

Mountain Biking Tour along the Kyrgyz Silk Road, 12 Days



Cycling provides an unrivalled opportunity to travel through some of the most scenic mountain terrain in Kyrgyzstan. Kyrgyzstan's natural paradise can be enjoyed especially by cycling through Tien Shan Mountains, canyons, amongst snowy peaks and pastures strewn with alpine flowers. All roads led to majestic vistas and encounters with friendly people. You will discover 70 % of the country.

Trip season: May -October

Duration: 1 days

Type: Cycling, mountain biking

Difficulty: Medium - Hard

Accommodation: Hotels, Resort, Guest houses, Yurt Camp, Mountain Hut.

Meals: Full board.

Itinerary: Bishkek – Suusamyr – Keke Meren – Too Ashuu pass (3229m) – Son Kul lake (3000m) – Naryn – At Bashy – Dolon pass (3030m) – Yssyk Kul lake – Cholpon Ata (1600m).

Brief description: This thirteen day-long cycling tour takes in some of the most beautiful scenery in Kyrgyzstan -the world's second largest alpine lake Issyk-Kul, mountain ranges and alpine peaks, passes and truly amazing Son Kul lake located high in the mountains at the altitude of 3000 meters above sea level. You will have the opportunity to discover the natural areas of Tien Shan Mountains, to get an epic view of the highest points and nomadic life.

In this combined mountain bike tour You will enjoy the highlights and night life of Bishkek city, silk route-historical sites, amazing mountain lakes, red canyons, nomadic green pastures, lots of cycling and of course golden beaches of Yssyk Kul lake.

Program

<u>Days</u>	<u>Itinerary</u>	<u>Accommodation</u>
<u>Day 1</u>	<p><u>Bishkek – 40km, 40min</u></p> <p>Arrival in Bishkek. Meeting at the airport “Manas” and drive to the hotel 5*. Check-in the hotel 5*. Rest. Sightseeing in Bishkek: State Historical Museum, Ala-Too Central square, Second World War Memorial Square, Osh Eastern style market, Shopping Malls (Bishkek Park, ZUM). Lunch in local restaurant. Afternoon check and prepare the mountain bikes. Dinner in local restaurant. Accommodation in the hotel 4*.</p>	<u>Hotel 4*</u>
<u>Day 2</u>	<p><u>Bishkek – Too Ashuu Pass (3586m) – Suusamyr, 128 km, 5-6 hrs.</u></p> <p>Breakfast. The first ride is to Suusamyr (2025m), the route proceeds sedately at first, on the well- used road from Bishkek to Kara Balta village at the foot of Kyrgyz Ala Too range. The Suusamyr road turns south to rear over the Kyrgyz range, after lunch crossing it via the 1.7 km – long tunnel at the Too Ashuu Pass (3586m). The road then slides down eleven kilometers into the Suusamyr valley, Dinner and accommodation in Ski base. Cycling distance is 40km, 4-5 hrs.</p>	<u>Ski Lodge 3*</u>
<u>Day 3</u>	<p><u>Suusamyr – Keke Meren – Son Kul Lake (3000m), 230km, 6-7 hrs.</u></p> <p>Breakfast. Biking along the Keke Meren River to Son Kul Lake (3000m), Son kul is the second largest Lake in Kyrgyzstan with its lush pastures, silvery streams and huge expanse of water (13,5 meters deep) filled with fish, it is summer paradise for herders and their flocks. After lunch take the Pass Kara Keche on a truck. Dinner and overnight in Yurt Inn. Cycling distance 50km, 4-5 hrs.</p>	<u>Yurt Camp</u>
<u>Day 4</u>	<p><u>Son Kul – Chara Archa Pass (3061m)-Naryn, 150km, 5-6hrs.</u></p> <p>Breakfast. In the morning we transfer to the Chara-Archa Pass (3061m), and descending on bikes to the Kara Oi River (2800m). After lunch continue cycling to Naryn Town – is a long, thin town, set between impressive red sandstone cliffs on one side and rolling green hills on the other, and spreads for about 15km along the longest river in Central Asia. Dinner and accommodation in a guest house with shower in share basis. Cycling distance 35km, 5 hrs.</p>	<u>Guest House</u>
<u>Day 5</u>	<p><u>Naryn – Kyzyl Bel Pass (2484m)- At Bashy Village, 50km, 4-5 hrs.</u></p> <p>Breakfast. Start biking from Naryn Town to At Bashy Village via Kyzyl Bel Pass (2484m), After lunch continue cycling through modern Silk Road high way to At Bashy, the road emerges into a huge, flat valley of lush pastures, with the green, leafy village of At Bashy tucked away in a hollow. It has a lively animal market on Sundays. Visit local open air market and then return to Naryn Town by truck. Dinner and accommodation in a guest house with shower in share basis. Cycling distance 40km, 4-5 hrs.</p>	<u>Guest House</u>
<u>Day 6</u>	<p><u>Naryn – Dolon Pass (3030m) – Kochkor Village, 100km, 5-6 hrs.</u></p> <p>Breakfast. Start biking from guest house straight to Kochkor Village through Dolon Pass (3030m). This well-travelled route has some dramatic scenery of the vast Central Tien Shan, with lots of yurts and grazing herds. On the other side,</p>	<u>Family Stay</u>

	there is beautiful descent through rugged limestone cliffs and steep valleys. Lunch stop – near the tiny village Sary Bulak to taste a local fish from Son Kul Lake. <u>Dinner and Lunch at Family House</u>	
<u>Day 7</u>	<u>Kochkor - Tamga, 100km, 5-6 hrs.</u> Day of rest on the shore of Issyk-Kul Lake, 1600m. On this day you can enjoy an easy ride along the South Shore of Yssykkul Lake, 15km to west there are Red Canyons called Skazka. Afternoon there is chance to swim in the lake, walk the beaches or lay in the sun and make barbeque! Overnight in a Ethno Yurt Camp	<u>Ethno Yurt Camp</u>
<u>Day 8</u>	<u>Tamga – Karakol, 170km, 5-6 hrs.</u> Breakfast in a Guest House. Start cycling along the Lake Shore to Karakol Town, on the way visit Djety Oguz Red Rocks & Broken Heart mountains. Lunch box. Check in the hotel in Karakol Town. Overnight & Dinner.	<u>Hotel 3*</u>
<u>Day 9</u>	<u>Karakol – Enilchek Nature Park, 170km, 5-6 hrs.</u> Breakfast at Hotel. Drive on the Kamaz 60km out of Town, start cycling to Too Ashuu Pass (4000m).Picnic – Lunch. Overnight & Dinner in a Base Camp-Enilchek.	<u>Yurt Camp</u>
<u>Day 10</u>	<u>Enilchek – At Jailoo – Hot Springs, 100km, 5-6 hrs.</u> Breakfast at Base Camp, Start riding to At Jailoo, lunch box. After lunch ride to the Natural Hot Springs. Drive back to Base Camp. Overnight & Dinner in a Base Camp Enilchek.	<u>Yurt Camp</u>
<u>Day 11</u>	<u>Enilchek – Cholpon Ata, 300km, 5-6 hrs.</u> Breakfast at Base Camp. Drive to Cholpon Ata Resort, on the way we will stop for cycling. Lunch – Picnic. Overnigh & Dinner at Resort.	<u>3* Resort, 1 line</u>
<u>Day 12</u>	<u>Cholpon Ata – Bishkek, 260 km, 5-6 hrs</u> Breakfast at Resort, Start driving to Bishkek via Burana Tower, Cultural Complex Ruh Ordo. Lunch en-route café. Dinner with traditional music at Local Restaurant. Overnight at Hotel. Early Morning Flight.	<u>Hotel 4*</u>
<u>Day 12</u>	<u>Departure</u> Breakfast. Transfer to the airport and departure.	-

Rate pp / USD	1	2	4	6	8	10	\$12
Trekking package, 12 days / 11 nights	\$3 078	\$1 968	\$1 429	\$1 380	\$1 254	\$1 178	\$1 127

Price includes the following service:

- Accommodation as mentioned in the program (twin sharing) – 12 nights
- Transportation
- Rent of mountain Bikes for whole program
- Meals: Full board + bottled water
- English speaking Guide
- Kitchen & Dining utensils
- Formalities: Excursions + entrance fees
- Folklore show in Bishkek
- All excursions
- All local taxes

Price does not include:

- International air fare
- Personal equipment: glasses, helmet, pump, repairing kit
- Alcoholic beverages in restaurants
- Note: 4* and 5* accommodation is possible in Bishkek only.
- Kyrgyz visa (if required)
- Refundable deposit – USD 500 per bike
- Horseback riding in the Son-Kul Lake area - USD 15 per horse

Note:

1. In case of early check-in, the hotel, early check-in is chargeable as 1 extra night – 25 USD per persons in twin sharing.
2. It is highly recommended to have warm clothes and personal equipment's
3. Guest Houses, Family Home Stay and Yurt Camp are on the basis of shared bathroom
4. Accommodation in Yurt is shared by 4-5 persons in one gender, bathroom is outside



Diffuculty

Medium – Hard



Dayly Distance

50km – 60km



Cycling Days

11 Days



Maximum Altitude

4200m

Cycling Map

