



# SRINAGAR - LEH KHARDUNGLA



Duration :  
**9 days**



Group Size :  
**Max. 18 People**



+91-9988009290



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



# JOURNEY OVERVIEW

Embarking on a journey through the lush green mountain valley of Srinagar and exploring the history of the Indo-Pak war, while crossing the second coldest place and traversing the Khardung La Pass, the 13th highest motorable road in the world, offers an adventure of a lifetime. Here's a detailed guide to help you plan this incredible expedition:

## Starting Point: Srinagar

**Srinagar:** Start your adventure in Srinagar, the summer capital of Jammu and Kashmir. Known for its stunning Dal Lake, Mughal gardens, and houseboats, Srinagar offers a serene start to your adventure.

**Activities:** Enjoy a Shikara ride on Dal Lake, visit the Nishat Bagh and Shalimar Bagh, and explore the old city's bustling markets.





# HIGHLIGHTS OF THE EXPEDITION



**Dal Lake**



**Cultura  
Immersion**



**Kargil War  
Memorial**



**Zozila Pass**



**SRINAGAR**



## Welcome to Srinagar

- ↪ **Check-in at the Hotel:** After a long journey, take some time to rest and recharge.
  
- ↪ **City Tour:** Explore Srinagar's top sites to acclimatize and soak in the local culture:
  - **Dal Lake:** Famous for its serene beauty, shikara rides, and houseboats.
  - **Laal Chowk:** A historic city center with vibrant markets and landmarks.
  - **Old Market:** Perfect for picking up souvenirs, spices, and traditional Kashmiri handicrafts.
  - **Other Attractions:** Consider visiting Shalimar Bagh, Nishat Bagh, or Hazratbal Shrine if time permits.
  
- ↪ **Evening Activities:**
  - **Briefing and Distribution Session:** Pay attention to the essentials discussed for the journey ahead.
  - **Bicycle Installation:** The technical team will ensure your bikes are ready for the expedition.
  - **Acclimatization Ride:** A short ride to test your bike and get comfortable with the terrain.
  - **Early Dinner and Rest:** Retire early to ensure your body is well-rested for the adventure ahead.





### ↪ Tips for Riders:

1. **Acclimatization:** Go easy on day one to help your body acclimate to the altitude and weather conditions.
2. **Hydration:** Drink plenty of water to stay hydrated, especially if you're not used to the altitude.
3. **Local Cuisine:** Try some Kashmiri delicacies like Rogan Josh, Yakhni, or Kahwa (traditional tea) during your stay.
4. **Packing Essentials:** Carefully review your gear during the briefing to make sure you're fully prepared for the expedition.

### ↪ Preparation for Day 2:

- Lay out your riding gear and essentials the night before.
- Charge any electronic devices you'll need for navigation or communication.
- Set an early alarm to ensure a smooth start to your expedition.

Enjoy the breathtaking landscapes and the thrill of the journey ahead! Safe travels!





## Srinagar - Sonmarg

Stay @ Hotel, Sonmarg

Cycling: 75 km

Altitude: 5200ft – 8900ft

Duration: 5-6 Hours

Meals: Breakfast / Lunch / Dinner / Refreshment

1. **Early Morning Warm-Up:** The day begins with a warm-up session at the hotel to prepare the riders for the long journey ahead. Light tea or coffee is served to energize the participants.
2. **Flag-Off Ceremony:** The expedition kicks off with a flag-off ceremony at the iconic Dal Lake in Srinagar. This symbolic beginning sets the tone for the adventure.
3. **Departure from Srinagar:** Starting early in the morning allows the riders to navigate through Srinagar's city traffic with ease. Once they reach the outskirts, the scenic Srinagar-Leh Highway unfolds, offering stunning views of mountains on one side and a flowing river on the other.
4. **Ride to Sonmarg:** The ride to Sonmarg takes you through stunning and scenic landscapes. Riders take small breaks at regular intervals to stay hydrated, refuel with snacks, and rest. Proper hydration and nutrition are crucial to maintaining energy levels throughout the day.





## Srinagar - Sonmarg

5. **Arrival at Sonmarg:** After a day of cycling, the riders reach Sonmarg, their first stopover. Known as the “Meadow of Gold,” Sonmarg is a serene destination surrounded by snow-capped peaks and lush greenery, providing a perfect setting to rest and recharge for the next leg of the expedition.

### ↪ Key Highlights of the Day:

- **Scenic Beauty:** The route offers stunning views of the Himalayas and the Sind River.
- **Physical Challenge:** The ride tests the endurance and stamina of the participants.
- **Team Spirit:** The journey fosters camaraderie among the riders as they support each other through the challenges.





## Sonmarg - Dras

Stay @ Hotel, Dras

Cycling: 65 km

Altitude: 8900ft – 10500ft

Duration: 6-8 Hours

Pass: ZOJI La 11,600ft

Meals: Breakfast / Lunch / Dinner / Refreshment

Day 3 sounds like an exhilarating and challenging start to your expedition! Here's a quick overview of what's ahead:

- 1. Early Morning Meetup & Warmup:** Start the day with a group meetup followed by a warmup session to get your body ready. Sip on tea or coffee to boost your energy for the adventure.
- 2. Conquering Zojila Pass:** The highlight of the day is tackling the Zojila Pass, one of the most challenging sections of your expedition. At 11,600 feet, this high-altitude pass will test your endurance and resilience. The steep climbs and thrilling descents will offer breathtaking views and an adrenaline rush.
- 3. Scenic Drives & Adventure:** The route will take you through stunning landscapes, with a mix of uphill climbs and downhill rides. Be prepared for sharp turns, rugged terrain, and possibly unpredictable weather conditions.





## Sonmarg - Dras

5. **Arrival at Drass:** Your day ends at Drass, known as the second coldest inhabited place on Earth. This serene yet rugged destination is famous for its natural beauty and is a hub for adventure activities. Take in the crisp mountain air and enjoy the unique charm of this high-altitude region.

### ↳ Tips for the Day:

- Dress in layers to stay comfortable as temperatures fluctuate throughout the day.
- Stay hydrated and carry snacks for energy.
- Be cautious during the downhill rides, especially on steep and winding roads.
- Capture the breathtaking views, but make sure safety comes first at all times.

Relish the adrenaline of crossing Zojila Pass and soak in the peaceful charm of Drass! It's going to be a day filled with adventure and unforgettable memories.





## Dras - Kargil

Stay @ Hotel, Kargil

Cycling: 64 km

Altitude: 10,500ft – 8700ft

Duration: 5-6 Hours

Meals: Breakfast / Lunch / Dinner / Refreshment

The journey from Drass to Kargil is indeed a captivating experience, blending natural beauty, historical significance, and cultural immersion. Here's a breakdown of what makes this route so special:

### ↳ Starting Point: Drass

- Start the day with a group meetup followed by a warmup session to get your body ready. Sip on tea or coffee to boost your energy for the adventure.

### ↳ The Route

- **Distance:** The 64 km route is a mix of challenging climbs and exhilarating descents, offering a balanced ride for cyclists.
- **Scenic Landscapes:** As you pedal through the route, you'll be surrounded by breathtaking views of rugged mountains, lush valleys, and pristine rivers. The raw, rugged beauty of the region is both humbling and deeply inspiring.
- **Local Interaction:** Along the way, you'll have opportunities to interact with the local population. These interactions provide a glimpse into the daily lives, traditions, and hospitality of the people in this remote region.





- **Historical Significance:** The route is steeped in history, particularly related to the Kargil War. Cyclists can learn about the bravery and sacrifices of the soldiers who fought in this conflict. A visit to the Kargil War Memorial is included, offering a moving tribute to the heroes of the war. Key landmarks and memorials along the way serve as poignant reminders of the region's past.

#### ↪ Ending Point: Kargil

- **Kargil:** The ride concludes in Kargil, a town with a rich cultural heritage and strategic importance. Here, you can explore local markets, visit historical sites, and reflect on the journey you've just completed.

#### ↪ Tips for Cyclists

- **Preparation:** Ensure you're well-prepared for the ride with appropriate gear, including warm clothing, as temperatures can vary significantly.
- **Hydration and Nutrition:** Carry sufficient water and snacks to keep your energy levels up throughout the ride.
- **Pacing:** Given the terrain, it's important to pace yourself and take breaks as needed to enjoy the scenery and rest.

This ride is not just a physical challenge but also a journey through history and culture, offering a unique perspective on one of the most fascinating regions in the world.





## Kargil - Heniskot

Stay @ Homestay, Heniskot

Cycling: 75 km

Altitude: 8900ft – 12,140ft

Duration: 6-8 Hours

Pass: NAMIKA LA 12,140ft

Meals: Breakfast / Lunch / Dinner / Refreshment

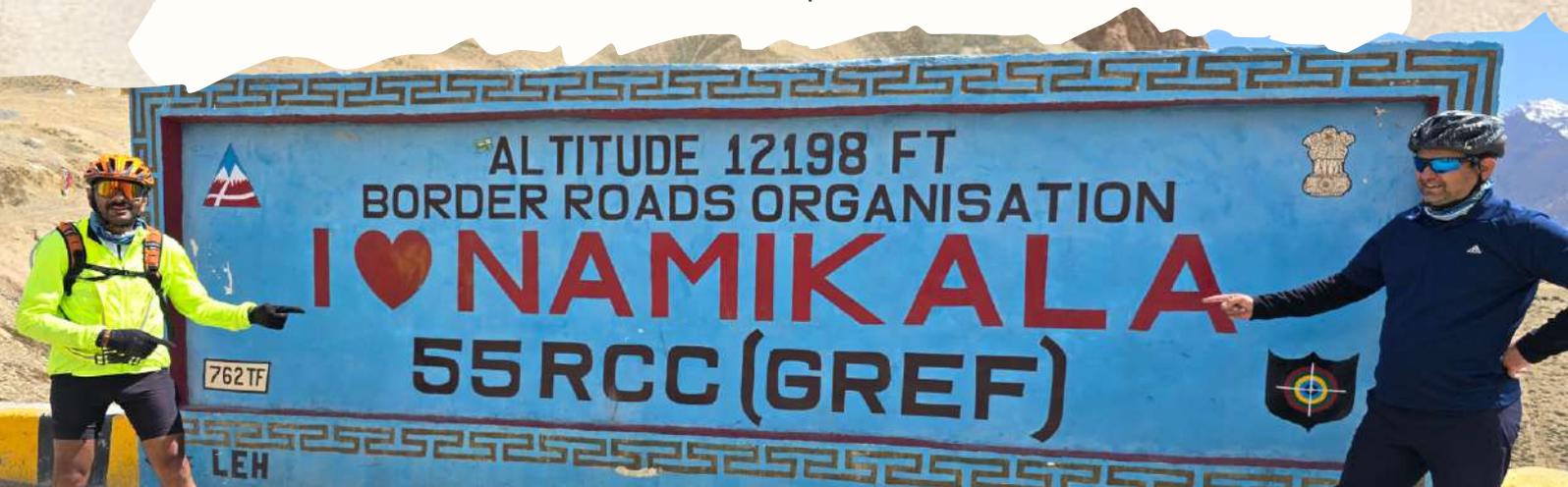
That sounds like an exciting and challenging journey! Starting the day with refreshments and a stretching session is a great way to prepare for the ride, especially given the demanding terrain ahead. Here's a brief overview of what lies ahead:

### ↪ Key Highlights of the Day:

- **Destination:** Heniskot, a secluded village nestled along the NH1 route between Kargil and Leh.
- **Distance:** Approximately 75 kilometers.
- **Route:** Crossing the Namika La Pass, one of the high-altitude passes in the Zaskar Range.
- **Elevation:** 3,700 meters (12,139 feet) above sea level.

### ↪ Challenges:

- **Altitude:** The high elevation can cause altitude-related issues, so it's important to stay hydrated and pace yourself.
- **Terrain:** The Zaskar Range is known for its rugged and steep paths, which can be physically demanding.
- **Weather:** The region is only accessible for four months a year, so weather conditions can be unpredictable.





#### ↪ Tips for the Ride:

- **Acclimatization:** Take time to adjust to the altitude, especially if you're not used to high elevations.
- **Hydration:** Drink plenty of water to combat dehydration caused by the dry mountain air.
- **Layering:** Dress in layers to adapt to changing temperatures as you ascend and descend.
- **Pacing:** Maintain a steady pace to conserve energy for the long ride and challenging climbs.
- **Safety:** Be cautious on steep and narrow sections of the road, especially near the pass.

#### ↪ Scenic Rewards:

- Namika La Pass provides stunning panoramas of the Zaskar Range and the vast Himalayan scenery.
- The journey to Heniskot will take you through remote and untouched regions, providing a unique cultural and natural experience.
- Enjoy the ride, and take in the stunning beauty of Ladakh! Safe travels!





## Heniskot - Saspul

Stay @ Hotel, Saspul

Cycling: 85 km

Altitude: 11000ft – 13500ft

Duration: 6-8 Hours

Pass: FOTU LA 13500ft

Meals: Breakfast / Lunch / Dinner / Refreshment

Your journey from Heniskot to Saspul via Fotu La sounds like an incredible adventure, combining physical challenge with stunning natural beauty and cultural exploration. Here's a detailed look at what to expect:

### 1. Uphill Climb to Fotu La:

- **Distance:** Approximately 40-45 km (first half of the day).
- **Elevation Gain:** Fotu La is at 4,108 meters (13,481 feet), making it one of the highest motorable passes in the region.
- **Challenge:** The climb is steep and demanding, with thin air due to the high altitude. Pace yourself, stay hydrated, and take breaks as needed.
- **Reward:** The panoramic views from Fotu La are breathtaking, offering a sense of accomplishment and a chance to soak in the rugged beauty of the Himalayas.

### 2. Descent to Lamayuru (Moonland of Ladakh)

- **Distance:** Approximately 20-25 km downhill.
- **Experience:** The downhill ride is exhilarating but requires caution, especially on winding roads. Enjoy the dramatic change in scenery as you descend into the surreal, moon-like landscapes of Lamayuru.





- **Lamayuru Monastery:** One of the oldest and most iconic monasteries in Ladakh, it's a must-visit. The monastery is perched on a hill, offering stunning views of the surrounding valley. Take time to explore its ancient murals, statues, and peaceful ambiance.
- **Moonland Landscapes:** The unique erosion patterns in Lamayuru create a lunar-like terrain, making it a photographer's paradise.

### 3. Lamayuru to Saspul

- **Distance:** Approximately 20 km.
- **Route:** The road from Lamayuru to Saspul is relatively easier compared to the earlier sections, with a mix of gentle descents and flat stretches.
- **Highlights:** The Indus River accompanies you for much of this stretch, adding to the scenic beauty. Saspul is a small, peaceful village where you can rest and recharge after a long day of cycling.

#### ↳ Tips for the Journey:

- **Altitude Acclimatization:** Ensure you're well-acclimatized to avoid altitude sickness. Take it slow and listen to your body.
  - **Hydration and Nutrition:** Carry enough water and energy snacks to keep you fueled throughout the day.
  - **Weather Preparedness:** The weather in the mountains can change rapidly. Pack layers, including a windproof jacket, and be prepared for both sun and cold.
  - **Bike Maintenance:** Check your brakes, especially for the downhill sections, and ensure your bike is in good condition.
- This route is not just a physical challenge but also a spiritual and visual feast, offering a deep connection with nature and Ladakh's rich cultural heritage. Enjoy every moment of this unforgettable journey!





## Saspul - Leh

Stay @ Hotel, Leh

Cycling: 75 km

Altitude: 10200ft – 10800ft

Duration: 5-6 Hours

Onway: Sangam, Pathar Sahib, Magnetic Hill, Hall of Fame, & much more

Meals: Breakfast / Lunch / Dinner / Refreshment

Your journey from Saspul to Leh sounds like an exhilarating adventure filled with breathtaking landscapes and cultural exploration! Cycling through the high-altitude terrain of Ladakh is no small feat, and the challenges will undoubtedly make the experience even more rewarding. Here's a quick breakdown of what you can expect on this leg of your journey:

### ↪ Distance and Elevation

- Distance: ~75 km from Saspul to Leh via the Kargil-Leh Highway.
- Elevation Gain: ~1,600 meters, starting at 3,500 meters in Saspul and reaching 3,524 meters in Leh.
- Terrain: High-altitude mountain passes, steep ascents, and thrilling descents into the valleys of Ladakh.

### ↪ Key Highlights Along the Way

- **Sangam Point:** This is the confluence of the Indus and Zaskar rivers, offering stunning views of the two rivers merging. The contrasting colors of the rivers (Indus is bluish-green, while Zaskar is muddy brown) create a mesmerizing sight.

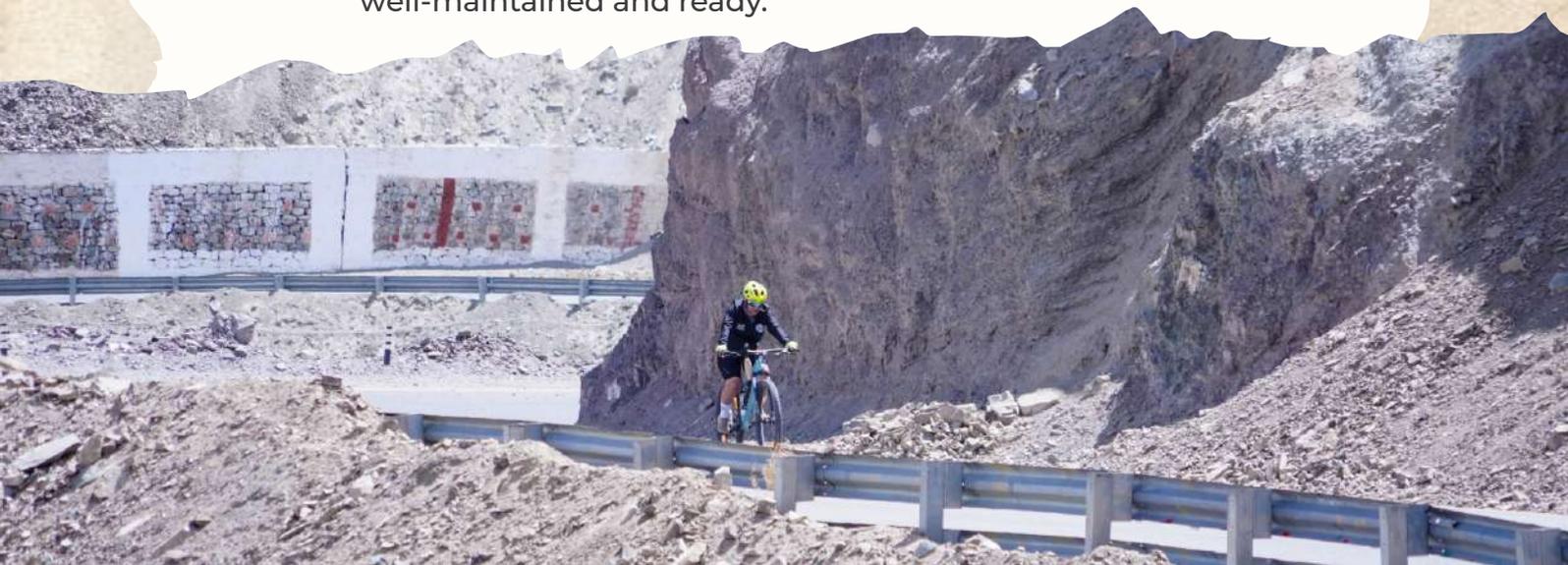




- **Gurudwara Pathar Sahib:** Gurudwara Pathar Sahib, a sacred Sikh shrine nestled in the mountains, is closely linked to the legacy of Guru Nanak Dev Ji. The peaceful atmosphere and the story behind the sacred rock inside the gurudwara make it a must-visit.
- **Magnetic Hill:** One of Ladakh's most famous attractions, Magnetic Hill is known for its optical illusion that makes vehicles appear to roll uphill. It's a fun and intriguing stop to experience this natural phenomenon.
- **War Memorial Leh:** A tribute to the brave soldiers who sacrificed their lives during various wars, the War Memorial in Leh is a solemn and inspiring place. The memorial provides sweeping views of the surrounding mountains and picturesque valleys.
- **Leh Town:** As you arrive in Leh, you'll be welcomed by lively markets, time-honored monasteries, and the historic Leh Palace. The town beautifully blends tradition, culture, and contemporary charm.

#### ↳ Tips for the Journey:

- **Acclimatization:** Since you're cycling at high altitudes, ensure you're well-acclimatized to avoid altitude sickness. Keep yourself hydrated and pause for breaks whenever necessary.
- **Weather:** The weather in Ladakh can be unpredictable. Carry layers to stay warm and protect yourself from the sun.
- **Road Conditions:** The Kargil-Leh Highway is generally well-paved, but expect sharp ascents and descents—make sure your bike is well-maintained and ready.





- **Fuel and Supplies:** Carry enough water, snacks, and essentials, as facilities may be limited along the way.

#### ↪ **Final Stretch to the Hotel**

- After a thrilling day of adventure and discovery, you'll reach your hotel in Leh for a well-deserved rest. Take some time to relax, reflect on the day's journey, and recharge for the next leg of your Ladakh adventure.
- Enjoy the thrill, the beauty, and the cultural richness of this incredible journey! Safe travels!





## Leh - Khardungla - Leh

Stay @ Hotel, Leh

Cycling: 80 km

Altitude: 10800ft – 18000ft

Duration: 8-10 Hours

Pass: KHARDUNG LA 18000ft

Meals: Breakfast / Dinner / Refreshment

Wow, what an incredible adventure! Conquering Khardung La Pass is no small feat, and it sounds like the journey from Leh to the pass is filled with both challenges and breathtaking sights. Let's break it down:

### ↳ Key Highlights of the Route:

#### 1. Leh to Khardung La Pass (39 km):

- **South Pullu:** A checkpoint where you'll need to register and get permits. It's an ideal place to acclimatize while soaking in the stunning surroundings.
- **Army Base:** A reminder of the strategic importance of this region and the presence of the Indian Army in such remote areas.
- **Army Souvenir Shop:** A unique stop to pick up memorabilia and support the troops stationed in this harsh environment.
- **Khardung La Pass (5,357 m):** The crown jewel of the journey! Standing at this altitude, you'll feel on top of the world, literally. The views are surreal, and the sense of accomplishment is unmatched.





## Leh - Khardungla - Leh

### ↪ Challenges to Expect:

- **Altitude Sickness:** The rapid gain in elevation can be tough on the body. Stay well-hydrated, pace yourself, and pay attention to your body's signals.
- **Road Conditions:** The road to Khardung La is rugged and can be treacherous, especially if the weather turns. Ride cautiously.
- **Weather:** Temperatures may fall sharply, and weather conditions can shift without warning. Be prepared with proper gear.

### ↪ The Return to Leh:

- After conquering Khardung La, the ride back to Leh will feel like a victory lap. Take your time to soak in the landscapes and reflect on your achievement.

### ↪ Celebration Time:

- The CAI team's party and success ceremony will be the perfect way to wrap up this epic journey. Celebrate with your fellow riders, share stories, and revel in the camaraderie that comes from achieving something extraordinary together.

### ↪ Final Thoughts:

- This expedition is not just about reaching Khardung La; it's about pushing your limits, embracing the adventure, and creating memories that will last a lifetime. Kudos to you for taking on this challenge it's a testament to your spirit of adventure and determination.

Ride safe and enjoy every moment of this incredible journey!





## 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 Inclusion

- ✓ All accommodations on twin sharing (4-star stays & 1 homestay @ Heniskot)
- ✓ All meals – Veg/Non-Veg (Breakfast / Lunch / Dinner) (Morning & Evening Tea & Coffee )
- ✓ Tour Marshal for the ride.
- ✓ Tour organizers will be with the group for tour coordination and support.
- ✓ Goody Bag
- ✓ First Aid support + Medical kit + Oxygen cylinder.
- ✓ Tour photography and video bites along with the whole Tour Journey Video
- ✓ Achievement Memento + Jersey + Jacket
- ✓ Bicycle Assembly on Arrival & Packing on Return
- ✓ Dietician's recommended food menu for each day.
- ✓ Tour success party at Leh.
- ✓ Training material/Tips to help you get ready to ride in mountains (videos and e-talks).
- ✓ Support vehicle to carry bags/bicycles and essentials.
- ✓ Sight Seeing on the way to Leh (Sangam Point to Gurudwara Pathar Sahib, to Magnetic Hill, and then to War Memorial Leh )
- ✓ Technical Team for Bicycle
- ✓ Permits & Passes for Khardungla.
- ✓ Portable Washrooms / Changing room for all.





## 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 fixed menu.
- ❌ 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
<b>Batch Shifting</b>				
<b>Cancellation Charge</b>	<b>Free Cancellation</b>	<b>25% of the Trip Amount</b>	<b>50% of the Trip Amount</b>	<b>100% of the Trip Amount</b>
<b>Booking Amount</b>	<b>Refunded in mode of Credit Note</b>	<b>Balance Refunded in Mode of Credit Note</b>	<b>Balance Refunded in Mode of Credit Note</b>	<b>No Refund</b>



# 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**  
UNIFIED PAYMENTS INTERFACE

**₹ 46,999/-**

PER PERSON



**: CALL US FOR BOOKING :**



**+91-9988009290, +91-9988003696**



**info@cycleadventuresindia.com**



**www.cycleadventuresindia.com**

**CLICK TO FOLLOW OUR SOCIAL MEDIA :-**

