

HIMALAYAN TANDEM CYCLING EXPEDITION (MANALI TO KHARDUNG LA 2017)
M2K2017 WITH ADVENTURES BEYOND BARRIERS FOUNDATION
(29th July-10th August and 12th August-24th August 2017)



What if someone told you that you could have an unimaginable load of fun, make the world a better place, and push your own boundaries at the same time? What if someone told you that you could do your bit to shatter stereotype, change perspectives, and clarify misconceptions while breaking personal records and fostering new relationships? What if someone told you that all this and more can happen in less than two weeks this July?

Adventures Beyond Barriers Foundation (ABBF) is telling you just that.

ABBF is India's leading adventure sports organization that caters to Persons with Disability as well as able-bodied adventurers. The Foundation works across five verticals including trekking, scuba diving, paragliding, and mountaineering, and facilitates opportunities for people to come together and experience the thrill of adventure independent of disability. Over July and August 2017, the team is all set to push even higher boundaries. Later this year (July 29th to August 10th, and August 12th to August 24th 2017), ABBF will be facilitating India's first blind-and-sighted tandem cycling expedition in the Himalayas where ten tandem pairs (with one blind cyclist each) will cycle over five hundred kilometres from Manali to Khardung La in less than two weeks.

The opportunities are endless. The roughly two in the Himalayas offers cyclists the chance to push the limits of their physical endurance and mental fortitude. It gives them the platform to forge relationships and build empathy, making the world a better place than when they began. At its core, M2K2017 is the chance for cyclists to discover new perspectives while simultaneously spreading the message of inclusivity and accessibility. If this isn't a win-win, what is?

M2K2017 is for you. It is for solo cyclists who wish to support our cause and join the expedition. It is for sighted allies who would like to act as captains on tandem cycles. It is for blind cyclists who would be up for exploring the adventure of tandem cycling. It is for all those who want to witness and back this life-changing journey as support crew. It is for anyone looking to lend your voice to the cause of inclusivity because there really is no such thing as the Cannot. We want You.

This July-August, join ABBF in the adventure of a lifetime – yours, your partner's, and the entire crew's! Thirteen days in the mountains are bound to change your life. You can take our word for it.

This expedition will require you to step out of your comfort zone and face a variety of challenges –

- Physical – Self-explanatory! Cycling 550 kilometers across high altitude mountain terrain is definitely one of the most incredible ways to push your body’s limits.
- Mental – They say Adventure sports is a 50% mental game... It’s all in the mind!
- Social and Emotional – Interacting with people from different cultures, economic backgrounds and upbringings is sure to open your mind to a whole new perspective on life, and increase your ability to adapt to new situations and challenges. A truly inclusive experience!

Our guides and staff has plenty of first-hand experience, to ensure that you are safe on the journey. As a result, they have the ability to quickly resolve problems, deal with unexpected emergencies, and excel in challenging environments. They will offer you great advice, and even greater tales, from the saddle. Our crew and equipment is designed to keep you safe, well fed and provide the basic support you need to get from start to finish each day. The rest, for the most part, is up to you!

We will be traversing one of the most remote and stunning regions in the Himalayas. It is important to prepare well for the ride and keep yourself hydrated along the way. You will be required to pass a basic medical examination before undertaking this expedition.

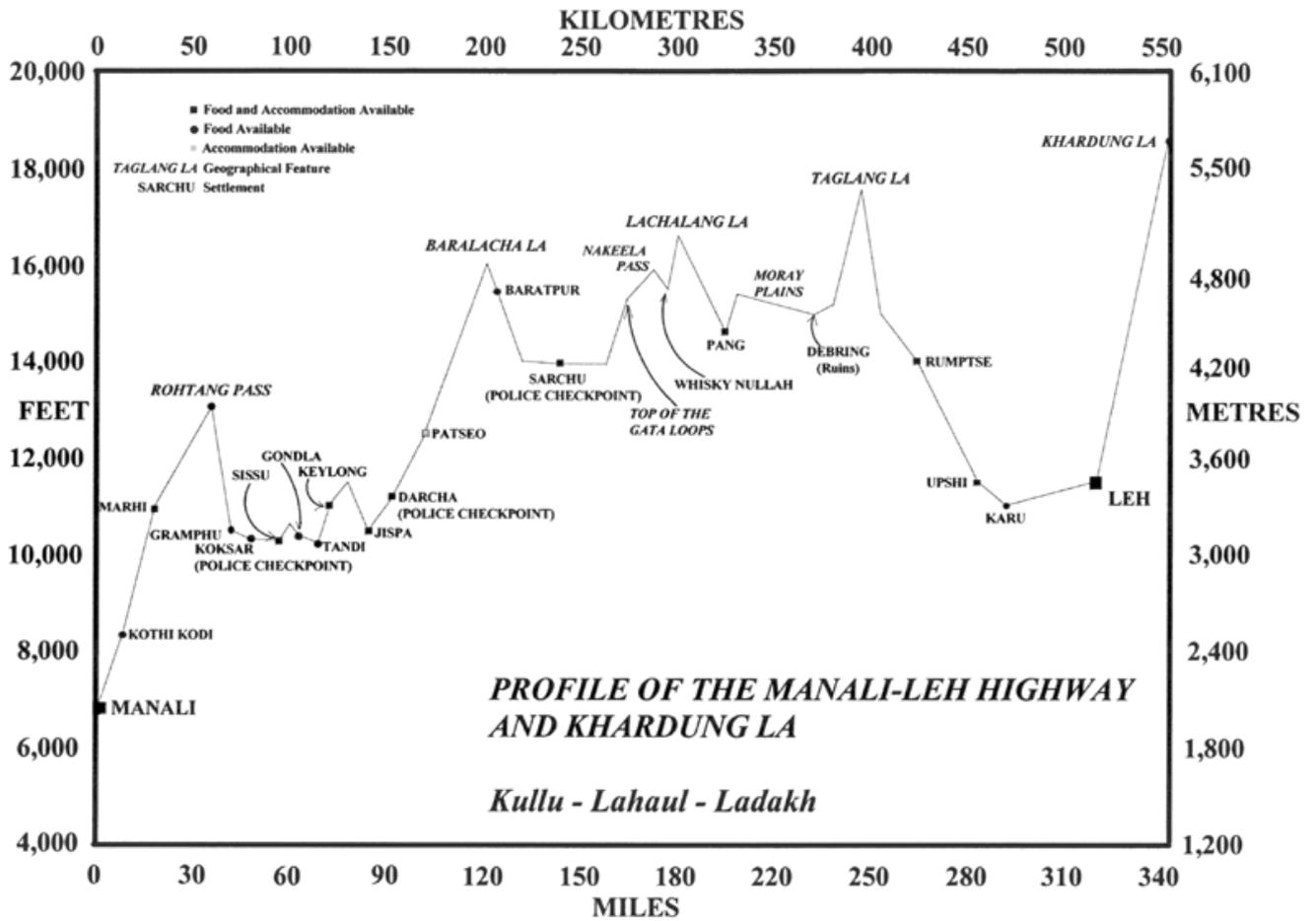
Each rider is provided with a space on our support vehicle to transport their gear. The support vehicle will also carry water, food and equipment for the expedition. If for some reason you cannot ride your bike, the support vehicle can carry some riders with bikes.

At the start of each day, we will hold a rider meeting to give you route notes and/or sketch maps of the next days travel. These meetings are also an opportunity to share tips and points of interest on the route.

We will complete the expedition as a group, and support and cheer each other along the way. We’re all in this together!

Day	Place	Altitude (in metres)	Distance covered	Type of Accomodation
1	Manali	2050	0 km	Hotel
2	Manali-Madi	3354	37 km	Camping
3	Madi-Sissu	3150	59 km	Camping
4	Sissu-Kelong/Jispa	3400	48 km	Hotel
5	Kelong/Jispa-Zingzing Bar	4400	37 km	Camping
6	Zing zing Bar- Baralacha pass-Brandy Nallah	4845	65km	Camping
7	Brandy Nalah -Whiskey Nalah	4400	39 km	Camping
8	Whiskey Nalah-Pang via Lachungla Pass	5350 Lachungla; 4630 Pang	58 km	Camping
9	Pang-Debring via Morey Plain	4700	53 km	Nomadic Homestay
10	Debring–Lato via Tanglang La Pass	3600 Latt; 5260 Tanglang La	55 km	Camping
11	Lato-Upshi-Leh	3462	58 km	Hotel
12	Leh-Khardung La	5602 Khardung La	40 km	Hotel
13	Depart from Leh			

ROUTE MAP:



For more information log on to <http://adventuresbeyondbarriers.com/what-we-do/tandem-cycling/m2k2017-tandem-cycling-expedition/>
 Or email tanya@adventuresbeyondbarriers.com

Fill the form [here](#)