



# LEH TO MANALI



Duration :  
8 days



Drop Point:  
**Manali to  
Delhi by Volvo**



Group Size :  
**Max. 18 People**



+91-9988009290



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





# JOURNEY OVERVIEW

## TRIP EXPERIENCE

Set off on a remarkable adventure that immerses you in the heart of nature's finest wonders. Add another thrilling adventure to your collection with the **Leh to Manali Cycling Expedition**, a breathtaking ride through the majestic mountains. This expedition is not just a ride; it's a celebration of nature, endurance, and the spirit of adventure.

## ADVENTURE DIARY

For those who have a deep love for nature and an unquenchable thirst for adventure, **Leh** is a dream destination that deserves a top spot in every adventurer's diary. The rugged landscapes, serene lakes, and towering peaks create a perfect backdrop for an epic cycling journey. The journey from Leh to Manali offers a thrilling challenge, rewarding adventurers with breathtaking landscapes and lifelong memories.







## JOURNEY OVERVIEW

### BATCH SIZE: 18 PAX

To ensure a personalized and enriching experience, we maintain a small batch size of **18 participants**. At CAI, we believe in providing **one-on-one attention** to every rider. This approach not only adds a personal touch but also keeps all cyclists motivated and connected throughout the journey. Our goal is to make sure every rider feels supported, encouraged, and part of a close-knit team as they conquer the mountains.

Are you ready to pedal through the Himalayas and create stories worth telling? Join us for the **Leh to Manali Cycling Expedition** and let the mountains inspire you!







# HIGHLIGHTS OF THE EXPEDITION



**Downhill  
Cycling**



**Baralachla  
Pass**



**Leh City  
Tour**



**More Plains**

# LEH







## Welcome to leh

- Your journey to Leh sounds like an exciting and well-organized adventure! Here's a quick recap and some additional tips to make the most of your time in Leh before the expedition to Manali.







## Arrival in Leh

- ✈ **Arrival & Check-in:** Upon arrival in Leh, riders settle in and check into their designated hotel to relax and acclimatize. Take some time to relax and hydrate, as the high altitude can be challenging for some.
- ✈ **City Tour & Acclimatization:** Spend the day exploring Leh and its scenic surroundings while gradually acclimatizing to the high-altitude environment. Some must-visit sites include:
  - **Pathar Sahib Gurudwara:** A serene Sikh shrine surrounded by stunning landscapes.
  - **Shey Monastery & Thiksey Monastery:** Ancient Buddhist monasteries offering spiritual solace and breathtaking views.
  - **Leh Palace:** A historic royal residence with panoramic views of Leh.
  - **Hall of Fame:** A museum dedicated to the Indian Army, showcasing the region's military history.
  - **Shanti Stupa:** A serene white-domed stupa that radiates peace and offers panoramic views of Leh's breathtaking landscape.
  - **Magnetic Hill:** Witness the fascinating illusion where vehicles seem to defy gravity and roll uphill on their own.
  - **Local Markets & Cafes:** Explore Leh's vibrant markets and cozy cafes for a taste of local culture and cuisine.







## Arrival in Leh

### Afternoon: Briefing & Preparation

- ✦ **Post-Lunch Briefing:** Attend a detailed briefing session where you'll receive essential information about the journey, safety protocols, and distribution of tour essentials.
- ✦ **Orientation Walk:** A short acclimatization walk helps your body adjust to the altitude while exploring the surroundings.
- ✦ **Medical Orientation:** Learn about altitude sickness, first aid, and other health-related tips to ensure a safe journey.

### Evening: Rest & Relaxation

- ✦ **Early Dinner:** Enjoy a hearty meal to fuel up for the adventure ahead.
- ✦ **Early Rest:** Retire early to give your body ample time to rest and recover before the expedition begins the next day.

### Tips for a Smooth Start:

1. **Hydrate Well:** Drink plenty of water to combat the dry climate and prevent altitude sickness.
2. **Dress in Layers:** Leh's weather can be unpredictable, so wear layers to stay comfortable.
3. **Avoid Overexertion:** Take it easy on the first day to allow your body to adjust to the altitude.
4. **Carry Essentials:** Keep sunscreen, sunglasses, and a hat handy to protect yourself from the strong sun.
5. **Stay Connected:** Charge your devices and download offline maps, as network connectivity can be limited.

Enjoy the breathtaking beauty of Leh and prepare yourself for an unforgettable journey to Manali! Safe travels!







## LEH - RUMTSE

- ✦ Stay @ Homestay, Rumtse
- ✦ Cycling 78 km,
- ✦ Leh – Rumtse : 3500m – 4166m
- ✦ Duration 8-9 Hours

✦ Wow, the first day of your Leh to Manali Cycling Expedition sounds absolutely exhilarating! The thrill of starting your journey, the anticipation of what lies ahead, and the breathtaking landscapes you'll encounter—it's all so exciting!

✦ As you set off, the vibrant flora and fauna around Leh will gradually give way to the stark, raw beauty of the barren land, a reminder of the rugged terrain you're about to conquer. The sight of Upshi, a quaint village nestled in the Indus River Valley, will be a welcome pause in your ride. Crossing the bridge over the mighty Indus River—Asia's longest river—will be a moment to cherish, as you feel the power and history of this iconic waterway beneath your wheels.

✦ The Tso-Kar, or "white lake," with its snow-colored waters, will add a touch of magic to your journey, a serene contrast to the rugged surroundings. And as you pedal those final kilometers to Rumtse, the sense of accomplishment will start to set in. Setting up camp there, surrounded by the vast, open landscapes, will be the perfect way to end your first day—a day filled with adventure, awe, and the promise of even more incredible experiences to come.

✦ Get ready to embrace the challenges and the beauty of this epic expedition. Adventure beckons on the open road — promising an experience you'll remember forever!







## Rumtse - Pang via Taglangla Pass & More Plains

- Stay @ Homestay, Pang
- Pass 1: Taglang La
- Rumtse to Taglang La to Debring to Pang : 4166m – 5328m – 4765m – 4550
- Distance: 101km
- Meters Duration 8 – 9 hours

This description paints a vivid picture of an exhilarating and spiritually enriching cycling expedition from Leh to Manali, particularly highlighting the journey from Tanglang La to Pang. Here's a breakdown of the experience:

- Early Start at 6 AM:** The day begins early to conquer Tanglang La, one of the highest motorable passes in the world. The early morning start ensures cooler temperatures and clearer skies, perfect for cycling.
- Conquering Tanglang La:** Conquering the summit of Tanglang La stands as a remarkable milestone in any rider's journey. At an altitude of over 5,300 meters, the pass offers breathtaking views and a sense of accomplishment.
- Downhill Thrill to Debring:** After the pass, the ride becomes more exciting as cyclists enjoy the speed and chill of descending from one of the highest points. The downhill ride is both thrilling and refreshing.
- Journey Across the Plains:** The route continues across high-altitude plains at around 4,800 meters towards Pang. This section offers a mix of challenging terrain and stunning landscapes, characteristic of Ladakh's dramatic scenery.
- Star Attraction – Pang:** Pang, situated at a high altitude, is a major highlight of the expedition. After cycling approximately 40 kilometers, cyclists reach Pang, adorned with colorful prayer flags and a small temple. The temple offers a peaceful retreat, inviting riders to receive blessings and embrace the tranquil surroundings.
- Dramatic Landscapes:** The cold, stark beauty of Pang, surrounded by snow-covered mountains, creates a surreal and thrilling experience. It's a moment to relish and reflect on the journey's grandeur.
- Descent to Pang:** After enjoying the views and spiritual ambiance, the ride continues downhill towards Pang, with the snow-capped mountains providing a majestic backdrop.

This segment of the Leh to Manali Cycling Expedition is not just a physical challenge but also a deeply immersive experience, blending adventure, spirituality, and the raw beauty of the Himalayas. This journey challenges your endurance while immersing you in meaningful encounters with nature and rich cultural experiences.







## Pang - Sarchu via Lachungla & Nakeela pass

- ✍ Stay @ Swiss Tent, Sarchu
- ✍ Cycling 81 Km,
- ✍ Pass 2 : Lachulung La | Pass 3 : Nakeela Pass
- ✍ Duration 8-10 Hours

✍ Wow, what an exhilarating day ahead! A twin-pass day sounds absolutely thrilling, especially with the promise of adventure, stunning landscapes, and the rich history of the old silk route. Riding through 21 hairpin bends is no small feat, but the excitement of conquering those twists and turns while descending 70% of the journey must be incredibly rewarding.

✍ The destination, Sarchu, sounds like a magical place to unwind after such an action-packed day. Nestled in the midst of barren, mountainous terrain with a serene stream flowing by, it's the perfect spot to relax and soak in the raw beauty of nature. And the cherry on top? Star gazing at night! With minimal light pollution, the night sky in Sarchu must be breathtaking, offering a dazzling display of stars and constellations.

✍ This day seems like a perfect blend of adrenaline, natural beauty, and tranquility. Enjoy every moment of the ride, the views, and the peaceful evening under the stars!







## Sarchu - Jispa via Baralachlaa pass

- ✚ Stay @ Swiss Tent, Jispa
- ✚ Cycling 84 km
- ✚ Pass 4: Barachala Pass
- ✚ Sarchu -Baralachla : 4290m – 4850m
- ✚ Baralachla – Jispa: 4850m – 3200m
- ✚ Duration: 8-10 Hours

Your journey from Sarchu to Jispa, via the Baralacha La Pass, sounds like an incredible adventure through some of the most breathtaking landscapes in the Himalayas. Here's a breakdown of the experience:

### Sarchu to Baralacha La Pass:

- The ascent from Sarchu to Baralacha La (4,890 meters) is a gradual climb, offering stunning views of the rugged terrain and snow-capped peaks.
- Baralacha La is a majestic high-altitude pass linking the regions of Lahaul, Ladakh, and Spiti in the Himalayas. It's known for its challenging roads and the confluence of multiple valleys.
- The sense of isolation here is profound, as you're far from the hustle and bustle of civilization, surrounded by raw, untouched nature.

### Descent to Jispa:

- After crossing Baralacha La, the journey descends towards Jispa, a picturesque village in the Lahaul Valley.
- En route, encounter the breathtaking beauty of Suraj Tal (Sun Lake) and Deepak Tal (Moon Lake) — two pristine high-altitude lakes nestled in the Himalayas. Suraj Tal is particularly famous as it's the source of the Bhaga River.
- The descent offers a mix of thrilling drives and serene landscapes, with the river accompanying you for much of the journey.







### Evening in Jispa:

- Relish a scenic ride beside the Chandra River, surrounded by sweeping Himalayan vistas that take your breath away.
- As the sun sets, it's time to reflect and celebrate the triumphs of the day. A bonfire, music, and camaraderie make for a perfect end to an adventurous day.
- Under clear skies and fresh mountain air, the night transforms into a truly unforgettable experience.

This adventure goes beyond physical endurance — it's a deep connection with nature and a chance to witness the untouched beauty of the Himalayas. Enjoy every moment of this incredible adventure!

DELHI	761 KM	BORDER ROADS ORGANISATION		CHANDIGARH	511 KM	
KEYLONG	86 KM	 38 BRTF	CONNECTING STATES, CONNECTING PEOPLE, CONNECTING HEARTS	 70 RCC	MANDI	301 KM
STINGIRI	80 KM				MANALI	201 KM
PATSIO	39 KM				PALCHAN	192 KM
BARALACHA LA	11 KM				ROHTANG PASS	150 KM







## Jispa - Koksar via Sissu

- ✚ Stay @ Home Stay, Koksar
- ✚ Cycling 68 km
- ✚ Meters Duration: 7-8 Hours

Cycling from Jispa to Koksar via Sissu sounds like an incredible adventure through the stunning landscapes of Lahaul Valley! Here's a quick guide to help you prepare for this leg of your journey:

### Route Overview:

- ✚ **Start Point:** Jispa
- ✚ **Destination:** Koksar (via Sissu)
- ✚ **Distance:** Approximately 50-60 km (depending on the exact route)
- ✚ **Terrain:** A mix of gradual climbs, descents, and flat sections, with breathtaking views of high mountains and rivers.
- ✚ **Highlights:** Sissu village, Chandra River, and the approach to Rohtang Pass.

### Highlights Along the Way

#### 1. Jispa to Sissu:

- ✚ This adventure goes beyond physical endurance — it's a deep connection with nature and a chance to witness the untouched beauty of the Himalayas.
- ✚ Sissu is a picturesque village with a beautiful waterfall and lush green surroundings. Take a short break here to soak in the views.

#### 2. Sissu to Koksar:

- ✚ The ride from Sissu to Koksar is relatively easier, with a mix of flat and downhill sections.
- ✚ Koksar is a small village and the last stop before the climb to Rohtang Pass. It's a great place to rest and acclimatize.







## Koksar to Manali via Rohtang Pass

- ✚ Stay @ Hotel, Manali
- ✚ Cycling 59 km
- ✚ Pass 5 : Rohtang Pass
- ✚ Koksar – Rohtang Pass : 3140m – 3980m
- ✚ Rohtang Pass to Manali : 3980m – 2050m
- ✚ Duration: 6-8 Hours

This sounds like an exciting and well-organized expedition! Here's a breakdown of the day's events:

- ✚ **Morning Climb:** The day begins with a challenging 19km ascent straight towards Rohtang Pass. This climb is likely to be physically demanding, offering stunning views and a sense of accomplishment once the riders reach the top.
- ✚ **Descent and Check-in:** After reaching the summit, the riders get to enjoy a thrilling 35km downhill ride. This is the last opportunity on the journey to experience the exhilaration of a descent. The ride concludes with a check-in at the hotel, where riders can rest and refresh.
- ✚ **Evening Celebration:** The expedition success party takes place in the evening at the hotel. This is a time to celebrate the achievements of the riders, with memento distribution and a closure dinner. It's a moment to reflect on the journey, share stories, and enjoy the camaraderie.
- ✚ **Technical Team Preparation:** While the riders celebrate, the technical team is busy in packaging the cycles for the journey back home. They ensure that all equipment is packed and ready for transport the next day.

This day marks the culmination of the expedition, blending physical challenge, scenic beauty, and celebratory moments. A perfect conclusion to an unforgettable journey filled with adventure and awe.







## Home Calling

- ✈ Wake up call, Home calling !!
- ✈ Pack up your bags & get ready to board your bus for home.
- ✈ The team will be assisting everyone in the process of boarding the bus, by ensuring a seamless drop to the bus stand.

You're welcome !!

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).
- ✓ Transfer from Manali to Chandigarh / New Delhi.
- ✓ Ride Marshals will pedal alongside the cycling group, providing essential support.
- ✓ Dietician's recommended food menu for each day.
- ✓ First Aid support + Medical kit+ Oxygen cylinder.
- ✓ Jersey + Momento + Goodies + Hoodies.
- ✓ Tour photography & video bites along with the whole Tour Journey Video.
- ✓ Bike overhauling /cleaning.
- ✓ Goody Bag
- ✓ Tour success party at Manali
- ✓ 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.
- ✓ Travel Insurance.
- ✓ Technical Team
- ✓ 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
- ❑ 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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