

## Manali Leh CYCLING EXPEDITION 10D/9N









### DARE GEAR

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### **OVERVIEW**

The Manali Leh Khardungla cycle ride is an ideal cycling expedition idea for those who want to ride on adventurous trails. If you have the will of conquering the spellbinding world of the Himalayas from the saddle then the Manali Leh Khardungla cycling expedition should be on your bucket list.

This expedition covers the Indian state of the Himalayas i.e. Himachal Pradesh and the union territory of Ladakh. You will also be crossing one of the 5 passes and one of the world's most popular passes i.e. the Khardungla Pass. You will come across different villages that have the charm of their unique culture and warm welcoming vides while cycling across Himachal Pradesh and Leh.

On this memorable 10 days expedition, we've packed the right mix of cycling, leisure, rejuvenation, and exploration. You will experience stretches that challenge your limits, sceneries that indulge your senses and interactions that expose you to the local culture.

As we completely understand this is once in a lifetime experience for every rider who joins for expedition. Managing time, money, efforts, family and many more things are big things so making their investment qualitative and rememberable with beautiful memories is what we look forward to deliver. What we hear back from our clients that we came solo and now returning back with extended family of friends for life.

So if you are also looking for making the most memorable journey and enjoy each second you spend on this expedition to cherish forever in life then Dare2Gear is the best adventure travel company to plan your cvcling adventures of life.



### **DARE2GEAR YOUR GATEWAY TO ADVENTURE!**

At D2G, our foundation is built on trust, care, and positive vibes. We prioritize the well-being of our community, ensuring warm welcomes, safety, and environmental responsibility. Join us for an authentic experience where your journey matters not just to you but to the world around you.

We motivate each other, seize opportunities in new ideas, and believe that learning is a journey worth taking. Embark on a journey where every call is answered, every moment is crafted, and every adventure leaves you transformed.



300+ Community Rides



400+ Weekend



100+ Corporate Trips



4.8 Reviews on Trip Advisor



Year of Experience



24X7 Support



Health & Hygiene



# \*Brief Itinerary,



# \*DETAILED







### ARRIVE IN MANALI

Stay: Hotel Stay

Temp: 24 °C | 7°C | 25% perception

- Once you reach Manali, our ground team will coordinate with you and update you about the e meeting point. After that, proceed your journey towards the hotel Kanishka or similar, where you meet up and acquainted with other fellow riders. You can rest for a while. Then, we will have delicious lunch. Post Lunch, we will head out for a short orientation/acclimatization ride.
- In the evening, the DareZGear team will have a session to brief you on things to keep in mind for the next ten days of the cycling expedition. We will retire early and give our bodies a complete rest before the start of this cycling expedition.







### MANALI TO SISSU | 40 KM

tay: Hotel

Cycling: 40 km | Altitude: 3070 Meters

🛆 Alt 3070 Meters | 🛆 Elev 1508 m

Temp: #24 °C | C 5 °C | 15% perception

We have to get up early this day. Get Ready and have a healthy & delicious morning breakfast. We will be starting our Manali-Leh + Khardungla cycle tour from the hotel itself. Hop on your bikes and get ready to begin this memorable cycling expedition. You will come across the Solang Valley The hub for adventure sports activities like paragliding, rope courses, horse Riding, etc. We will cross through Atal Tunnel the longest tunnel at a length of 9.02 km, it is the highest highway single-tube tunnel above 10,000 feet (3,048 m) in the world. We will have our lunch at ATAL cafe in Sissu near Sissu Lake. Post that we will checkin to our hotel Aliyas or Similar in sissu and rest for the day.







### SISSU TO JISPA | 53 KM

Stay: Hotel | Cycling: 78 km

Altitude: 3350 Meters

Alt 3350 Meters | A Elev 1426 m

Temp: 20 ° | C 5 ° | 10% perception

- The day will begin with an easy and gradual climb followed by an exciting downhill to Tandi This is the place where the river "Chandra" and the river "Bhaga" meets. This place is a holy place in Hindu belief.
- We will move towards Kyelang (also spelled Keylong) a beautiful town and the district headquarters of Lahaul and Spiti districts is home to most of the government offices and facilities in Lahaul. We will halt for lunch over here.
- Then moves towards jispa and check in to hotel Padma Lodge or similar. This the border of Low oxygen area and green belt. The day when you will witness greenery around. Post this till we don't reach Lato the barrel mountains with beautiful giant landscapes we will pass through.







### JISPA TO ZINGZINGBAR | 31 KM

Stay: Temporary shared dormitories / Camping Cycling: 31 km | Altitude: 3820 Meters

Temporary shared dormitories

Alt 3820 Meters | A Elev 1713 m

Temp: 🌞 18 °C | C 2 °C | 🌨 3% perception

- With an easy start to the day, we will pedal towards ZingZingBAr. Today a rusty rocky terrain is waiting for us when we pass the tiny hamlet town of Jispa. There is much descent before the climb towards Patseo. Today will be the first time of this expedition, where we will experience complete isolation from the outer world, and we will also be riding in the low oxygen region. After reaching Patseo, it will be a gradual and easy climb ride to upper ZingZingBar. The day comes to an end as we make a touchdown in upper ZingZingBar.
- Get fresh and have a hot served dinner. Post dinner, you can retire to your cozy bed for a so und sleep to face the challenges of the next day. This is the first eve that we will spend in a big temporary shared dormitories together under same roof.







### ZINGZINGBAR TO SARCHU | 41 KM

Stay: Swiss Hut

Cycling: 41 km | Altitude 4255 Meters

Alt 4255 Meters | A Elev 665 m

Temp: 15 ° | C 0 ° | 8% perception

- After having an early morning bite, we gradually ascend towards the 2nd pass of this route, Baralacha La, via Zing zing bar. Today we do our climb mostly on a tarmac surface, with less traffic. After crossing the Naughty Baralacha La, the entire topography of the region changes and we get the first glimpse of the Mountain Desert. Thereafter we descend to Bharatpur and from there, we will take the rolling terrain toward today's destination, Sarchu.
- Once we reach sarchu we will do the photoshoot for group and solo and will create video's of the group. This is more of relaxing and kind of celebration day for coming half way through of the expedition.







### SARCHU TO PANG | 80 KM

Stay: Temporary shared dormitories / Camp Cycling: 80 Km | Altitude 4370 Meter

Temporary shared dormitories

Alt 4370 Meters | Alt Elev 1336 m

Temp: 4370 Meters | Liev 1336 m

- Brace yourself up, for today's adventurous and challenging ride, as we are going to cross two mountain passes in a single day. From our campsite, it's a rolling terrain till the start of the Gata Loops. From here, we will start climbing. After climbing up to 21 Loops, we can have a relaxed ride, as we are going to pedal on the rolling terrain for a few km, just before we again ascend to the 3rd Pass on this route NakeeLa. We will also be passing through the 'Lachlung La' pass. The view en route is so mesmerizing and you will sense that your hard work pays off. From the 'Lachlung La' pass, we will descend to Pang, and relax in the stay domes for the night.
- This day is the toughest day of ride, but as we have ridden for last in this terrain... So By this day each one have done a great self-introspection about their riding skills so each rider can plan their ride strategy for the day with their buddy rider on tour.







### PANG TO LATO | 103 KM

Stay: Guest House

Cycling: 103 km | Altitude 4835 Meters

Alt 4835 Meters | A Elev 1091 m

Temp: 24 ° | 6 ° | 13% perception

- journey called Morrie plains. Scenic beauty with the full metal and well-maintained roads. This region has a wide horizon where on your left and ride for approx 2 km you will find plains and then the huge multi-color mountains. Then we will cross the Taglangla pass. The Taglangla is the second highest motorable road of this expedition.
- You will witness long roads and a continuous climb of approx 15 km. The Taglangla pass is 5328 meters from sea level, which leads to a scenic descent towards Lato, Lato Guest House. Then, a zippy 35 km downhill ride awaits us, to reach today's destination Lato.







### LATO TO LEH | 75 KM

Stay: Hotel

Cycling: 82 km | Altitude: 3600 Meters

🛆 Alt 3600 Meters | 🚵 Elev 484 m

Temp: 🌞 24 °C | 🌑 7 °C | 🌨 14% perception

We will take it easy today and start with leisure. Cycling along the River Indus, we will be riding from Lato/Upshi into the main town of Ladakh Leh. On the way, we would be crossing some of the monasteries of the Hemis, Thiksey, and Shey regions and might visit a few of them depending upon the timelines. Once we reach the famous Leh-Gate, we will have a group picture clicked after which we can proceed our journey towards our hotel The Himalyan ladhak or similar.







### LEH TO KHARDUNGLA | LOCAL SIGHT SEEING | 80 KM

Stav: Hotel

Cycling: 80 km | Altitude 5360 Meters

Alt 5360 Meters | A Elev 1962 m

Temp: 24 ° | C 7 ° | 7% perception

- On the basis of our last 5 years of experience, we have seen the riders feel content when they reach Leh. So they prefer to go local sightseeing than attempt to climb to khardungla.
- Riders who wish to climb they will leave early morning at 6 am for the Khardungla pass, the world's highest mountain pass. We cycle through the scenic valley on the world's second-highest motorable road to the top of this journey with a sense of achievement that has no parallel. Celebrate this moment of pride and success with your bike and your fellow riders. Ride back to our hotel in Leh for the dinner celebration and to celebrate the completion of the tour.
- Riders who go sightseeing for you taxi shall come to the hotel to pick you up and make you explore Magnetic Hill, Monastery, and the confluence of rivers where you can do adventure sports activities if you wish too. The lunch or any other adventure activity expense during the travel is of the rider himself or herself. Drive back to our hotel in Leh for the dinner celebration and to celebrate the completion of the tour.







### RETURN DAY

Today's morning post-breakfast, you are free to plan your return. Participants can take a flight and return to their homes or they stay there to roam in and around Leh. The call is completely yours, in case you need any assistance in planning, we are here to help you out.

### DARE E GEAR

## Inclusions

- 09 Breakfast
- 09 Lunches
- 09 Dinner
- \* Stay on Double Sharing basis
- 6 Hotel Stays
- 2 Dome Stays
- 1 Swiss Camp Stay
- Trophy
- MLCE Theme Cycling Jersey
- Photography
- · Certificate
- 2 Support Vehicles
- Ride Marshal
- Hydration & Nutrition Support
- Mechanical & Technical Support
- Medical First Aid
- Oxygen Cylinder Kit

# Exclusions

- Single Stay
- Any kind of Expense (Item Loss/ Misplaced/ Theft)
- Travel Insurance
- \* Anything else which is not mentioned above in Inclusions







# COSTING DARE GEAR Der Person



### **BATCH DATES**

JUNE AUGUST

14<sup>th</sup> - 23<sup>rd</sup> 24<sup>th</sup> - 01<sup>st</sup> sep

StartingFrom:

Rs. 44999/\*- Per Person

### **ADD ONS**

- Passenger Transportation from Delhi to Manali (₹2500)
- Cycle Transportation from Noida to Manali (₹ 3000 )
- Cycle Transportation from leh to noida (₹3500)
- Single Stays (₹ 20299 )
- Cycle on Rent (₹ 10500)



### **OUR ASSOCIATIONS**

WELLNESS PARTNER

**REHAB PARTNER** 



PIONEER YOGA STUDIO

ANODYNESPINE



# PAYMENT

	Upto 60 Days	59 - 45 Days	44 - 30 Days	29 - 21 Days
Booking Amount	~	~	~	~
50% Payment	Optional	Required	×	×
75% Payment	Optional	Optional	Required	×
Full Payment	Optional	Optional	Optional	Required

# Policy

	Upto 60 Days	59 - 30 Days	29 - 15 Days	14 - 0 Days
Batch Shifting	1	×	×	×
Cancellation Charge	15% Deducted	25% Deducted	50% Deducted	100% Deducted
Amount	Partial refund	Partial Refund	Partial Refund	No Refund

Note: \*All refunds shall be initiated on tour cost excluding GST charges.





### **BANK DETAILS:**

Bank Name: IDFC

Name: Dare2Gear Enterprises

Ac/no: 10066529057 IFSC CODE: IDFB0020151

Branch: Noida Sector 18 GB Nagar



SCAN TO PAY

**UPI TRANSFER** 

















1 Warm Jacket (Duck feather preferred) 2 pair of sports Shoes / cycling shoes

Sleepers

Cycling & Regular Clothing	Other Essentials
7 Jerseys	Torch / Flashlight With
3 Padded Shorts	Spare batteries
3 Full Length padded pants	Power Bank
Arm Warmer Sleeves	Mini Tool Kit
Leg Warmer Sleeves	Personal Medicines if any
Head Cap	Diamox for acclimatisation
Warm Bandana	Pain killer (Flexon MR, Mobizox,
3 Pairs of night suits	Combiflam)
2 Thermal top & bottom Pairs	Aadhaar Card
6 Pair of cotton socks	Some Cash for your shopping or
2 pair of Warm Socks	emergency situation
Shoe rain cover	Neck Pillow
2 Jeans	
4 T-shirts	
Under Garments	(5(6)









Personal Toiletries	Mandatory Items
Light Weight Towel (Easy to dry)	Helmet
Lip Balm	Full Fingers Cycling Gloves Pair
Shower Gel / Soap	Half Fingers Cycling Gloves Pair
Shampoo //	Sunglasses UV protected
Toothbrush	Front Light
Hair oil	Tail Light
Wet Wipes	Reflective Vest
Toilet Paper	Sipper Bottle
Hand Sanitizer	Wind Cheater
Skin Moisturisers	Rain Coat Upper & lower both
Vaseline / Anti chafing cream	10 -15 Ltrs Backpack
- Man	60 /70 Ltrs Rucksack



# INSPIRING







- Meet Naman Dutta, he came here just a family member to accompany his father, post evening tour briefing he felt so excited that decided to ride for the tour and company his father on cycle.
- He has ridden cycle in his childhood, no idea about riding a geared bike, no shorts, no proper gears. Just a helmet, cycling gloves borrowed from father, his favourite lower and burning desire of riding in Mountains.
- He wore same lower for his riding without any padded shorts and was not just riding was leading the pack in front. Hats-off to his zeal and strength that why his poster is here as a story to inspire all. That if you have right will and right strength you will nail this expedition.

# CLIENTS Testimonials





Once u r a member of this family, u can't be apart ...... U will always be happy infected by their LOVE, CARE, SUPPORT & ADVENTURES. Awesome team with basic experience of tour/travelling/adventure/fun/social activities. I have fulfilled my dream of doing two major trips with team D2G i.e. Manali-Leh Cycling Expedition 2017 & Delhi-Srinagar-Leh-Manali-Delhi Bike Ride 2018. Looking forward for more activities with Dare 2 Gear.



Recently I did Manali – Leh + Khardungla and I must say it's an awesome experience...views are just wow...Support from Dare2Gare team is commendable...Everyone should experiance this wonderful Expedition.





Dileep Prabhakar Sule

I was lucky to find a place for myself in this Manali to Leh Ladakh cycling expedition. The route was full of challenges. But Tarun and the team made the whole experience user-friendly. The Bikes were checked every morning for their trouble-free performance. Many kms. Were offroading. Climbs were killing and Downhills were frightening. The route was very scenic. The stay at Hotel, Dhabas and Swiss tents gave us a unique experience. Dare2 Gear is undoubtedly professional, and Mr Tarun is doing this with his passion. All the riders were very caring for a sr. Citizens like me. Looking forward to more participation in the near future.

## FAQ



### Q. What Things do I need to Carry?

### Cycling & Regular Clothing:

- Cycling & Regular Clothing
- 7 Jerseys
- · 3 padded Shorts
- · 3 Full Length padded pants
- Arm Warmer Sleeves
- Leg Warmer Sleeves
- Head Cap
- Warm Bandana
- 3 pairs of night suits
- · 2 Thermal top & bottom Pairs
- · 6 Pair of cotton socks
- 2 pair of Warm Socks
- Shoe rain cover
- 2 Jeans
- · 4 T-shirts Under Garments
- 1 Warm Jacket (Duck feather preferred)
- 2 pair of sports Shoes / cycling shoes
- Slippers

### Other Essentials:

- Torch / Flashlight With Spare batteries
- Power Bank
- Mini Tool Kit
- Personal Medicines if any
- Diamox for acclimatisation
- Pain killer (Flexon MR, Mobizox, Combiflam)
- Aadhaar Card
- Some Cash for your shopping or emergency situation
- Neck Pillow



#### Personal Toiletries:

- Light Weight Towel (Easy to dry)
- Lip Balm
- Shower Gel / Soap
- Shampoo
- Toothbrush
- Hair oil
- Wet Wipes
- Toilet Paper
- Hand Sanitizer
- Skin Moisturisers
- · Vaseline / Anti chafing cream

### Mandatory Items:

- Helmet
- Full Fingers Cycling Gloves Pair
- . Half Fingers Cycling Gloves Pair
- Sunglasses UV protected
- Front Light
- Tail Light
- Reflective Vest
- Sipper Bottle
- Wind Cheater
- · Rain Coat Upper & lower both
- 10 -15 Ltrs Backpack
- 60 /70 Ltrs Rucksac

### Q. Is there a Training program available for participants who register?

Yes, a route map has been designed for participants who register with us. This is a training plan which a rider can follow own their own to train themselves strong along with set of exercises you should during your training.



### Q. I am looking for personal training is that also available?

Yes, we do provide personalised training in which we assign a coach to you who examines your training patterns, current strength and then design a customised training with certain list of tasks involved and observe the progress report on weekly basis.

### Q. How to Reach Manali?

### By Air (Delhi/ To Manali)

If you wish to go to Manali from Delhi by air, Bhuntar is where the nearest airport to Manali is located which is about 50 km from Manali. But a little problem is that flights from Delhi to Bhuntar are very infrequent and mostly get cancelled. So the best way and the most preferred way is to fly down to Chandigarh from Delhi and then go to Manali by road. Once you get down at the airport, you will surely find some taxis or can ask us we will provided extended services to our registered members.

### By Road (Delhi To Manali)

If you wish to go to Manali from Delhi by road, The total distance by road from Delhi to Manali is 12 hours. A network of state-run and private buses connects Manali to some of the most well-known tourist destinations, including Leh, Shimla, Kullu, Dharamshala, and New Delhi. The majority of buses depart from Delhi's ISBT Kashmiri Gate. The bus trip from Delhi to Manali is more comfortable if you choose an air-conditioned Volvo coach. The best one to take would be the Himachal state transport buses because of its good frequency and cheap price.

### By Rail (Delhi To Manali)

If you wish to go to Manali from Delhi by rail, You cannot directly reach Manali directly from Delhi because Manali does not have a railway station. The nearest railway station from Delhi to reach Manali is Chandigarh or Pathankot. You can simply catch a train to Chandigarh or Pathankot, whatever suits you and then opt for a bus or taxi from there.

### Q. Can you share the insights about climate?



In Mountains weather is one thing which is most unpredictable but on the basis of old patterns in last 5 years of experience sharing the insights on climate.

When you reach Manali days are time temperature is pleasant around 24 degree celcius and morning and evening are cold around 5 degrees.

The similar kind of weather we will get till Jipsa first 3 days of tour with a drop of 2-3 degrees in temperature. Post jispa Cold deserts area begin where you need to be in warm clothes and temperature during the day will be around 18-20 degrees and in nights can drop to 0 degrees also till we don't cross Tanglangla pass for next 4 days.

The Day we will be enter Leh will be little hot as compare to previous days and temperature will be between 25-30 degrees diring day and night and early morning are pleasant with 4 – 5 degrees temperature.

When we will go to attempt khardung-la we have to cover ourselves with warm layers as we will be again gaining the height and touching more approx. 18000 feet of height.

### Q. Which type of cycles are allowed in this ride?

As this ride is designed to test your endurance and explore the mountains so MTB or Gravel bicycle is allowed. On mountains during the downhill the bike need more stability and controllability which can easily be achieved on MTB or Gravel bicycles.

Q.I will be riding first time in mountains am I advised to come on gravel bicycle?

No, it is not advised to do your first expedition in mountains on gravel bicycle as speedy downhills and sharp edged curves are there. If skill of controlling the bicycle is not build earlier, then probability of skidding on turns and getting disbalance is there which may lead to injuries too.

Q. Do you provide cycle on rent, if yes then which bike you provide?

Yes, we do provide cycles on Rent. We have premium brand Polygon MTB bikes available for rent.

Q. Will I get the cycle according to my height for this ride?

As we have multiple cycles to offer on rent for all sizes ranging from S to XL, so you will get the cycle of right frame size for your ride.

Q. What is included in the cost of cycle rental?

We give cycle only for rides, all other mandatory items and accessories you want on cycle you have to bring yourself.



# MUST Know



- \* Adherence to Tour Program: Please adhere to the tour schedule. There will be no refunds for late arrivals, early departures, or unused tour services.
- Liability Disclaimer: We are not liable for costs arising from accidents, theft, or changes due to natural disasters, government orders, strikes, political disturbances, diseaserelated issues, or adverse weather conditions.
- \* Handling Unexpected Costs: Any unexpected expenses or changes due to the mentioned reasons must be borne by the participants and settled directly with our Point of Contact (POC) or trip captain.
- \* Additional Charges: Additional charges, such as Early Check-in, Late Check-out, or room view requests, are subject to availability and must be settled directly with the hotels or service providers.
- Limitations in Remote Locations: We strive to provide the best experience, but limitations in remote locations may affect our offerings. Your understanding and cooperation are appreciated.
- Bus Service: The bus service between Delhi and the base is managed by a third-party vendor. In case of a breakdown, we will arrange a backup bus as soon as possible.
- Respect for Nature and Communities: Let's cherish our adventures by respecting nature, communities, and trails. Remember, your belongings are your responsibility.
- Making Adventures Memorable: Respect the places we visit and the locals we meet to make our adventures unforgettable. Keep your gear close, as we cannot replace lost items.
- Room Sharing Details: Sharing a room with 3 people? We provide cozy mattresses for comfortable rotation during sleep.