

## Mountain Biking Manali - Leh (Moon Land)



The best destination of mountain biking exploration among the Indian higher regions is Ladakh with numerous unspoiled areas, which are a little off-track because their high altitude location makes them inaccessible for the usual holidaymakers. The journey from Manali to Leh, 475 km is one of the ultimate challenges for the mountain bikers. The route traverse four high passes with an accumulated altitude gain exceeding 29 000 feet-the equivalent of cycling to the summit of Mt. Everest from sea level. The road is one-lane tarmac and ideal for biking. Traffic is very light; hardly five to ten vehicles to be encountered. Summer months are relatively dry. This route is open from end of June till first week of October.

**Region:** Himachal & Ladakh (The Land of High Passes)

**Ideal Season:** July - September

**Maximum Altitudes:** Tanglang La 5360 Mts & Khardung La Pass 5604 mts

**No. of Days:** 15 Days from & back to Delhi

**Total Biking:** 625 Kilometer Approx

**Leader:** Indian Leader

**Day 01: Delhi - Manali** (585 kms/14 hrs Approx)

In the evening catch an AC Volvo coach for Manali at 18:30 hrs. Overnight Journey. **(Breakfast)**



## Day 02: Manali

Arrive Manali in the morning, on arrival meet Peak Adventure Tours Guide and transfer



to hotel for check in. the day is for relaxed and acclimatisation. One can go for the test riding near the town. Overnight stay at hotel. **(Breakfast)**

## Day 03: Manali – Marhi (42 kms/3320 mts)

Today we will start our first day cycling up to Marhi. The valley is full of snow clapped peaks and some breathe taking view Pine and Deodar trees. It's also "warm up" for the tough ride ahead. Cycling out of Manali through an evergreen area we tackle the first set of many hairpin bends and switchbacks on the way to the Rohtang pass. Dinner and overnight stay at tents. **(Breakfast/Lunch/Dinner included)**

## Day 04: Marhi - Keylong (78 kms/3350 mts)

We start the day by finishing the 12 km ascent to the Rohtang pass, where if the weather is fine there are some lovely scenic views on the horizon of snow covered peaks and Glaziers. Once we have refreshed ourselves in Rohtang, we leave the lush vegetation behind and continue with a descent to Gramphoo. From here we will encounter some unmetalled stretches of flat road as we cross the raging torrent of the river at Khoksar and continue a short and easy ride to Sissu in the foothills of the Pir Panjal range. From here a



short ride to Keylong crossing mountain streams flowing over the road. Dinner and overnight stay at tourist rest house/hotel. **(Breakfast/Lunch/Dinner included)**

**Day 05: Keylong - Patseo (48 kms/3820 m)**

A relatively easy day cycling up to Patseo. The terrain is much more arid and the road



is rutty, dusty and rocky. Passing the hamlet of Jispa we come out of a gorge and descend downhill before starting the ascent to Patseo. We now get a sense of the isolation of the area, with a few sheep dotted around and we begin to enter the territory of the Lamas. In the far horizon you can see the bleak and awesome spectacle of the Higher Himalayan ranges. Dinner and overnight stay at tents. **(Breakfast/Lunch/Dinner included)**

**Day 06: Patseo - Sarchu (58 km/4255 m)**

Hard long climb to the Baralacha La Pass but the rewards are great as you travel through this wild and scenic country. The pass is arid with no vegetation, the sides of the mountains looking more like a quarry covered with loose rocks and scree. As we descend the gorge area of Bharatpur we will cross Mountain Rivers before reaching our destination. Dinner and overnight stay at tents. **(Breakfast/Lunch/Dinner included)**



**Day 07: A rest day**

An important days rest to further Acclimatise and to absorb the

magnificent scenery. **(Breakfast/Lunch/Dinner included)**



**Day 08: Sarchu - Whisky Nallah (56 kms/4750 mts)**

The day starts with some easy cycling but we are soon tackling the zigzag "21 loops of Gata" at 15,030ft up the canyon wall. Once we reach the summit of the Nakeela Pass its downhill to Whisky Nallah. The day passes some beautiful arid mountain scenery of the high ranges. Dinner and overnight stay at tents. **(Breakfast/Lunch/Dinner included)**

**Day 09: Moray plains - Debring (82 km/4835 mts)**

We start by ascending the second highest pass on the Manali-Leh highway up to Lachalang La. The road here is likely to be the worst of the trip with a distinct lack of tarmac, it's very gravelly and there are many loose stones. We have a long descent to Pang down a steep sided gorge followed by a 8km switchback climb before reaching the flat top of the Moray Plains. This barren area is known for its extreme temperatures in the morning and evening, fast winds and sandstorms. The only sign of life is the hardy Nomadic Changpa's who can be seen tending their yaks in this most desolate place. We camp at Debring 20km below the



tending their yaks in this most desolate place. We camp at Debring 20km below the

world's second highest pass, the Tanglang La at 5,360m. Dinner and overnight stay at tents. **(Breakfast/Lunch/Dinner included)**



**Day 10: Debring - Rumptse (51 km/4260 mts)**

This is a challenge indeed, but truly satisfying when you reach the top, before we set off down the exhilarating 1,200m descent of switchbacks to the village of Rumptse. Dinner and overnight stay at tents. **(Breakfast/Lunch/Dinner included)**

**Day 11: Rumptse - Leh (91 kms/3500 mts).**

As we continue the descent to Upshi the scenery changes dramatically as we arrive in a fertile irrigated valley by a river dotted by pretty villages and Stupas. The spectacular red coloured mountains around us add to the beauty and richness of the scenery. Crossing the Indus River the road improves as we follow the other road users towards Leh. This is an easy ride as we pass the Thiksey Monastery and the Chortens Garden before we reach Leh. Dinner and overnight stay at Hotel/Guest house. **(Breakfast included)**



**Day 12: Leh**

Taking a rest from the bikes today you have the chance to explore Leh and some of its twisting narrow

streets, explore some of the more famous sites, such as Leh Palace or the Sakar Gompa monastery. Dinner and overnight stay at hotel/guest house. **(Breakfast included)**



**Day 13: Leh - The Khardung La Pass (41 kms/5580 mts) - Leh**

We will set off for the Khardung - La Pass as soon as light comes up. Cycling 26 miles and gaining 6000 feet, this is the ultimate challenge of the trip. It is the highest motorable road in the world taking you to a dizzy 5,600m! The view from the top is spectacular, stretching from the Indus valley in the South over the endless peaks and ridges of the Zaskar range to the giants of the Saser Massif in the North. You can feel proud of a true achievement as you finish the trip with your final satisfying descent. Dinner and overnight stay at hotel/guest house. **(Breakfast included)**

**Day 14: Leh**

Rest day at Leh. Dinner and overnight stay at hotel/guest house. **(Breakfast included)**

**Day 15: Leh - Delhi**

Early in the morning transfer to the airport for your flight to Delhi. Upon arrival at Delhi transfer to hotel for relax. By evening transfer to airport. **(Breakfast included)**  
**Trip and services ends here.**



**COST OF THE TRIP**

USD 1585 per person\* (Minimum of 2-4 people)  
INR 65500 per person\* (Minimum of 2-4 people)  
\*4.9 % service tax extra

**COST INCLUDES**

- Accommodation: All the accommodation according to itinerary.
- Transport: Delhi to Manali by Ac Volvo coach. Support vehicle throughout the trip. Also sightseeing at Leh as well as airport drop.
- Meals: According to itinerary.

- Professional guide from Manali to Leh
- Driver allowance
- Fuel charges
- Toll/state tax
- Restricted area permit fees
- Camping fees

#### **COST DOES NOT INCLUDE**

- Bike charges (USD 20 per day)
- Airfare (Leh - Delhi)
- Any charges for carrying video cameras, still cameras, etc.
- Alcohol, soft drinks, bottled water, beverages, etc.
- Personal expenses like tips, telephone calls, etc.
- Any meals/services not mentioned above
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Insurance

#### **Bookings:**

For confirming the trip you need to send us an email that you want to book the trip with us. Once we receive the e-mail from your side, we will send you our bank details and you need to send us 25% as an advance payment along with your comments.

#### **Mountain Biking Gear List:**

- \* Lights
- \* Cycling Helmets
- \* Hydration Packs
- \* Hydration Pack Accessories
- \* Water Bottles
- \* Compasses
- \* Watches
- \* Sunglasses

#### **Bike Tools & Accessories**

Complete your Tools & Accessories with these pieces of gear.

- \* Bike Repair Tools
- \* Bottle Cages
- \* Seat Packs
- \* Pumps
- \* Bike Locks
- \* Bike Grips
- \* Handlebar Bags
- \* Cyclometers

#### **Mountain Biking Clothing & Apparel**

Wear appropriate clothes to keep you warm, dry, and protected.

- \* Jerseys, \* Outdoor Jackets
- \* Mountain Bike Jackets
- \* Outdoor Shorts
- \* Cycling Shorts
- \* Mountain Bike Pants
- \* Cycling Tights
- \* Cycling Bibs
- \* Cycling Gloves
- \* Arm Warmers