



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
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
UNIFIED PAYMENTS INTERFACE

₹ 51,999/-

PER PERSON



: CALL US FOR BOOKING :



+91-9988009290, +91-9988003696



info@cycleadventuresindia.com



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