

SPICE ROADS



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	2-12 riders 18 (on scheduled departures)

ACTIVITY PROFILE



8 Cycling days	430 _{km} Total cycling distance
54 _{km} Avg distance / day	970 _m Avg climbing / day

PRICING



Price
Bike Hire (Mountain Bike)
Single Supplement

US\$ 3,100
US\$ 195
US\$ 640

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

DEPARTURES



13 July - 26 July 2025
10 August - 23 August 2025
12 July - 25 July 2026
09 August - 22 August 2026

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

On arrival in New Delhi we will pick you up from the airport and head to our hotel for the night. Meet the group and enjoy dinner.



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. (roundtrip airfare to/from Leh is not included in the tour cost). The first thing you will notice is the sudden change in altitude (3,500 m/11,480 ft). This will take some getting used to so we will take it easy on this first day in the high Himalayas as we acclimatize. 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 jewelry are for sale. Tonight's dinner will welcome us to the north!



Hotel Kanglhachen



Breakfast, Lunch, Dinner

Day 3 Leh - Spituk - Thiksey - 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 back to Leh by van (25 minutes) where we'll relax and then meet for dinner.



Hotel Kanglhachen



Breakfast, Lunch, Dinner



Ride 30km



+140m



-340m

Day 4 Leh - Chilling - Alchi

After an early breakfast we will transfer by van to the town of Nimo (45 minutes), which is the starting point for our ride today. Heading out of Nimo town and past the scenic confluence of the Indus and Zaskar Rivers, we'll find ourselves surrounded by a spectacular gorge, riding for 31 km along a newly built black-topped road skirting the Zaskar 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 transfer by van 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.



Zimskhang hotel



Breakfast, Lunch, Dinner



Ride 31 km



+170m



-115m

Day 5 Alchi - Tingmosgang

Today we embark on a delightful ride from Alchi to the ancient capital of Ladakh, Tingmosgang. Departing from Alchi, the journey begins with a 5 km stretch along the highway before taking a lovely route which follows a mountain stream lined with thick willow and poplar trees. After a pittance in a local village, we'll then continue along the newly built link road that leads all the way to Tingmosgang village. This area was once the site of the ancient capital of Ladakh and the ruins of its fort and monastery stand as a steadfast backdrop to the village. You can explore the fort and neighboring village as well as visit Tseskarmo monastery.



Namra Hotel



Breakfast, Lunch, Dinner



Ride 30km



+710m



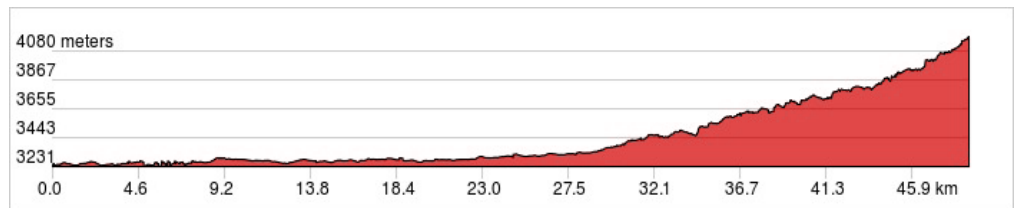
-850m

Day 6 Leh at Leisure

The morning is yours to relax in Tingmosgang and we will then make our way back to Leh via van transfer (2 hours). Spend your time relaxing or exploring on your own. There is no cycling today as we prepare ourselves and ensure we are fully acclimated for the epic days ahead biking the Nubra Valley

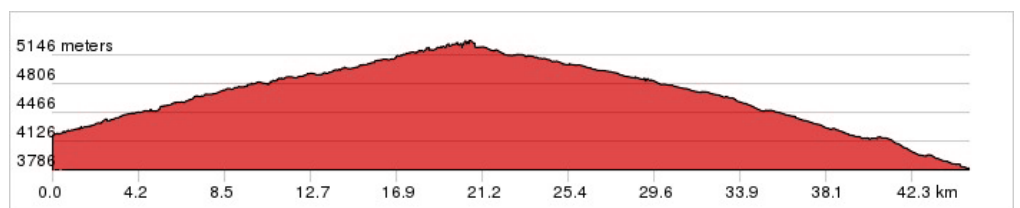
Day 7 Leh - Sakti

Our journey to the "Roof of the World" kicks into high gear today as we begin our gradual climb up 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.



Day 8 Wari La Pass

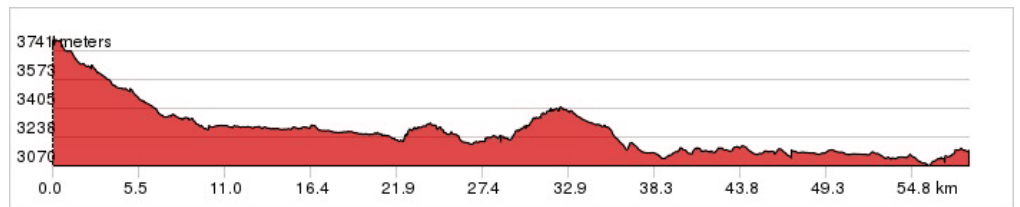
Today will be challenging, exhilarating and rewarding all at once. Continuing from Sakti, we have a long and steady climb ahead towards Wari La Pass (5,195 m/16,972 ft). The climb to the top is strenuous but well worth the effort as the expansive view across the Himalayas from the top will leave you in awe. After indulging in the panorama and crisp mountain air we'll start to descend down a tarmac road leading us to the villages of Tangyar and Khyungru (4,100 m/13,451 ft). These villages are a testimony to the harsh living conditions that people in this region have adopted to - the inhabitants 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 the winter. The surrounding landscape is the winter habitat of the elusive snow leopard. Spending the night here will give you a true window into life deep in the Himalayas.



Day 9 Shyok Valley

Today we will witness the unfolding of 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 Hundar (3,048 m/10,000 ft). Here you will find sand dunes, Bactrian camels, and star filled night skies.

 Hundar Retreat  Breakfast, Lunch, Dinner

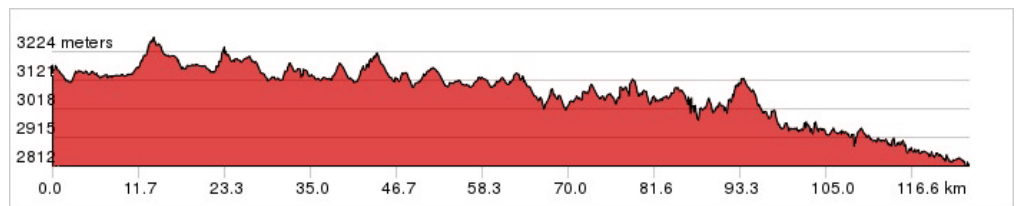


 Ride 70km  +803m  -1449m

Day 10 Hundar - Kyagar

Today's ride will be the longest on the trip, but as we are cycling on the valley floor there are no steep climbs. Our journey will have us traversing 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 will cycle from Hundar to the village of Sumur from where a final 5 km stretch will have us arriving at our final destination, Kyagar village. This is a quiet and rustic village giving us a window into the rural lifeways of the Nubra Valley. If you're up for a little more riding in the afternoon, you can bike to sacred Yarab Tso Lake near the village.

 Yarab Tso Hotel  Breakfast, Lunch, Dinner



 Ride 88km  +185m  -160m

Day 11 Kyagar - Khardung

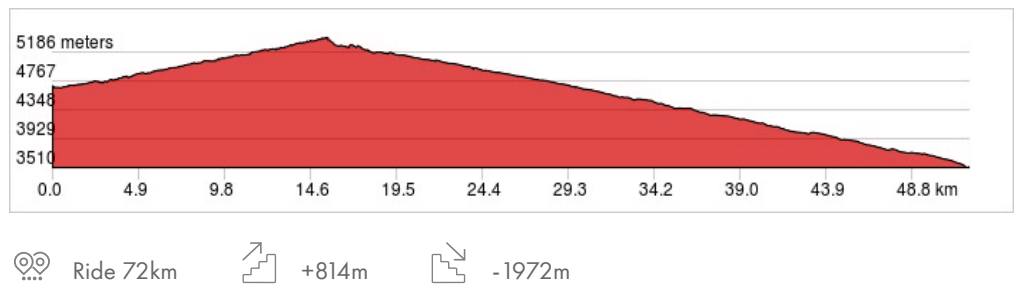
Today is off the saddle. We'll enjoy our morning in Kyagar and then transfer by car to the area around the village of Khardung, which will be the base from which we complete the grand finale ride back to Leh on the following day. The drive there involves sightings of huge rocky spires and amazing rock 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 Khardungla Pass.

 Homestay or Camping  Breakfast, Lunch, Dinner

Day 12 Khardungla Pass - Leh

Today we will navigate the world's highest motorable world. This is not a small feat but it will be absolutely worth it. After a quick transfer from Khardung to North Pulu, the ride begins with a 14 km uphill meander along switchback roads leading to the top of Khardungla Pass (5,359 m/17,582 ft). Once at the top, we'll marvel at the panoramic views of valleys and snow-capped peaks. As we have now reached the highest mountain peak on the trip, the only way to go is down! We'll enjoy an exhilarating 39 km downhill cycle all the way back to Leh. We'll spend our final evening in the city.

 Hotel Kanglhachen  Breakfast, Lunch, Dinner



Day 13 Leh - New Delhi

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



The Ambassador Delhi by Taj



Breakfast, Lunch, Dinner

Day 14 Departure from New Delhi

After breakfast at the hotel, it is time head home or stay and see 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 bike, preferably with front suspension, 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

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.

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

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