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The Grand Himalayan Mountain Bike Tour is packed with unforgettable landscapes, culture and guaranteed jaw-dropping lookouts at every turn. You will start the ride from a beautiful Himalayan town Manali and ride through some of the highest passes in the world. This epic 500Km + tour is packed with challenging climbs and some of the gnarliest roads that you will be riding in the shadows of the Indian Himalayas till you reach Leh.

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**TOTAL RIDING DAYS:** 11 | **TOTAL RIDING DISTANCE:** 596 Km (370 Miles) | **TOUR STARTING POINT:** Manali, Himachal Pradesh

**PRICE:** INR 40,000 (05 Participants) | INR 35,000 (05 to 10 Participants) | INR 30,000 (10 to 12 Participants)

**TOUR TYPE:** Cross Country / Endurance | **LEVEL:** Demanding

**GROUP SIZE:** 05 (Minimum) | 12 (Maximum)

**JOINING / REPORTING POINT:** Manali, Himachal Pradesh. | **Group Pickup from New Delhi Airport:** + INR 2000 per pax.

## WHY RIDE WITH US?

We are not your usual bike tour company. The Grand Himalayan Mountain Bike Tour is fully guided by handpicked experienced and passionate local mountain bikers. Our guides and staff members are trained in first aid, bike maintenance and are fully aware of the areas that are unmapped which will make your tour more exciting.

Himalayan Mountain Bike Network provides exceptional quality and reliability of outstanding services and will eliminate your worries of planning this great adventure so you can spend your valuable time enjoying and riding in the Himalayas. This is the reason why our team members have also guided world class athletes and movie stars in India.

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## THE GRAND HIMALAYAN MOUNTAIN BIKE TOUR ITINERARY:

### Arrive in Manali.

This is going to be a busy day loading your bikes and luggage upon your arrival in New Delhi, India. Our team members will greet you and help you with this process. The drive to Manali will be a long one (550 Km / 341 Miles) with a stop in Chandigarh. The total journey duration will be 14 Hours approx. You will be escorted to your hotel in Manali so that you can charge up for warm up ride.

### DAY 1: Manali to Naggar to Manali.

Time to unpack your bikes and get acclimatized to the mountains. After breakfast we will ride to the nearby village 'Naggar'. This warm up ride will also enable you to check out the local colorful culture of Manali. We have also scouted some wicked singletracks 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 bit of shopping, lunch/early dinner and beer\* in the famous local restaurant.

**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 Grand Himalayan Mountain Bike Tour officially starts today with a gradual climb to our first campsite destination Marhi (3329m / 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 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.

Day 4 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 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 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 times till you reach our campsite at Sarchu. This silent campsite is surrounded by grand view that you can check out on foot or 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 haripin 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 campsite 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.

Wake up early to the most challenging day of this tour. The altitude keeps on increasing with the Oxygen level. The continuous climb to Taglang La, the second highest motor-able pass in the world is not so easy. The pass is situated at 5328 m / 17480 Ft. Once you reach here, you will forget the struggle and will be rewarded with breathtaking view of the Himalayan and the Karakorum mountain range. The descent from Taglang La is another epic session. The option of riding the offroad downhill trail from Taglang La is available for all those singletrack aficionados.

**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 enjoy the modern facilities... especially 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, monastery's, 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.

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 the all these days you will be more than happy to conquer the last stop which is surrounded by Zanskar 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:**

Himalayan Mountain Bike Network reserves the right to make modifications to the above mentioned itinerary depending on weather, terrain, local conditions etc. This is to ensure smooth operations and your comfort and safety during the tour.

The above mentioned distance is an approximate. Road Conditions, Diversions, Weather Conditions, Traffic etc. can affect riding distance.

The stay at Hotels and Campsites (tents) will be on Twin-Sharing concept.

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## Himalayan Mountain Bike Network | Regd. Under Govt. Of Himachal Pradesh / Dept. Of Tourism

### MORE DETAILS:

#### What's included in the price:

- Expert handpicked local guides and support team.
- Backup vehicles during the tour.
- Hotel (Manali and Leh), and tents for camping. *(twin sharing)*
- All breakfast, lunch, snacks and dinner during the dates.
- Refreshments / energy beverages / Mineral water.
- Permits for border entry, camping and trekking.
- Bike Mechanic / service.
- First aid assistance.
- Souvenir tour T-Shirt and stickers.
- Pick up from New Delhi Airport *(if required\*)*.
- Drop to Leh Airport *(if required\*)*.

#### What's not included in the price:

- International Airfare to India and back.
- Personal travel and medical insurance.
- Entry visa, excess baggage fee, and other taxes.
- Personal expenses.
- Alcoholic / Aerated beverages / any other edible items from outside.
- Bike spares.
- Emergency evacuation charges. *(if required\*)*.

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*(if required\*) can be subjected to additional charges for the services.*

#### Fitness Level:

The Grand Himalayan Mountain Bike Tour is "Demanding". In other words, the terrain is not technical but is definitely harsh and packed with high altitudes which can be challenging. 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, we will ride to the ability of the group to ensure you get the best from your holiday. The Grand Himalayan Mountain Bike Tour is true combination of culture and world class riding terrain that will leave you with unforgettable memories of a lifetime.

#### Bike and Equipment:

We highly recommend to bring your own mountain bike for The Grand Himalayan 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.

Incase 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 extra @ INR 500 per day ***(Standard rental charges applicable for Indian and Foreign participants)***.

We also recommend to bring your riding helmet, 3 to 4 pairs of padded riding shorts, breathable jerseys and 3 to 4 pair of socks to ride comfortably. You will be riding in the Himalayas where everything depends on Mother Nature. Therefore you must keep a wind / rain jacket handy in your hydration pack all the times. Your hydration pack should also consist of SPF 50 + sun screen lotion, chapstick, personal medication and your basic riding tool.

## Climate:

The Grand Himalayan Mountain Bike Tour 2015 will take place in the month of August. The days will be hot, however it may rain without warning especially in and around Manali. The nights will be moderately cool and warm layers are 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 bags. 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.

## Safety:

The Grand Himalayan 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 depended upon satellite phone at Army Transit Camps located at limited places. Therefore if you chose to participate in our tour, we expect you to ride within your limits with safety. We also advise you to keep your bikes 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 keep you safe. We advise you to purchase Personal Medical Travel Insurance before signing up for this tour.

Himalayan Mountain Bike Network is registered under Himachal Pradesh Dept. of Tourism and Civil Aviation.

## Contact us:

Not sure about something or need more information regarding the tour? Feel free to contact us and we will be happy to answer your queries ASAP:

**Vineet Sharma** | +91 987 202 8808

**Naveen Barongpa** | +91 941 861 2482

**Anil Kumar** | +91 981 629 8063

Or E-mail us: [info@himalayanmtb.com](mailto:info@himalayanmtb.com) | [himalayanmtb@gmail.com](mailto:himalayanmtb@gmail.com)

### Office Address:

Himalayan Mountain Bike Network  
C/O: Himalayan Bike Bar (1<sup>st</sup> Floor).  
Old Mission Road (The Mall).  
Manali, Himachal Pradesh – 175101  
INDIA

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## TERMS AND CONDITIONS

If you wish to register for any expedition/event with Himalayan Mountain Bike Network, please read and understand the following Terms and Conditions and retain for future reference as they form the basis of your contract between us, Himalayan Mountain Bike Network, and all those listed on the booking form on whose behalf the party leader is acting. A contract will only exist when we have received a completed booking form from you, your deposit and proof of appropriate insurance and we have sent to you confirmation of your booking and invoice.

### TRAVEL AND MEDICAL INSURANCE

**Travel and medical insurance is mandatory on all Himalayan Mountain Bike Network – Expeditions and other events.** Our mountain biking expeditions take place in wilderness areas where there is often little access to normal medical services or hospital facilities. Where necessary, evacuation can be difficult and expensive. Medical and evacuation expenses will be the responsibility of the participant. Expedition's participants are responsible for purchasing medical insurance.

If you are likely to participate in other activities available in the resort/area (e.g. paragliding, rock climbing, rafting etc.), please make sure the insurance includes full cover for all the activities that you may participate in. It is an essential condition of booking your holiday that you take out adequate holiday insurance to our reasonable satisfaction.

We reserve the right to terminate your booking if you fail to obtain travel insurance. However, it is the responsibility of you and all members of your party to ensure the insurance cover purchased is suitable and adequate for your particular requirements. We cannot be responsible for your costs if you fail to do so.

Any other excursions or hazardous activity in which you participate during our expedition, such as paragliding, rock climbing, rafting etc., are at your own risk and liability and may not be covered under the terms of your holiday insurance. Please check the details of your individual policy before participation. If you carry out any activities with a member of our staff or representative of flow, we cannot take any responsibility for injuries/death howsoever caused. At all times clients must use their own judgements based on their abilities and all activities of whatever nature are at their own risk.

To purchase Travel and Medical Insurance please contact your local travel agent.

## CANCELLATIONS

### CANCELLATION BY THE PARTICIPANT

All cancellations have to be made in writing and sent by mail or email to Himalayan Mountain Bike Network ([info@himalayanmtb.com](mailto:info@himalayanmtb.com) / [himalayanmtb@gmail.com](mailto:himalayanmtb@gmail.com)) by the person named on the booking form. Cancellation assessments will be calculated on the day Himalayan Mountain Bike Network receives your notification. Cancellation charges will be calculated from the date we receive written notice of cancellation via mail or email.

#### **If cancelling the following policy will apply:**

- 90+ days prior to your trip: Cancellation charge of INR 3000
- 46-90 days prior to your trip: Cancellation charge of INR 6000
- 0-45 days prior to your trip: Cancellation charge of 100% of the total cost of the trip

Please note that any payments made to an airline on your behalf may not be recoverable and will be subject to the airlines cancellation policies. No refunds will be made for a cancellation during the course of the tour, nor for unused portions of the trip.

### CANCELLATION BY HIMALAYAN MOUNTAIN BIKE NETWORK

Himalayan Mountain Bike Network reserves the right to cancel a trip if the minimum number of participants for a trip is not fulfilled. We also reserve the right for making alterations to our website and expedition details before and after bookings have been confirmed. We will notify you for any such modifications.

**If we cancel an expedition you will receive a full refund of all monies paid to us.** Please note that once trips are scheduled, cancellations by us are extremely rare. Himalayan Mountain Bike Network cannot assume responsibility for any loss incurred on account of non-refundable air tickets. Please contact us prior to purchasing your flight as to confirm that the required number of participants have signed up for an expedition.

Himalayan Mountain Bike Network cannot be responsible for any loss, delay, cost or the enjoyment of your holiday due to weather conditions. No refunds can be made if weather conditions are unfavorable.

We can accept no legal liability and will pay no compensation.

## FLIGHTS

**Please contact us before you book your flight to confirm that the trip has enough participants to run the trip.** Each participant is responsible for booking their own flight to the mentioned city or city where the trip begins. Please note most airlines charge an additional fee for bikes.

We cannot accept any liability if you are refused entry onto a flight or into any country due to failure on your part to carry the correct passport, visa or other documents required by any airline or authority.

For all expeditions, we will set a meeting place and time at the airport or any other mentioned place on Day 1 of your holiday. If you plan to stay longer, or arrive earlier, please notify us so that we can help you to arrange your travels.

## SINGLE PERSON SUPPLEMENTS

Accommodations are based on double occupancy at hotels. Single room arrangements are usually available for a supplemental cost. We will do our best to find a suitable roommate for those desiring one, but if one is not available, you will be given a single room and charged a single supplement. We reserve the right to raise the trip cost if there are exceptional cost increases beyond our control.

## SPECIAL REQUESTS

If you have a special request, please clearly note this on your booking form, or if later make it in writing, but **we cannot guarantee any request that you ask us to provide** unless we have confirmed it in writing. We cannot guarantee such services will be provided even if we confirm that they have been passed on. Please note that all services are provided subject to the conditions of the relevant supplier, some of which may limit or exclude the supplier's liability to you.

## HEALTH AND FITNESS REQUIREMENTS

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. Himalayan Mountain Bike Network assumes no liability regarding provision of medical care.

## PARTICIPANT RESPONSIBILITIES

Himalayan Mountain Bike Network expects that participants are responsible for: understanding the conditions implied in an expedition/event Itinerary, selecting a trip that is appropriate to their interests and abilities.

We would suggest taking care of your personal belongings. We cannot be held responsible for any loss, damage or theft of your personal belongings.

Please do not try to compete/race with fellow participants on any expedition. Reckless riding will not be appreciated.  
**Don't Disrespect the Locals or destroy/deface any property.**  
We want all our clients to have an enjoyable holiday and best riding experience with us.



[www.himalayanmtb.com](http://www.himalayanmtb.com)

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- 2:
- 3:
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- 5:
- 6:
- 7:
- 8:
- 9:
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