

SPICEROADS

CYCLING



BIKING INDIA'S NUBRA VALLEY

Tour Code
IND-DNV

14 DAYS
13 NIGHTS

| | | |
|--|---------------------------|--|
| | Destinations | India |
| | Tour Meets Tour Ends | New Delhi New Delhi |
| | Fly in to Fly out of | Indira Gandhi International Airport (DEL) Indira Gandhi International Airport (DEL) |
| | Group Size Minimum Age | 2-16 riders 18 (on scheduled departures) |

ACTIVITY PROFILE



| | |
|------------------------------------|---|
| 8 Cycling days | 485 km Total cycling distance |
| 61 km Avg distance / day | 1094 m Avg climbing / day |

PRICING



| | |
|---------------------------|------------|
| Price | US\$ 2,390 |
| Bike Hire (Mountain Bike) | US\$ 175 |
| Single Supplement | US\$ 620 |

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



16 June - 29 June 2019
07 July - 20 July 2019
25 August - 07 September 2019
14 June - 27 June 2020
05 July - 18 July 2020
23 August - 05 September 2020

TRIP PROFILE

There is no technical riding involved on this tour, with all the challenge coming from cycling at high altitudes. Because this trip is fully supported, weary cyclists can take breaks in the support vehicles if required.

Suitability: The lack of oxygen at the high altitudes we'll be cycling at, as well as the climbs we'll be doing, means that this is a tough trip, and you'll enjoy it much more if you have a good level of stamina and fitness. We spend four days acclimating in Leh but slowly increase our activity level during those days to prepare you for the passes ahead.

Biking Conditions: The road surfaces are almost all paved, but in high altitude conditions of extreme weather, there will be patches where the road has disintegrated and will be potholed or even gravel. The Indian army engineers are constantly working on these roads, so most of them are in good condition. They are also built with gentle gradients, with most up-hills having a 7% grade; however, there will be a few exceptions up to the top of passes.



Day 1 New Delhi

We meet at Ashok Country Resort in Delhi and gather for check in and welcome dinner.



Ashok Country Resort



Dinner

Day 2 New Delhi – Leh

We transfer to the domestic airport for an early morning flight to Leh (the airfare for New Delhi – Leh – New Delhi is not included in the tour cost). We take it easy the rest of the day to acclimate to the sudden change in altitude to 3,500 m (11,480 ft). If you are feeling up to it, go for a slow walk around Leh and visit the ruined Leh Palace, which resembles Potala Palace in Tibet, for a great view from the roof, or the market where Tibetan antiques, Chinese silk, Buddhist ornaments, turquoise stones, and silver jewelry are for sale.



Hotel Kanglachen



Breakfast, Dinner

Day 3 Leh - Stok - Thiksey - Leh

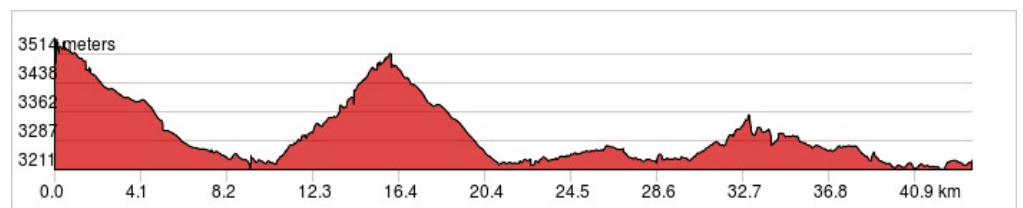
We take it nice and slow while we try out our bikes and lungs for the first time. We transfer for 30 minutes past the Tibetan settlement of Cho-glamsar and cross the milky waters of the Indus by bridge. We visit the Stok Palace Museum belonging to the erstwhile royal family of Ladakh, who still reside on the premises. We then bike down to the junction and take a back road for 10 km to Stakna monastery, then cross back over the Indus River to meet the main road to Thiksey monastery. Built across a hillside, the monastery resembles the Potala Palace of Tibet and houses a large three-story statue of the Maitreya (future) Buddha. In the monastery complex is a Tibetan medicine shop and a residing Amchi (Tibetan doctor). We drive back to Leh from the monastery and meet up for dinner.



Hotel Kanglachen



Breakfast, Lunch, Dinner



Ride 44km



+607m



-901m

Day 4 Leh - Nemo - Likir

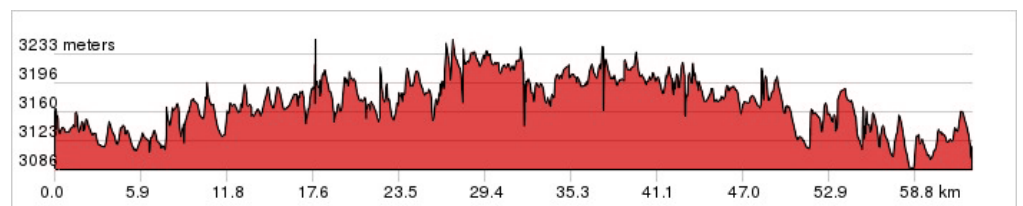
After an early breakfast, it's a short transfer to Nemo and the start of our cycling. We follow the Zaskar River through a spectacular gorge, riding on a newly built black-topped road for 20 km to Chilling. After catching our breath, we raft down the Zaskar River on Grade 3 rapids back to Nemo. If you prefer bikes to boats, there is the option of biking the 15 km back to Nemo instead of rafting. We then transfer to Likir.



Lukhil Hotel



Breakfast, Lunch, Dinner



Ride 63km



+1365m



-1409m

Day 5 Likir - Nemo - Leh

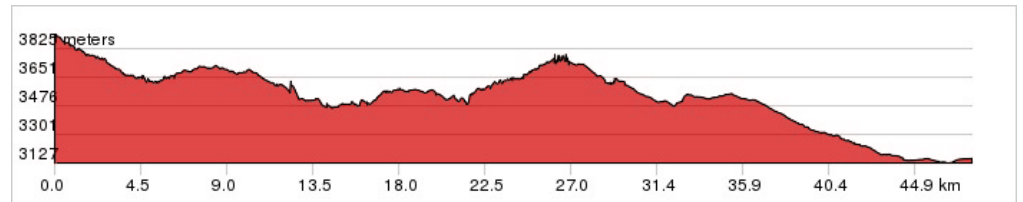
From our hotel, we transfer for about 40 minutes to the top of Tserma-chenla (3,750 m/12,303 ft), then it's a fantastic roller coaster ride back to Likir (on a dirt road for the first section and then tarmac) and up to a monastery where there is a huge Buddha statue. We continue the downhill blast for 37 km to Nemo, with great views of the Zaskar river valley. We transfer to Leh where you are free to try one of the many restaurants in town for dinner.



Hotel Kanglachen



Breakfast, Lunch



Ride 48km



+765m



-1524m

Day 6 Leh - Sakti

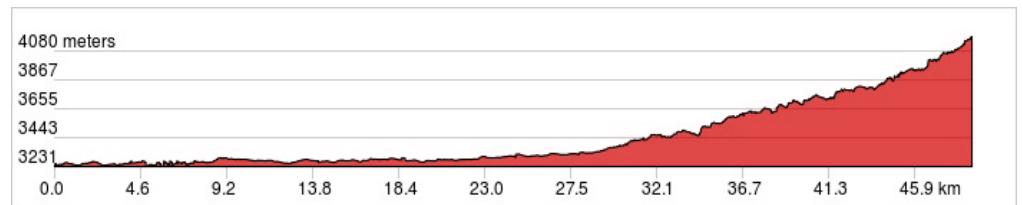
We begin our trip to the Nubra Valley by following the Manali highway for a short while before leaving the main road to we climb gradually up 200 m to the village of Sakti. The road leads up a valley past houses scattered amongst farmland and past a small stream lined with willow bushes as you cycle along the clean and fresh countryside. You may meet a few odd jeeps and maybe a bus; otherwise, there is no other traffic. Looking ahead you can see where we are headed, Warila Pass.



Tented Camp



Breakfast, Lunch, Dinner



Ride 51 km



+1358m



-427m

Day 7 Warila Pass

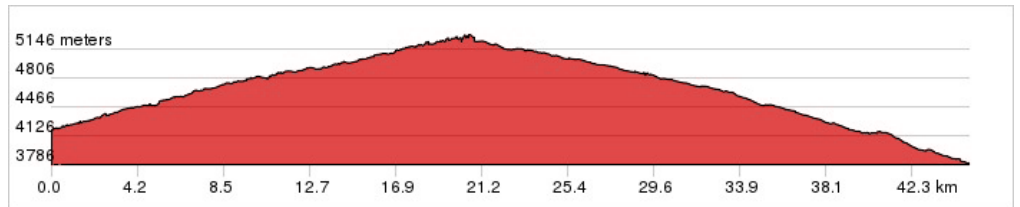
We get an early start as we have a long and steady climb ahead of us to Warila Pass (5,195 m/16,972 ft). It's a challenging climb to the top, but you are rewarded with impressive views of the surrounding mountains. As we roll down on the recently built tarmac road, we enter the winter habitat of the elusive snow leopard. We cycle down to the large villages of Tangyar and Khyungru (4,100 m/13,451 ft), where they have seen very few foreigners since this road has been open for only five years. The villagers remain engaged in their farming and cattle rearing during the short summer months when they must grow and gather as much as possible to survive over the long harsh winter.



Tented Camp



Breakfast, Lunch, Dinner

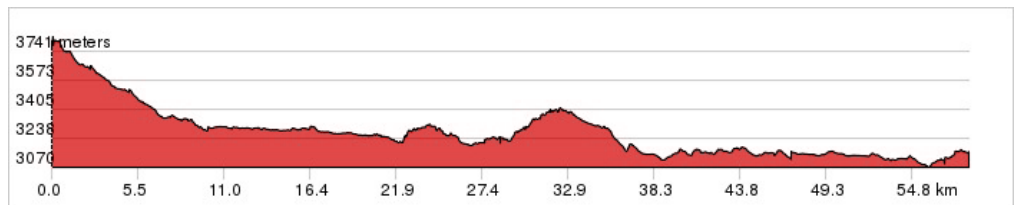


Ride 45km
 +1220m
 -1618m

Day 8 Shyok Valley

We continue our downhill blitz on the new tarmac road, passing traditional Ladakhi homes, before climbing gradually to Khalsar, a small bustling village with a cluster of tea and noodle shops. Here, we join the main Karakoram highway into the wide and fertile Nubra Valley. We ride downhill to the Shyok valley floor, where wild lavender and sea buckthorn bushes grow. We follow the Shyok River to a bridge, and then it's a gentle climb on a good tarmac road to Hundar Village (3,048 m/10,000 ft).

Karma Inn
 Breakfast, Lunch, Dinner

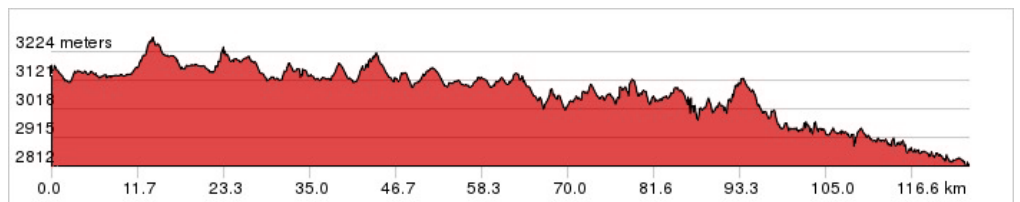


Ride 58km
 +803m
 -1449m

Day 9 Hundar - Turtuk

Today is our longest distance day, but we are riding through the valley, so there are no steep climbs. As we cycle to the village of Hundar, we pass the Deskit monastery, and the landscape changes to sand dunes. As we continue bicycling on this newly opened route, we come to the village of Turtuk, which belonged to Pakistan until the 1971 Indo-Pakistani War. Just 22 km from the Pakistan border, this farming village at 2,650 m/8,694 ft is inhabited by Muslims so here you encounter a different culture.

Tented Camp
 Breakfast, Lunch, Dinner



Ride 124km
 +1819m
 -2165m

Day 10 Turtuk – Khardung

We have a day off the bikes. After a leisurely breakfast, we transfer 3 hours back to Khalsar and then set up our camp in pastures close to the North Pulu check post. It's a good road all along – huge rocky spires and amazing rock formations as the road

snakes its way around the mountainside. The only village you pass is Khardung after Khalsar, and we camp in grazing grounds.



Tented Camp



Breakfast, Lunch, Dinner

Day 11 Khardungla Pass - Leh

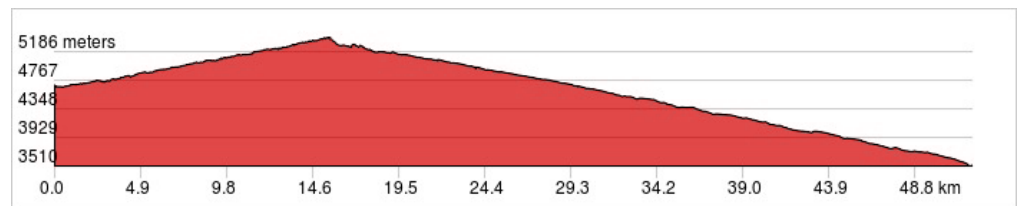
From the North Pulu check point, it is 14 km to the top of Khardungla Pass (5,359 m/17,582 ft). There are lots of long switchbacks as you wind your way up to the highest point of the trip. Once at the top, you can see the Saser Mutztagh mountain range, where the highest peak is 7,672 m (25,170 ft), and the Stok mountain range if you look towards Leh. From here, it's an exhilarating downhill for an amazing 39 km to Leh.



Hotel Kanglachen



Breakfast, Lunch, Dinner



Ride 52km



+814m



-1972m

Day 12 Leh – New Delhi

We head to the Leh airport for our flight to New Delhi and transfer to our hotel in the city centre.



Claridges Hotel



Breakfast

Day 13 Tour Of New Delhi

Our local guide takes us on a tour of New Delhi. We visit the top sites of the Red Fort, Chandni Chowk, and Qutab Minar with a drive through New Delhi. We meet up for a farewell dinner in the evening.



Claridges Hotel



Breakfast, Lunch, Dinner

Day 14 Departure

Travel home or stay and see more of incredible India.



Breakfast

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you are able to hire bikes locally for the price listed in the tour pricing section. The bikes are well-known makes of hybrid

or mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, and that it is in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Please make sure that your passport is still valid for at least six months at the end of the tour. An electronic visa (e-visa) is available for passport holders of 150 countries including Australia, New Zealand, UK, USA and citizens of EU countries, with the application and the fee submitted at least 4 days before date of arrival. Fees vary depending on nationality. The visa is valid up to 60 days from the date of arrival. Visit [here](#) to apply and for the full list of eligible countries. For citizens of countries not specified a visa must be acquired *before* arriving in India. Please contact your local Indian embassy to receive a standard tourist visa. Locations on embassies worldwide are available [here](#).

Health

There are no compulsory vaccinations although it is strongly recommended that you are vaccinated against Typhoid, and Hepatitis A and B. Tetanus and polio vaccinations should also be up to date at the time of travel. Please speak to your doctor/physician for the most recent information.

Weather

As India is such a large country, the climate and weather conditions vary across the vast region. However, the country is divided into six main climatic zones ranging from arid desert in the west, alpine tundra and glaciers in the north, and humid tropical in the southwest and the island territories.

We have tours in the following regions

Rajasthan: weather can be divided into four seasons - summer, monsoon, post-monsoon, and winter. Summer from April to June is the hottest season with temperatures ranging from 32C to 45C. Monsoon extends from July to September with a slight drop in temperature but plenty of rain. The post-monsoon period is from October to November where the lowest temperatures can reach as low as 18C. From December to March is the cold season and the best time to visit Rajasthan. Temperatures range from 15C-18C with little or no humidity.

Kerala: mostly has a tropical wet climate, which can be divided into three seasons. Summer is from February to May and is generally hot and humid. Monsoon season

begins in June till around October or November. December to January holds the best weather for travel as it is cooler and the rains have subsided.

Leh/Ladakh has a cold desert like climate with somewhat extreme conditions. Summers bring in harsh direct sunlight at such high altitudes while winters can get as cold as below freezing point. Lowest ever recorded was -23C. May to August is the best time for tourists to enjoy the weather and everything it has to offer.

Sikkim: has a very temperate climate with enjoyable 5 seasons. Depending on the location and altitude, the weather can vary. In Summer, the lowest temperatures reach 13C up to 28°C while in winter Temperature between 0C to 13C. The monsoon season hits around June to September.

Food

Meals are included in the itinerary where B = breakfast, L = lunch, and D = dinner. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water and energy-restoring drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer and alcohol are available, but NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars a day for incidentals. Included entrance fees are those for the listed sites and national parks that are part of the itinerary. Any other site fees are not included.

Money

The currency is the Indian rupee (Rs) and there are ATMs in major cities and most towns that take international cards. However, we suggest that you withdraw money at the airport at the start of your tour. During the tour, our guide will inform you of the ATM locations in different cities.

GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

From the tour page click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are

having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 381 7490
Email: info@spiceroads.com
Website: www.spiceroads.com

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