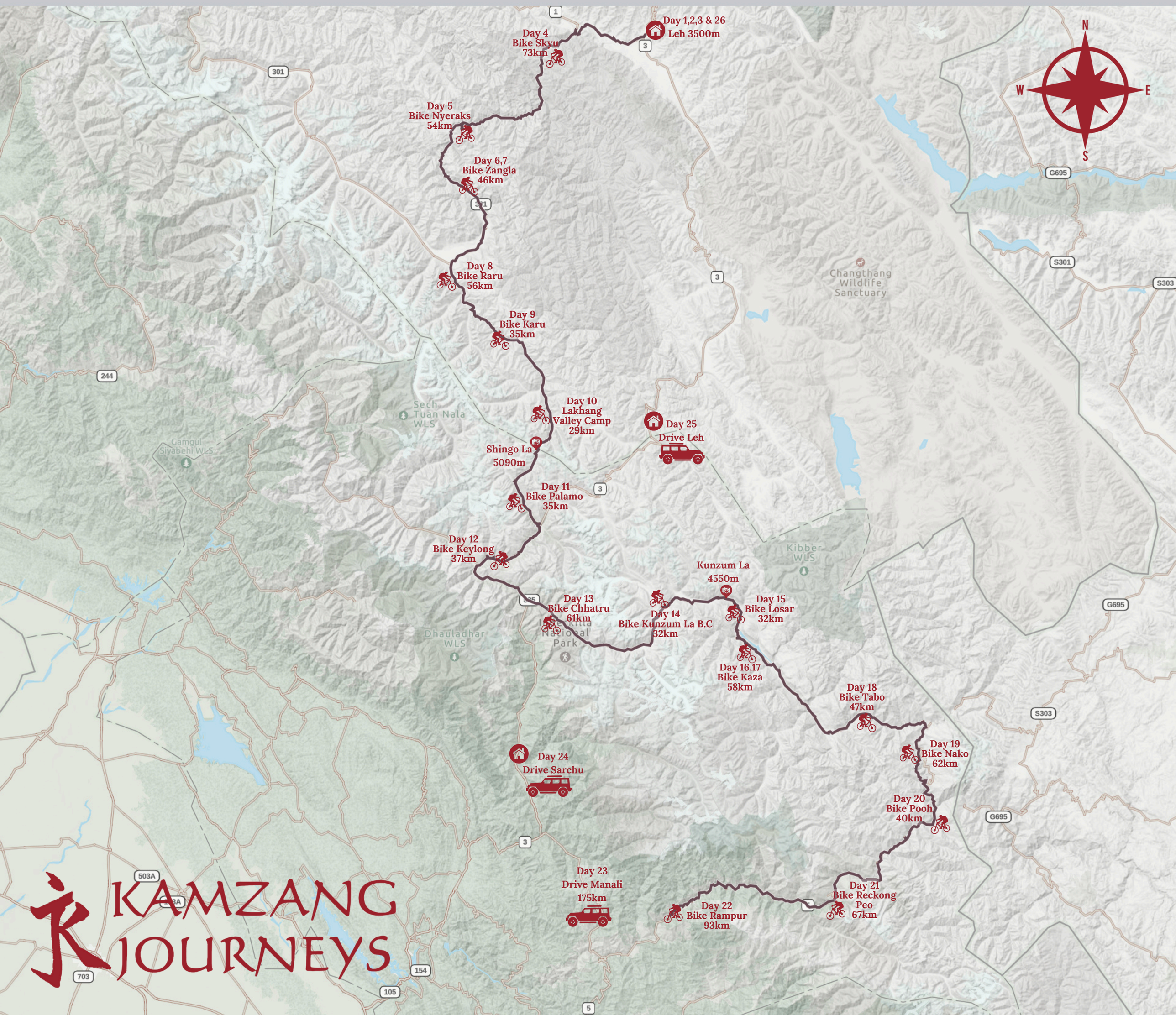Wild Mountain Biking in Ladakh, Zanskar & Himachal Pradesh (Spiti, Lahaul & Kinnaur) – the Indian Himalaya!