SPICE ROADS
CYCLING



TOURING

BIKING INDIA'S NUBRA VALLEY

Tour Code
IND-DNV

14 DAYS
13 NIGHTS

Destinations	India
Tour Meets	New Delhi
Tour Ends	New Delhi
Fly in to	Indira Gandhi International Airport (DEL)
Fly out of	Indira Gandhi International Airport (DEL)
Group Size	2-12 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

8 Cycling days	**383** km Total cycling distance
48 km Avg distance / day	**744** m Avg climbing / day

PRICING

Price	US$ 3,250
Bike Hire (Mountain Bike)	US$ 200
Bike Hire (E-Bike)	US$ 350
Single Supplement	US$ 640

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

11 Jul - 24 Jul 2027
08 Aug - 21 Aug 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride a total of 383 km over eight cycling days. This tour has been designed to be as safe and responsible as possible for the high-altitude conditions of India's Himalayan region. For this reason, after the initial night in New Delhi, we spend Days 2 to 6 in and around Leh to acclimatise to the reduced oxygen levels at 3,500 metres above sea level. This allows us to become accustomed to cycling before we start our ascent to even higher elevations from Day 7 onwards. Crossing the Wari La and Khardung La passes are cycling highlights you will remember for years to come. We have vehicle transfers before and/or after our rides on half of the cycling days, though we ride hotel-to-hotel on the main stage from Leh to Nubra (Days 7 to 10).

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: A strong baseline of cardiovascular fitness is essential for cycling at high altitudes. While distances aren't overly long — with the shortest ride being 28 km on Day 3 and the longest at 68 km on Day 9 — your heart and lungs will be working considerably harder in the Himalayas. The climbs are consistent throughout, but we build our strength before tackling the major passes on Days 8 and 12. Gradients are typically mild and rarely reach double digits, with some exceptions, of course. Navigating deteriorated roads requires confident bike-handling skills but does not involve technical off-road manoeuvring; however, caution on the descents is vital. There are two rest days factored into the tour: one on Day 6 following our acclimatisation stage, and another on Day 11 to prepare for our final ride across the Khardung La Pass. A support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: The road surfaces are predominantly paved; however, given the extreme high-altitude environment, riders should expect sections where the road has disintegrated due to snowmelt, frost heave, or landslides. These patches may be potholed, gravelled, or even water-splashed. While the Border Roads Organisation (the Indian Army's engineering wing) works tirelessly to maintain these roads, the landscape is in constant flux. Weather in Ladakh is highly unpredictable. Daytime temperatures are typically around 20°C, but the sun is exceptionally strong and requires high-factor protection. On the passes, temperatures can drop to near 0°C very quickly. Strong winds are common, and wind-chill is a significant factor on all descents. You must bring a versatile layering system to manage these rapid temperature shifts. Rainfall is rare, but it can happen. We generally ride rain or shine, but at the guide's discretion, or depending on your comfort level, modifications to the planned route can be made. It's all part of the adventure!

Accommodation: The tour begins and ends in supreme comfort at a classic 4-star heritage hotel in New Delhi. In Leh (Days 2, 3, 6, and 12), Alchi, and Nubra, we stay in traditional Ladakhi hotels featuring comfortable rooms, en-suite bathrooms, and a warm, hospitable atmosphere. For two nights of the tour — when we are at our most remote in Agyam (Day 8) and Khardung (Day 11) — we will stay in local guesthouses. These are simple lodgings providing warmth and comfort at high-altitude. Please be aware that some older properties, while charming, may show signs of wear and tear. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.

A Note on Flights to & from Leh: The cost of the return flight from New Delhi to Leh is not included in the tour price due to significant fare fluctuations. Once the group is confirmed, we will advise you on the specific flights to book: from Delhi on Day 2 and from Leh on Day 13. Please note that Leh airport only permits morning arrivals and departures due to afternoon mountain winds; consequently, you should expect early morning departures on both flight days.



Day 1: Meet in New Delhi

Welcome to New Delhi, India's sprawling capital city! We pick you up from Indira Gandhi International Airport (DEL) and transfer you to our tour hotel in the city. Depending on your arrival time, you can explore iconic sites such as the Red Fort, Chandni Chowk bazaar, and the Jama Masjid mosque. Of course, you can also choose to avoid Delhi's notorious urban chaos and simply relax at the hotel or a cafe before whisking ourselves away into the remote Himalayas the next morning. Dinner tonight is included at the hotel - we'll have our first meal together in Leh the next day.

The Ambassador Delhi by Taj Dinner

Day 2: New Delhi → Leh

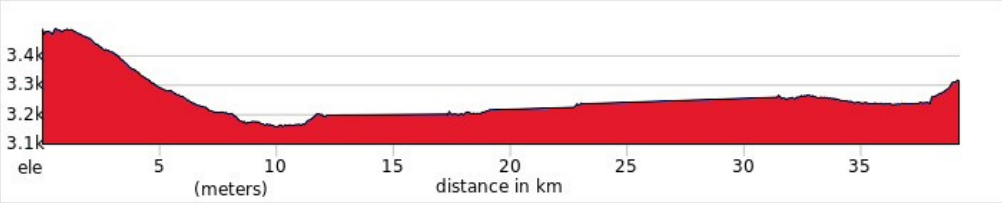
This morning we will transfer to New Delhi airport and fly to the mountainous northern region of Ladakh, touching down in its most vibrant city: Leh. (round-trip airfare to and from Leh is not included in the tour cost). The first thing you will notice is the sudden change in altitude (3,500 metres ASL). This will take some getting used to so we will take it easy on this first day in the high Himalayas as we acclimatise. If you are up for it you can wander over to the abandoned Leh Palace, the former seat of the Ladakhi Royal Family, which resembles Potala Palace in Tibet. Take in the panoramic view from atop the palace and then head back into town to visit a local market where Tibetan antiques, Chinese silk, Buddhist ornaments, turquoise stones, and silver jewellery are for sale. Tonight's dinner will welcome us to the north!

Hotel Kanglhachen Breakfast, Lunch, Dinner

Day 3: Leh → Thiksey Monastery → Leh

Today we will take it nice and slow as we try out our bikes (and lungs!) at high altitude for the first time. Beginning directly from our hotel in Leh, we'll cycle out of town for 10 km towards the banks of the Indus River. Our first stop is Spituk monastery, a serene and scenic ancient Buddhist sanctuary etched into the hillside. From there we'll cross to the other side of the Indus for a gentle 20 km ride along the river banks, concluding at Thiksey Gompa, one of the largest Tibetan-style monasteries in Ladakh. We'll spend some time touring the expansive compound, the highlight of which is a huge statue of the Maitreya (future) Buddha. We will return to Leh by car (30 minutes) where we'll relax and then meet for dinner.

Hotel Kanglhachen Breakfast, Lunch, Dinner

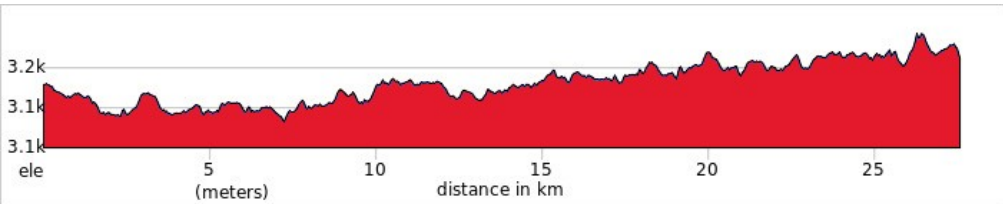


Ride 39km +332m -502m

Day 4: Leh → Chilling → Alchi

This morning we will transfer by car to the town of Nimo (45 minutes), which is the starting point for our ride today. Heading out of Nimo and past the scenic confluence of the Indus and Zanskar Rivers, we'll find ourselves surrounded by a spectacular gorge, riding for 28 km along a paved road skirting the Zanskar River. The ride concludes in the village of Chilling where, taking our cue from the place name, we will chill, sip on some chai (tea), and take in the scenery. Once we're ready, we will drive for an hour to the peaceful village of Alchi where we will spend the night. Alchi is home to a fascinating 12th-century monastery with stunning murals painted by Kashmiri artists.

Hotel Zimskhang Alchi Breakfast, Lunch, Dinner

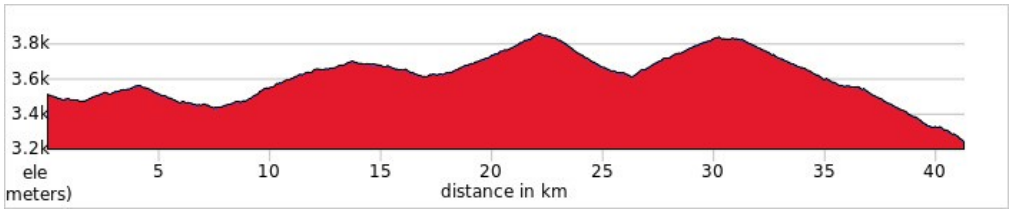


Ride 28km +491m -456m

Day 5: Alchi → Tingmosgang

We begin with a short transfer from Alchi to our cycling start point near the village of Likir. From here, we follow an undulating road west through weathered foothills, green valleys, and highland farming communities. It's a more challenging ride with some longer, steeper ascents and grittier downhills on unevenly paved switchbacks — the perfect way to cap off our acclimatisation stage. Our destination today is Tingmosgang, once the site of the ancient capital of Ladakh; the ruins of its fort and monastery stand as a steadfast backdrop to the sleepy village it has become today.

Namra Hotel Breakfast, Lunch, Dinner



Ride 41km +956m -1225m

Day 6: Tingmosgang → Leh (Rest Day)

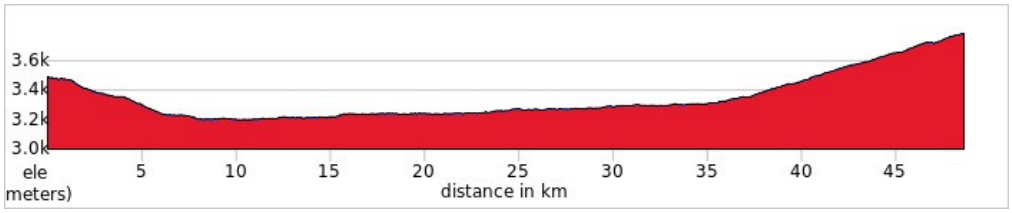
We have a leisurely morning in Tingmosgang before driving around two hours back to Leh. There is no cycling today to ensure we are fully acclimatised before heading north and beginning our ascent into the Nubra Valley. Leh is a great transition base with cafes, markets, and museums to visit in the afternoon before dinner.

Hotel Kanglhachen Breakfast, Lunch, Dinner

Day 7: Leh → Sakti

Our journey to the 'Roof of the World' kicks into high gear today as we begin our gradual climb over the Ladakh Range to reach the Nubra Valley. Departing from Leh in the morning, we'll zip along the Manali highway before turning into the peaceful mountain pass that leads up to the ethnically Tibetan village of Sakti. The route dissects the clean and fresh Himalayan countryside, with houses scattered amongst the farmland and mountain streams lined with willow bushes. Other than the odd jeep or bus, you won't encounter too many other vehicles in this remote part of India. As we approach Sakti, you'll begin to see the towering peaks of the Wari La pass in the distance. Wari La will be our destination tomorrow — tonight we rest in Sakti.

Local Guesthouse Breakfast, Lunch, Dinner

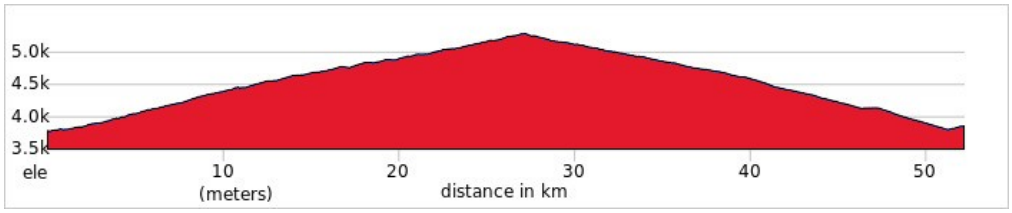


Ride 49km +870m -579m

Day 8: Sakti → Wari La Pass → Agyam

Today will be challenging, exhilarating, and rewarding all at once. Continuing from Sakti, we have a long and steady climb ahead towards Wari La pass (5,195 m / 16,972 ft). The climb to the top is strenuous but well worth the effort, as the expansive view across the Himalayas from the summit will leave you in awe. After indulging in the panorama and crisp mountain air, we'll start descending our way down the other side for nearly 35 km, coiling through a vast, stone-littered terrain to reach the village of Agyam. The small villages here are a testimony to the harsh living conditions that people in this region have adapted to — the inhabitants remain engaged in farming and cattle rearing during the short summer months, when they must grow and gather as much as possible to survive the winter. The surrounding landscape is the winter habitat of the elusive snow leopard, and spending the night here will give you a true window into life deep in the Himalayas.

Local Guesthouse or Homestay Breakfast, Lunch, Dinner

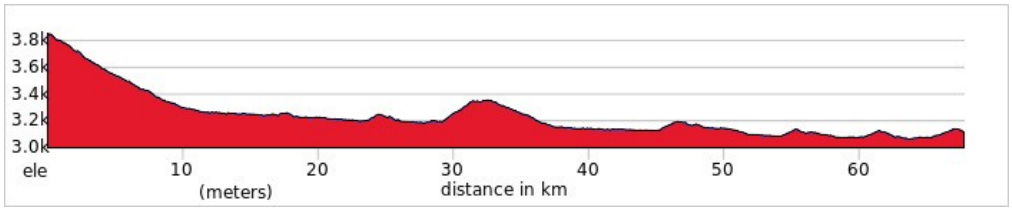


Ride 61km +1570m -2032m

Day 9: Tangyar → Hundar

Get ready to witness a remarkable visual shift as we ride into one of the world's highest-altitude deserts. We begin with a downhill blitz on a tarmac road, passing traditional Ladakhi homes, before climbing gradually to Khalsar, a small, bustling village with a cluster of tea and noodle shops. From there, we ride downhill to the Shyok valley floor, where wild lavender and sea buckthorn bushes grow. We'll skirt along the Shyok River to a bridge, concluding with a gentle climb on a good tarmac road to the cold desert village of Hunder (3,048 m / 10,000 ft). Here you will find sand dunes, Bactrian camels, and star-filled night skies.

Hundar Retreat Breakfast, Lunch, Dinner

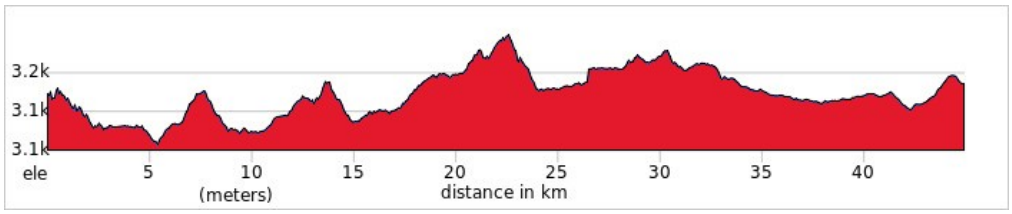


Ride 68km +585m -1319m

Day 10: Hundar → Tiggur

Beginning from Hunder, we backtrack around 20 km through the Shyok Valley before crossing a bridge and heading north along the braided Nubra River. Our journey traverses a fascinating terrain of sand dunes and expansive floodplains, interspersed with villages, orchards, and groves, in the shadow of the Karakoram mountain range. This area of the Nubra Valley was once a node on the Silk Road, and some of the paths we will cover today were trodden by traders carrying riches from east to west centuries ago. We saddle-off in the village of Tiggur, immersing ourselves in the rural lifeways of India's far northern frontier. If you have some extra energy in the afternoon, you can continue cycling deeper into the valley on an out-and-back ride north along the river.

Yarab Tso Hotel Breakfast, Lunch, Dinner



Ride 45km +451m -437m

Day 11: Tiggur → Khardung (Rest Day)

We'll enjoy our morning in the Nubra Valley and then transfer around 1.5 hours by car to the area around the village of Khardung, which will be our base for the grand finale ride back to Leh the following day. The drive involves sightings of huge rocky spires and amazing rock formations as the road snakes its way around the desolate mountainside. Today's pace is free and easy as

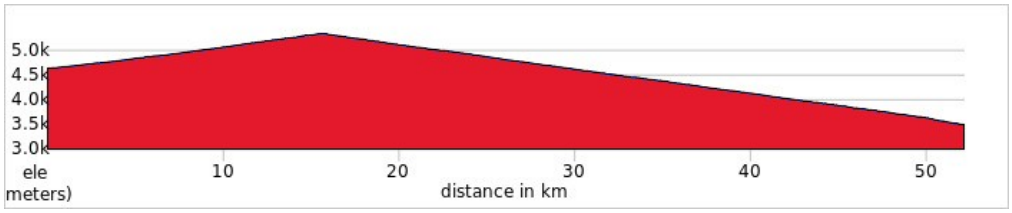
we give ourselves a break before conquering the Khardung La pass. We spend the night at nearly 4,000 metres above sea level, so make sure to bundle up!

Local Guesthouse or Homestay Breakfast, Lunch, Dinner

Day 12: Khardung → North Pullu → Leh

Today we will navigate one of the world's highest motorable roads. This is no small feat, but it will be absolutely worth the effort. After a quick transfer from Khardung to North Pullu, the ride begins with a 15 km uphill meander along switchback roads leading to the top of Khardung La pass (5,359 metres ASL). Once at the summit, we'll marvel at the panoramic views of valleys and snow-capped peaks. Having reached the highest point of our journey, the only way to go is down! We'll enjoy an exhilarating 37 km downhill cycle all the way back to Leh, where we spend the night one last time.

Hotel Kanglhachen Breakfast, Lunch, Dinner



Ride 52km +697m -1841m

Day 13: Leh → New Delhi

It is time to say goodbye to Ladakh. We will transfer to Leh airport for our flight to New Delhi. Looking down at the valleys and mountain peaks from the plane, we'll be filled with a whole new level of appreciation for the adventure we've just had. Upon arrival in New Delhi, we'll transfer to our hotel for the final night of the journey

The Ambassador Delhi by Taj Breakfast, Lunch, Dinner

Day 14: New Delhi Departure

For those leaving today we'll organize a shared transfer to the airport. Feel free to extend your stay in New Delhi or travel onwards to discover more of incredible India.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

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 can hire bikes locally for the price listed in the tour pricing section. If you bring your own bike, please make sure it is a mountain, gravel, or hybrid bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

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.

Tamil Nadu: Tamil Nadu has a tropical climate with hot weather year-round and an average annual temperature of 24 to 32 degrees Celsius. Summers from April to June are very hot, often above 40 degrees inland. The months from October to March usually have daytime temperatures between 20 and 28 degrees, making this the most pleasant season to visit.

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

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

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 the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

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. For the next steps, you'll need to know the names of the people

travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), 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). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see 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 cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a 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.

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