



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Program Description

GREAT HIMALAYAN CYCLING EXPEDITION (GHCE)

A scenic ride across some of the highest passes in the world with the picturesque Himalayas serving as the perfect backdrop. The sheer beauty of the expedition cannot be explained in words and simply has to be felt. A formidable challenge to the mind and body through mountain biking - few amongst us have the ability to overcome these challenges and improve our resilience and perseverance.

Key Information

- Duration : 12 days / 11 nights
- Location : Ladakh (a brief portion in Himachal Pradesh)
- Age Group : 14 ~ 55 years
- Intensity : * * * * * (Extreme)
- Batch Size : 8 ~ 12

Program Highlights

- Total riding distance Manali - Leh > 596 ms / 370 miles
- Altitude Min 6521 feet / 1987 m > Manali
- Altitude Max 17,565 feet / 5354 m > Khardung La
- Starting Point Manali (Himachal Pradesh)
- Ending Point Leh (Jammu & Kashmir)
- Tour type Cross Country / Level - Demanding

Program Description

Set amidst the backdrop of spectacular and gigantic mountains of the Dhauladhar, Pir Panjal and Zaskar ranges, this mountain bike tour is simply demanding. In other words, the terrain is not technical but is definitely harsh and packed with several high altitude passes. The experience can be challenging. The participants must be fit and capable of riding in arduous terrain for 3 to 4 hours. The number of riding days, altitude change, jet lag and outdoor environment will test the participants. We do not intend to wear you out, but we will ride to the ability of the group to ensure you get the best from your holiday. The Mountain Bike Tour is a true combination of culture and world class riding terrain that will leave you with unforgettable memories of a lifetime. The tour includes support vehicles and bike mechanics to assist in carrying camp logistics, spare bikes, recovery and bike repair.

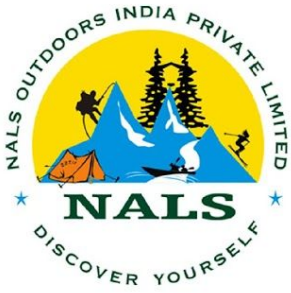
Day by day activity in brief

Day 0 Departure from Delhi about 1630 hrs by AC Volvo bus

Day 1 **Arrive in Manali - NALS Campus about 0700 hrs**

Time to unpack your bikes and get acclimatized to the mountains. After breakfast we will ride to the nearby village 'Naggur'. This warm up ride will also enable you to check

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out the colorful local culture of Manali. We have also scouted some wicked single tracks to reach Naggar. Let us know in advance if you fancy the local trails instead of the regular route. Later we will head back to Manali for a bit of shopping, lunch / early dinner.

Day 1 riding distance: 46 Km / 28 Miles (back and forth)

Min Elevation: 5465 Ft / 1665 m **Max Elevation:** 6521 Ft / 1987 m **Ascent:** 881 Ft / 268 m **Descent:** 1589 Ft / 484 m

Day 2 Manali to Marhi

The Mountain bike tour officially starts today with a gradual climb to our first campsite destination Marhi(33229/ 10900 Ft.). You will have enough time to check out the beautiful deodar and pine forests, waterfalls and meet local people on the way. Your tents will be set up in the pristine campsite surrounded by an epic view. Our personal chef will prepare snacks and dinner for you so that you can gain energy for the following day.

Day 2 riding distance: 34 Km / 21 Miles

Min Elevation: 6389 Ft / 1947 m **Max Elevation:** 10975 Ft / 3345 m **Ascent:** 4759 Ft / 1450 m **Descent:** 184 Ft / 56 m

Day 3 Marhi to Sissu

The Ride starts with an epic climb to the first Pass of the tour; Rohtang Pass aka Rohtang La situated at 3988m / 13084 Ft. An early start is recommended to avoid the traffic. Here you will get enough time to capture the snow peaks in your camera and it's all downhill from there. You will officially enter the Lahaul Valley while negotiating a couple of stream crossings. We should reach Sissu before evening where you will get to relax in our campsite while our Chef takes care of us with great food full of energy.

Day 3 riding distance: 50 Km / 31 Miles

Min Elevation: 9970 Ft / 3038 m **Max Elevation:** 13075 Ft / 3985 m **Ascent:** 2935 Ft / 894 m **Descent:** 3839 Ft / 1170 m

Day 4 Sissu to Jispa

You will observe the tree line fading away from today. The terrain becomes rough and dusty while the sun becomes wild. The silence in these big mountains is a different trip which you all must experience while checking out the surroundings filled with high Himalayan ranges.

Day 4 riding distance: 56 Km / 34 Miles

Min Elevation: 9465 Ft / 2884 m **Max Elevation:** 11210 Ft / 3416 m **Ascent:** 3717 Ft / 1132 m **Descent:** 2670 Ft / 813 m

Day 5 Jispa to Zing Zing Bar

By this day you will be tough and ready to face the wicked Himalayan terrain while heading to Zing Zing Bar. Don't mistake it for a party base though. You will spot many

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food shacks and people working in harsh conditions while you head to the campsite located at the base of Bara-Lacha-La. Epic view all around.

Day 5 riding distance: 36 Km / 22 Miles

Min Elevation: 10681 Ft / 3255 m **Max Elevation:** 14076 Ft / 4290 m **Ascent:** 4047 Ft / 1233 m **Descent:** 661 Ft / 201 m

Day 6 Zing Zing Bar to Sarchu

Yet another day with a wicked climb ahead to another pass (Bara-Lacha La) situated at 4918m / 16135 Ft. It's not easy as the climb is packed with loose gravel, rocks and no vegetation at all. You will be surprised to see tough road workers living and working in this area with their children. The ride after the pass becomes pleasant as gravity pulls you most of the time till you reach our campsite at Sarchu. This silent campsite is surrounded by a grand view that you can check out on foot or on your bike. The day ends with great food and good sleep.

Day 6 riding distance: 48 Km / 29 Miles

Min Elevation: 13971 Ft / 4258 m **Max Elevation:** 16164 Ft / 4926 m **Ascent:** 2831 Ft / 862 m **Descent:** 2610 Ft / 795 m

Day 7 Sarchu to Whiskey Nallah

The day starts with a ride on smooth road which soon turns into a thrilling climb on 21 hairpin loops known as Gata Loops through which you will reach Nakeela Pass situated at 4920m / 16141 Ft. The downhill ride from Nakeela Pass to our next campsite located at Whiskey Nallah is thrilling and packed with epic landscape all the way.

Day 7 riding distance: 46 Km / 28 Miles

Min Elevation: 13800 Ft / 4206 m **Max Elevation:** 16200 Ft / 4937 m **Ascent:** 1631 Ft / 497 m **Descent:** 3116 Ft / 950 m

Day 8 Whiskey Nallah to Tso Kar

Today's target is to reach one of the best campsites in the entire trip, Tso Kar Lake, which is a beautiful salt lake situated in the Rupshu Plateau and valley in the Southern part of Ladakh. To earn this you need to cross Lachung La (5077m / 16656 Ft) and descend to Pang which is a mysterious looking place. After finish the climb from Pang to Moray Plains you will be surprised to see a great quality road here which will lead to the campsite. Feel free to ride as fast as you wish. A good rest is highly recommended tonight as tomorrow you will be crossing world's second highest pass.

Day 8 riding distance: 71 Km / 44 Miles

Min Elevation: 14770 Ft / 4501 m **Max Elevation:** 16633 Ft / 5078 m **Ascent:** 2870 Ft / 874 m **Descent:** 2550 Ft / 762 m

Day 9 Tso Kar to Lato

The option of riding the offroad downhill trail from Taglang La is available for all those singletrack aficionados.

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Day 9 riding distance: 61 Km / 37 Miles

Min Elevation: 13036 Ft / 3973 m **Max Elevation:** 17427 Ft / 5311 m **Ascent:** 4605 Ft / 1403 m **Descent:** 2334 Ft / 711 m

Day 10 Lato to Leh

The day starts with a lot of excitement as you will be reaching Leh and enjoying the modern facilities... especially a hot shower. The ride distance is long but not too difficult. You will be riding along the Indus River and start observing change in the landscape. You will be greeted by trees, farms, monasteries, humans, etc once you enter Upshi. The remaining ride is calm and surrounded by Ladakhi and Tibetan culture. Feel free to roam around the town and enjoy celebrating the successful ride with us.

Day 10 riding distance: 70 Km / 43 Miles

Min Elevation: 10653 Ft / 3247 m **Max Elevation:** 13042 Ft / 3975 m **Ascent:** 3576 Ft / 1090 m **Descent:** 1744 Ft / 531 m

Day 11 Leh to Khardung La to Leh (optional)

Last riding day to Khardung La situated at 5358m / 17578 ft and is arguably the World's highest motorable pass. This is yet another challenge in this tour but after all these days you will be more than happy to conquer the last stop which is surrounded by Zaskar and the Karakoram range. Descending back to Leh is good fun and officially finishes The Grand Himalayan Mountain Bike Tour with yet another celebration night in the town.

Day 11 riding distance: 78 Km / 48 Miles (back and forth)

Min Elevation: 11184 Ft / 3409 m **Max Elevation:** 17565 Ft / 5354 m **Ascent:** 6377 Ft / 1944 m **Descent:**

Day 12 Departure from Leh

Well, this is going to be difficult as we have bonded with each other through dust and grime, excitement and challenge in such pristine settings that you do not want to go back from. Further, the elevated self confidence and resilience is palpable and we do not want to go back to our easy lives (well our regular life will become easy on the psyche from now on). We also foresee that you will come back for more challenge and adrenalin as this is addictive and the Himalayas are always there for you to visit again.

Program Alteration

It must be borne in mind that the program route and campsite locations can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, Himalayan weather is unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program. The above mentioned distance is approximate. Road conditions, Diversions, Weather Conditions, Traffic etc. can affect riding distance.

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Bike and Equipment

We highly recommend that you bring your own mountain bike for Mountain Bike Tour. A lightweight hardtail with front suspension or a short travel dual suspension bike with disc brakes are recommended. Make sure your bikes are in perfect working condition before the trip. Few bike specific spares like disc pads, 29er and 650B spokes, brake fluids may not be easily available therefore we suggest you to bring your bike specific spares along. In case you don't wish to carry your own bike, we can arrange a hardtail mountain bike for you. Kindly update us well in advance with preferred bike size. The bike rent will be an extra @ INR 600 per day. However, it is our experience that the human being and bike has to match well for great experience on such a tour and in the past, we have had riders who were uncomfortable on a hired bike.

Climate

The Mountain Bike Tour will take place in the months of August ~ September. The days will be hot with some penetrating sun (due to thin atmosphere). However it may rain without warning especially in and around Manali. The nights will be cold and warm layers are a must. A good quality down jacket, warm head cap and gloves are must include things in your luggage. We also advise you to bring your own sleeping bag. In case you don't wish to carry your own sleeping bag – Kindly let us know well in advance so that we can arrange one for you. The complete detailed list of items will be sent to you upon confirming the tour.

Food and Beverages

The participant is assured of a simple Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is predominantly North Indian.

Safety

The Mountain Bike Tour will take place in the remote Himalayas where emergency evacuation option is limited. The communication during the tour will be very limited and depends upon satellite phone at Army Transit Camps located at limited places. Therefore, if you choose to participate in our tour, we expect you to ride within your limits and safety. We also advise you to keep your bike in good condition during the tour and let us know if you face any issues. Our team members are trained in first aid and basic bike maintenance and will go out of their way to assist you. We advise you to purchase Personal Medical Travel Insurance before signing up for this tour. Foreigners are required to take up insurances for medical as well as body evacuation and provide proof of the same for participating in this program.

Health and Fitness Requirements

This program is rated "Extreme" and participants should be healthy and are advised to check with their own doctor for their own medical requirements before travelling. It is very important that persons with medical problems make them known to us well before departure. Hospital facilities for serious problems can be difficult to source in remote areas and evacuation can be delayed, difficult and expensive. NALS assumes no liability regarding provision of medical care. From the fitness point of view, only well

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trained persons can accomplish this program satisfactorily. Several months of cycling practise and strength training are mandatory for meeting the gruesome demands of this program.

Arrival in Manali

You can arrive in Manali by AC Volvo bus, ex-Delhi, along with your cycle provided the cycle is packed neatly in a box. This journey is about 13 hrs and is included in the package cost. However, should you prefer to fly from Delhi, you can land at Kullu airport at Bhunther and take a taxi to our campus, which is around 20kms away on the road to Manali. NALS will discount the AC Volvo cost (Rs. 1400) from your package cost if you travel by flight.

Departure from Leh

After completion of program at Leh, you can choose to continue on your onward journey. Flights are available towards Delhi in the forenoon hours.

Package Cost (ex Delhi)

Cost per participant INR 59,500 inclusive of GST

Scope & Inclusions

- AC Volvo bus Delhi - Manali
- Meals and Refreshments during camping / biking
- First aid assistance, Expert guide and support team
- Shared tent accommodation - twin sharing
- Hotel stay at Leh - 2 days / twin sharing - with full boarding
- Backup / recovery vehicles during the tour
- Permits for border entry / camping + forest permits
- Bike mechanic / service

Exclusions

- Bus / train travel into and out of Delhi / Transit in Delhi from home town
- Flight costs out of Leh towards home town
- Additional baggage charges for transport of cycle by flight / AC Volvo bus
- Bike rental per day - Rs. 600 per bike
- Meals during AC Volvo bus journey
- Personal travel and medical insurance
- Entry visa for foreigners coming to India, excess baggage fee on flights
- Bike spares
- Additional hotel cost in Leh due to early arrival or late departure
- Personal expenses towards tips, telephone calls, laundry, beverage, insurance etc.
- Unforeseen handling costs due to weather disturbance, land slides, political unrest, and any unforeseen factors beyond our control
- Deviation costs due to poor health, sickness, hospitalisation and / or emergencies leading to withdrawal from the program will be borne by the participant

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - b. NALS Bank account details:
 - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
 - ii. IFSC : SBIN0003061
 - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

1. More than 30 days prior to commencement of program 20%
2. 15-30 days prior to commencement of program 30%
3. 8-14 days prior to commencement of program 50%
4. Less than 8 days to commencement of program 100%

Very rarely, NALS may be forced to cancel a program due to *force majeure* (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In case, your booking includes flight, cancellation charges will also depend on the air carrier and this may vary from time to time. Please check your tickets.

PARTICIPANT BEHAVIOUR AND DISCIPLINE

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

RISK AWARENESS

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors such as natural calamities - floods, landslides, avalanches, weather disturbances etc. Trekking & Cycling in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

Some of the wild animals in this area are Himalayan Black Bear, Marmots, Deer and foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parental consent and signature are mandatory for participation in our programs.

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