Adventure Tian Shan

12-day mountain bike trip through Kyrgyzstan







12 days 8 stages

Land: Kyrgyzstan
Category: Mountainbike
Complexity: Medium-hard ●●●
Group size: 6 - 12
Route: 435 km
Stages: 8
Elevation: 6.900
: Support vehicle + luggage transport
: Full board during the tour
: plus flight from €550

Price per person from:

From 2490 €

Overview

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Highlights of Our Kyrgyzstan Mountain Bike Tour

This trip is all about pure mountain biking enjoyment! From the lively capital, Bishkek, we ride up to the lush green high pastures of the nomads. During our eight biking stages, we will experience untouched mountain landscapes with breathtaking meadow trails. Crossing numerous 3,000-meter passes, we travel from the glaciers of the Tian Shan Mountains to the world's second-largest mountain lake, Issyk Kul. Its crystal-clear water and sandy beaches invite us to swim and relax on the last day of our tour.

- ✓ Challenging mountain bike tour across the Tian Shan Mountains
- ✓ Flowing meadow descents and unique trails

- Overnight stays in yurts and an introduction to many nomadic traditions
- Stage extensions and alternative routes depending on participants' preferences
- Swimming in the magical mountain lakes Issyk Kul and Son Kul

Day by day itinerary

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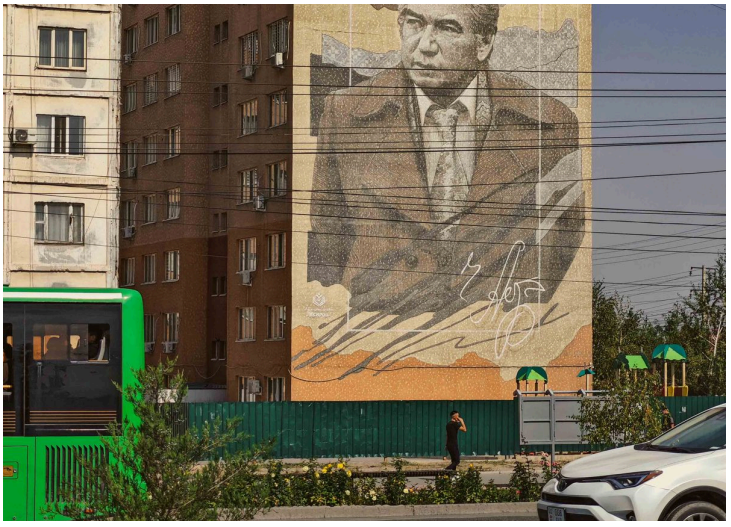
Day 1 Arrival in Bishkek (800 m)

Arrival in the early morning and shuttle ride to the tour hotel in the city. Now, first, we will 'sleep in' until noon, enjoy a late breakfast, and set up the bikes. In the afternoon, we will explore the bazaar and the center of Bishkek during a city tour. We will end the day with a joint dinner featuring good traditional cuisine.

: Hotel

Bishkek





Day 2 Stage 1: Orto Tokoy Reservoir (2,160 m) – Kochkor (1,819 m)

After breakfast, we drive for about three hours with the shuttle to the starting point at Orto Tokoy Reservoir (1,700 m). There, our bike adventure begins along the Chui River with views of green valleys and snow-capped peaks over 4,000 meters. After 30 km, we reach the small town of Kochkor (1,850 m) and our host family. In Kochkor, we visit a workshop for traditional felt-making.

Distances: 30 km, 150 m elevation gain

Accommodation: Homestay

Orto Tokoy Kochkor



Day 3 Stage 2: Kochkor – Chaar Archa Valley (2,300 m)

Today we start on sandy and gravel paths with a gentle incline, ideal for acclimatization. After about 50 kilometers, we finally reach the steep ascent to the Chaar-Archa Pass at the end of the Kyzart Valley, offering a breathtaking view. The grand finale is the 8 km long descent through meadows, followed by a flowing ride down into the valley to our first campsite.

Note: After lunch, we will cover about 15 kilometers by vehicle. Depending on the weather, the route can also be taken by bicycle.

Distances: 60 km, 950 m elevation gain
Accommodation: Tent

Chaar Archa



Day 4 Stage 3: Chaar Archa Tal – Son Kul (3,022 m)

After a night in the open air and breakfast, we start the 12 km ascent to the second three-thousand-meter pass on our journey (Tuz Ashu Pass, 3,220 m). At the top, we are greeted by a breathtaking view of the crystal-clear Son Kul Lake. A 4 km descent through meadows leads us to the shore, where we take a break. The continuation to our yurt camp along the shore feels like balm for our souls. The tranquility and beauty of the entire area will remain in our memories forever!

Distances: 32 km, 1,050 m elevation gain
Accommodation: Yurt

Son-Kul Lake



Day 5 Stage 4: Son Kul – Terskey Pass (3,133 m) – Naryn (2,078 m)

Along the breathtaking sea skyline, between grazing cattle and yurts, we drive towards Terskey Pass ("The Pass of the 33 Parrots"). At the top, we are greeted by the view of the first forests of the typical Kyrgyz Tian Shan firs. After descending into the Son Kul Valley and our lunch break, we continue over another three-thousand-meter pass towards Naryn, an old garrison town on the Silk Road. The last kilometers will be covered by shuttle.

Distances: 60km, 900m elevation gain
Accommodation: Hotel

Tersky Pass



Day 6 Stage 5: Naryn – Kapchygay Gorge (2,340 m)

From Naryn, we travel upstream along the turquoise Naryn River. Still completely untouched, the water carves its way, creating a wonderfully varied scenery. The route passes through numerous villages, a great opportunity to observe everyday life in rural Kyrgyzstan. At the entrance of the Kapchygay Gorge, we reach our beautifully located campsite.

Distances: 55 km, 500 m elevation / 64 km, 1,000 m elevation

Accommodation: Tent

Naryn



Day 7 Stage 6: Kapchygay Gorge – Örük Tam (2,678 m)

As the highlights are closely packed today, the rather short distance suits us for further acclimatization. We are looking forward to the spectacular confluence of the small and large Naryn, the Kapchygay Gorge, and the Örök Tam Gorge, the last village on the next three stages. 15 kilometers behind the settlement, we set up our camp and admire the vast mountain landscape with its summer pastures. We end the evening by the campfire.

Distances: 44 km, 830 m elevation gain
Accommodation: Tent

Kapchagay gorge



Day 8 Stage 7: Örük Tam – Jyluu Suu (2,980 m)

This stage will take us through the unforgettable landscape of the Kyrgyz high pastures along the Balgart. On the right and left, the glacier-covered mountains and in front of us the endless expanse of the Kyrgyz high plateau. Our goal is the hot springs of Jylyy Suu at about 3,000m. There we will set up our camp and prepare for the upcoming difficult day over the pass.

Distances:: 39 km, 500 m elevation gain
Accommodation: Tent

Jyluu Suu



Day 9 Stage 8: Jyluu Suu – Tosor Pass (3,889 m) – Issyk Kul (1,620 m)

The king stage of our tour takes us closer to the glaciers of the Tian Shan. Along the yak pastures, we reach the pass after a steady ascent and stand directly at the glacier. We have reached the highest point of our tour, the Tosor Pass at 3,893 m. Now the 37 km descent to Issy Kul Lake awaits us. The initially challenging path later leads down as a gravel and dreamy meadow path. The goal of our tour is reached, the Issyk Kul (warm lake) with its sandy beaches and crystal-clear water. After a break for swimming, we continue by vehicle to Yeti Oguz, 80 km away, to the lodge of our guide Tilek.

Distances:: 71 km, 1,100 m elevation gain
Accommodation: Lodge

Tosor Pass



Day 10 Rest day in Yeti Oguz

Today we relax in our beautiful accommodation and take a trip to the nearby rock formation 'Yeti Oguz', which translates to seven bulls. We will also visit Karakol with its bazaar, a wooden Dungan mosque, and the Orthodox church today. Those who wish can then visit the hot springs in the mountains near Aksu.

Accommodation: Lodge

Yeti Oguz



Day 11 Return trip to Bishkek

On the way back to Bishkek, we pass numerous villages where locals introduce us to their crafts and traditions. In a traditional restaurant, we conclude the journey with delicious cuisine before heading home with unforgettable impressions.

Distances: 400 km

Accommodation: Hotel

Balykchy



Day 12 Return journey

Return flight home in the early morning hours.

Manas Airport Bishkek



Inclusions

+ Included activities

- 11 overnight stays with breakfast (3 x hotel, 2 x lodge, 1 x private guesthouse, 4 x tent, 1 x yurt), on the night of arrival, a hotel room is available regardless of the arrival time.
- Meals as specified in the travel description (full board during the cycling tour)
- Drinks (water, tea, coffee) and snacks during the tour (dried fruits, nuts, chocolate bars, fruit)
- Professional Epic Trails Guide for groups of 8 or more participants, second guide included
- local accompanying staff during the tour (guide, cook, driver)
- Replacement bicycle and technical support in case of breakdowns
- comfortable camping equipment (shower tent, camping toilet, comfortable sleeping pads, communal tent)
- High-quality VAUDE tents for individual use for each participant
- City tour in Bishkek
- Extensive supporting program: Visits to a felt workshop and a yurt workshop, experiencing folklore music, visiting an eagle hunter, city walk with visits in Karakol
- Participant T-Shirt
- well-equipped emergency kit
- Airport transfers on the arrival and departure day of the group trip

Whats not included

- × Arrival and Departure
- × optional excursions
- × Lunch and dinner on the first and last travel day in Bishkek
- × Bicycle

Guides

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Dolotbek Omurzakov

Guide

Read more

Bikes



2023er SCOTT Spark 970 (29")

Type All-Mountain-Fully Sizes S, M, L, XL

29" wheels, aluminium frame, 120mm travel (RockShox/X-Fusion) with Twin Lock system, dropper seat post, SRAM NX 1×12 drivetrain, Shimano hydraulic disc brakes

Any other questions?

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Will I be able to complete the tour?

We have categorized all our trips on a scale from 1 – easy to 5 – difficult. Please check the corresponding rating under the "Requirements" tab.

In most groups, participants have varying levels of fitness and riding skills. This is not a problem—we adapt accordingly. On several days, ambitious riders have the option to extend routes or choose alternative trails.

Our tours are designed so that each stage can be completed comfortably, even at a slower pace. In case of emergency, you can switch to the support vehicle. Our tours are not races—there's plenty of time for photos!

If you have any doubts, just get in touch with us.

Internet, calling and charging batteries!?

A digital detox with mountain views definitely has its charm! ✨ Still, here are some tips for electricity, internet, and phone use: SIM cards are available at the airport or in the city for €5–10. International roaming packages or providers for global eSIMs (e.g., www.airalo.com) are a good alternative. Need to charge your devices? Fixed accommodations have standard Type C outlets. In yurts or when camping, it gets tricky—so don't forget a power bank. Network coverage in the mountains is usually nonexistent, but in cities and most villages you get good access to the internet.

Is there a packing list? What should I bring?

With every booking, we also send a packing list so you don't forget anything. In general, we will be traveling in extreme climate zones. In the capital, we are at under 1,000 meters, during the mountain passes at 3,000m, and sometimes even over 4,000m depending on the trip. So, you need to be prepared for hot, cold, and occasionally wet weather in the high mountains. You should choose your clothing so that you can adjust to the conditions using the "onion principle" (layering).

For all trips with camping nights, you need to bring your own sleeping bag. We'll take care of the rest of the camping equipment.

Is Kyrgyzstan a safe country to travel to?

Yes. Kyrgyzstan is a safe and pleasant country to travel to. Travelers are welcomed in a very hospitable and polite manner. Fortunately, street crime is very rare in Kyrgyzstan. On our trips, we will make you aware of "critical" situations on the first day. This includes the usual advice: avoid nighttime city walks, do not display valuables openly, and leave expensive watches, valuable jewelry, and other unnecessary valuables at home.

When is the best time to travel to Kyrgyzstan?

For outdoor activities such as hiking, cycling, and horseback riding, the summer months from June to September are ideal due to the warm and dry weather. This is also the best time to visit high-altitude regions at 3,000 meters, such as Son-Kul Lake and Tosor Pass.

For those interested in winter sports, the period from December to March is perfect, as Kyrgyzstan offers excellent opportunities for skiing and snowboarding. Spring (April and May) and autumn (October and November) are less common times for traveling to Kyrgyzstan but are ideal for tours in Uzbekistan.

Which flights and airlines are suitable?

For your arrival, two airlines are available: Turkish Airlines and Pegasus Airlines. Both airlines fly via Istanbul. We have had good experiences with both airlines for many years. Pegasus, as the budget subsidiary of Turkish Airlines, offers less service.

Example for a connection Munich - Bishkek:

Outbound Flight: 12:50 PM (TK1642), arrival in Istanbul at 4:55 PM Approximately 2 hours for the layover Departure at 6:50 PM (TK346), arrival in Bishkek at 3:05 AM

Return Flight: 10:15 AM (TK345), arrival in Istanbul at 1:15 PM Approximately 3 hours for the layover Departure at 4:15 PM (TK1635), arrival in Munich at 6:05 PM

Airport Transfer: We will pick you up at the airport at any time on your arrival day and will also drop you off at the airport at the end of your trip.

For the most relaxed flight connection to sleep in and adjust to the time difference, we recommend: Outbound flight TK346 arriving at around 3:00 AM (11:00 PM German time) and return flight TK345 around 10:00 AM (6:00 AM German time). Other combinations/flight numbers are also possible.

Possible Flights:

Outbound: TK346 around 1:00 AM / TK348 around 4:00 AM / TK344 around 9:00 AM Pegasus flight numbers: PC 702 / PC 704 / PC 706

Return: TK347 around 3:00 AM / TK349 around 6:00 AM / TK345 around 10:00 AM Pegasus flight numbers: PC 703 / PC 705 / PC 707

Important information

Requirements

Endurance medium - hard

A good basic endurance is required for this tour. Fitness for stages up to 80 km is a prerequisite. We will be at altitudes of 3,000 meters and higher on several days of the tour. Due to the altitude, the daily stages are demanding even at short distances and are often perceived by our participants as more strenuous than comparable stages in the Alps.

Riding technique: easy – medium

Technically, the tour is easy to manage. Only on stage 2 and stage 8 are there short exposed or blocked sections, which can be easily pushed. All other single trails and challenging descents can be bypassed on gravel roads.

Climate

Kyrgyzstan is characterized by a dry continental climate. There are extreme temperature fluctuations in the country. While temperatures of 45° are not uncommon in the south during summer, winter temperatures regularly drop below -10° even in the lower regions of the country. Typical for July, August, and September are plenty of sunshine (Kyrgyzstan has 250 sunny days a year) and daytime temperatures of about 35° in Bishkek, 30° at Issyk Kul, and 15° at Son Kul. At night, it cools down significantly, especially in the high mountains, reaching temperatures around freezing even in summer.

Single room supplement

We will stay in fixed accommodations, yurt camps, and camp in the wilderness. The accommodations are lovingly designed, authentic, and we will experience Kyrgyz hospitality. For the camping nights, we ensure a certain level of camping comfort: everyone gets their own tent with a comfortable sleeping pad. Additionally, there is a communal tent, shower, and toilet tent. You only need to bring your **sleeping bag**. During the camping nights, the single use of a two-person tent is included.

The single room supplement applies to overnight stays in hotels in Bishkek, Naryn, and the Lodge in Yeti Oguz, as well as the homestay in Kochkor. In the yurts at Son Kul, we are accommodated in groups of a maximum of 4 people per yurt. The yurts are not available for single use. Alternatively, our tents can be used there.

Change of route

Depending on weather conditions, it may occur that certain sections of the route are not passable. In such cases, changes to the program and route schedule may occur. In extreme weather conditions, such as heavy rain or snowfall, mountain crossings could become impossible, which may necessitate longer detours. The described program represents the optimal variant and will be implemented as planned, provided the conditions allow.

Entry / Visa

Citizens from the EU and Switzerland do not need a visa to enter Kyrgyzstan. This regulation applies to many other countries as well.

A valid passport is required for entry, which must be valid for at least 6 months beyond the date of departure.

Vaccinations and Health Care

There are no mandatory vaccinations for entry into Kyrgyzstan. However, it is important that your standard vaccinations against tetanus, diphtheria, and polio are up to date. Additionally, we recommend considering vaccinations against hepatitis A. For longer stays or certain activities, vaccinations against hepatitis B and rabies may also be advisable. It is best to discuss this with your doctor or a tropical medicine specialist.

- Center for Travel Medicine: crm.de
- Robert Koch Institute: rki.de

These pages do not replace a visit to the doctor. Allow enough time and ideally contact your doctor several months before the trip to create a vaccination plan.

Dates & Availability

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Starting Sunday **25 Jul 2027**	Ending Thursday **5 Aug 2027**	Bookable	Book now
Starting Sunday **8 Aug 2027**	Ending Thursday **19 Aug 2027**	Bookable	Book now
Starting Sunday **22 Aug 2027**	Ending Thursday **2 Sep 2027**	Bookable	Book now