



TOUR DE UMLING LA



Duration :
8 days



Drop Point :
Leh to Leh Airport



Group Size :
Max. 18 People



+91-9988009290



www.cycleadventuresindia.com



JOURNEY OVERVIEW

The Umling La Pass in Ladakh, India, is indeed a remarkable destination, not only for its breathtaking altitude of 19,300 feet (5,882 meters) but also for the unique experiences it offers. As the world's highest motorable road, it attracts adventurers, cyclists, and travelers seeking both physical challenges and spiritual introspection. The journey to Umling La Pass is as much about the destination as it is about the self-discovery that comes with traversing such a remote and awe-inspiring landscape.

Key Facts & Highlights

- Umling La is 469 m higher than Khardung La and officially the highest motorable road in the world (BRO certified).
- Only a handful of organized groups attempt this every year because of the extreme altitude and remoteness.
- Photi La (Day 4) is already higher than Khardung La!
- Oxygen levels at Umling La top: ~40–45 % of sea-level oxygen.
- Support: 4x4 backup vehicles, mechanic, oxygen cylinders, portable hyperbaric chamber (GAMOW bag), doctor/paramedic on most trips.





JOURNEY OVERVIEW

Recommended Add-ons (if you're organizing or joining)

- Pre-trip medical check & AMS awareness session
- Diamox protocol starting 24–48 hrs before Hanle
- Minimum 2 nights proper acclimatization in Leh before heading to Hanle

Critical Altitude Profile (Day 4–5)

- Hanle : ~4,300 m
- Photi La : 5,524 m
- Chisumle : ~4,750 m
- Umling La: 5,883 m (19,300 ft) – Highest point ever cycled on a motorable road
- Oxygen levels at Umling La $\approx$ 40–45 % of sea level

Why this ride is extreme

- You go from 4,300 m $\rightarrow$ 5,883 m $\rightarrow$ back to 3,500 m in ~36 hours
- Acute Mountain Sickness (AMS) & HACE/HAPE risk is very real
- Temperature at top can drop to -5°C even in June
- Only a handful of organized groups have ever cycled Umling La successfully





JOURNEY OVERVIEW

Mandatory Requirements

- Inner Line Permit (ILP) & special permit for Umling La area
- Medical certificate (mandatory for this ride)
- Portable oxygen cylinders & Gamow bag with support team
- 100 % vehicle backup at all times

You've now got the two ultimate high-altitude cycling challenges back-to-back:

- May/June 2025 → Manali–Leh–Khardung La (5,359 m)
- June 2025 → Tour de Umling La (5,883 m) – current world record holder





HIGHLIGHTS OF THE EXPEDITION



**World Heights
Motorable Road**



Hanle



Star Gazing



Monestary



LEH



Arrival in Leh Mandatory Acclimatization

Altitude: ~3,500 m

Start Elevation: ~3,500 m (Leh Airport)

End Elevation: ~3,500 m (Leh Hotel)

Total Ascent: +0 m

Total Descent: -0 m

- ↳ Arrival at Leh Airport and assisted hotel transfer
- ↳ Complete rest day due to sudden altitude gain from flight
- ↳ No cycling activity scheduled
- ↳ Focus on hydration, light stretching, and breathing adaptation
- ↳ Optional short evening walk around Leh Market
- ↳ Early dinner and overnight stay to support acclimatization





Expedition Briefing, Bike Fitting & Acclimatization Ride to Shanti Stupa

Distance: ~10 km

Altitude: ~3,500 m

Start Elevation: ~3,500 m (Leh)

End Elevation: ~3,500 m (Leh)

Total Ascent: +230 m

Total Descent: -230 m

- Morning expedition briefing covering:
 - Detailed route overview and daily ride strategy
 - Altitude safety protocols and emergency procedures
 - Support vehicle usage and rider guidelines
- Bicycle fitting, gear inspection, and final adjustments
- Short acclimatization ride toward Shanti Stupa:
 - Easy gradient
 - Focus on cadence and breathing
- Evaluation of bike comfort and rider readiness
- Return to hotel for rest and recovery
- Overnight stay in Leh





Leh Sightseeing Cycling Ride

Distance: ~74 km

Altitude: 3,300 m – 3,600 m

Start Elevation: ~3,500 m (Leh)

Lowest Point: ~3,300 m (Indus–Zaskar Sangam)

End Elevation: ~3,500 m (Leh)

Total Ascent: +720 m

Total Descent: -690 m

➤ Early breakfast followed by ride start

➤ Cycling route includes:

- Magnetic Hill
- Gurudwara Pathar Sahib
- Hall of Fame
- Indus–Zaskar River Confluence (Sangam)

➤ Mostly flat to gently rolling terrain

➤ Ideal warm-up day before high-altitude riding

➤ Support vehicle available throughout for hydration and rest

➤ Return to Leh by afternoon

➤ Evening free for rest and recovery

➤ Overnight stay in Leh





Leh to Hanle (Vehicle Transfer via Changthang Plateau)

Mode: Vehicle transfer

Altitude: 3,500 m → ~4,500 m

Start Elevation: ~3,500 m (Leh)

End Elevation: ~4,500 m (Hanle)

Cycling Ascent: +0 m

Cycling Descent: -0 m

- ↪ Early departure after breakfast
- ↪ Scenic drive through Changthang Plateau
- ↪ Wide open landscapes, high-altitude wetlands, and nomadic settlements
- ↪ Optional en-route visits:
 - Hemis Monastery
 - Thiksey Monastery
 - Shey Palace
- ↪ Gradual altitude gain without physical exertion
- ↪ Arrival at Hanle by evening
- ↪ Visit vicinity of Indian Astronomical Observatory (time permitting)
- ↪ Dinner and overnight stay in Hanle





Hanle to Chisumle Cycling Stage (via Photi La Pass)

Distance: ~49 km

Altitude: 4,500 m – 4,850 m

Highest Point: Photi La Pass (~5,524 m)

Start Elevation: ~4,500 m (Hanle)

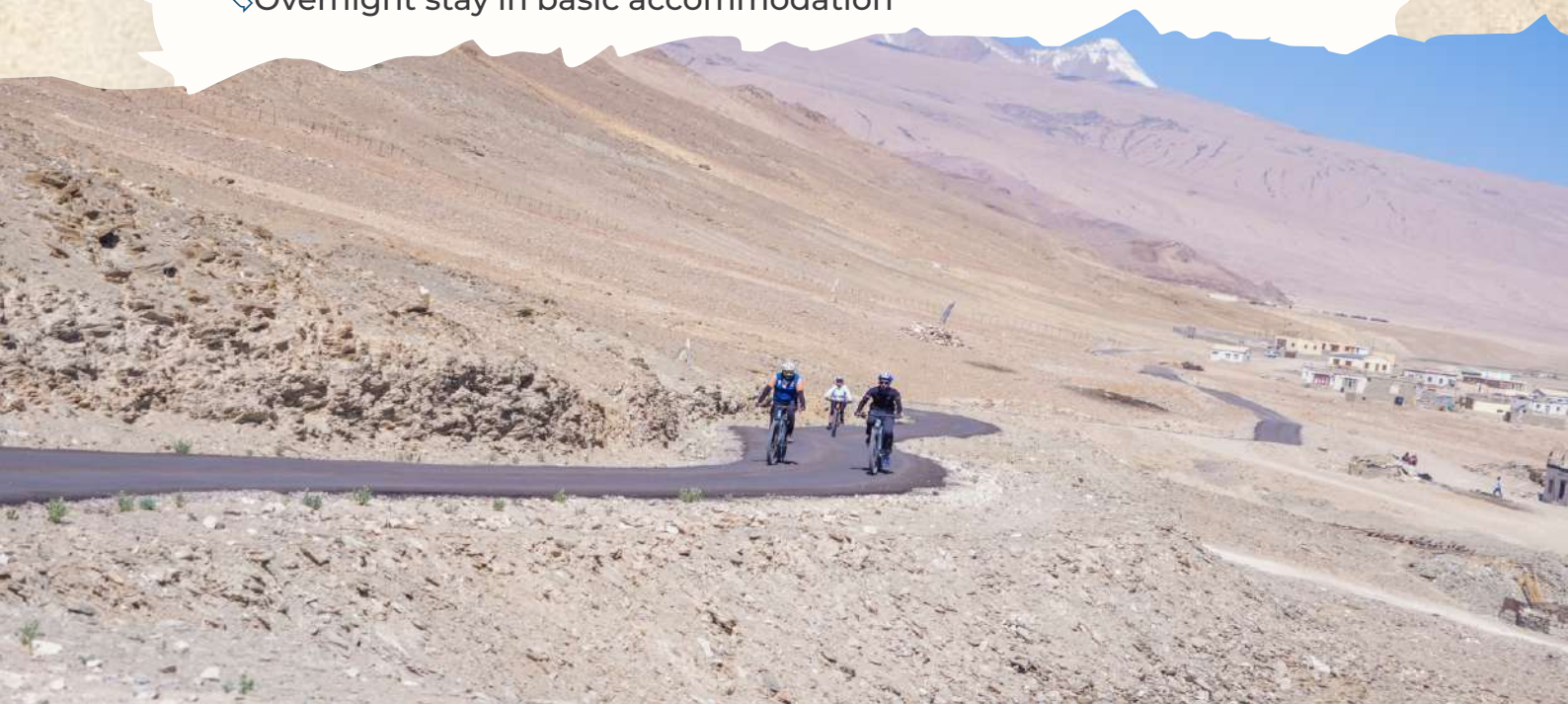
End Elevation: ~4,850 m (Chisumle)

Total Ascent: +1,280 m

Total Descent: -710 m

Overnight: Chisumle

- ↳ Early alpine start after breakfast
- ↳ Gradual ascent toward Photi La Pass
- ↳ Remote, traffic-free mountain roads
- ↳ Cold temperatures and strong winds possible
- ↳ Thin air requires steady pacing and frequent hydration
- ↳ Summit halt at Photi La for recovery and photographs
- ↳ Long descent into Chisumle valley
- ↳ Support vehicle positioned at critical points
- ↳ Arrival at Chisumle by afternoon
- ↳ Overnight stay in basic accommodation





Chisumle to Umling La Summit Ride & Return

Distance: ~50 km (25 km ascent + 25 km descent)

Highest Point: Umling La Pass (5,890 m)

Cycling Segment

- Elevation Gain (Ascent): ~1,040 m
- Elevation Loss (Descent): ~1,040 m
- Ascent: +1,170 m
- Descent: -1,040 m

Vehicle Transfer

- Start Elevation: ~4,850 m
- End Elevation: ~3,500 m (Leh)

- ↗ Very early start for summit attempt
- ↗ Long, continuous climb toward Umling La
- ↗ Extremely low oxygen levels at extreme altitude
- ↗ Sparse terrain with vast open plateaus
- ↗ Controlled pacing and medical monitoring essential
- ↗ Summit stop for documentation and photographs
- ↗ Careful descent back to Chisumle
- ↗ Same-day vehicle transfer from Chisumle to Leh
- ↗ Arrival in Leh by late night
- ↗ Overnight stay in Leh





Celebration & Recovery Day in Leh

Altitude: ~3,500 m

Ascent: +0 m

Descent: -0 m

- ↳ Late wake-up and recovery morning
- ↳ Expedition completion ceremony
- ↳ Certificate distribution and group photographs
- ↳ Celebration gathering with the expedition team
- ↳ Free afternoon for shopping or rest
- ↳ Final overnight stay in Leh





Departure from Leh

Mode: Hotel to airport transfer

Ascent: +0 m

Descent: -0 m

↳ Breakfast at hotel

↳ Assisted transfer to Leh Airport

↳ Departure as per individual flight schedules

↳ Inclusion & Exclusion





Cost Inculsion

- ✓ All accommodations during the tour are on twin sharing basis (Hotel/Swiss Tent/Camp).
- ✓ All meals – Veg/Non-Veg (Breakfast / Lunch / Dinner) (Tea / Coffee / Snacks / Fruits).
- ✓ Ride Marshals will pedal alongside the cycling group, providing essential support and assistance
- ✓ Dietician's recommended food menu for each day.
- ✓ First Aid support + Medical kit+ Oxygen cylinder.
- ✓ Jersey + Memento + Goodies + Hoodie
- ✓ Tour photography & video bites along with the whole Tour Journey Video.
- ✓ 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 for assistance & repair
- ✓ Permits & Passes
- ✓ 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 Leh
- ❑ 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
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

₹ 48,999/-

PER PERSON



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+91-9988009290, +91-9988003696



info@cycleadventuresindia.com



www.cycleadventuresindia.com

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