



ZANSKAR VALLEY



Duration :
12 days



Drop Point :
Manali to Delhi
By Volvo



Group Size :
Max. 18 People



+91-9988009290



www.cycleadventuresindia.com



JOURNEY OVERVIEW

Zaskar Valley in Ladakh is becoming a popular destination for adventure seekers, offering a mix of scenic beauty and challenging terrain suitable for mountain cycling. The valley features rivers, lakes, mountains, and old Buddhist monasteries.

Why Zaskar for Cycling?

- **Picturesque landscapes** The route from Singe-la to Nyerak village provides views of the Trans-Himalayan mountain range. The Zaskar gorge also provides impressive views.
- **Off-road challenges** : Zaskar offers a mix of terrains, including off-road tracks that test riding skill. New routes have been introduced that offer dirt roads and scenery.
- **Cultural exploration**: Cyclists can explore monasteries such as Stongdey, Sani, and Karsha, and experience the local culture.
- **Adventure**: Activities include adventurous river rafting on the Zaskar River and scenic trekking. The Chadar Trek, walking on the frozen Zaskar River in winter, is a unique experience.





HIGHLIGHTS OF THE EXPEDITION



**Breathtaking
Landscapes**



**Cultura
Immersion**



**High-Altitude
Passes**



Camaraderie

LEH





Welcome to leh

- ✦ Your journey to the Zaskar Valley begins with an exciting and culturally rich start in Leh, a beautiful town nestled in the Himalayas. Here's a detailed breakdown of your first day and the top sites you can explore in Leh:

DAY 1 : Arrival in Leh

- ✦ **Morning:** Riders arrive in Leh from their hometowns across the country. After checking into the hotel, you'll have time to relax and acclimatize to the high altitude.
- ✦ **City Tour & Exploration:** You're free to explore Leh and its surroundings. This is a wonderful chance to explore iconic landmarks and fully experience the richness of the local culture.
- ✦ **Post-Lunch:** A formal assembly is held for a briefing about the tour. Essential details, route maps, and necessary items for the journey will be distributed.
- ✦ **Orientation Walk:** A short acclimatization walk is organized to help your body adjust to the altitude. This is followed by a medical orientation to ensure everyone is prepared for the challenges ahead.
- ✦ **Evening:** After dinner, it's recommended to retire early to rest and recharge for the expedition starting the next day.





Leh - Kargil (vehicle transfer)

- ✚ Hotel Stay at KARGIL
- ✚ Leh : 3524 mtr | Kargil : 2676 mtr
- ✚ Duration: 6-8 Hours

This sounds like an exciting and adventurous start to an unforgettable journey! Here's a brief overview of your day ahead:

- ✚ **Breakfast:** Fuel up for the day ahead.
- ✚ **Transfer from Leh to Kargil:** A scenic drive with stops at key attractions:
 - **Pathar Sahib Gurudwara:** A peaceful Sikh temple known for its spiritual atmosphere and historical significance.
 - **Hall of Fame:** A patriotic museum honoring the courage and sacrifice of Indian armed forces.
 - **Sangam:** The confluence of the Indus and Zaskar rivers.
 - **Magnetic Hill:** A natural wonder where vehicles appear to move uphill on their own.
- ✚ **Arrival in Kargil:** Check into your hotel and rest.
- ✚ **Bicycle Assembly:** Prepare your bikes for the upcoming adventure.
- ✚ **Kargil City Tour:** Explore the city on bicycles, soaking in the local culture and sights.
- ✚ **Riders Meet:** A gathering to discuss plans and bond with fellow travelers.
- ✚ **Dinner and Rest:** Recharge for the epic journey ahead.

This itinerary promises a mix of cultural exploration, natural wonders, and physical activity, setting the tone for an incredible adventure. Enjoy every moment and stay safe! Feel free to reach out if you need additional information or travel tips for your trip.





Kargil - Parkachik

- 📍 Camping Stay @ Parkachik
- 📍 Cycling 80 km
- 📍 Altitude: 3600 meters
- 📍 Meters Duration: 7-8 Hours

Starting Point: Kargil

- 📍 **Kargil:** The journey begins in Kargil, a town known for its historical significance and stunning mountainous terrain. As your journey begins, you'll be embraced by the raw and majestic beauty of the Himalayan landscapes.

The Route

- 📍 **Scenic Road:** The road from Kargil to Parkachik offers a green, picturesque view on both sides. The lush landscapes, with the Suru River accompanying you throughout the ride, create a serene and refreshing atmosphere.
- 📍 **Suru River:** Cycling alongside the Suru River adds a tranquil element to the journey. The river's crystal-clear waters and the sound of its flow enhance the overall experience.

Destination: Parkachik

- 📍 **Parkachik Village:** This tiny village is a hidden gem, offering a stunning view of the Nun Peak, the highest peak in Jammu & Kashmir. The village's remote location and natural beauty make it a perfect destination for nature lovers and adventure enthusiasts.





- ✦ **Nun Peak:** The sight of Nun Peak is awe-inspiring. Its towering presence dominates the landscape, providing a majestic backdrop to the village.
- ✦ **Glaciers and Meadows:** Parkachik is surrounded by glaciers and lush meadows, offering opportunities for exploration and leisurely walks. The contrast between the icy glaciers and the green meadows is striking.
- ✦ **Hot Spring Bathing:** The presence of hot springs adds a unique element to the village. After a long day of cycling, soaking in these natural hot springs can be incredibly rejuvenating.
- ✦ **Nun Peak Summit Base Camp:** For those interested in mountaineering, the base camp for the Nun Peak summit is nearby, offering a starting point for more adventurous pursuits.

Overall Experience

- ✦ **Cycling Adventure:** The journey from Kargil to Parkachik offers a perfect mix of physical adventure and stunning natural scenery. The relatively remote and less-traveled path ensures a peaceful and immersive experience.
- ✦ **Natural Beauty:** From the green views along the road to the stunning vistas of Nun Peak and the surrounding glaciers, the journey is a feast for the eyes.
- ✦ **Cultural Experience:** Visiting a small village like Parkachik also offers a glimpse into the local culture and way of life, adding a rich cultural dimension to the adventure.

This cycling adventure goes beyond just the ride—it's about immersing yourself in nature, discovering local traditions, and soaking in the tranquil charm of the Himalayas. It's an adventure that promises to be both challenging and rewarding, leaving you with unforgettable memories.





Parkachik - Pensi la (pass 1)

- 📌 Camping Stay @ Statso/Langtso Lake
- 📌 Cycling: 71 KM
- 📌 Altitude: 4400 Meter
- 📌 Meters Duration: 7-8 Hours

Route Overview

- 📌 **Starting Point:** Parkachik – a scenic village nestled in the heart of the Suru Valley.
- 📌 **Destination:** Pensi La Pass – located at an altitude of 4,400 meters, offering breathtaking views of the surrounding peaks.
- 📌 **Distance:** Approximately 40-50 km, depending on the exact route.
- 📌 **Terrain:** Challenging climbs, rugged high-altitude roads, and uneven gravel trails.
- 📌 **Key Highlights:** Suru Valley, Drang-Drung Glacier, Stod River, and panoramic views of the Zaskar and Himalayan ranges.

Preparation Tips

- 📌 **Physical Fitness:**
 - Cycling at high altitudes requires endurance and strength. Ensure you're physically prepared for steep climbs and long distances.
 - Acclimatize properly to avoid altitude sickness. Spend a day or two in Parkachik or nearby areas to adjust to the elevation.





Bike and Gear:

- Use a sturdy mountain bike with good suspension and reliable brakes.
- Carry essential repair tools, spare tubes, and a pump.
- Wear layered clothing to stay comfortable as the weather shifts throughout the day. Include a windproof and waterproof jacket.



Hydration and Nutrition:

- Carry sufficient water (at least 2-3 liters) and hydration salts.
- Pack high-energy snacks like nuts, energy bars, and dried fruits.



Weather Considerations:

- Weather in the Himalayas can be unpredictable. Be prepared for sudden rain, snow, or strong winds.
- Begin your journey early to steer clear of unpredictable afternoon weather conditions.



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Safety:

- Carry a first-aid kit, sunscreen, and sunglasses.
- Inform someone about your travel plans and expected arrival time.
- Travel with a group or guide if possible, as the route can be remote and challenging.





Pensi La - Padum

- ✈ Hotel Stay @ PADUM
- ✈ Cycling 78 km
- ✈ Altitude : 3669 mtr
- ✈ Duration: 8-10 Hours

✈ Padum, named after the revered Buddhist master Padmasambhava, is a historic and culturally significant town in the Zaskar region of Ladakh, India. As the only town and administrative center of Zaskar, it serves as a hub for travelers and adventurers exploring this remote Himalayan area. Historically, Padum was one of the two main capitals of the ancient Zaskar Kingdom, reflecting its importance in the region's cultural and political landscape.

✈ For cyclists and adventure enthusiasts, the journey from Pensi-La Pass to Padum is a thrilling and scenic ride. Covering 78 kilometers, this route showcases awe-inspiring views of rugged peaks, vast valleys, and untouched natural beauty. The ride is both challenging and rewarding, making it a memorable experience for those who undertake it.

✈ Upon reaching Padum, riders can rest and explore the town and its surroundings. Padum is home to several monasteries, including the notable Karsha Monastery, and offers a glimpse into the rich Buddhist heritage of the region. The town also serves as a base for treks to nearby attractions like the Zangla Palace, Stongdey Monastery, and the stunning Zaskar Valley.

✈ Overall, Padum is not just a destination but a gateway to the natural beauty and cultural richness of Zaskar, making it a must-visit for anyone traveling through this part of the Himalayas.





Padum (City Day)

📍 Hotel Stay @ PADUM

📍 Altitude : 3669 mtr

📍 This shall be a full day off from cycling, all riders shall be free to explore the beautiful city Padum, having many exciting destinations to explore. The city Padum has a lot to walk around & capture beautiful clicks for a memorable tour. A number of notable Buddhist monasteries are located near Padum including Bardan Monastery and Kursha Monastery and the newly built Dalai Lama Photang.





Padum - Purne

- 🔗 Homestay @ PURNE
- 🔗 Cycling 51 km
- 🔗 Pass 2 : Cha Pass
- 🔗 Altitude : 3950mtr
- 🔗 Duration 8-10 Hours

- 🔗 It sounds like an exciting and challenging day for the riders! Covering 50% of the ride on downward and tough roads will test their skills and endurance, especially with the added challenge of navigating the CHA pass before reaching PURNE. The mix of downhill sections and tough terrain will require careful handling and focus, but it also promises stunning views and a sense of accomplishment.
- 🔗 Riders should ensure their bikes are in top condition, particularly the brakes, as downhill rides can be demanding on equipment. Staying hydrated and maintaining energy levels will also be crucial for tackling the tough roads and the climb up to the CHA pass.
- 🔗 This route seems like a perfect blend of adventure and physical challenge, making it a memorable part of the journey. Safe travels to all the riders!





Purne (Day off)

📍 Homestay @ PURNE
📍 Altitude : 3950mtr

📍 Visiting ancient monasteries nestled in caves, especially the iconic Phutgal Monastery, is a once-in-a-lifetime experience. The trek to the monastery along the blue water river will not only be visually stunning but also spiritually uplifting. Here's a brief overview of your day ahead:

Itinerary for the Day:

📍 Morning:

- Start your day with a hearty breakfast at your stay station.
- Prepare for the trek by packing essentials like water, snacks, a camera, and comfortable footwear.
- Begin the 3km trek to Phutgal Monastery, enjoying the serene beauty of the river and surrounding landscapes.

📍 Midday:

- Arrive at Phutgal Monastery, one of the most remote and breathtaking monasteries in the region.
- Wander through the monastery, uncover its rich history, and immerse yourself in its peaceful, spiritual ambiance.
- Take time to meditate or simply admire the stunning architecture and cave settings.

📍 Afternoon:

- Relish a packed lunch near the monastery or beside the river, embraced by the tranquility of nature.
- If time permits, visit nearby caves or trek to other historical sites in the area.
- Capture photos of the monastery, river, and surrounding cliffs to cherish the memories.





🔑 Evening:

- Trek back to your stay station, taking in the peaceful evening views.
- Rest and recharge after the trek, and enjoy sharing stories and memorable moments with your fellow travelers.
- Enjoy a warm meal and rest well, rejuvenating for the next leg of your cycling journey.

Tips for the Day:

- **Respect Local Customs:** Monasteries are sacred places, so dress modestly and follow any guidelines provided by the monks.
- **Stay Hydrated:** Carry enough water for the trek, especially if the weather is warm.
- **Footwear:** Wear sturdy and comfortable shoes, as the terrain might be uneven or rocky.
- **Camera Ready:** Don't forget to bring your camera or phone to capture the breathtaking landscapes and the charm of the monastery.

This day off will not only give your body a break from cycling but also provide a deep connection to the history, culture, and natural beauty of the region. Enjoy every moment!





Purne - Lakhong camping ground

- Stay @ Camping
- Cycling 51 km,
- Altitude: 4600 meter
- Duration 8-9 Hours

- The final day of your Cycling Expedition in Zaskar Valley is here, and it's time to soak in every moment of this incredible journey! As you pedal towards your destination, the stark, barren landscapes will gradually give way to lush greenery, vibrant flora, and the soothing presence of fauna. It's as if nature itself is celebrating your perseverance and rewarding you with a breathtaking transformation.
- One of the highlights of today's ride is the opportunity to witness the sacred Gonbo Rangjon Mountain, a revered symbol in the Buddhist community. This peak is a true symbol of the region's spiritual essence and stunning natural beauty. Take a moment to pause, reflect, and absorb the serene energy of this sacred site. Let the mountain's presence remind you of the profound connection between nature, culture, and the human spirit.
- As you cycle through this ever-changing landscape, let the excitement build within you. The journey has been challenging, but the memories, the camaraderie, and the sense of accomplishment will stay with you forever. Today is not just about reaching the destination—it's about celebrating the adventure, the resilience, and the beauty of Zaskar Valley.
- So, get ready, let the wind rush past you, and embrace the exhilarating freedom of the journey. This is your day to conquer the final stretch with joy and gratitude. Let's make it unforgettable!





Lakhong camping ground - Keylong

- ✚ Keylong Stay @ Hotel
- ✚ Cycling 71 km,
- ✚ Pass 3 : Shinku La pass
- ✚ Altitude: 3080 meter
- ✚ Duration 7-8 Hours

✚ It sounds like you're describing an incredible and memorable journey through the Zaskar Valley, crossing the challenging Singe La pass, and finally arriving in Keylong, Himachal Pradesh. The trip seems to combine adventure, natural beauty, and a sense of accomplishment, culminating in a celebratory evening with your fellow riders. Distributing certificates of success is a wonderful way to honor the effort and perseverance it took to complete such an expedition.

✚ Keylong, being a picturesque town in the Lahaul Valley, is a perfect place to unwind and reflect on the journey. The transition from the rugged landscapes of Zaskar to the serene beauty of Himachal Pradesh must be a rewarding experience. Enjoy the celebration and the camaraderie of your group—it truly sounds like a journey of a lifetime! Safe travels and congratulations on your achievement!





Keylong - Manali via Atal Tunnel

- 📌 Cycling 70 km
- 📌 Duration 7-8 Hours

📌 Here's a quick recap of the plan for the last day:

1. **Pedaling to Manali via Atal Tunnel:** Riders will cycle through the iconic Atal Tunnel, the highest tunnel in India, offering a unique and thrilling experience.
2. **Bicycle Wash & Packing:** Upon reaching Manali, the bicycles will be washed and packed for the return journey.
3. **Free Time in Manali:** Riders can freshen up, explore the city, go shopping, or enjoy local sightseeing before departure.
4. **Volvo to Delhi:** The Volvo bus will depart in the evening for Delhi.
5. **Stay Back Option:** Riders who wish to stay longer in Manali will need to manage their own accommodation and travel arrangements.

Make sure to:

- Review all your essentials and make sure your bicycle is securely packed for the journey.
- Confirm your Volvo seat or any additional stay arrangements if needed.
- Enjoy the final moments of this incredible journey and celebrate your achievement!

Safe travels and enjoy the ride!





Home Day

- 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 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

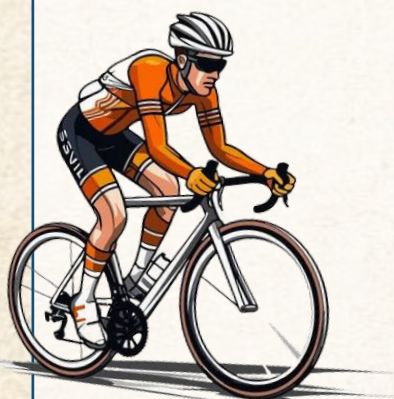
- ✓ All accommodations during the tour are on a sharing basis (Hotel/Swiss Tent/Camp).
- ✓ All meals – Veg/Non-Veg (Breakfast / Lunch / Dinner) (Morning & Evening Tea & Coffee).
- ✓ Transfer from New Delhi /Chandigarh to Manali.
- ✓ Tour Marshal for Support & Guidance
- ✓ Dietician's recommended food 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.
- ✓ 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
- ✓ 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





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.

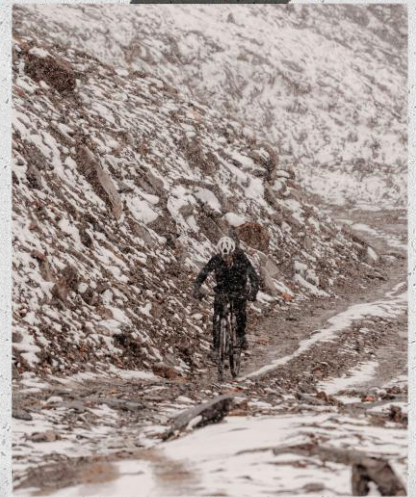


Cancellation Policy

	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 : SPORTZ NETWORK INDIA

BANK : AU Small Finance Bank

A/C NO.: 2302211854412538

IFSC CODE : AUBL0002118

BRANCH : Faridabad

UPI : CYCLEADVENTURESINDIA@OKHDFCBANKI
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