



Indian Himalayan Excursions

Knowing Himalayas beyond the mountain walls

8145/8, Gali 7, Arakashan Road, Multani Dhanda, Pahar Ganj New Delhi, Delhi 110055, India
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Cycling Trip Across The Himalayan Range.

BWIHE-CTHR2011/12

Departure Date:

Duration: 16 Days

Region: Alpine area plateaus of Sarchu & Pang, mountain passes of Tanglang La, to the flat deserted plains of Indus Valley

Season: Mid May – Early July, Sept – October

Altitude:

Min Elevation: Manali (2100m)

Max Elevation: Tanglang La (5360m)

Grade: Moderate

This trip takes us over the Himalayan range from the southern lush green valley of Manali in Himachal Pradesh to the arid high mountain desert of Ladakh. The dramatic changes in the landscape are best enjoyed on this road journey. The journey takes us over some high passes, such as Rohtang Pass, Baralacha La, Nakeela Pass, Lachung La & Tanglang La. Tanglang La is the second highest motorable pass in the world at 5360m, next only to Khardung La at 5600m. We cross over from Kullu district to Lahaul district of Himachal & finally we enter Ladakh near Sarchu after crossing Baralacha La.

We pass through the small villages in Lahaul on the banks of Chandra & Bhaga rivers, through the peas & potato fields to no mans land & never ending plateaus of Sarchu & Pang, to the flat deserted plains of Indus Valley. Interaction with the locals and the nomads on the way only enhances our experience.

This is the best form of experiencing mystical journey to Ladakh!

Comment:

This trip is a strenuous high altitude cycling trip. We do not advice this trip to people with any kind of medical problems such as cardiac, blood pressure etc.

Itinerary:

Day 01: Arrival New Delhi: Transfer & overnight at hotel.

Day 02: New Delhi – Manali. (600km) (14hrs) (2050m): Early morning departure for Manali in AC Toyota Qualis / AC mini- coach. We reach Manali only late in the evening for dinner. (Overnight at hotel)

Day 03: Manali Acclimatization: We suggest a drive to Solang Valley (2514m) 13km from Manali to do a day hike to Mt. Patalsu. (4200m). This hike would help us acclimatise faster, since the height gain for us is almost 2150m. The climb to the summit is uphill with a steep gradient at the end. This would take us approx 9 hrs from Solang & return.

Day 04: Manali Acclimatisation: We suggest taking our bikes in the support vehicle to Gulaba before Rohtang Pass. From Gulaba we do hike to Brigu Lake at approx altitude of 4000m & back to Gulaba. After this if the time permits we can cycle back down to Manali for the warm up / cool down.

Day 05: Manali – Marrhi. (43km) (3300m): This is first day of our cycling expedition. It is an easy road till Village Palchan (8km) from Manali and from Palchan the climb begins towards Rohtang Pass. Being the first day we suggest to camp at Marrhi (12km) before Rohtang Pass. (Overnight camp)



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Day 06: Marrhi – Sissu. (49km) (3120m): We start our day by finishing our final climb of 12 km. to Rohtang Pass (3955m). From the top, if the weather is clear we get beautiful views of the glaciers & snow clad mountains of CB range (Chandrabhaga Range) on the other side of the pass. The road descends 22km down to Khoksar Village & then on a flat road of 15km. along the Chandra River to Sissu village. (Overnight stay guesthouse / camping)

Day 07: Sissu – Jispa. (49km) (3200m): Easy day since the road continues along the Chandra River with gradual gradients in-between till Tandi. At Tandi we leave behind the Chandra River & continue up along the Bhaga River to Keylong, the district place of Lahaul. We continue further along the Bhaga River for 21km to reach Jispa. (Overnight stay hotel / camp.)

Day 08: Jispa – Patseo. (29km) (3811m): Again a relatively easy day. From Jispa the road continues along the Bhaga River to Darcha. From Darcha the road climbs in switchback turns & gradually leads to Patseo. Good camping site for overnight stay. (Camp)

Day 09: Patseo – Sarchu. (68km) (4253m): The difficult section of our trip begins today. We would need to be more cautious since we would be staying for next 2-3 days on an average altitude of approx 4400m. From Patseo the hard climb begins for next 30km to Baralacha La 4880m. We pass two small but beautiful lakes of Deepak Tal & Suraj Tal on our way. The views from the pass are rewarding. Road descends from the pass to the plains of Sarchu. (Overnight at camp)

We may decide to camp on at Brandy Nalla making the next day easier.

Day 10: Sarchu – Pang. (88km) (4630m): We continue on the plains of Sarchu for the next 25km before the 10km of switchback climb to Nakeela Pass & then descend to Whispy Nalla. Then we again climb to Lachung La (5065m) then descend to Pang at 4630m. This is going to be the toughest day of our expedition. (Overnight at camp)

We may decide to break this journey by making a camp at Whispy Nalla.

Day 11: Pang – Debring (49km) (4700m): An easy day with the initial climb to the More Plains / Pang Plateau, with the flat section for 42 km to reach Debring at the base of Tanglang La. The arid mountain views on both the sides of the road are a feast. (Overnight at Camp)

Day 12: Debring – Upshi. (80km) (3350m): A gradual climb to the top of Tanglang La 5360m. Though the climb is gradual the altitude makes it difficult. Once at the top you are rewarded by some awesome views of the never-ending mountain ranges. From Tanglang La descend for 29km to Rumtse, & then the road continues in a narrow gorge with extremely colourful mountains on both the side, till we exit at Upshi on the banks of Indus River.

Day 13: Upshi – Leh. (60km) (3500m): Easy flat road section till Leh. One can make stopovers to visit Thiksey & Shey monasteries on the way before reaching to Leh. An overnight stay in a grade - A hotel, for the well deserved rest.

Day 14: Leh (Rest Day):

Day 15: Leh (Rest Day):

Day 16: Flight to Delhi (Option of Agra Sight seeing):

Day 17: Flight to Onward Destinations:

Pricing on application through the Booking Enquiry web site link for tour code: **BWBIHE-CTHR2010**

WHAT WE PROVIDE DURING THE TRIP:



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Accommodation in 2 person camping tents (Best Canadian tents) with heavy ground foam pad mattresses, sleeping bags, all meals, services of experienced guide and cook, all the camping equipment including, kitchen/dining tent (camping stools and table), utensils and crockery. Dry toilet tents would be erected. Food would be vegetarian & non-vegetarian (Indian, Chinese and continental). Water used on the camp would be processed bottle water.

BACK UP TEAM:

Team accompanying the clients during the trip would be assisted by, a guide or a coordinator (with good knowledge of the terrain and its people), kitchen team would be – a cook and two assistants.

TRANSPORT:

Two vehicles would accompany the group, support vehicle (Toyota Qualis would always accompany the riders and Mahindra camper will carry all the supplies and would drive ahead and fix the camp in advance so that by the time riders get to the camp, all would be in order.

MEDICAL ASSISTANCE:

EMERGENCY BACK UP

COMPREHENSIVE MEDICAL KIT WOULD BE CARRIED.

OXYGEN CANISTERS WOULD BE CARRIED.

PORTABLE ALTITUDE CHAMBER (**PAC**) WILL BE CARRIED

Climate: Day temperature in the sun is pleasant but windy but nights are cold. The temp at night and in rain and snow can sometimes come down; sometimes in high altitude alpine areas temperature can go below zero especially in Sept and October. So one has to be well prepared.

Note: Though all the itineraries of the trek are carefully designed, keeping in mind the altitude and the related problems, still one must be physically well and fit to take up this kind of a trek, if anyone is suffering from any heart ailment or any heart related problem then he or she must consult their doctor before taking this trek.

NOTE: IT IS ALSO POSSIBLE THAT A ROUTE CHANGE MAY BECOME NECESSARY DUE TO INCLEMENT WEATHER, INACCESSIBILITY THROUGH THE MOUNTAIN PASSES DUE TO HEAVY SNOW, CONDITION OF THE TRAIL AND PHYSICAL FITNESS OF THE CLIENTS, POLITICAL RESTRICTIONS AND ANY OTHER CAUSE BEYOND HUMAN CONTROL.