



MANALI - LEH KHARDUNGLA



Duration :
11 days



Pickup Point :
Delhi/Chandigarh
to Manali By Volvo



Group Size :
Max. 20 People



+91-9988009290



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 534 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.





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.

Cycle Adventures India (CAI) is committed to providing personalized attention to its riders, incorporating a personal touch to motivate and keep all participants connected. CAI's focus on one-on-one attention ensures that each rider receives the necessary support and guidance to achieve their goals, making it an ideal choice for those seeking a personalized and engaging cycling adventure.





HIGHLIGHTS OF THE EXPEDITION



**Breathtaking
Landscapes**



**Cultura
Immersion**



**High-Altitude
Passes**



Camaraderie

MANALI





Arrival at Kashmiri Gate, Delhi Reporting & Overnight Transit to Manali

- ↪ Participants arrive at Kashmiri Gate Bus Stand, Delhi by evening.
- ↪ Reporting at the designated meeting point as per shared instructions.
- ↪ Reporting time will be shared 4 days before the tour start date.
- ↪ Overnight journey to Manali





Arrival in Manali from Delhi/Chandigarh Acclimatization & Orientation

Altitude: ~2,050 m

Distance: ~10-15 km (optional acclimatization spin)

Start Elevation: 2,050 m

End Elevation: 2,050 m

Total Ascent: +150 m

Total Descent: -150 m

- ↪ Arrival in Manali via overnight Volvo from Delhi / Chandigarh
- ↪ Check-in at designated hotel / resort
- ↪ Bicycle assembly, tuning, and inspection
- ↪ Expedition orientation covering:
 - Route briefing and daily cycling plan
 - High-altitude riding guidelines
 - Safety protocols and support vehicle logistics
- ↪ Optional short acclimatization ride or walk
- ↪ Dinner and overnight stay in Manali





Manali to Marhi (via Gulaba)

Distance: 35 km

Start Elevation: 2,050 m

End Elevation: 3,300 m

Highest Point: Marhi

Total Ascent: +1,350 m

Total Descent: -100 m

- ↪ Early breakfast and ride start
- ↪ Gentle but continuous climb through pine forests
- ↪ Scenic mountain villages and alpine landscapes
- ↪ First real Himalayan ascent of the expedition
- ↪ Focus on controlled pacing and breathing
- ↪ Arrival at Marhi by afternoon
- ↪ Camping
- ↪ Dinner and overnight stay





Marhi to Keylong (via Rohtang Pass)

Distance: 80 km

Start Elevation: 3,300 m

End Elevation: 3,070 m

Highest Point: Rohtang Pass – 3,978 m

Total Ascent: +900 m

Total Descent: -1,100 m

- ↪ Early start due to long riding day
- ↪ Ascent to Rohtang Pass – first major high pass
- ↪ Cold and windy conditions near the summit
- ↪ Descent toward Atal Tunnel north portal
- ↪ Ride past Sissu village into Lahaul Valley
- ↪ Transition from green valleys to cold desert terrain
- ↪ Arrival at Keylong by evening
- ↪ Hotel accommodation, dinner, and overnight stay





Keylong - Patseo (via Jispa & Darcha)

Distance: ~48 km

Start Elevation: ~3,070 m (Keylong)

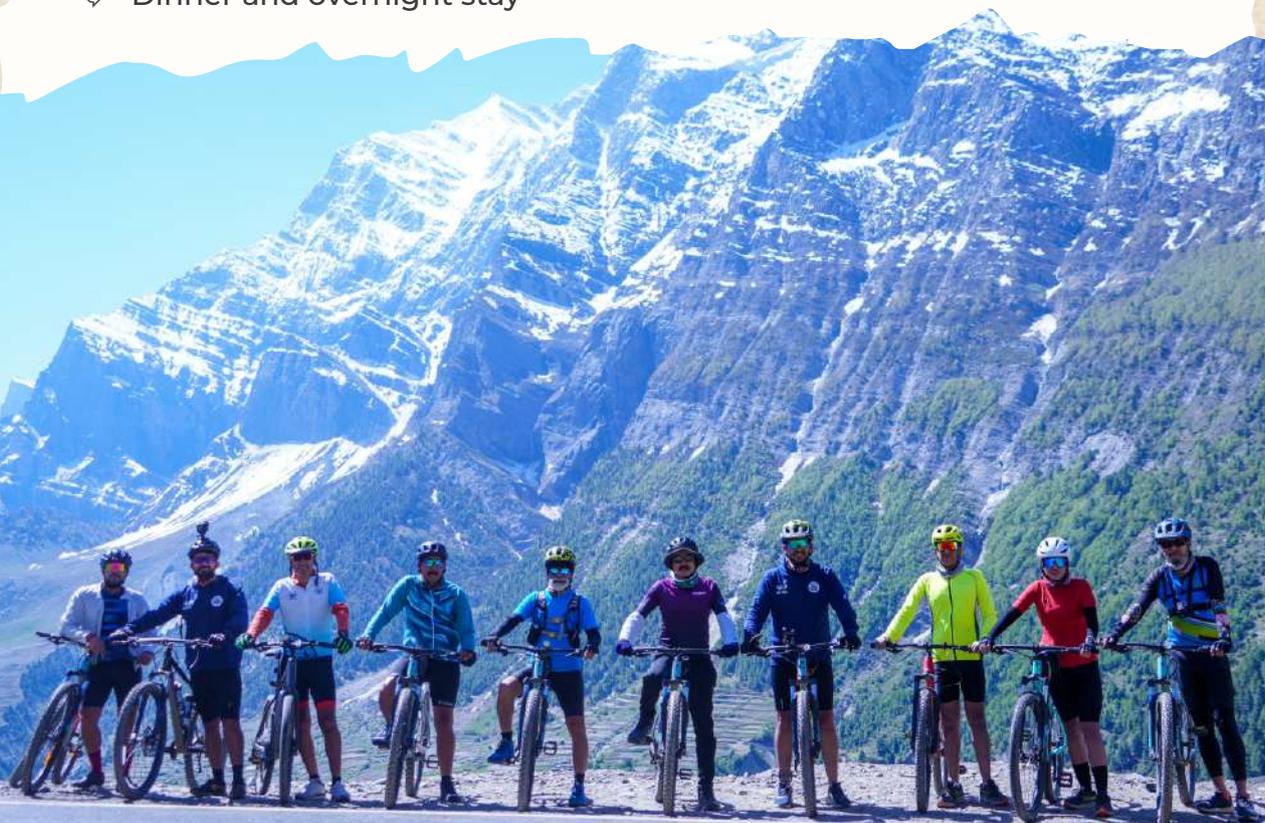
End Elevation: ~3,800 m (Patseo)

Highest Point: Patseo region

Total Ascent: +950 m

Total Descent: -220 m

- ↪ Breakfast and early departure from Keylong
- ↪ Ride along the Bhaga River through wide Lahaul Valley
- ↪ Pass Jispa, a key halt point on the Manali-Leh highway
- ↪ Continue toward Darcha, the last major settlement before high passes
- ↪ Terrain gradually becomes rugged and exposed after Darcha
- ↪ Steady high-altitude climbing begins with thinning air
- ↪ Arrival at Patseo by afternoon
- ↪ Camp / high-altitude tented accommodation
- ↪ Dinner and overnight stay





Patseo - Sarchu (via Baralacha La)

Distance: ~58 km

Start Elevation: ~3,800 m (Patseo)

End Elevation: ~4,300 m (Sarchu)

Highest Point: Baralacha La – 4,890 m

Total Ascent: +1,200 m

Total Descent: -700 m

- ↪ Early breakfast and ride start
- ↪ Gradual ascent toward Baralacha La begins soon after Patseo
- ↪ Continuous climbing in cold and windy conditions
- ↪ Ride past glacial streams and high-altitude meadows
- ↪ Reach Baralacha La, a major Himalayan pass connecting Lahaul and Ladakh
- ↪ Short summit halt for recovery and hydration
- ↪ Descend toward the Sarchu plains
- ↪ Arrival at Sarchu by late afternoon
- ↪ Stay in Swiss tents / high-altitude camps
- ↪ Dinner and overnight rest





Sarchu to Whisky Nala (via Gata Loops, Nakeela & Lachung La)

Distance: 49 km

Start Elevation: 4,300 m

End Elevation: 4,450 m

Highest Points:

↵ Nakeela Pass – 4,739 m

↵ Lachung La – 4,670 m

↵ Total Ascent: +1,150 m

↵ Total Descent: -1,000 m

↵ One of the toughest cycling days of the expedition

↵ Climb the famous 21 Gata Loops

↵ Thin air and steep gradients throughout the day

↵ Cross Nakeela Pass followed by Lachung La

↵ Highly exposed and remote terrain

↵ Arrival at Whisky Nala by evening

↵ Camp stay, dinner, and overnight rest

↵ 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.





Whisky Nala to Debring (via Pang & More Plains)

Distance: 81 km

Start Elevation: 4,450 m

End Elevation: 4,720 m

Highest Point: Debring

Total Ascent: +500 m

Total Descent: -230 m

- ↪ Breakfast and ride start
- ↪ Ride toward Pang village
- ↪ Enter the vast More Plains plateau (approx. 45 km)
- ↪ Flat terrain but strong winds and thin air
- ↪ One of the highest and most exposed cycling sections
- ↪ Arrival at Debring by afternoon
- ↪ Highest campsite of the expedition
- ↪ Dinner and overnight stay





Debring to Rumtse (via Tanglang La)

Distance: 46 km

Start Elevation: 4,720 m

End Elevation: 4,290 m

Highest Point: Tanglang La – 5,328 m

Total Ascent: +750 m

Total Descent: -1,200 m

- ↪ Early start for Tanglang La crossing
- ↪ Long, relentless climb to one of the highest motorable passes
- ↪ Extremely low oxygen levels near the summit
- ↪ Long descent toward Rumtse
- ↪ Arrival by late afternoon
- ↪ Camp / guesthouse stay
- ↪ Dinner and overnight rest





Rumtse to Leh

Distance: 77 km

Start Elevation: 4,290 m

End Elevation: 3,500 m

Total Ascent: +320 m

Total Descent: -1,100 m

- ↪ Breakfast and ride start
- ↪ Gradual descent into Indus Valley
- ↪ Ride past Upshi and scenic river stretches
- ↪ En-route views of Thiksey & Hemis monasteries
- ↪ Arrival in Leh by afternoon
- ↪ Hotel check-in and recovery
- ↪ Dinner and overnight stay





Leh to Khardung La to Leh (Summit Ride)

Distance: ~80 km (Round Trip)

Start / End Elevation: 3,500 m

Highest Point: Khardung La – 5,359 m

Total Ascent: +1,900 m

Total Descent: -1,900 m

- ↪ Early morning start
- ↪ Sustained climb from Leh toward Khardung La
- ↪ Thin air and cold temperatures throughout the ascent
- ↪ Reach one of the world's highest motorable roads
- ↪ Short summit halt for photos and recovery
- ↪ Long descent back to Leh
- ↪ Celebration dinner and overnight stay





Departure from Leh

Cycling Distance:-

Ascent: +0 m

Descent: -0 m

- ↪ Delhi/Chandigarh Departure
- ↪ End of Manali-Leh-Khardung La Cycling Expedition





Cost Inclusion

- ✓ 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 by volvo
- ✓ 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 with Protein bars / ORS / Coffee / Biscuits / bandanna
- ✓ 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
- ✓ Momento to every rider for the expedition's success.
- ✓ Reflective Vest/ Tape





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
- ❌ No meals in transfers included.





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.

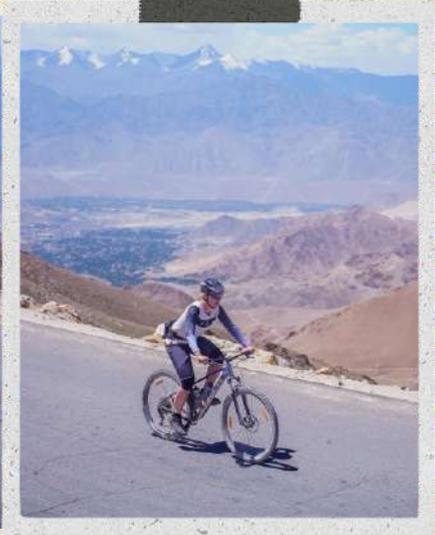


Cancellation Policy

	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	Balance Refunded in Mode of Credit Note	Balance Refunded in Mode of Credit Note	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

₹ 47,999/-

PER PERSON



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