



LEGEND TOURS & TRAVELS

EXPLORE BEYOND BOUNDARIES

7 Days / 6 Nights | Leh – Leh Half - Circuit

Ride few of the World's Highest Motorable Roads with Ladakh Specialists

DAILY DISTANCE & ALTITUDE PROFILE

Time	Route	Distance (Approx.)	Max Altitude Reached
Day 1			
5.00am - 11.00am	Arrival in Leh (Full Day Rest) Upon arrival, check-in the hotel (Sky Desert) and light breakfast followed by a full day rest and acclimatisation.		Leh 3,500 m
1.00pm	Lunch		
4.00pm	Telecom people will visit the hotel to issue with the local Sim Cards, if required (Optional). Bikes will be allotted late evening. Brisk walk in the evening to the Market.		
8.30pm	Dinner		
Day 2			
8.00am - 9.00am	Breakfast		
10.00am	Ride out for getting acclimatized with the bikes Leh - Hemis - Thiksey - Shanti Stupa - Leh Palace - Leh Stop 1: Hemis Monastery: Reach by 11 AM (Spend approx. 1 Hour at the Monastery) Stop 2: Thiksey Monastery: Reach by 12.30 PM (Spend approx. 1 Hour at the Monastery)	70 km	Thiksey 3,600 m
2.00pm	Stop 3: Back to hotel, lunch and rest		
5.30pm	Stop 4: Leh Palace: Leave hotel at 5.30 PM and visit the Leh Palace Stop 5: Shanti Stupa: Visit Shanti Stupa by 6.30 PM for a magnificent Sunset		

Time	Route	Distance (Approx.)	Max Altitude Reached
8.30pm	Head back to hotel for dinner		
Day 3			
6.00am - 7.00am	Breakfast and check out		
7.30am	Leh – Khardung La – Nubra Valley Stop 1: In about 40 mins time, we shall reach KhardungLa. Max stoppage of 15 mins for pictures & videos. Stop 2: Khalsar: 1Hour 30 Mins (Quick Tea to refresh) Stop 3: T-Point (Quick Stop for washroom if required.) You can enjoy a quick session of Go-karting at this point if interested. Stop 4: If not interested in Ziplining then straight to the hotel for check-in	130 km	KhardungLa 5,359 m
2.00pm	Check in Resort		
5.00pm	Evening free for camel rides & desert ATV Rides.		
8.30pm	Head back to hotel for dinner		
Day 4			
8.00am - 9.00am	Breakfast		
9.30am	Nubra – Turtuk – Nubra (Day Ride) Stop 1: Straight ride to Turtuk (Approx 3.5 Hours) where you can see the 1st Village of India. Visit the Local cultural centres & ride back towards Nubra by 3 PM max.	170 km	Turtuk 2,900 m
8.30pm	Head back to hotel for dinner		
Day 5			
6.00am - 7.00am	Breakfast and check out		
7.30am	Nubra - Shyok Valley - Pangong Lake Start the ride as we want to cross the water crossings before noon after which the water level will gradually go up slightly increasing the riding level. Also, this is one of the exciting days of the ride when we get some off-road excitement.	180 km	Pangong 4,350 m

Time	Route	Distance (Approx.)	Max Altitude Reached
	Dinner by 8.30 PM		
1.00pm	Stop: Durbuk: for lunch (Ala Carte Chargeable at Restaurant Rates) ThangTse for refuelling the bikes.		
4.30pm	Stop 4: Check in Hotel & enjoy rest of the evening along the Pangong Tso		
8.30pm	Dinner at the hotel		
Day 6			
8.00am - 9.00am	Breakfast and check out		
9.30am	Pangong - Leh	180 km	Chang La 5,250 m
2.00pm	Check – In hotel and enjoy the rest of the day shopping		
8.30pm	Dinner at the hotel		
Day 7			
	Departure Leh	-	-

ALTITUDE PROGRESSION (ACCLIMATIZATION-FRIENDLY)

- Leh (3,500 m) → gradual local rides
- Khardung La (5,359 m) – first major high pass
- Pangong Lake (4,350 m) – controlled gain
- Chang La (~5,250 m) – remote military route
- Return to Leh (3,500 m)

✓ Designed to minimize AMS risk

✓ Includes buffer & rest days

EXPEDITION HIGHLIGHTS

-  World's Second Highest Motorable Road – Khardung La
-  Shyok Valley off-road adventure
-  Nubra sand dunes & Turtuk village
-  Pangong Lake

Add-on Activities (Optional – Not Included in Package)

1. *Leh: Shopping (Apricots, Shilajeet & Authentic Gemstones with Certificate)*
2. *Nubra / Diskit / Hunder: Zip-Line, G-Karting, ATV Ride & Camel Ride*
3. *Pangong: Pictures with props from 3 Idiots Bollywood Movie*

LADAKH BIKE RIDE GUIDE

DO's (What You MUST Do)

1. Acclimatize Properly

- Spend at least **24–48 hours in Leh** before riding
- Walk slowly, avoid exertion on Day 1
- Drink **3–4 litres of water daily**

2. Ride Smart, Not Fast

- Maintain a steady pace (40–60 km/h in mountains)
- Keep safe distance between bikes
- Follow the **lead rider & marshal system**

3. Stay Hydrated & Eat Light

- High altitude = faster dehydration
- Eat carbs, avoid overeating

4. Carry Valid Documents

- Passport (with visa)
- Driving License (International Driving Permit)
- Travel insurance (must cover high altitude riding)

5. Respect Local Culture

- Dress modestly in villages & monasteries
- Ask permission before taking photos of locals

6. Follow Safety Protocols

- Wear helmet, gloves, and riding gear at all times
- Use hazard lights in poor visibility
- Stop only at designated points

7. Listen to Your Body

- **Report symptoms of altitude sickness immediately:**
 - Headache
 - Nausea
 - Dizziness
 - Breathlessness

8. Follow Environmental Responsibility

- Carry back all plastic waste

- Use reusable water bottles
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DON'Ts (Strictly Avoid)

1. No Alcohol or Smoking (First 2–3 Days)

- Increases risk of **Acute Mountain Sickness (AMS)**

2. Don't Rush Ascents

- Rapid altitude gain can be dangerous

3. No Night Riding

- Roads are risky due to:
 - Black ice
 - Poor visibility
 - No lighting

4. Don't Ignore Symptoms

- AMS can become serious quickly if ignored

5. Avoid Overconfidence

- Ladakh roads = sand, water crossings, sharp bends

6. No Littering

- Ladakh is an eco-sensitive zone

7. Don't Ride Alone

- Always stay within group or convoy

8. Avoid Heavy Meals & Junk Food

- Hard to digest at high altitude
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RIDER CHECKLIST (ESSENTIALS)

Riding Gear

- Full-face helmet (mandatory) (Provided by Agency but recommended to carry Personal)
 - Riding jacket (Optional but Provided by Agency)
 - Riding pants or knee guards (Optional but Provided by Agency)
 - Riding gloves (waterproof) (Provided by Agency but recommended to carry Personal)
 - Riding boots (ankle support / optional)
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Clothing (Layering System)

- Thermal innerwear (1-2 sets)
- Fleece jacket / hoodie
- Down jacket (very important)
- Quick-dry T-shirts (1 Per Day)
- Warm socks (4–5 pairs)
- Neck gaiter / balaclava

Personal Essentials

- Sunscreen SPF 50+
 - Lip balm (very important in Ladakh)
 - Sunglasses (UV protection)
 - Moisturizer
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Medical Kit

- Diamox (for altitude – consult doctor if required)
 - Paracetamol
 - ORS / hydration salts
 - Personal medications
 - Basic first aid kit (Provided by Agency)
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Gadgets & Accessories

- Power bank (10,000–20,000 mAh)
 - Mobile phone with offline maps
 - Action camera (optional)
 - Charging cables
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Documents

- Passport + Visa copy
 - Driving License + IDP
 - Travel insurance
 - Emergency contacts list
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Miscellaneous

- Backpack (water-resistant)
 - Reusable water bottle / hydration pack
 - Snacks (energy bars, dry fruits)
 - Wet wipes / tissues
 - Small towel
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Bike Essentials (Handled by Tour Operator but Riders Should Know)

- Spare fuel (for remote routes)
 - Basic toolkit
 - Spare tubes / puncture kit
 - Oxygen cylinder (group leader carries)
 - Quick communication devices (Walky-Talky)
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IMPORTANT RIDING CONDITIONS IN LADAKH

- Oxygen levels: ~40% lower than sea level
 - Roads: Mix of tarmac, gravel, sand, water crossings
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PRO TIP FOR YOUR GROUP

Since your riders are coming from Malaysia (sea-level climate), **Day 1 & Day 2 discipline is critical.** Most problems in Ladakh tours happen due to:

- Overexcitement
 - Riding too early
 - Ignoring acclimatization
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1. Formation & Riding Rules

- Lead Rider (Guide) → Riders → Marshal (SUV) (Sweep)
- No overtaking the lead rider
- Maintain **2–3 second gap**
- Ride in **staggered formation**

(Staggered formation is a safe, efficient motorcycle group riding technique where riders line up in a zigzag pattern within a single lane to maximize space, visibility, and reaction time. The leader stays left, the second rider follows in the right track one second behind, and so on, creating a two-second cushion for everyone)

2. Speed & Control

- Highways: 60–80 km/h
 - Mountains/off-road: 20–40 km/h
 - Slow down at:
 - Blind curves
 - Water crossings
 - Gravel patches
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3. Emergency Protocol

- If you stop → park safely on left side
 - Raise hand signal for help
 - Marshal will assist
 - Never leave your bike unattended on road
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4. Health Check (Mandatory Daily)

Watch for ****Acute Mountain Sickness symptoms:**

- Headache
- Nausea
- Fatigue
- Breathlessness

If **ANY** symptom appears:

- Inform guide immediately

- Do NOT continue riding
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5. Hydration Rule

- Drink water every **30–45 minutes**
 - Urine color check: light = good, dark = dehydrated
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6. Gear Check (Before Start)

- Helmet ✓
 - Gloves ✓
 - Jacket ✓
 - Knee guards ✓
 - Fuel level ✓
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7. Bike Check (Daily Quick Inspection)

- Brakes working
 - Tyre pressure
 - Clutch & throttle smooth
 - No fuel leaks
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8. Terrain Warnings

- Sand → Maintain momentum, don't brake hard
 - Water → Cross slowly in 1st gear
 - Slush → Keep feet ready for balance
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9. Strict Rules

- ✗ No night riding
 - ✗ No alcohol during ride days
 - ✗ No solo riding
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10. Communication Signals

- Hand up = Stop
- Foot down repeatedly = Problem
- Indicator blinking = Hazard ahead

EMERGENCY NUMBERS (ALL NETWORKS AVAILABLE IN LADAKH TO BE SHARED WITH FAMILY / FRIENDS:

1. +91 9906517777 (JIO)
2. +91 9810177910 (AIRTEL)
3. +91 9419009120 (BSNL)
4. +91 8491084910 (VODAFONE)