

## Ladakh The land of Lamas - Electric Cycling Tour (13 Days / 12 Nts) Summer 2025



### **Ladakh Electric Cycle tour an exhilarating, challenging and life-affirming adventure.**

The High Passes of Ladakh tour has a beautiful desert landscape in the territory of Jammu and Kashmir in northern India. Ladakh, often called 'Little Tibet' or the 'Land of Many Passes', is renowned for its stunning mountain landscape and Buddhist culture. Locals make their living from pastoral farming by irrigating small plots of land to grow buckwheat and barley. Traversing the region by bicycle means that we can observe at close quarters some truly spectacular scenery and get the chance to interact with the villagers who reside in this tough, arid landscape.

You will cycle against the backdrop of the magnificent Ladakh Range, which is a segment of the Karakoram mountain range. It spans the borders of Afghanistan, China, India, Pakistan and Tajikistan. We have designed the High Passes of Ladakh cycling holiday so you can enjoy the best that the region has to offer.

You will be cycling over amongst highest mountain road passes in the world, the Wari La at 5280 metres and Chang La at 5,360 meters above sea level. You'll also experience cycling alongside two Himalayan rivers: the Shyok (the river of death) and the Indus River, which at 3,180 kilometres is one of the longest rivers in Asia. Besides the amazing scenery and crisp cool desert air we will be pedalling through valleys where time appears to have stood still.

You will start the trip with a flight to Leh at 3500m above sea level. The first couple of days will be taken up with acclimatisation and orientation rides around Leh.

You would then head northwest into the Sham Valley, crossing some small passes and heading as far as Tingmosgam. Afterwards we turn back south (then east) to Alchi, famous for its nine hundred-year-old monastery. Continuing east to Stok our route heads north, crossing the formidable Wari La (5280m). With a spectacular descent from the Wari La under our belts we then pedal alongside the Shyok river and enter the serene Nubra valley; this is notable as the place where the Karakorum and the Ladakh ranges are separated from each other and it is the closest we'll get to Tibet. The last segment of the trip takes us over to the beautiful and mesmerising Pangong Tso Lake at an altitude of 4,350 mtrs. The lake is part of the Changthang plateau, a region characterized by its stark, high-altitude desert landscape.



### Highlights – Ride & Ride Concept

- Electric Cycling in the Himalayas (Cycle as much you are comfortable)
- Sense of Achievement of crossing high Himalayan Passes
- Beautiful Scenery
- Buddhist Culture
- Nomadic Culture
- Local Interactions

### **Day:1 Arrive Delhi.**

Traditional welcome at the airport by ILH Tours Representative & transfer to Hotel.  
Dinner & overnight stay at Hotel.

### **Day:2 Delhi / Leh (By Morning Flight)**

Early morning, meet and transfer to airport to board flight to Leh (approx. 1.5 hrs flight).  
Meeting and assistance on arrival and transfer to hotel.  
Breakfast at the hotel in Leh.  
Day free for altitude acclimatization.  
Evening you can take a walk in the Leh bazaar. Overnight in the hotel.

Often called as 'Little Tibet', Ladakh is an ancient kingdom in north-west India, bordering the Tibet Autonomous Region in the east. The Leh Valley lies at an altitude of about 3,500 metres and the surrounding mountains rise to over 6,000 metres. The area is remote: the main road linking Ladakh with the rest of India is cut off by snow for six months or more each year.

Sheltered in the North by the Ladakh range and in the South by the Zaskar Mountains,

The most attractive feature of the landscape of Ladakh are the Buddhist gompas (monasteries). Situated on the highest point of the mountain spurs or majestically sprawling over cliff-sides, located in the vicinity of villages, these aesthetically pleasing, architecturally interesting gompas provide the focus for the faith of the highly religious Buddhist people.

(Meals Included : Breakfast + Lunch + Dinner)

### **Day:3 Acclimatisation in Leh**

Cycling : 10 Kms  
Leisurely Breakfast at Hotel.  
Morning at leisure to acclimatise.

Post Lunch we will have an orientation session on Cycling in Ladakh and you would be assigned your Cycles to understand them better. We proceed to bike around Leh to let our bodies adjust better to the conditions before venturing out to farther destinations.

In the evening, we bike up to the Shanti Stupa, which is a relatively recent structure built by a Japanese Buddhist in collaboration with Peace Pagoda mission. The stupa depicts various events from the Buddha's life and even houses the Buddha's relics. It also provides a panoramic view of Leh and the arid mountains beyond.

Overnight stay at Leh.

(Meals Included : Breakfast + Lunch + Dinner)



#### **Day:4 Cycling from Leh to Likir**

Cycling distance: 60 kilometres



We venture out today on our E Cycles and head west from Leh to Likir 3660m. The day starts with a great descent out of Leh to the Indus past the airport and Spituk monastery. We cycle alongside the Indus River for a short while before a long slow climb takes us away from the Indus. We pass a Sikh temple and descend back to the Indus at Nimmu. From Nimmu we ascend gently to Basgo and then we have our first serious climb zig zagging up to one of the only straight bits of road we will see! A small road turns off to Likir and the final bit of the day is a tough climb up to Likir monastery. Known as Lu-khyil or 'water spirits', the gompas were founded in the 14th century. There is a spectacular gold-plated 25m-high statue of the Maitreya Buddha that dominates the surrounding landscape.

Likir is also renowned for its pottery, a craft bestowed upon its artisans by King Gyalpo Namgyal in the 17th century. Experience the daily life of these artisans and awaken your inner potter while relaxing on the homestay's balcony with tea, overlooking the picturesque Himalayan landscapes.

Overnight stay at Homestay.

(Meals Included : Breakfast + Lunch)

#### **Day:5 Cycle from Likir to Hemis Shukpachen**

Cycling distance 30 Km

After breakfast we start with a descent from our homestay through Likir. We then head west across the valley over the Charatse La Pass (3,580m) to Saspoche, from where we start our climb to the Phobe La (3,730m). From the pass we descend towards Yangthang. From Yangtang the road climbs again to the next pass, the Sarmanthang La (3,880m). From the top we descend to our homestay in Hemis Shukpachen.

Afternoon is free to explore this pretty village or there is the option to cycle to the Mebtek La and the Lago La).

(Meals Included : Breakfast + Lunch+Dinner)

#### **Day:6 Cycle from Hemis Shukpachen to Alchi**

Cycling distance: 45 kilometres

We start today with a fantastic downhill from Hemis Shukpachen following the Hemis Chu to the main road. The road is decent and the scenery is magnificent.

We join the Leh to Srinagar Highway which runs alongside the 'Indus' river and we have around 5km cycling on this famous road before turning off at a bridge over the Indus.

From here we cycle 6km uphill to 'Mangyu Gompa', where we will pause long enough to catch our breath and explore this beautiful village and it's 11 th century temples. We then cycle back down the road and take a quiet road to our comfortable hotel in Alchi.

This Ladakhi village is our base for the night and is also home to Alchi Gompa founded in the 11th century by the Great Translator, Ringchen Zangpo.

Overnight stay at Hotel.

(Meals : Breakfast + Lunch + Dinner)

#### **Day:7 Alchi to Leh & Cycle to Sakti (3812 mtrs)**

Cycling distance: 50 kilometres

Alchi marks the end of this section of our journey and we drive back to Leh (65 Kms / 1 hrs 30 min).

Just before entering Leh we turn off the main road and cross the Indus River. We are now on a quiet road which undulates above the Indus river. Finally we come to the turn off to Stok. We cycle around Stok Village from where we get a spectacular view of Stok Kangri which stands at 6,41m and is the highest mountain in the Stok Range of the Himalaya. We continue to join the main Manali to Leh highway for a short while and then turn off sharply to the right towards Karu and Sakti. Leaving the busy road behind we climb up the valley on a good road. After Karu village the monastery at Chemre comes into view. It's a short, steep climb up to the gompa but well worth it for the views. We visit this large red hat monastery which has a small, interesting museum, before rejoining the road for the final climb to our homestay in Sakti village.

(Meals : Breakfast + Lunch + Dinner)

**Day:8 Cycle from Sakti to Sumur. Crossing the Wari La (pass) at 5260m**

Cycling distance 60 kilometres



After a comfortable night in our homestay the day starts with a challenging yet exhilarating five-hour (27km) ascent to reach our first high pass, the uncompromising 5,260m Wari La. The road is quiet and good (apart from the last 3km at the top) as it winds its way in long zig zags up the valley. The scenery is ever more spectacular as we get higher. Prayer flags mark the top of this massive achievement and a well- deserved break.



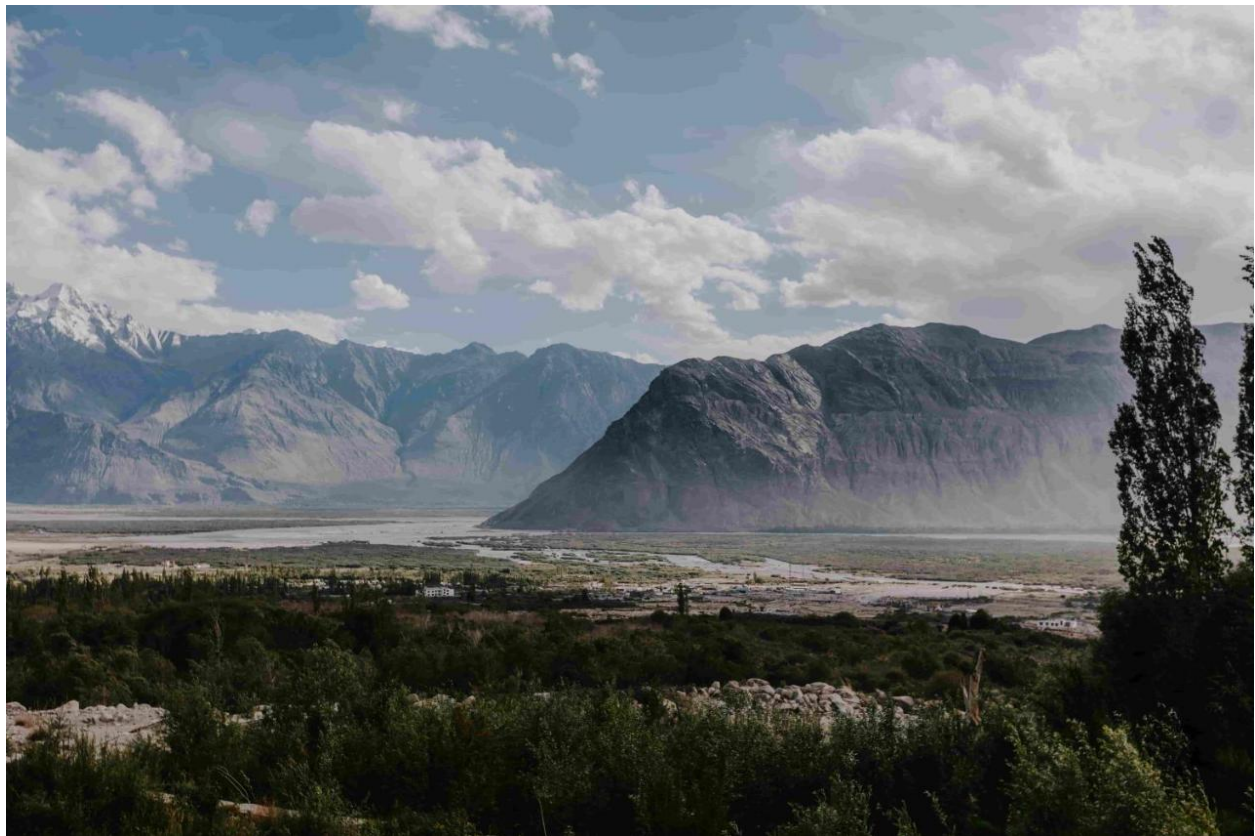
The descent starts with some rough road and after a few kilometres the tarmac begins again. We have lunch on the descent amid fields with yaks grazing. A wonderful 33km descent follows until Agham.

We are now in the Nubra Valley where the main watercourse is the Shyok River. Please note that the roads around Agham are being repaired and so the last bit of today's ride depends on which roads we use. Depending upon your willingness, we can cycle most of the way to Sumur (46km) or other wise we may drive this last part of today upto our Hotel in Sumur.

(Meals : Breakfast + Lunch+Dinner)

#### **Day:9 Cycle from Sumur to Hunder**

Cycling distance 50 kilometres



Today is an easier day after the exertions of yesterday but we include plenty of sightseeing. The cycling terrain is more undulating today.

We start Cycling and descend to a bridge across the Shyok River at Khalsar and then head up the other side of the valley to Diskit Gumpa. This is the oldest Buddhist monastery in the Nubra Valley, founded in the 14th century. It is set high above the valley and as well as the monastery there is a huge Future Buddha statue to see.

From Diskit we head to the sand dunes of the high-altitude desert of the Nubra Valley.

Here we can see the endangered double humped Bactrian camels, that used to carry loads across the high passes of the Silk Road. Enjoy a short Camel ride.

We drive back to Sumur to our Hotel.

(Meals Included : Breakfast + Lunch + Dinner)

#### **Day:10 Sumur – Pangong Tso Lake**

Cycling distance 70 kilometres

Today we have a long distance to cover 170 Kms. We will paddle or drive as per our comfort.

We leave Sumur early and Cycle towards Shyok Village, located about 80 Kms away. This part of the journey follows the course of the Shyok River and the road here is narrow and winding, with dramatic landscapes that change as you move along.

After crossing the Shyok River, the road continues towards Pangong Tso (4595 Mtrs). This final stretch takes you through the high-altitude desert landscape, offering stunning views of barren mountains and expansive plains. We start riding Cycles again and as we approach Pangong Tso, the landscape becomes more dramatic, with the lake's shimmering blue waters contrasting beautifully against the arid surroundings.





Upon arriving at Pangong Tso, you'll be greeted by one of Ladakh's most iconic and beautiful sights. The lake, stretching across the border between India and China, is renowned for its striking blue color that changes throughout the day. The surrounding mountains and the lake's ever-changing hues create a surreal and unforgettable landscape. Overnight stay at Hotel.

(Meals : Breakfast + Lunch + Dinner)

#### **Day:11 Pangong Tso – Chang La (5,260M) – Leh**

Cycling distance 5~10 Kms

Today we will wrap up our riding with an early morning Cycling along side the Pangon Tso Lake to capture a beautiful sunrise time lapse at the Pangong Lake.

After Breakfast we will drive back to Leh (180 Kms/ 6 Hrs).

On the way we will cross 'Chang La' at an elevation of 5360m.

Further as we approach Leh, we visit Thiksey Monastery which is the largest monastery in central Ladakh and is referred as 'Mini Potala' of India as it resembles Potala Palace in Lhasa, Tibet. The Tibetan Buddhist monastery of Gelugpa sect of Tibetan Buddhism is located at the top of hill. The monastery is famous for its architecture and its location. The 12 storey monastery has 10 temples, an assembly hall, and is home to 120 monks and nunnery. There is one big statue of Maitreya (future Buddha) which covers almost two floor of the monastery that is 40 feet in height. Tara temple of Goddess Tara is another major attraction for the visitors.



Continue driving to Leh.  
Arrive Leh & check in at Hotel.  
Evening free to relax & unwind.  
We will gather together for a Dinner before we go to sleep.

(Meals : Breakfast + Lunch + Dinner)



### **Day:12 Leh / Delhi (By Morning Flight)**

Your Ladakh adventure concludes as you transfer to the airport for your flight back to Delhi.

Delhi offers a harmonious blend of architecture and history. From remnants of the Mughal empire and British Raj to contemporary India, you can experience it all in the capital. The city is sure to charm you with its eclectic mix of the old and new – from magnificent monuments to bustling Old Delhi markets and stunning high rises.

Arrive Delhi & as it will be early for Check In at Hotel, we proceed for a short orientation tour of Delhi visiting the famous minaret of Delhi - the Qutab Minar, which was built in the 12th century by Qutbuddin Aibak. Within its spacious courtyard stands the Iron Pillar, which dates back to the 4th century AD and bears a Sanskrit inscription in the Gupta style. The pillar has puzzled scientists, as its iron has not rusted in all these centuries.

After Indian Tandoori Lunch at Local Restaurant, transfer to Hotel.

Time at leisure to unwind & relax.

(Meals : Breakfast+Lunch)

### **Day:13 Final Departure from Delhi**

After breakfast proceed for Old Delhi tour where you will visit the Jama Masjid and Chandni Chowk (closed on Sundays). Take a food walk in the Chandni Chowk market. Return to hotel after visits and check-out from the hotel Afternoon at leisure till your International departure.

Jama Masjid is a mosque in Old Delhi, constructed in 1650–56 by the Mughal emperor Shah Jahān, a noted patron of Islamic architecture whose most famous work is the Taj Mahal, in Agra.

This vibrant market came to existence when the fifth Mughal Emperor, Shah Jahan, shifted his capital from Agra to Shahjahanabad, now Old Delhi, in the mid 17th century. While Chandni Chowk or the moonlit square no longer bears the magnificence of the bygone era, its importance in the annals of Delhi will never be lost.

The food walk in Old Delhi is a great experience to and the best way to see and taste Old Delhi. The dishes one can savor in Old Delhi Food Walk are large, thick and juicy jalebis, glistening with ghee; Aloo chaat crisp fried potato cutlets dunked in a melange of chutneys and smattered with onions and spices ; varieties of stuffed paranthas potato, onion, cottage cheese, cauliflower, radish, dry fruits and many more....

Return to hotel after visits and check-out from the hotel. Afternoon at leisure till your International departure.

Cycling: Non riding day

(Meals : Breakfast + Lunch)

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HOTELS Envisaged or SIMILAR		
Destination	Hotel (Mix Category)	Nights
Delhi	Red Fox Aerocity – 4 Star	01
Leh	Caravan Sarai / Lharisa - 3 Star	02
Likir	Homestay – Basic	01
Hemis sukpachen	Homestay – Basic	01
Alchi	Zimskhang / Alchi Resort – 3 Star	01
Sakti	Sakti Villa / Homestay – Basic	01
Sumur	Remo Hotel / Lharimo North Cottages – 3 Star	02
Pangong Tso	Misty Cabins – 3 Star	01
Leh	Caravan Sarai / Lharisa – 3 Star	01
Delhi	Ashtan Sarovar / Udman – 4 Star	01

## PACKAGE INCLUDES

- Accommodation on Double sharing basis for 12 Nights.
- Daily Breakfast & other Meals as mentioned in the itinerary in Hotels & Local Restaurant's.
- Transport for arrival / departure transfers, sightseeing & long drives by Jeeps in Ladakh as per the itinerary while transportation in Delhi will be by Air Conditioned Vehicle.
- Accompanying English Speaking Cycling Guide from Leh till Leh & Local German Speaking Guide for sightseeing in Delhi.
- Individual **E Cycle** for each rider.
- Camel ride in Hunder, Nubra.
- Local Interactions, Local tea & Wine Taesting & Home hosted Meal in Ladakh.
- Cycling gear viz Helmets for the riders.
- Entrance fees of monuments / Monasteries etc.
- Inner Line Permit & Environmental Fee in Ladakh.
- Mineral water in Vehicle during Cycling days.
- First Aid Kit & Oxygen Cyclinder in Vehicle in Ladakh.
- All applicable taxes as on date.

## Luggage & Support Vehicle

Cargo Jeep/truck will transport your luggage, all you have to carry is what you need for the day: waterproofs, fleece, hat, camera, water bottle etc. The support vehicle will be available for all days cycling.

### **PACKAGE DOES NOT INCLUDE**

- Any Air fare & Travel / Medical Insurance
- Tips & Gratitude
- Any meals other than those specified in included cost.
- Expenses of personal nature such as tips, telephone calls, laundry, liquor, still or video camera etc.
- Any other item not specified in cost included items.

### **TOUR PLAN**

The High Passes of Ladakh tour route is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. All times and distances are approximate.

### **IMPORTANT:**

While travelling to offbeat & remote areas, there are many variables beyond our control like weather conditions, landslides, road situations and any other force majeure conditions.

Circumstances amounting to "force majeure" include any event which we or the supplier of the service(s) in question could not even with all due care, foresee or forestall such as (by way of example and not by way of limitation) natural disasters, fire and health risks, acts of God, unavoidable and unforeseeable technical problems with transport / flight for reasons beyond our control or that of our suppliers, closed or congested airports and other actual or potential adverse weather conditions, and any other similar events. In such situations we might be forced to change the itinerary or even cancel an event.

Any additional expenses incurred due to any such reasons, Accommodation, Vehicle, ambulance, hospitalization, or any other expense incurred for evacuation, would be covered by the participant.

