



# ZANSKAR VALLEY



Duration :  
**8 days**



Transfers:  
**Delhi/Chandigarh to  
Manali by Volvo & Return**



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:** Remote Zaskar Valley, dramatic Shinku La crossing, ancient Phugtal Monastery (carved into cliff), deep Buddhist culture, almost zero traffic.





# HIGHLIGHTS OF THE EXPEDITION



**Breathtaking  
Landscapes**



**Cultura  
Immersion**



**High-Altitude  
Passes**



**Camaraderie**

# LEH





## **Arrival in Manali from Delhi Acclimatization & Orientation**

**Altitude:** ~2,050 meters

**Distance:** ~15km

**Start Elevation:** ~2,050 m

**End Elevation:** ~2,050 m

- ↪ Arrival in Manali via Volvo as per reporting schedule
- ↪ Check-in at the designated hotel
- ↪ Bicycle assembly, tuning, and inspection
- ↪ Expedition orientation covering:
  - Route briefing and daily cycling plan
  - High-altitude riding guidelines
  - Safety protocols and support logistics
  
- ↪ Optional short acclimatization ride or walk
- ↪ Dinner and overnight stay in Manali





## Manali to Sissu Cycling Route (via Atal Tunnel)

Distance: ~ 40km

Start Elevation: ~2,050 m

End Elevation: ~3,080 m

Highest Point: Sissu

Total Ascent: +1,650 m

Total Descent: -650 m

- ↪ Early morning start after breakfast
- ↪ Cycling through Atal Tunnel into the Lahaul Valley
- ↪ Smooth tarmac and long gradual ascents ideal for rhythm riding
- ↪ Scenic transition from forested valleys to cold desert landscapes
- ↪ Support vehicle available for hydration and rest stops
- ↪ Arrival at Sissu by late afternoon
- ↪ Hotel accommodation, dinner, and overnight stay





## Sissu to Palamo Cycling Stage

Distance: ~ 70km

Start Elevation: ~3,080 m

End Elevation: ~3,650 m

Highest Point: Palamo

Total Ascent: +950 m

Total Descent: -400 m

- ↻ Breakfast and early departure
- ↻ Ride along river valleys with expansive mountain views
- ↻ Rolling terrain with steady altitude gain
- ↻ Reduced traffic and increasing remoteness
- ↻ Limited roadside facilities; controlled pacing essential
- ↻ Arrival at Palamo by evening
- ↻ Camp or basic accommodation
- ↻ Dinner and overnight stay





## Palamo to Gumbok Rangan via Shinku La Pass

Distance: ~ 41km

Start Elevation: ~3,650 m

End Elevation: ~4,200 m

Highest Point: Shinku La

Total Ascent: +1,650 m

Total Descent: -1,100 m

- ↻ Early start for high-pass crossing
- ↻ Long, sustained climb toward Shinku La
- ↻ Thin air and cold conditions near the summit
- ↻ Short halt at the pass for recovery and hydration
- ↻ Entry into the remote Zaskar region
- ↻ Technical descent on mixed road conditions
- ↻ Arrival at Gumbok Rangan by evening
- ↻ Camp or homestay accommodation
- ↻ Dinner and overnight stay





## Gumbok Rangan to Purne Cycling Route

Distance: ~ 36km

Start Elevation: ~4,200 m

End Elevation: ~3,800 m

Highest Point: Purne

Total Ascent: +550 m

Total Descent: -950 m

- ↯ Morning departure after breakfast
- ↯ Cycling through narrow valleys and rugged terrain
- ↯ Broken road sections and possible water crossings
- ↯ Minimal human habitation and high isolation
- ↯ Support vehicle assistance at designated points
- ↯ Arrival at Purne by afternoon visit to 2500 year old monastery
- ↯ Camp or homestay stay
- ↯ Dinner and overnight rest





## Purne to Padum via Cha Pass

Distance: ~50km

Start Elevation: ~3,800 m

End Elevation: ~3,570 m

Highest Point: Cha Pass

Total Ascent: +1,100 m

Total Descent: -1,350 m

- ↪ Early breakfast and departure
- ↪ Ride through traditional Zaskar villages
- ↪ Gradual ascent toward Cha Pass
- ↪ Cultural exposure to monasteries and farmlands
- ↪ Easier gradients compared to Shinku La
- ↪ Descent into Padum valley
- ↪ Arrival at Padum by late afternoon
- ↪ Hotel Stay
- ↪ Dinner and overnight rest





## Padum Rest Day Local Exploration

Distance: ~50km

Start Elevation: ~3,570 m

End Elevation: ~3,570 m

- ↻ Scheduled rest and recovery day
- ↻ Optional sightseeing visits:
  - Karsha Monastery
  - Stongdey Monastery
- ↻ Bicycle servicing and maintenance
- ↻ Medical and acclimatization assessment
- ↻ Briefing for return logistics
- ↻ Overnight stay in Padum





## Padum to Manali | Departure to Delhi

- ↪ Early breakfast
- ↪ Loading of bicycles and luggage
- ↪ Full-day road transfer from Padum to Manali
- ↪ Scheduled breaks en route
- ↪ Arrival in Manali by evening
- ↪ Boarding onward Volvo / departure to Delhi





## 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 with Protein bars / ORS / Coffee / Biscuits / bandanna
- ✓ Tour success party at Manali
- ✓ 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.
- ✓ Reflective Vest/ Tape





## Cost Excluded

- ❌ Govt. Taxes as applicable.
- ❌ Cycle Accessories.
- ❌ Personal expenses incurred during the tour.
- ❌ Inner line permits for foreign nationals
- ❌ Tickets / Transfer from Home to Manali
- ❌ 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.

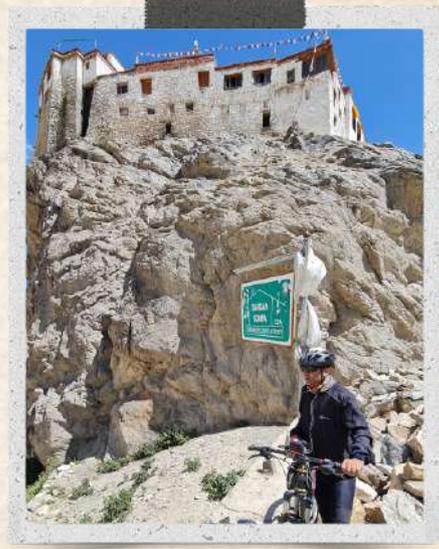


## Cancellation Policy

	Upto 30 days	29-21 days	21-15 days	14-0 days
<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**  
UPI PAYMENTS INTERFACE

**₹ 49,999/-**

PER PERSON



**: CALL US FOR BOOKING :**



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



**info@cycleadventuresindia.com**



**www.cycleadventuresindia.com**

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