



TOUR OF SPITI VALLEY



Duration :
11 days



Pickup Point:
Delhi to Shimla
By Volvo



Drop Point:
Manali to Delhi
By Volvo



Group Size :
Max. 18 People



+91-9988009290



www.cycleadventuresindia.com



JOURNEY OVERVIEW

A bicycle expedition through the rugged terrains of Spiti Valley is the ultimate adventure for thrill-seekers and nature enthusiasts alike. Nestled in the heart of the Himalayas, Spiti Valley offers a unique blend of stark landscapes, high-altitude passes, and rich cultural heritage, making it a dream destination for cyclists.

Highlights of the Expedition

- **Breathtaking Landscapes**
 - Traverse through some of the most stunning and remote landscapes in the world, from barren mountains to lush green valleys.
 - Cycle along the Spiti River, where crystal-clear waters mirror the majestic peaks above.
- **High-Altitude Passes**
 - Conquer challenging high-altitude passes like Kunzum La (4,590 meters) which offer panoramic views of the surrounding Himalayas.
 - Experience the thrill of cycling at altitudes that few dare to venture.





JOURNEY OVERVIEW

- **Hidden Gems**
 - Discover hidden villages like Dhankar, Langza, and Komic, which are steeped in history and offer a glimpse into the traditional way of life in the Himalayas.
 - Visit ancient monasteries such as Key Monastery and Tabo Monastery, which are among the oldest and most revered in the region.
 - Visit the Hikkim Post Office — the world's highest post office — and experience mailing a postcard from the top of the world.
- **Cultural Immersion**
 - Interact with the warm and welcoming locals, who have preserved their unique culture and traditions for centuries.
 - Participate in local festivals and rituals, if timed right, to get a deeper understanding of the region's rich heritage.
- **Unforgettable Experiences**
 - Camp under the stars in some of the most remote and pristine locations, far from the hustle and bustle of city life.
- **Camaraderie**
 - Enjoy bonfires, storytelling sessions, and hearty meals prepared with local ingredients.
- **Camaraderie**
 - Forge lasting friendships with fellow riders as you share the challenges and triumphs of the journey.
 - Support and encourage each other as you push your limits and achieve new milestones.





HIGHLIGHTS OF THE EXPEDITION



**Breathtaking
Landscapes**



**Cultura
Immersion**



**High-Altitude
Passes**



Camaraderie

SHIMLA





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 of 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 an 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, and 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 well-maintained and 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.





SHIMLA to KINGAL

Stay: Hotel, Kingal
Cycling: 88 km
Duration: 5–6 Hours

- After an early morning transfer from Shimla to Kufri by Tempo Traveller, we hop on our bicycles to begin the thrilling Spiti Bicycle Expedition. Today's route takes us through scenic valleys lined with green fields and towering mountains.
- We will ride from Kufri to Kingal, passing through beautiful locations including Narkanda. The elevation ranges from approximately 2,720 m in Kufri to 2,708 m in Kingal. The total ride distance remains around 88 km, offering breathtaking Himalayan views and a memorable introduction to the adventure ahead.
- Throughout the day, our team will provide nutrition and hydration support. We'll take a break for lunch between 1:30 PM and 2:00 PM. Upon reaching Kingal, rooms will be assigned for rest and relaxation.
- In the evening, join us for a Hi-Tea session and a briefing about the next day's ride. To ensure everyone is well-rested for the upcoming challenges, dinner will be served early





KINGAL to BADHAL

- ✦ Stay: Hotel, Badhal (Jeori)
- ✦ Cycling: 67 km
- ✦ 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 en route, ensuring riders are fuelled with hydration and nutrition for the adventure ahead.
- ✦ The elevation from Kingal to Jeori in Himachal Pradesh ranges 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.





BADHAL to SPILLO

- ✚ Stay: Hotel, Spillo (Kinnaur)
- ✚ Cycling: 69 km
- ✚ Duration: 8 – 9 Hours
- ✚ Spillo is a village located in Pooh Tehsil of Kinnaur District, Himachal Pradesh, India.
- ✚ It is bordered by Reckong Peo, Kalpa, and Nichar Tehsils to the west, and Mori Tehsil to the south.
- ✚ As we have a longer ride today, we will try to leave early, so we can cover the maximum distance before lunch.
- ✚ Will start the ride post having our morning tea/coffee.
- ✚ Breakfast will be served route, along with 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, so get fresh and take a 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.





SPELLO to NAKO

Stay: Hotel, Nako
Cycling: 96 km
Duration: 9 – 10 Hours

Nako is a scenic village in the Kinnaur district of Himachal Pradesh, India, located near the Indo-Tibetan border at an altitude of 11,893 feet (3,622 meters).

Today's ride will be more tougher as today's elevation gain from Spello to Nako in Himachal Pradesh is approximately 1,133 meters.

We will depart 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 en route.

If we reach Nako on time, then in the 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 the next challenge is waiting for us tomorrow.





NAKO to TABO

- Stay: Hotel, Tabo
- Cycling: 65 km
- Duration: 7-8 Hours
- Tabo is a quaint town nestled in the Lahaul and Spiti district along the Spiti River in Himachal Pradesh.
- It is renowned as the oldest continuously functioning Buddhist enclave in both India and the Himalayas.
- The ride will start post breakfast today, as today 50% ride is descended, so we have to wait for proper sunlight.
- Nako sits at an altitude of 11,893 feet, whereas Tabo lies at a lower elevation of approximately 10,000 feet.
- We will be crossing the Tabo bridge today.
- Lunch will be served en route, 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 an adequate amount of energy as more adventure is waiting.





NAKO to TABO

Stay: Hotel, Kaza
Cycling: 50 km
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 serves as the sub-divisional headquarters of Lahaul & Spiti and acts as a key transit hub for visiting the surrounding 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 post 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 & take rest as in the evening post-Hi-tea, we can explore the local market and Kaza Monastery.
- Dinner will be served around 8-8:30 PM, post the briefing session.





CITY TOUR KAZA

- ✈ Stay: Hotel, Kaza
City Tour: 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 traveler and will kickstart our day at Kaza.
- ✈ Today we will explore the following places:
 - Key Monastery: Among the largest and most iconic monasteries in Spiti Valley, Key Monastery dates back to the 11th century and is a significant center of Buddhist learning.
 - Chichum Bridge: India's highest road span crossing approximately 150 meters above a tributary of the River Spiti in the Himachal Pradesh region.
 - Visit the Hikkim Post Office — the world's highest post office — and experience mailing a postcard from the top of the world.
 - And a few other places like Fossil village Langza, Golden Temple of Spiti and more...
- ✈ In the evening, we will have a briefing session, to discuss the upcoming thrill & adventure.
- ✈ Today dinner will be served around 8:30 PM so that everyone can rest timely.





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 are 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 breakfast & tea at the hotel.
- ✍ Lunch will be served en route, around 1:30 – 2:00 PM.
- ✍ Upon reaching Losar, rooms will be allocated to everyone, so get fresh and take a 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 a rest and rejuvenate the body for the challenges.





LOSAR to MANALI

- ✚ Stay: Hotel, Manali
- ✚ Duration: ~7–8 Hours (total with breaks)
- ✚ After breakfast and morning tea at Losar, we will begin our journey to Chandratol Lake via support vehicles. The route passes through the majestic Kunzum Pass at an elevation of 4,551 meters, offering spectacular views of the high Himalayas.
- ✚ Due to challenging road conditions and high altitude, the cycling segment from Losar to Chandratol (approx. 40 km) will not be conducted, and the team will travel in support vehicles for safety.
- ✚ Upon reaching Chandratol (elevation 4,270 meters), you'll have time to soak in the serene beauty of this crescent-shaped alpine lake. After a brief stop and photo opportunity, we continue our journey towards Manali via Batal, Chhatru, and Atal Tunnel.
- ✚ Lunch will be served around 1:30–2:00 PM during the drive.
- ✚ Nutrition and hydration support will be available throughout the journey.
- ✚ We aim to reach Manali by evening, where you will check in to your hotel and freshen up. After Hi-Tea, we'll have a briefing session, followed by dinner and overnight rest to conclude the expedition.

Note: The route is subject to change due to weather and climatic conditions.
(Manali or Shimla)





FAREWELL & DEPARTURE

- ✈ Meals: Breakfast Only
- ✈ Stay: Check-out after breakfast
- ✈ Departure: Evening Volvo to Home

- ✈ Wake-Up Call, Home Calling!
- ✈ Begin your day with a relaxed breakfast and prepare for your final day in the mountains. After breakfast, join us for a Memento Ceremony, where we celebrate your achievement and unforgettable journey through the Himalayas.

- ✈ Post-ceremony, feel free to explore Manali or rest at your stay. Room check-out will be by standard time. If you wish to extend your stay, please inform the team in advance.

- ✈ In the evening, the team will assist you with transfers to the Volvo bus stand, ensuring a smooth departure process.

Thank you for being part of this incredible expedition with Cycle Adventures India.

We've loved riding with you, and hope to see you again on future adventures! If you ever need assistance or have any queries, feel free to reach out.

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).
- ✓ Volvo transfer provided from Delhi to Shimla and Manali to Delhi for a comfortable journey.
- ✓ Tour Marshal for Support & Guidance.
- ✓ Dietician's recommended food menu for each day.
- ✓ First Aid support + Medical kit + Oxygen cylinder.
- ✓ Jersey + Goodies + Hoodie's + Memento.
- ✓ Tour photography and video.
- ✓ Bicycle overhauling / cleaning.
- ✓ Energy Food/Drinks/Bars/Juices/Dry Fruits/Bottled Water/ORS/Glucose during the ride.
- ✓ Tour success party at Manali.
- ✓ Training materials and tips to help you prepare for cycling in the mountains.
- ✓ Support vehicles to carry bags and essentials.
- ✓ Bicycle Packing (only at Manali on the return journey).
- ✓ Permits & Passes.
- ✓ Technical Team.
- ✓ Portable Washrooms / Changing room for all.
- ✓ Tour organizers will be with the group for tour coordination.





Cost Excluded







- ❌ Govt. Taxes as applicable.
- ❌ Cycle Accessories.
- ❌ Personal expenses incurred during the tour.
- ❌ To & Fro any journey expenses & tickets
- ❌ Hard & soft drinks / veg & non-veg meals not included in the day's designated menu.
- ❌ Return Tickets / Transfer from Delhi to Home.
- ❌ Anything that is not a part of the inclusions.





Things 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

₹ 60,999/-

PER PERSON



+91-9988009290



www.cycleadventuresindia.com



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