



TOUR OF SPITI VALLEY



Duration :
9 Days



Pickup Point:
Delhi/Chandigarh
to Shimla by Volvo



Drop Point:
Manali to
Chandigarh/Delhi



+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.
 - Enjoy bonfires, storytelling sessions, and hearty meals prepared with local ingredients.





JOURNEY OVERVIEW

- **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.

- **Safety & Practical Tips**

- **Weather/Health:** May is prime season (10–20°C days, freezing nights), but high passes can close early due to snow—monitor updates. Acute Mountain Sickness (AMS) risk is real; hydrate, ascend gradually, carry Diamox if advised.
- **Gear Essentials:** Hybrid/mountain bike (provided?), clipless pedals optional, layers (thermals, waterproofs), sun protection (UV intense at altitude), snacks, and a power bank.
- **Permits:** Inner Line Permit needed for Spiti (₹400–600/person; group handles it). Sessions, and hearty meals prepared with local ingredients.





HIGHLIGHTS OF THE EXPEDITION



**Breathtaking
Landscapes**



**Cultura
Immersion**



**High-Altitude
Passes**



Camaraderie

SHIMLA





Shimla to Badhal Acclimatization & Orientation

Altitude: ~1,900 m → ~2,100 m

Distance: ~156 km (drive)

Cycling Distance: ~10–15 km (optional spin)

Start Elevation: ~2,200 m (Shimla)

End Elevation: ~2,100 m (Badhal)

Total Ascent: +180 m

Total Descent: -220 m

- ↪ Arrival in Shimla early morning
- ↪ Breakfast in Shimla
- ↪ Transfer to Badhal by support vehicle
- ↪ Hotel check-in and lunch
- ↪ Bicycle assembly, tuning, and inspection

- ↪ Expedition briefing covering:
 - Route overview and daily stages
 - High-altitude riding and hydration strategy
 - Safety protocols and support logistics

- ↪ Short acclimatization ride around Badhal
- ↪ Dinner and overnight stay in Badhal





Badhal to Spillo

Distance: ~50–60 km

Start Elevation: ~2,100 m

End Elevation: ~2,700 m

Highest Point: Near Sarahan stretch

Total Ascent: +1,000 m

Total Descent: –400 m

- ↪ Early breakfast and ride start
- ↪ Gentle introductory ride along Sutlej River gorges
- ↪ Scenic stretches through apple orchards
- ↪ Optional detour toward Sarahan / Bhimakali Temple area
- ↪ Gradual elevation gain throughout the day
- ↪ Arrival at Spillo by afternoon
- ↪ Guesthouse stay
- ↪ Dinner and overnight stay





Spillo to Nako

Distance: ~40–50 km

Start Elevation: ~2,700 m

End Elevation: ~3,650 m

Highest Point: Nako village

Total Ascent: +850m

Total Descent: –300 m

- ↪ Breakfast and early departure
- ↪ Climb through dramatic Kinnaur Valley landscapes
- ↪ Narrow roads with steep exposed sections
- ↪ Views of Swangi Dhank and Sutlej River below
- ↪ Increasing remoteness and altitude exposure
- ↪ Arrival at Nako by afternoon
- ↪ Hotel stay near Nako Lake
- ↪ Dinner and overnight stay





Nako to Tabo

Distance: ~45 km

Start Elevation: ~3,650 m

End Elevation: ~3,280 m

Highest Point: Malling Nallah section

Total Ascent: +600m

Total Descent: -950 m

- ↪ Early breakfast and ride start
- ↪ Challenging stretch on the India-Tibet road
- ↪ Ascent toward Malling Nallah landslide zone
- ↪ Technical riding through narrow cliff sections
- ↪ Descent toward the Spiti River valley
- ↪ Arrival at Tabo by afternoon
- ↪ Visit to Tabo Monastery (optional)
- ↪ Hotel stay
- ↪ Dinner and overnight rest





Tabo to Kaza

Distance: ~45-50 km

Start Elevation: ~3,280 m

End Elevation: ~3,800 m

Highest Point: Dhankar region

Total Ascent: +700m

Total Descent: -200 m

- ↪ Breakfast and departure
- ↪ Ride through Spiti's stark high-altitude desert terrain
- ↪ Pass fossil sites and remote mud villages
- ↪ Detour toward Dhankar Monastery (hilltop fortress)
- ↪ Confluence of Spiti and Pin rivers en route
- ↪ Arrival at Kaza by late afternoon
- ↪ Hotel check-in
- ↪ Dinner and overnight stay





Kaza Local Exploration Tour

Distance: ~45 km

Start / End Elevation: ~3,800 m

Highest Point: Komic – ~4,586 m

Total Ascent: +500m

Total Descent: -500 m

- ↪ Easy cycling day focused on recovery
- ↪ Route includes:
 - Hikkim Post Office (highest in the world)
 - Kaza → Komic Monastery (world's highest village)
 - Langza village & Buddha statue
- ↪ Short climbs with frequent stops
- ↪ Return to Kaza by afternoon
- ↪ Rest, bike maintenance, and recovery
- ↪ Overnight stay in Kaza





Kaza to Losar

Distance: ~61 km

Start Elevation: ~3,800 m

End Elevation: ~4,050 m

Highest Point: Chicham Bridge section

Total Ascent: +1,200m

Total Descent: -950 m

- ↪ Early breakfast and departure
- ↪ Ride past Ki Monastery (clifftop fortress)
- ↪ Cross Chicham Bridge over deep gorge
- ↪ Long, scenic valley ride with steady climbing
- ↪ Thin air and exposed terrain
- ↪ Arrival at Losar by evening
- ↪ High-altitude homestay
- ↪ Dinner and overnight rest





Losar to Chandratal (via Kunzum La)

Distance: ~38 km

Start Elevation: ~4,050 m

End Elevation: ~4,300 m

Highest Point: Kunzum La – 4,590 m

Total Ascent: +800m

Total Descent: –550 m

- ↪ Summit day of the expedition
- ↪ Early start for Kunzum La crossing
- ↪ Prayer flags and shrines at the pass
- ↪ Cold, windy, and highly exposed conditions
- ↪ Descent toward Chandratal Lake
- ↪ Arrival at Chandratal campsite (weather permitting)
- ↪ Note: If conditions are unsafe, same-day transfer toward Manali as per organizer's decision
- ↪ Overnight camping near Chandratal OR transit





Chandratal to Manali | Departure

Mode: Support Vehicle

Distance: ~111 km (drive)

Cycling: –

Ascent: +0 m

Descent: –0 m

- ↪ Early breakfast
- ↪ Drive toward Manali via Rohtang Pass (if open)
- ↪ Lunch treat and expedition wrap-up
- ↪ Memento / certificate ceremony
- ↪ Evening Volvo departure to Delhi
- ↪ End of Spiti Cycling Expedition





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/Chandigarh to Shimla and Manali to Delhi/Chandigarh 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.
- ✓ Goody Bag with Protein bars / ORS / Coffee / Biscuits / bandanna
- ✓ 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.
- ✓ Reflective Vest/ Tape





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.
- ❌ 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 : CYCLING EXPEDITION

BANK : STATE BANK OF INDIA

A/C NO.: 50XXXX67XXXXX09

IFSC CODE : SBI000XXX

BRANCH : **NOIDA**



: 9988009290@UPI

₹ 54,999/-

PER PERSON



: CALL US FOR BOOKING :



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