



MOVE OUTDOORS PRESENTS

# cadence<sup>TM</sup>

MANALI · KHardUNG LA · LEH

A HIGH-HIMALAYAN CYCLING EXPEDITION ACROSS THE ROOF OF THE WORLD

DEPARTURE

**22 August — 02 September 2026\***

\*TENTATIVE

THE RIDE

**528 km · 5 Himalayan passes · 5,540 m**

don't die curious.



# Luxury, up here, has one name — **recovery.**

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Cadence™ is a twelve-day cycling expedition from the orchards of Manali to Khardung La — at 5,540 metres, the highest motorable road on Earth. Between the two lie five great passes, 528 kilometres of riding, and some of the most rarefied air a cyclist can pedal through.

At this altitude, luxury is not marble lobbies or turndown chocolates. It is a body that wakes ready. Above 4,000 metres, the difference between an expedition you endure and one you savour is decided at night — in how you sleep, how you refuel, how completely you recover before the road asks again.

So that is where we spend. Every element of Cadence™ — the staging of each night's altitude, the fueling that finds you on the road, the crew that rebuilds camp before you arrive, the protected sleep window, the medical systems you will hopefully never notice — exists to return you to the saddle stronger than you left it.

We call it engineered recovery. You will call it the reason the summit day feels the way it does. This is the signature Move Outdoors experience: performance made possible, then made beautiful.



## **Recovery is not indulgence. It is infrastructure.**

The quiet system beneath every strong day on the bike — and the reason Cadence™ rides the way it does.

THE EXPEDITION AT A GLANCE

Twelve days. Five passes.  
One long, deliberate ascent.

12

DAYS · MANALI TO LEH

9

RIDING DAYS

528

KILOMETRES RIDDEN

5

HIGH PASSES

5,540 m

HIGHEST POINT · KHardung La

~8,600 m

CUMULATIVE ASCENT

7 + 4

CAMP NIGHTS + HOTEL NIGHTS

10

RIDERS · CAPPED COHORT

GRADE · STRENUOUS

SEASON · HIGH HIMALAYAN SUMMER

FULL SUPPORT CARAVAN

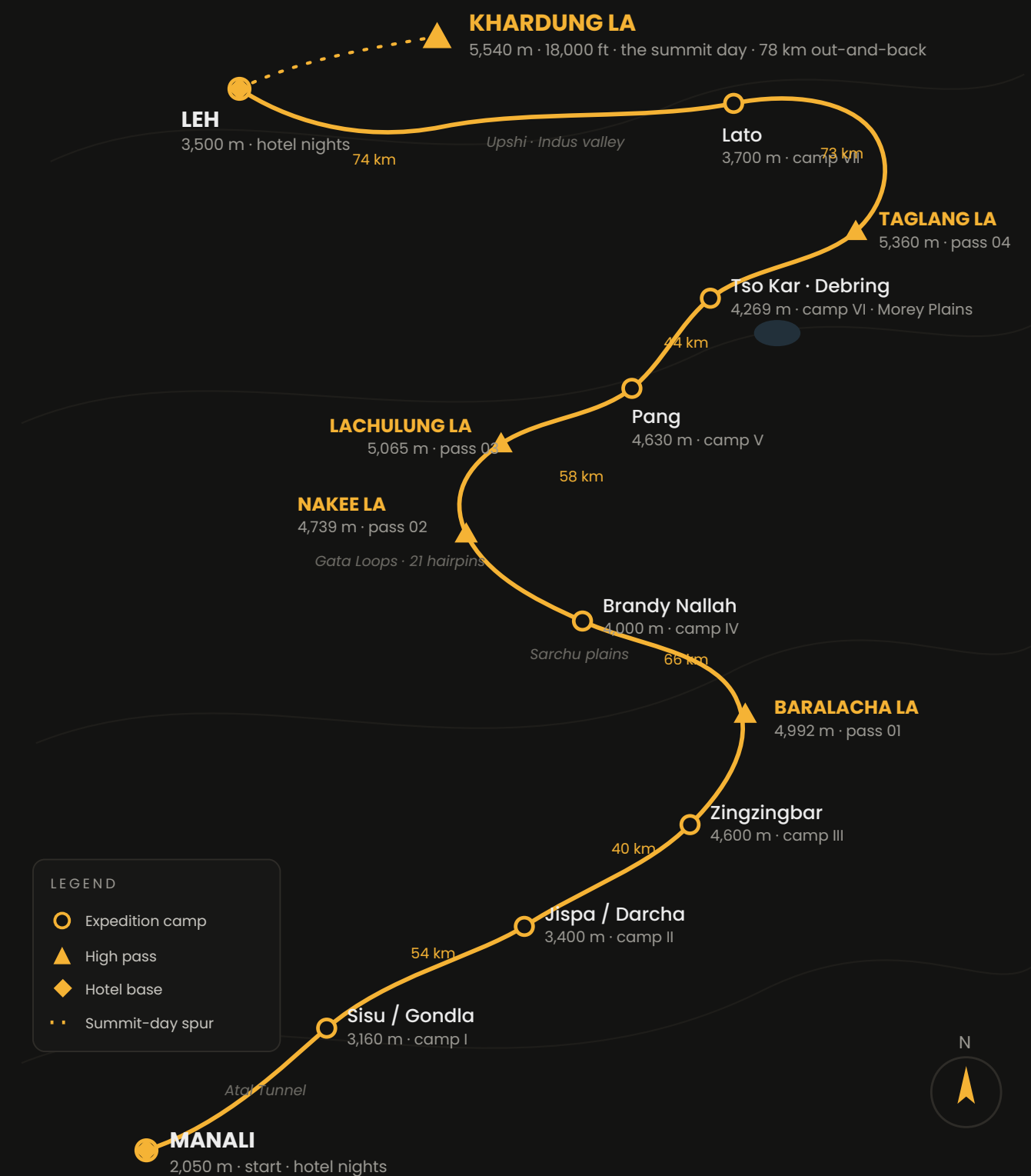
THE FIVE PASSES

| N° | PASS         | ALTITUDE | CROSSED ON | CHARACTER                                                    |
|----|--------------|----------|------------|--------------------------------------------------------------|
| 01 | Baralacha La | 4,992 m  | Day 5      | The gateway — where Lahaul gives way to the high desert.     |
| 02 | Nakee La     | 4,739 m  | Day 6      | Won hairpin by hairpin up the fabled 21 Gata Loops.          |
| 03 | Lachulung La | 5,065 m  | Day 6      | Your first 5,000-metre crossing — the queen stage's crown.   |
| 04 | Taglang La   | 5,360 m  | Day 8      | The long climb from the Morey Plains, then 35 km of descent. |
| 05 | Khardung La  | 5,540 m  | Day 11     | The summit day — the highest motorable road in the world.    |

**Why the route runs south to north** — Cadence™ climbs from 2,050 m to 5,540 m in one unbroken arc, because altitude rewards patience. Each night is staged only marginally higher than the last, so your blood adapts while you sleep and every pass arrives when your body is ready for it. The geography does the training; you do the riding.

# Manali to Khardung La — the line of ascent

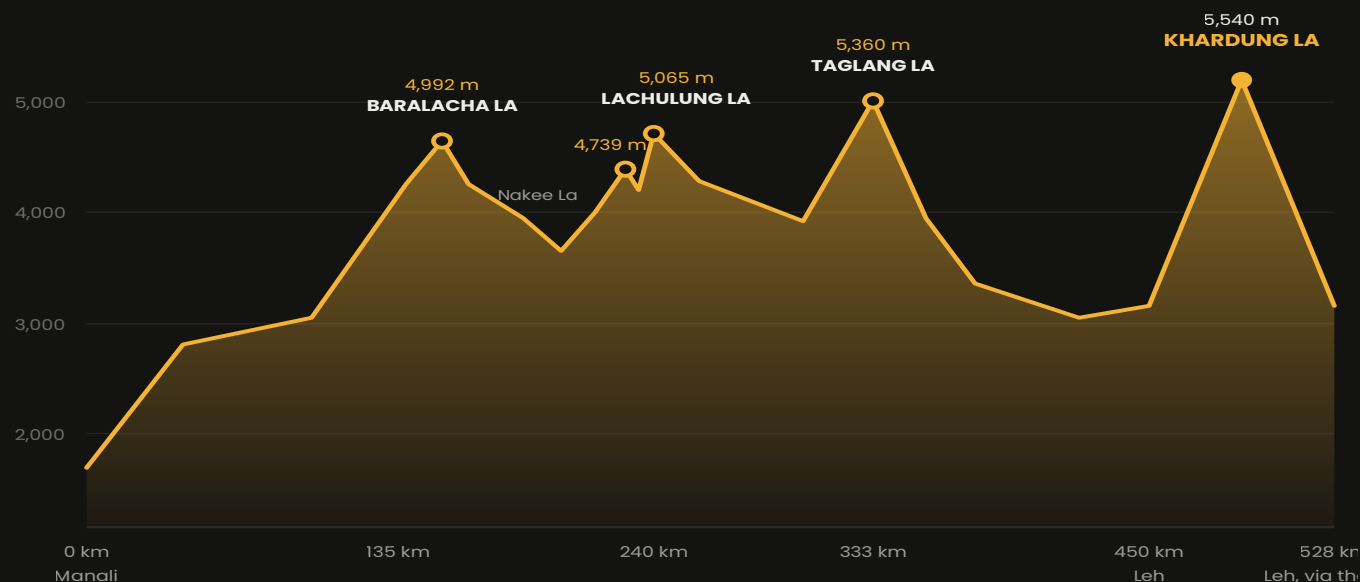
Schematic route map · distances are stage readings · not to scale



## THE ELEVATION STORY

# 528 kilometres, drawn in altitude

Ride profile · Day 2 to Day 11 · cumulative distance vs. altitude



## STAGE READINGS

| DAY | STAGE                                          | DISTANCE | SLEEP ALTITUDE | DAY'S CLIMBING* |
|-----|------------------------------------------------|----------|----------------|-----------------|
| 2   | Manali → Atal Tunnel → Sisu / Gondla           | 41 km    | 3,160 m        | ≈ 1,100 m       |
| 3   | Sisu → Jispa / Darcha                          | 54 km    | 3,400 m        | ≈ 600 m         |
| 4   | Jispa → Zingzingbar                            | 40 km    | 4,600 m        | ≈ 1,200 m       |
| 5   | Zingzingbar → Baralacha La → Brandy Nallah     | 66 km    | 4,000 m        | ≈ 450 m         |
| 6   | Brandy Nallah → Nakee La → Lachulung La → Pang | 58 km    | 4,630 m        | ≈ 1,400 m       |
| 7   | Pang → Morey Plains → Tso Kar / Debring        | 44 km    | 4,269 m        | ≈ 350 m         |
| 8   | Debring → Taglang La → Lato                    | 73 km    | 3,700 m        | ≈ 1,100 m       |
| 9   | Lato → Upshi → Leh                             | 74 km    | 3,500 m        | ≈ 450 m         |
| 10  | Leh · the recovery day                         | —        | 3,500 m        | —               |
| 11  | Leh → Khardung La → Leh · summit day           | 78 km    | 3,500 m        | ≈ 2,040 m       |

\*Indicative cumulative ascent readings; mountain roads are living things and figures vary with re-routing and road works.

## Part I — The Approach · Days 1–2

### ARRIVAL ADVISORY

Cadence™ assembles in Manali. We advise arriving at least a day or two before the expedition begins — every additional night at 2,050 m is a quiet head start on acclimatisation, and the difference will follow you all the way to Khardung La. Our team is happy to assist with pre-expedition stay recommendations.

### DAY 1 · SATURDAY, 22 AUGUST 2026

#### Manali · the acclimatisation spin

RIDE SHORT SHAKEOUT LOOPS · SLEEP HOTEL, MANALI · 2,050 M

The expedition opens in the deodar forests of the Kullu valley. The morning brings bike fitting and handover, the expedition briefing, and a gentle riding day through upper Manali's villages and pine slopes — climbing a little, sleeping low. Our mechanics dial every contact point: saddle height, cleats, cockpit, tyre pressure for Himalayan tarmac. **Why we begin this way** — climb-high-sleep-low is the oldest rule of altitude. This unglamorous first day is quietly one of the most valuable on the expedition: it is where your summit day is first won.

### DAY 2 · SUNDAY, 23 AUGUST · FIRST RIDING DAY

#### Manali → Solang → Atal Tunnel → Sisu / Gondla

RIDE 41 KM · CLIMB ≈ 1,100 M · SLEEP CAMP I, SISU · 3,160 M

The expedition rolls out of Manali. A moderate, scenic climb through Solang and Dhundi, then the crossing beneath the Rohtang massif through the Atal Tunnel — emerging, in a single breath, from green Kullu into the stark grandeur of Lahaul. Fine road to Sisu, where camp stands ready. **Why only 41 km** — the first day on the pedals should stimulate, never deplete. You arrive with appetite left over; that surplus is tomorrow's currency.

**The Cadence™ cadence** — every riding day keeps the same protected rhythm: a 05:00 wake with hot-dipped towels, warm water and tea, breakfast before the cool morning roll-out, ride-lunches hand-delivered on the road, a firm afternoon cut-off, soup and dinner at dusk, hot milk, and lights off at 20:30. Discipline at night is what freedom on the bike costs.

## Part II — Into Lahaul · Days 3–5

### DAY 3 · MONDAY, 24 AUGUST

#### Sisu → Tandi → Jispa / Darcha

RIDE 54 KM · CLIMB ≈ 600 M · SLEEP CAMP II, JISPA · 3,400 M

The longest gentle day of the expedition — good road, easy gradients, the Bhaga river for company. Camp rises on the riverbank at Jispa. **Why the numbers are kind** — tonight you sleep only 240 metres higher than last night, textbook staging that builds riding volume while the altitude stays merciful. Adaptation without cost: this is route design doing your training for you.

### DAY 4 · TUESDAY, 25 AUGUST

#### Jispa → Patseo → Zingzingbar

RIDE 40 KM · CLIMB ≈ 1,200 M · SLEEP CAMP III, ZINGZINGBAR · 4,600 M

The expedition changes register. Beyond Darcha the road turns raw — dust, rutted stone, the first loose rock of the Baralacha approach — and the air begins to thin in earnest. **Why the shortest day is the biggest day** — at 4,600 m the real work is oxygen, not kilometres. Camp is placed deliberately below the pass so you strike Baralacha La at dawn on fresh legs. Tonight is the expedition's keystone acclimatisation night — and the night our portable hyperbaric chamber and oxygen quietly take their station in camp.

### DAY 5 · WEDNESDAY, 26 AUGUST · PASS 01

#### Zingzingbar → Baralacha La (4,992 m) → Sarchu → Brandy Nallah

RIDE 66 KM · CLIMB ≈ 450 M · SLEEP CAMP IV, BRANDY NALLAH · 4,000 M

Your first great pass, taken early, cold and glorious — prayer flags snapping over the watershed where Himachal ends and the Ladakh plateau begins. Then the long exhale: down past Kelong Sarai and across the vast Sarchu plains. **Why we sleep 1,000 m below the summit** — climb high, sleep low. The pass stresses the body; the low camp lets the night restore rather than tax. You bank the adaptation and pay none of the interest.

## Part III — The High Crossings · Days 6–8

DAY 6 · THURSDAY, 27 AUGUST · PASSES 02 & 03 · THE QUEEN STAGE

**Brandy Nallah → Gata Loops → Nakee La (4,739 m) → Lachulung La (5,065 m) → Pang**

RIDE 58 KM · CLIMB ≈ 1,400 M · SLEEP CAMP V, PANG · 4,630 M

The ride of a lifetime, compressed into one morning: the 21 numbered hairpins of the Gata Loops, the summit of Nakee La, and then your first crossing of the 5,000-metre line at Lachulung La. The support caravan leapfrogs ahead all day — fuel, layers, mechanics — so the climbs are all you carry. **Why two passes in one day is safe here** — because four staged nights have already happened. The gradients are gradual, the cut-off is firm, and the vehicle is never more than minutes away. Audacity, underwritten.

DAY 7 · FRIDAY, 28 AUGUST

**Pang → Morey Plains → Tso Kar / Debring**

RIDE 44 KM · CLIMB ≈ 350 M · SLEEP CAMP VI, DEBRING · 4,269 M

A deliberate exhale between the expedition's two hardest days. The road opens onto the Morey Plains — forty kilometres of high-desert horizon where kiang, the Tibetan wild ass, run beside the road and Changpa nomads graze their herds. A detour touches the salt lake of Tso Kar and the small Thukje gumpa. **Why an easy day sits exactly here** — recovery is a placed object, not an accident. Legs spin, the mind widens, and Taglang La tomorrow meets a rider who is rested, not merely willing.

DAY 8 · SATURDAY, 29 AUGUST · PASS 04

**Debring → Taglang La (5,360 m) → Runtse → Lato**

RIDE 73 KM · CLIMB ≈ 1,100 M · SLEEP CAMP VII, LATO · 3,700 M

The long, patient climb out of the plains to Taglang La — and then the reward: thirty-five unbroken kilometres of descent into the Gya gorge. **Why this climb comes on Day 8** — after a week of staged nights, your blood is carrying measurably more oxygen than it did in Manali. This is the day the architecture pays out. And sleeping 1,660 m below the pass makes tonight the deepest recovery night of the route — by design, on the eve of the final act.

## Part IV — The Summit & The Return · Days 9–12

### DAY 9 · SUNDAY, 30 AUGUST

#### Lato → Upshi → the Indus Valley → Leh

RIDE 74 KM · CLIMB ≈ 450 M · SLEEP HOTEL, LEH · 3,500 M

The Indus leads you in. From Upshi the valley opens — monasteries on crags, barley fields, poplar lanes — until the old caravan city of Leh, the "Moon Land" capital of the Lamas, receives the expedition. Then: a real bed, a hot bath, a full kitchen. **Why comfort returns tonight** — the return to the hotel is engineered, not incidental. The final act deserves a rider restored to full strength.

### DAY 10 · MONDAY, 31 AUGUST · REST DAY

#### Leh · the recovery day

RIDE — · SLEEP HOTEL, LEH · 3,500 M

A full day off the bike, placed deliberately before the summit. Sleep in. Wander Leh's old town and its monasteries, or spin the legs gently if you must — the day belongs to you. Mechanics give every machine its final service. **Why we rest before the crescendo** — eight days of riding are consolidated in stillness. Muscles rebuild, sleep debt clears, and the body finishes its quiet work of adaptation. Tomorrow asks for everything; today makes sure you have it.

### DAY 11 · TUESDAY, 01 SEPTEMBER · PASS 05 · SUMMIT DAY

#### Leh → Khardung La (5,540 m / 18,000 ft) → Leh

RIDE 78 KM · CLIMB ≈ 2,040 M · SLEEP HOTEL, LEH · 3,500 M

Everything has pointed here. Two vertical kilometres of climbing on good road, the checkpoint below the pass, and then the prayer-flagged crest of the highest motorable road in the world — with the Karakoram filling the northern sky. You descend to Leh for a celebration dinner that will need no speeches. **Why it will feel possible** — because you do not attempt Khardung La on hope. You attempt it on ten days of engineered adaptation, a rest day banked, a shadowing support vehicle, and a body rebuilt every night since Manali.

### DAY 12 · WEDNESDAY, 02 SEPTEMBER

#### Leh → Delhi / Jammu · the flight home

RIDE — · MORNING DEPARTURE FROM LEH

A dawn transfer to Leh airport, and one final ascent — this time by air, over every range you crossed by pedal. **Why the window seat matters** — from 30,000 feet, the whole line of your expedition unspools beneath the wing. Few people ever see a map of their own capability. You will.

# The Recovery Architecture

Four systems travel with the expedition. Each one exists for a single purpose: to hand you back to the road, every morning, at full strength.

01 · SLEEP

## The Protected Night

Full alpine camps raised and struck by a dedicated crew — insulated sleeping systems, carry mats, weatherproofed tents — and boutique hotel bases in Manali and Leh, all on elegant twin-sharing, in hotel and tent alike (private quarters throughout, ₹20,000). Lights off at 20:30, without apology. At altitude, sleep is where red blood cells are made; we treat your night like the performance asset it is.

02 · FUEL

## The Fueling Protocol

Six touchpoints a day, timed to effort: a 05:00 wake ritual of hot water-dipped towels for the face, warm water, and tea, coffee or milk; hot breakfast with energy packs and fruit before roll-out; ride-lunches hand-delivered on the road; afternoon tea at the cut-off; then soup, a full hot dinner and warm milk at bedtime. Bring the protein you train with — different proteins suit different riders. You never chase calories; they find you.

03 · SAFETY

## The Altitude Insurance

A portable hyperbaric chamber (Gamow bag) stationed at the high camps, oxygen cylinders with the caravan, first aid at every camp, and inner-line permits handled entirely by us. A backup vehicle shadows the riding group all day — any rider, at any moment, can step off the bike and into the vehicle. No summit is worth more than the rider.

04 · MACHINE

## The Rolling Workshop

A mountain mechanic travels with the expedition, servicing every bicycle every evening while you eat. Guides, cook and camp team move ahead of you all day, so camp is standing, kitchen hot, before your wheels arrive. Windproof shells and ponchos come with our compliments, against Himalayan weather. Your only job is the riding.

### A RIDING DAY, BY THE CLOCK

|               |                                                                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 05:00         | Wake ritual — hot water-dipped towels for the face, warm water · tea / coffee / milk · your own protein supplement (different proteins suit different riders) |
| 05:45         | Hot breakfast · energy packs & fruit issued · roll-out in the calm morning air                                                                                |
| 11:30 – 13:00 | Packed ride-lunches delivered to riders on the road by the support vehicle                                                                                    |
| 15:00 – 16:30 | Riding cut-off — tea & snacks in camp · mechanics begin evening service                                                                                       |
| 18:30 – 20:00 | Soup, dinner, hot milk at bedtime                                                                                                                             |
| 20:30         | Lights off — the protected sleep window begins                                                                                                                |



#### THE EXPEDITION LEADER

## Nischay Attri · Founder, Move Outdoors

27 EXPEDITIONS LED

2 VIRGIN ASCENTS

3 FREE SOLO ASCENTS

COACH · 8,000 M ATHLETES

Cadence™ is led in person by Nischay Attri — the Indian subcontinent's most seasoned hand at supreme-quality, multi-day Himalayan operations. Twenty-seven expeditions, two virgin ascents and three free solo ascents in the Indian Himalaya have shaped his singular craft: orchestrating phenomenal expedition experiences — from safety to recovery to the true richness of the outdoors — working with the wilderness until it sends you home with engraved memories of a lifetime. Between expeditions, he trains elite mountain athletes for 8,000-metre objectives and has served as visiting faculty at the Nehru Institute of Mountaineering.

His work has been featured by Outside TV, and he has shared a rope with National Geographic and The North Face on climbing expeditions across the range. A paragliding pilot and ultra-distance runner, he measures mountains the slow way — in 2024, he ran and cycled this very route. On Cadence™, every camp, cut-off and contingency carries the weight of that experience, worn lightly.

## THE INVESTMENT

# What Cadence™ costs — stated simply

### WITH CADENCE™ EXPEDITION BIKE

**₹ 75,000**

Per rider, twin-sharing, all-inclusive on route · geared expedition MTB, fleet-serviced nightly by our mechanic

### RIDING YOUR OWN MACHINE

**₹ 65,000**

Per rider, twin-sharing, all-inclusive on route · your bike still enjoys full nightly service and support-vehicle carriage

### PRIVATE QUARTERS

**+ ₹ 20,000**

All stays across Cadence™ — hotel rooms and expedition tents alike — are on elegant twin-sharing. Prefer your own space? Separate accommodation throughout the Cadence™ experience, hotel and camp, may be reserved for ₹20,000 over your expedition fee.

## WHAT YOUR INVESTMENT CARRIES

One figure, and the mountain is handled. Your expedition fee carries the full architecture of Cadence™ — seven alpine camps raised and struck by a dedicated crew, four boutique hotel nights in Manali and Leh, every meal of the six-touchpoint fueling protocol, the shadowing support caravan with its expedition mechanic, your guides and high-altitude camp team, the altitude safety systems standing quiet watch at every camp, and every permit and clearance the high Himalaya demands — arranged end-to-end before you ever turn a pedal.

On route, there is nothing left to purchase and nothing left to plan. The only decisions we leave you are the ones worth making — how the morning air feels, when to stop for the photograph, and how far up the pass you carry your rhythm.

## Included, not included — stated plainly

### YOUR INVESTMENT INCLUDES

- ✓ All expedition camping — tents, insulated sleeping bags, carry mats
- ✓ Twin-sharing throughout — hotel rooms & tents alike
- ✓ All meals — the full six-touchpoint fueling protocol
- ✓ Morning ritual — hot water-dipped towels & warm water
- ✓ 4 hotel nights — selected hotels at Manali & Leh
- ✓ Geared expedition mountain bike (₹75,000 tier)
- ✓ Expedition guide, cook, mechanic & camp crew
- ✓ Backup / support vehicle shadowing all riding days
- ✓ Portable hyperbaric chamber (Gamow bag) at high camps
- ✓ Oxygen cylinder & first aid at every camp
- ✓ Windproof shell & ponchos — with our compliments
- ✓ Inner-line permits, arranged end-to-end

### YOUR INVESTMENT EXCLUDES

- Travel to Manali & the Leh → Delhi / Jammu flight
- Single accommodation — ₹20,000, throughout the experience
- Personal protein supplement — bring the one that suits you
- Travel & medical insurance · emergency evacuation costs
- Personal safety helmet & personal spares kit (mandatory)
- Spare parts consumed en route
- Personal expenses, en-route beverages & tips
- Sightseeing beyond the expedition line · camera fees

### ELIGIBILITY

Cadence™ is graded strenuous. It is not open to riders with asthma, blood-pressure or cardiac conditions, or a history of severe altitude illness. Riders on personal medication must carry their own supply. A candid medical declaration protects everyone on the mountain — above all, you.

### WHAT YOU BRING

Comfortable riding layers (two sets) · two thick pullovers · sports shoes · water bottle · snow / sun goggles · sun hat · torch with spare cells · antiseptic & sunburn cream · knee caps, elbow guards & band-aids · toilet roll · writing material · your preferred protein supplement — different proteins suit different riders · your own safety helmet and personal spares kit.

**On mountain honesty** — the Himalaya is a living landscape. In the event of landslides or natural events, the route may adapt on the ground, with substitutions of equal measure arranged at the point of change. First aid stands at every camp; the expedition operates under standard adventure-travel liability terms, detailed in your booking documents.

# Payment & reservation

## REMIT TO

|               |                                                                    |
|---------------|--------------------------------------------------------------------|
| BENEFICIARY   | Move Outdoors                                                      |
| ACCOUNT NO.   | 4192 9449 413                                                      |
| BANK & BRANCH | State Bank of India, Dwarka<br>Sector-10, South West, New<br>Delhi |
| IFSC          | <b>SBIN0004384</b>                                                 |
| GSTIN         | 07CEWPA0656N1Z0                                                    |

Full payment by bank transfer confirms your place.  
Please share the transfer advice at  
mail@moveoutdoors.org.

## CANCELLATION TERMS

|                                          |             |
|------------------------------------------|-------------|
| 25 days or more before departure         | <b>Nil</b>  |
| 24 – 20 days before departure            | <b>25%</b>  |
| 19 – 08 days before departure            | <b>50%</b>  |
| 07 – 04 days before departure            | <b>75%</b>  |
| 03 days or fewer · or once riding begins | <b>100%</b> |

The cohort is capped at ten riders and confirmed strictly in order of payment received. A minimum of four riders is required for permit issue.

## SCHEDULE VARIATION & SAFETY

Move Outdoors and its officers reserve the right, at their sole discretion, to alter, advance, postpone or otherwise vary the expedition dates, in whole or in part, where such variation is deemed necessary to ensure the safety and security of the team, including, without limitation, on account of weather disturbances or conditions beyond reasonable control. Any such determination shall be made in good faith, shall be final and binding, and shall be communicated to registered participants at the earliest practicable opportunity. Published dates are accordingly tentative and subject to confirmation.



# don't die curious.

Cadence™ departs 22 August 2026. Ten saddles. Five passes. One extraordinary line across the roof of the world.

[www.moveoutdoors.org](http://www.moveoutdoors.org)

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