  
Passes**



**Camaraderie**

# MANALI







## Manali Arrival & Acclimatization

- ✦ The journey for MLK 2025 is a well-structured adventure that begins once riders gather in ISBT NEW DELHI / Chandigarh and board transport to Manali. Upon arrival in the early morning, participants check into their hotel, where they will meet fellow riders and prepare for the expedition ahead.

### DAY 1: Arrival and Orientation

- ✦ Morning: After checking in, riders can rest before lunch.
- ✦ Afternoon: A distribution and briefing session will take place, providing essential information and gear for the journey. Each rider receives a Jersey, Hoodie, and a Goodie bag filled with necessary items for the trip.
- ✦ Evening: Following dinner, riders will retire early to ensure they are well-rested for the upcoming days of adventure.

### Acclimatization Ride

- ✦ After the briefing, a short orientation ride is planned to help riders acclimatize to the terrain and conditions. This ride is crucial for familiarizing everyone with their bikes and the group dynamics before embarking on more challenging routes.
- ✦ This structured approach ensures that all riders are prepared and comfortable as they embark on their journey through the scenic landscapes of Himachal Pradesh. The experience promises not only adventure but also camaraderie among fellow biking enthusiasts.







## MANALI - MARHI

- ✈ Stay @ Camp Site, Marhi
- ✈ Cycling 35 km
- ✈ Altitude: 1950m – 3300m
- ✈ Duration: 5-6 Hours

- ✈ Your Manali-Leh Khardung La cycle tour sounds like an exhilarating adventure! Starting early with a hearty breakfast is a great way to fuel up for the day ahead. As you hop on your bicycle and begin your journey from the hotel, you'll immediately be immersed in the breathtaking beauty of the valley. The lush green fields and towering mountains create a picturesque backdrop, making it feel like the landscape was tailor-made for cyclists like you.
- ✈ The ride through hairpin curves adds an element of thrill and excitement, testing your skills and endurance. As you make your way to the small town of Marhi, you'll find yourself becoming more and more captivated by the journey. The sense of accomplishment and the stunning views will undoubtedly fuel your enthusiasm for the days to come.
- ✈ This marks the start of an extraordinary journey filled with unforgettable moments. Each pedal stroke brings you closer to the majestic Khardung La pass, and with it, a sense of achievement that only such a challenging and rewarding journey can provide. Enjoy every moment of this incredible experience.







## 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

- ✍ Your day sounds like an exciting and adventurous journey through some stunning landscapes! Here's a breakdown of your itinerary:

1. Morning Climb to Rohtang Pass: You'll start your day with an 18 km climb to Rohtang Pass, which sits at an elevation of about 3,980 meters (13,058 feet). Famous for its stunning vistas of towering snow-covered mountains and majestic glaciers, this pass provides a spectacular setting throughout the journey.
2. Relaxation at Rohtang Pass: Take time to relax and capture the views. Be mindful of the altitude and take it easy to avoid altitude sickness.
3. Descent to Khoksar: You'll descend toward Khoksar, a village located along the Chandra River.
4. Ride to Sissu: Continue to Sissu, a picturesque village at the foothills of the Pir Panjal range known for greenery and waterfalls.

Tips: Dress in layers, stay hydrated, and ensure your bike is ready for the terrain.







## SISSU - JISPA

- Stay @ Swiss Tents, Jispa
  - Cycling 52 km
  - Altitude: 3130 – 3200 Meter
  - Meters Duration: 7-8 Hours
- 
- Sissu to Tandi: Ride from Sissu to Tandi, known for the confluence of the Chandra and Bhaga rivers forming the Chenab River.
  - Tandi to Keylong: Climb to Keylong, famous for Kardang Monastery, a spiritual site worth exploring.
  - Keylong to Jispa: Enjoy a scenic descent to Jispa, a serene village perfect for rest.
  - Rest in Jispa: Recharge in this peaceful setting before the next day's climb to Baralacha La Pass.

Next Day: Prepare for a steep climb to Baralacha La (4,890 meters) with panoramic Himalayan views and Suraj Tal Lake.







## JISPA - SARCHU

- ✍ Stay @ Swiss Tent, Sarchu
  - ✍ Cycling 84 km
  - ✍ Pass 2: Barachala
  - ✍ Jispa – Darcha : 3200m – 3360m
  - ✍ Darcha – Baralachla : 3360m – 4850m
  - ✍ Baralachla – Sarchu : 4850m – 4290m
  - ✍ Duration: 8-10 Hours
- ✍ The ride to Zing Zing Bar involves a mix of terrains and experiences: After leaving Jispa, the route presents a slightly upward climb for about 8 to 10 km.
- ✍ Cyclists may encounter rusty, rocky terrain when passing the hamlet of Jispa.
- ✍ Beyond Patseo, the route features gentle rolling stretches leading up to Zing Zing Bar, where the ascent to Baralacha La Pass commences.
- ✍ The final ascent to Baralacha-La starts at Zing Zing Bar, which is located at approximately 15,000 feet, offering scenic views
- ✍ Rivers may cross the roads. Be careful while crossing streams of glacial water due to the cold temperature and powerful flow, especially as temperatures rise during the day.
- ✍ Baralacha La Pass is a prominent high-altitude mountain pass nestled in the Zaskar range of northern India. Towering at an elevation of 15,910 feet (4,850 meters), this majestic pass serves as a vital link between the Lahaul region of Himachal Pradesh and the Leh district of Ladakh. The Manali-Leh Highway crosses the pass and is considered an important route connecting Himachal Pradesh with Ladakh.







## SARCHU - PANG

- ↗ Stay @ Home Stay, Pang
- ↗ Cycling 82 km
- ↗ Duration: 10-12 Hours
- ↗ Pass 3: Nakeela Pass | Pass 4: Lachulung La
- ↗ Sarchu – Nakeela : 4290m – 4789m
- ↗ Nakeela – Whisky : 4789m – 4600m
- ↗ Whisky – Lachulung : 4600m – 5067m
- ↗ Lachulung – Pang: 5067m – 4765m

### Key Points about the Route:

- ↗ Gata Loops: The approach to Nakee La pass involves climbing the Gata Loops, a series of 21 hairpin bends that gain a significant amount of altitude. The Gata Loops gain 1,500 feet in elevation, starting at 13,780 ft and ending at 15,300 ft.
- ↗ Nakee La Pass is a high-altitude mountain pass located at 15,547 ft (4,738 m), offering a gateway through the rugged terrain of the Himalayas. It is not necessarily a true pass but rather the highest point on the hillside.
- ↗ Challenging: The climb up to Nakee La & Lachung La is known to be very challenging because of the steepness and the altitude. Some consider Nakee La a “beast,” requiring frequent stops to catch breath.
- ↗ Route Conditions: Be sure to carry enough water, as there is no source of water on the way. The climate in this region is harsh and highly unpredictable.







## PANG - DEBRING

- ✦ Stay @ Camp Site, Debring
- ✦ Cycling 51 Km
- ✦ Pang – Lachulung : 4600m – 5067m
- ✦ Lachulung – Debring : 5067m – 4765m
- ✦ Duration: 6-8 Hours

✦ The More Plains, located at an average elevation of 4,800 meters (around 15,000 feet), is a high-altitude plateau that spans approximately 40 kilometers along the Leh-Sarchu highway in the Ladakh region of India. This vast, flat expanse begins after a 4-kilometer uphill drive from Pang, leading towards the Tanglang La pass, one of the highest motorable passes in the world.

✦ The More Plains are known for their stark, surreal beauty, characterized by wide-open landscapes, barren terrain, and breathtaking views of the surrounding mountains.







## 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

Your description paints a vivid picture of the exhilarating and challenging Manali to Leh bicycling expedition, particularly the ascent to Tanglang La, one of the highest motorable passes in the world. Here's a breakdown of the journey:

- ✚ Climbing Tanglang La (5,328 meters) is a challenging ascent that demands both stamina and determination. At this altitude, the oxygen levels are significantly lower, making every pedal stroke a challenge. Yet, the feeling of achievement at the summit is truly unmatched.
- ✚ 18 KM Climb: The 18-kilometer ascent is grueling but rewarding. The effort is worth it as you reach the summit, where the panoramic views of Ladakh's rugged terrain take your breath away.
- ✚ Prayer Flags and Temple: The pass is adorned with vibrant prayer flags fluttering in the wind, symbolizing peace and spirituality. The small temple nearby offers a moment of reflection and a chance to seek blessings for the journey ahead.
- ✚ Thrilling Descent to Rumtse: After soaking in the views and the sense of achievement, the ride down to Rumtse is a thrilling experience. The snow-covered mountains and winding roads add to the adventure, making it a memorable part of the expedition.







## RUMTSE - LEH

- ✚ Stay @ Hotel, Leh
- ✚ Cycling 78 km
- ✚ Rumtse – Leh : 4166m – 3500m
- ✚ Duration 5-6 Hours

- ✚ Wow, what an exhilarating final day of your Manali to Leh Cycling Expedition! The anticipation of reaching Leh after days of challenging yet breathtaking cycling through the Himalayas must be thrilling. As you pedal through the rugged terrain, the transformation of the landscape from barren, arid stretches to lush greenery and vibrant flora and fauna is a testament to the incredible diversity of this region.
- ✚ Crossing the Indus River, Asia's longest river, marks a truly monumental experience. The bridge you'll cross not only connects you to the next part of your journey but also symbolizes the rich history and culture of the Indus Valley Civilization. The sight of the river flowing through the valley, surrounded by majestic mountains, is sure to leave you in awe.
- ✚ As you ride through the Tso-Kar route, named after the stunning “White Lake,” the snow-covered landscapes and the serene beauty of the region will make every pedal stroke worth it. The pristine environment and the sense of accomplishment as you near Leh will fill you with a deep sense of satisfaction and joy.
- ✚ Finally, arriving in Leh, the capital of Ladakh, marks the culmination of an epic adventure. The vibrant culture, the warm hospitality of the locals, and the stunning views of the surrounding mountains will make you feel like you've truly achieved something extraordinary. Take a moment to soak it all in, celebrate your journey, and reflect on the incredible experiences you've had along the way.
- ✚ This final ride is not just about reaching a destination; it's about celebrating the spirit of adventure, the resilience you've shown, and the unforgettable memories you've created. Enjoy every moment of this last leg of your expedition – you've earned it!







## LEH - KHARDUNGLA - LEH

- ✦ Stay @ Hotel, Leh
- ✦ Cycling 80 km
- ✦ khardungla : 17500ft +
- ✦ Duration 8-9 Hours

✦ Your journey to Khardung La Pass sounds like an exhilarating and unforgettable adventure! Starting early after breakfast, you set off on a route that takes you through some of the most breathtaking landscapes on Earth. As you ascend, the towering Karakoram and Zaskar mountain ranges surround you, their snow-capped peaks glistening in the sunlight. The rugged beauty of the terrain is both awe-inspiring and humbling.

✦ Cycling along one of the world's highest motorable road (now 14 highest ), you navigate through a scenic valley, with every pedal stroke bringing you closer to the pass. The air grows thinner, the temperatures drop, and the challenge intensifies, but the sense of determination keeps you going. The road, though tough, offers unparalleled views of the Himalayas, with vast stretches of untouched wilderness and dramatic cliffs.

✦ Finally, reaching the top of Khardung La Pass at an altitude of over 17,500 feet, you're greeted with a feeling of accomplishment that's hard to put into words. Standing at this iconic spot, you take in the panoramic views of the surrounding peaks and valleys, knowing you've conquered one of the most legendary routes in the world. It's a moment of triumph, a testament to your endurance and spirit of adventure, and a memory that will stay with you forever.







## Home Day

- ✦ Meals: Breakfast
- ✦ Check Out: 11.00 am
  
- ✦ Wake up call, Home calling !!
- ✦ Pack up your bags & get ready to board your flight for home.
- ✦ The team will be assisting everyone in the process of boarding by ensuring a seamless drop to the airport.
  
- ✦ It has been a pleasure assisting you on your journey and making it more memorable. If you have any further queries or need assistance down the line, don't hesitate to get in touch.
  
- ✦ Kindly inform us of your departure time. If you wish to extend your room stay, kindly inform the team in advance.

Wishing you safe travels and wonderful adventures ahead!

✦ TEAM CYCLE ADVENTURES INDIA







## Cost Inculsion

- ✓ All accommodations during the tour are on a sharing basis (Hotel/Swiss Tent/Camp).
- ✓ All meals – Veg/Non-Veg (Breakfast / Lunch / Dinner) (Morning & Evening Tea & Coffee ).
- ✓ Transfer from New Delhi /Chandigarh to Manali.
- ✓ Tour Marshal for Support & Guidance
- ✓ Dietician's recommended food menu for each day.
- ✓ First Aid support + Medical kit+ Oxygen cylinder.
- ✓ Designer JERSEY / HOODIE with logo for all.
- ✓ Tour photography & video capturing memorable moments and stunning landscapes throughout the entire journey.
- ✓ Bike overhauling /cleaning.
- ✓ Energy Food/Drinks/Bars/Juices/Fruits/Dry Fruits/Bottled Water/ORS/Glucose during the ride.
- ✓ Tour success party at LEH.
- ✓ Training material/Tips to help you get ready to ride in mountains (videos and e-talks).
- ✓ Support vehicles to carry bags & essentials.
- ✓ Bicycle Packing (only at Leh on the return journey).
- ✓ Technical Team
- ✓ Permits & Passes for Journey
- ✓ Portable Washrooms / Changing room for all.
- ✓ Tour organizers will be with the group for tour coordination
- ✓ Memento to every rider for the expedition's success.

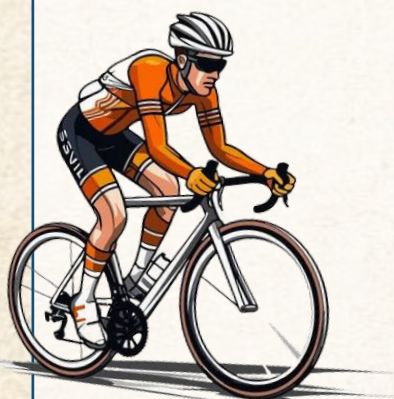






## Cost Excluded

- ❑ Govt. Taxes as applicable.
- ❑ Cycle Accessories.
- ❑ Personal expenses incurred during the tour.
- ❑ Inner line permits for foreign nationals
- ❑ Return Tickets / Transfer from Leh to Home
- ❑ Anything that is not a part of the inclusions













## Thinks to Carry

### Mandatory Items

-  **Helmet**
-  **Front Headlight**
-  **Tail Light**
-  **Reflective Vest/Tape**
-  **Water Bottle/Sipper**
-  **Cycling gloves**



### Clothing & Cycling Gear

- Windproof Jacket (x2) – Lightweight & packable
- Cycling Jerseys / Dry-Fit Tees (x4) – Moisture-wicking
- Padded Cycling Shorts (x3) – Gel or chamois-lined
- Cycling Shoes (x1) – Clipless or stiff-soled
- Sandals/Slippers (x1) – Post-ride comfort
- Socks (x8) – any dryfit for odor control
- Nightwear – Lightweight / Warm & breathable





## Protection & Extras

- Raincoat / Windcheater – Foldable emergency layer
- Sunglasses – UV + interchangeable lenses for night
- Sunscreen (SPF 50+) & Lip Balm – Sweat-resistant
- Vaseline / Anti-Chafing Cream – For saddle sores
- Headlamp + Bike Lights – USB-rechargeable



## Hygiene & Health

- Microfiber Towel (x1 large, x2 small) – Quick-dry
- Sanitizer + Wet Wipes – Travel-sized packs
- Personal Meds – Labeled in a waterproof case
- Electrolyte Tablets (any personal) – For hydration ( We will provide Fast & Up bottle )



## Packing Tips

- Use dry bags or ziplocks to organize.
- Heaviest items (tools) at the bottom of panniers.
- Keep rain gear & snacks easily accessible.

### Notes :

Adjust quantities based on trip duration.





Prioritize lightweight, quick-dry fabrics to save space.

Pack in waterproof bags if expecting rain.





## Cancellation Policy

	Upto 30 days	29–21 days	21–15 days	14–0 days
Batch Shifting				
Cancellation Charge	Free Cancellation	25% of the Trip Amount	50% of the Trip Amount	100% of the Trip Amount
Booking Amount	Refunded in mode of Credit Note	Adjusted in Refund Deduction	Adjusted in Refund Deduction	No Refund





## Our Gallery







## Payment Options

ACCEPT PAYMENT BY QR



### ▼ BANK DETAILS ▼

NAME : CYCLING EXPEDITION

BANK : STATE BANK OF INDIA

A/C NO.: 50XXXX67XXXXX09

IFSC CODE : SBI000XXX

BRANCH : NOIDA



: 9988009290@UPI

**₹ 46,999/-**

PER PERSON





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