



TOUR DE UMLING LA



Duration :
8 days



Drop Point :
Leh Airport



Group Size :
Max. 18 People



+91-9988009290



www.cycleadventuresindia.com



JOURNEY OVERVIEW

The Umling La Pass in Ladakh, India, is indeed a remarkable destination, not only for its breathtaking altitude of 19,300 feet (5,882 meters) but also for the unique experiences it offers. As the world's highest motorable road, it attracts adventurers, cyclists, and travelers seeking both physical challenges and spiritual introspection. The journey to Umling La Pass is as much about the destination as it is about the self-discovery that comes with traversing such a remote and awe-inspiring landscape.





HIGHLIGHTS OF THE EXPEDITION



**World Heights
Motorable Road**



Hanle



Star Gazing



Monestary



LEH



Arrival in Leh, Acclimatization and Briefing

Morning Arrival in Leh:

1. Riders from across the country arrive in Leh, a high-altitude city in the Ladakh region.
2. The primary focus is on acclimatization to the high altitude, which is crucial to avoid altitude sickness.
3. The ground team will coordinate airport pickups and transfers to the hotel.

Hotel Check-in and Meet Fellow Riders:

1. After arriving at the hotel, riders check in and get settled.
2. This is an opportunity to meet and greet fellow riders who will be part of the expedition.

Rest and Lunch:

1. Riders are encouraged to rest and relax to adjust to the altitude.
2. After lunch, the group gathers for a detailed briefing session.

Briefing and Distribution of Tour Essentials:

1. The tour organizers provide a detailed briefing about the expedition, including the route, safety measures, and daily schedules.
2. Essential items for the journey (such as maps, gear, or equipment) are distributed.

Orientation/Acclimatization Ride:

1. A short ride is organized to help riders get accustomed to the terrain and conditions.
2. This ride also serves as a warm-up and ensures everyone is comfortable with their bikes or cycles.





Arrival in Leh, Acclimatization and Briefing

Evening Dinner and Early Rest:

1. After dinner, riders are advised to retire early to ensure their bodies are well-rested and prepared for the adventure ahead.

Key Notes:

1. Altitude Acclimatization: Leh is located at an elevation of around 3,500 meters (11,500 feet), so taking it easy on the first day is critical to avoid altitude-related issues.
2. Team Bonding: Day 1 is a great opportunity to connect with fellow riders and build camaraderie for the journey ahead.
3. Preparation: The briefing and orientation ride ensure that everyone is on the same page and ready for the challenges of the expedition.

This day sets the tone for the adventure, combining preparation, rest, and excitement for the journey ahead!!!





Leh to Tirido via Upshi (95km)

- ↪ Stay @ Home Stay, Tirado
- ↪ Cycling 95 km
- ↪ Duration: 5-6 Hours

- ↪ It sounds like you're embarking on an incredible cycling adventure with the TOUR DE UMLING! Starting your journey from the hotel after an early breakfast sets the tone for an exciting day ahead. Riding through the picturesque valley, surrounded by lush green fields and towering mountains, must feel like a dream come true for any adventure enthusiast.

- ↪ The landscape, with its hairpin curves and breathtaking views, seems tailor-made for cyclists seeking both challenge and beauty. As you make your way to the small town of Upshi, the journey itself becomes a reward, immersing you deeper into the natural splendor and the thrill of the ride.

- ↪ Each pedal stroke brings you closer to the heart of the region, and the day's experiences will undoubtedly fuel your enthusiasm for the rest of the tour. This is truly the beginning of a once-in-a-lifetime journey, filled with unforgettable moments and the joy of exploring the world on two wheels. Enjoy every moment of this incredible adventure!





Tirido to Nyoma via Chumathang (90km)

- ✈ Stay @ Home Stay, Nyoma
- ✈ Cycling 90 km
- ✈ Meters Duration: 7-8 Hours

- ✈ It sounds like you're describing an adventurous and action-packed day! Starting with a thrilling mountain climb and downhill ride sets the tone for an exciting journey. The stop at Chumathang for relaxation is a great way to recharge before heading to the Indian Army's tank practice land, which adds a unique and intriguing element to the trip. After refueling with some food and enjoying a more leisurely ride, reaching Nyoma at the foothills of Hanle must feel like a rewarding end to the day.
- ✈ The combination of natural beauty, adventure, and a touch of military history makes this itinerary truly special. Have an amazing time exploring!





Nyoma to Hanley 75Km

✚ Stay @ Home Stay, Hanley
✚ Cycling 75km
✚ Meters Duration: 7-8 Hours

✚ Hanle, situated in the Ladakh region of northern India, has recently earned recognition as India's first Dark Sky Reserve. Known for its crystal-clear, light-pollution-free skies, Hanle is a haven for astrophotographers, stargazers, and space enthusiasts alike.

✚ The village of Hanle, situated at an altitude of over 4,500 meters, is home to the Indian Astronomical Observatory, which houses one of the highest optical telescopes in the world. This makes it a hotspot for stargazing and astronomical research. The clear, unpolluted skies offer breathtaking views of the Milky Way, constellations, and meteor showers, creating a surreal experience for visitors.

✚ Beyond its astronomical appeal, Hanle is also celebrated for its rich wildlife and tranquil, scenic landscapes. The region is part of the Changthang Wildlife Sanctuary, where you can spot unique species like the Tibetan wild ass (kiang), Tibetan gazelle, and snow leopards. The raw beauty of the high-altitude desert, encircled by towering mountains, enhances the allure of this remote and captivating destination.

✚ A trip to Hanle Monastery (Hanle Gompa) is a must-visit, offering spiritual serenity and panoramic views of the region. This 17th-century monastery belongs to the Drukpa Kagyu sect of Tibetan Buddhism and offers a peaceful retreat with stunning views of the surrounding valleys. The monastery's architecture and spiritual ambiance make it a significant cultural and historical site.

✚ For tourists and photographers, Hanle is a dream destination, combining astronomy, wildlife, and spirituality in one of the most remote and beautiful parts of India. Whether you're stargazing, visiting the monastery, or photographing the rugged landscapes, Hanle offers an experience that stays with you forever.





Hanley to Chisumle via Nirbula Pass (50km)

- ✈ Stay @ Home Stay, Chisumle
- ✈ Cycling 50 km
- ✈ Duration: 7-8 Hours

Pass 1: Nirbula Top

The journey to UMLING Laa, the world's highest motorable road, is the ultimate test for any true mountain biker (MTB). This off-road adventure is not for the faint-hearted—it's a rugged, challenging, and exhilarating experience that will push your limits as a cyclist. Here's what you can expect on this epic MTB track:

The Route

- ✈ **Starting Point:** Your journey begins at the foothills, where the terrain is relatively tame but quickly transitions into steep climbs, rocky paths, and loose gravel.
- ✈ **Midway Challenges:** As you ascend, the air gets thinner, and the trails become more technical. You'll encounter sharp turns, narrow ridges, and sections where you'll need to carry your bike.

The Terrain

- ✈ **Rocky Trails:** Expect jagged rocks and boulders that demand precision and control.
- ✈ **Loose Gravel:** Slippery sections will test your balance and bike handling skills.
- ✈ **Steep Climbs:** The elevation gain is relentless, requiring both physical endurance and mental grit.
- ✈ **High-Altitude Challenges:** The thin air at this altitude can make breathing difficult, so pacing yourself is crucial.

So, gear up, wild cyclist. The gateway to UMLING Laa awaits. Are you ready to take on the world's highest motorable road?





UMLING LA : World highest motorable road

- ✈ Stay @ Home Stay, Hanle
- ✈ Cycling 50km (25km up / 25km Down)
- ✈ Duration: 8-10 Hours

The final day of your ride sounds like an epic culmination of your journey, blending physical challenge, breathtaking landscapes, and unpredictable weather. Here's a breakdown of what to expect and some tips to make the most of this day:

Early Start:

- ✈ Begin pedaling early to take advantage of cooler temperatures and clearer skies. The initial 18km stretch is straightforward, so use this time to warm up and conserve energy for the climb ahead.

The Challenging Climb:

- ✈ The last 6km to UMLING La will test your endurance and mental strength. This is the most demanding part of the journey, with steep gradients and potentially rough terrain. Pace yourself, stay hydrated, and take short breaks if needed.
- ✈ Keep an eye on the weather, as it can change rapidly in high-altitude regions. Be prepared for sudden drops in temperature, wind, or even snow.

Reaching the Top:

- ✈ UMLING La is one of the highest motorable passes in the world, and reaching the top will be a monumental achievement. Take a moment to soak in the panoramic views and celebrate your accomplishment. Be mindful of altitude sickness—if you feel dizzy, nauseous, or unusually fatigued, inform your team immediately.

Weather Preparedness:

- ✈ Layer your clothing to stay prepared for unexpected shifts in weather conditions. A waterproof jacket, thermal layers, and gloves are essential. Protect yourself from the sun with sunscreen, sunglasses, and a hat, as UV exposure is intense at high altitudes.





Descent and Return to Leh:

- ✦ After celebrating at the top, you'll likely descend and transfer to support vehicles for the drive back to Leh. Take this moment to relax and reflect on the unforgettable journey you've experienced.
- ✦ The drive from Hanle to Leh is long but scenic, offering a chance to relax and enjoy the landscapes of Ladakh.

Evening in Leh:

- ✦ Once back in Leh, take time to recover. Hydrate well, enjoy a hearty meal, and get plenty of rest. You've earned it!

Tips for Success:

- ✦ Mental Resilience: The climb will be tough, but focus on small milestones to keep yourself motivated.
- ✦ Team Support: Encourage your fellow riders and lean on the support team if needed.
- ✦ Document the Journey: Capture photos and videos, but also take moments to simply be present and enjoy the experience.

This final day is about more than just arriving—it's about appreciating the journey and the challenges you've conquered along the way. Safe travels and enjoy the ride!





Day in LEH

- ✈ Stay @ Hotel, Leh
- ✈ Memento Ceremony followed by Party & Breakfast.

It sounds like you have an exciting plan! Let's break it down:

- ✈ **Early Morning:** Party and celebrate the victory of Umling La. Make sure to enjoy the moment and capture some memories!
- ✈ **Next Day Checkout:** After the celebration, ensure you pack your belongings and complete the checkout process from your accommodation.
- ✈ **Airport Drop:** Arrange for transportation to the airport in time for your flight. Double-check your flight details and leave with enough buffer time for any delays.

If you need help organizing transportation, packing tips, or anything else, feel free to ask! Have a fantastic celebration and safe travels!





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 questions or need assistance later, don't hesitate to reach out.

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

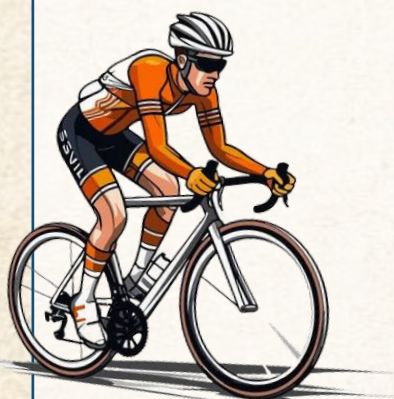
- ✓ All accommodations during the tour are on twin sharing basis (Hotel/Swiss Tent/Camp).
- ✓ All meals – Veg/Non-Veg (Breakfast / Lunch / Dinner) (Tea / Coffee / Snacks / Fruits).
- ✓ Ride Marshals will pedal alongside the cycling group, providing essential support and assistance
- ✓ Dietician's recommended food menu for each day.
- ✓ First Aid support + Medical kit+ Oxygen cylinder.
- ✓ Jersey + Momento + Goodies + Hoodie
- ✓ Tour photography & video bites along with the whole Tour Journey Video.
- ✓ Bike overhauling /cleaning.
- ✓ Goody Bag
- ✓ 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 Assembly on Arrival & Packing on Return
- ✓ Technical Team for assistance & repair
- ✓ Permits & Passes
- ✓ Portable Washrooms / Changing room for all.





Cost Excluded







- ❑ Govt. Taxes as applicable.
- ❑ Cycle Accessories.
- ❑ Personal expenses incurred during the tour.
- ❑ Inner line permits for foreign nationals
- ❑ Tickets / Transfer from Home to Leh
- ❑ 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 : SPORTZ NETWORK INDIA

BANK : AU Small Finance Bank

A/C NO.: 2302211854412538

IFSC CODE : AUBL0002118

BRANCH : Faridabad

UPI : CYCLEADVENTURESINDIA@OKHDFCBANKI
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