

# Adventure Armenia

14-day mountain bike trip through the Lesser Caucasus



☀ 14 days 🛤 9 stages

Land: Armenia

Category: Mountainbike

Complexity: Medium-hard ●●●

Group size: 8 - 12

🚴 : 460 km

🏔 : 9 Stages

📏 : 9,100 m (ascent) / 10,500 m (descent)

🚐 : Support vehicle + luggage transport

👤 : Full board during the tour

✈ : plus flight from €350

Price per person from:

**From 2990 €**

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# Overview

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ARMENIA / MOUNTAINBIKE

Our journey takes us across Armenia. We ride mountain bikes through the small Caucasus: from the far northeast to the south of the country. Along the way, we follow spectacular gorges, visit millennia-old monasteries, traverse lonely high plateaus, and climb extinct volcanoes. The route takes us deep into the rural and authentic Armenia.

- ✓ Mountain bike trip through the small Caucasus
- ✓ Visit unique monasteries and ancient UNESCO World Heritage sites
- ✓ Swimming and relaxing at Lake Sevan
- ✓ Experiencing real village life with its hospitality and homemade food
- ✓ Support vehicle, local support team, and professional Epic Trails Bike Guide

tour 2026

**This trip is a pilot project and requires a certain level of flexibility from each participant. The pilot trip 2026 will be conducted by Chief Guide Stefan together with local Guide Arthur and Armenia Coordinator Sebastian.**

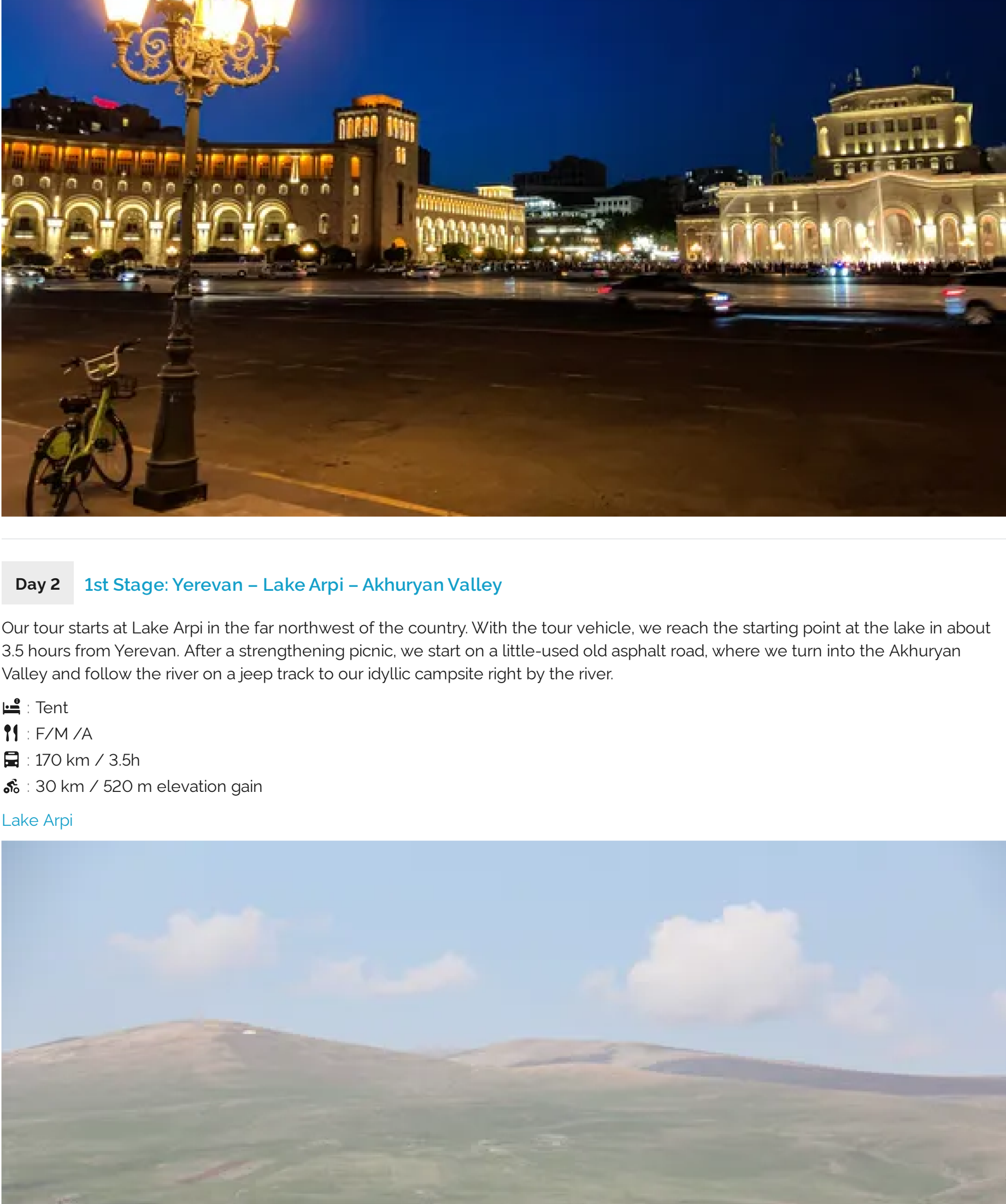


**Day 1** [Arrival in Yerevan](#)

We arrive in Yerevan in the early morning hours. After transferring to our hotel, we first catch up on sleep and start a joint city tour in the late morning. As a planned city from the Soviet era, the metropolis, known as the *Pink City* due to its many buildings clad in red tuff, invites exploration and relaxation day and night with its vibrant restaurant and bar scene.

🏠 Hotel  
🚶 F

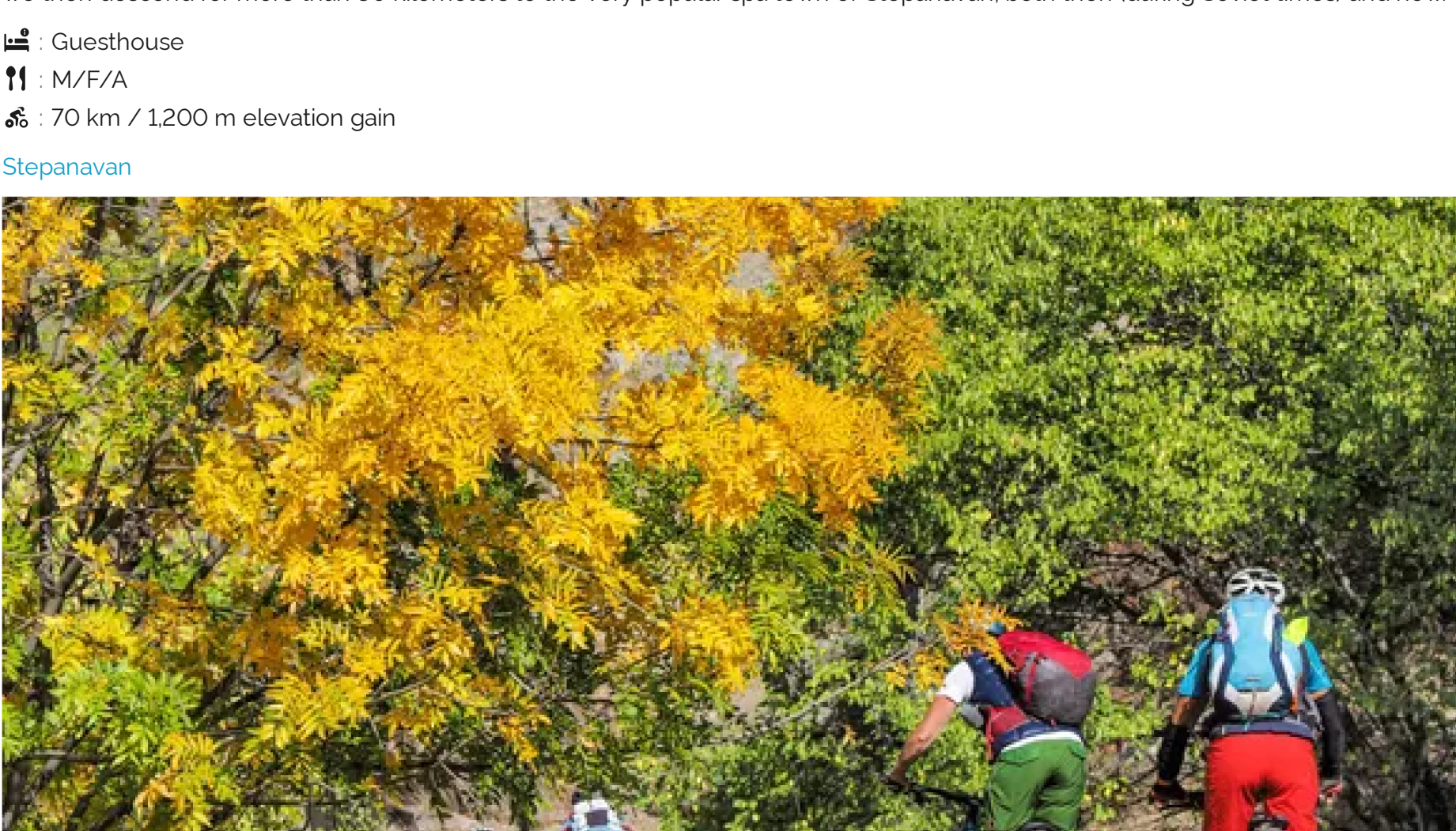
[Yerevan](#)

**Day 2** [1st Stage: Yerevan – Lake Arpi – Akhuryan Valley](#)

Our tour starts at Lake Arpi in the far northwest of the country. With the tour vehicle, we reach the starting point at the lake in about 3.5 hours from Yerevan. After a strengthening picnic, we start on a little-used old asphalt road, where we turn into the Akhuryan Valley and follow the river on a jeep track to our idyllic campsite right by the river.

🏠 Tent  
🚶 F/M/A  
🚶 170 km / 3.5h  
🏔 30 km / 520 m elevation gain

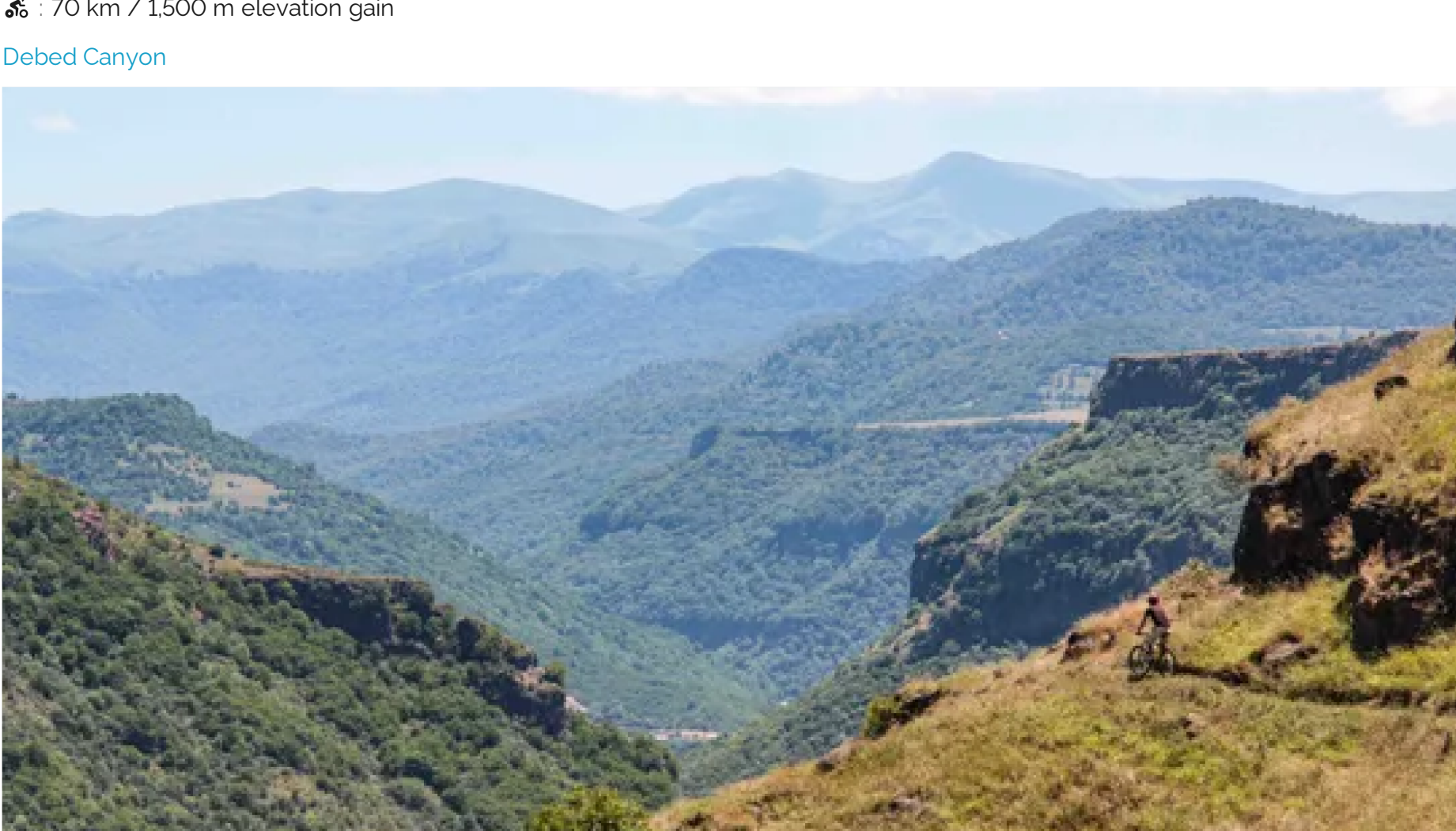
[Lake Arpi](#)

**Day 3** [Stage 2: Akhuryan Valley - Stepanavan](#)

In the first kilometers, we continue to follow the idyllic valley of the Akhuryan River. From here, we first use simple asphalt roads from village to village and then continue on jeep tracks, slowly working our way up to the Karakhach Pass (2,272m). With a wonderful view, we then descend for more than 30 kilometers to the very popular spa town of Stepanavan, both then (during Soviet times) and now.

🏠 Guesthouse  
🚶 M/F/A  
🏔 70 km / 1200 m elevation gain

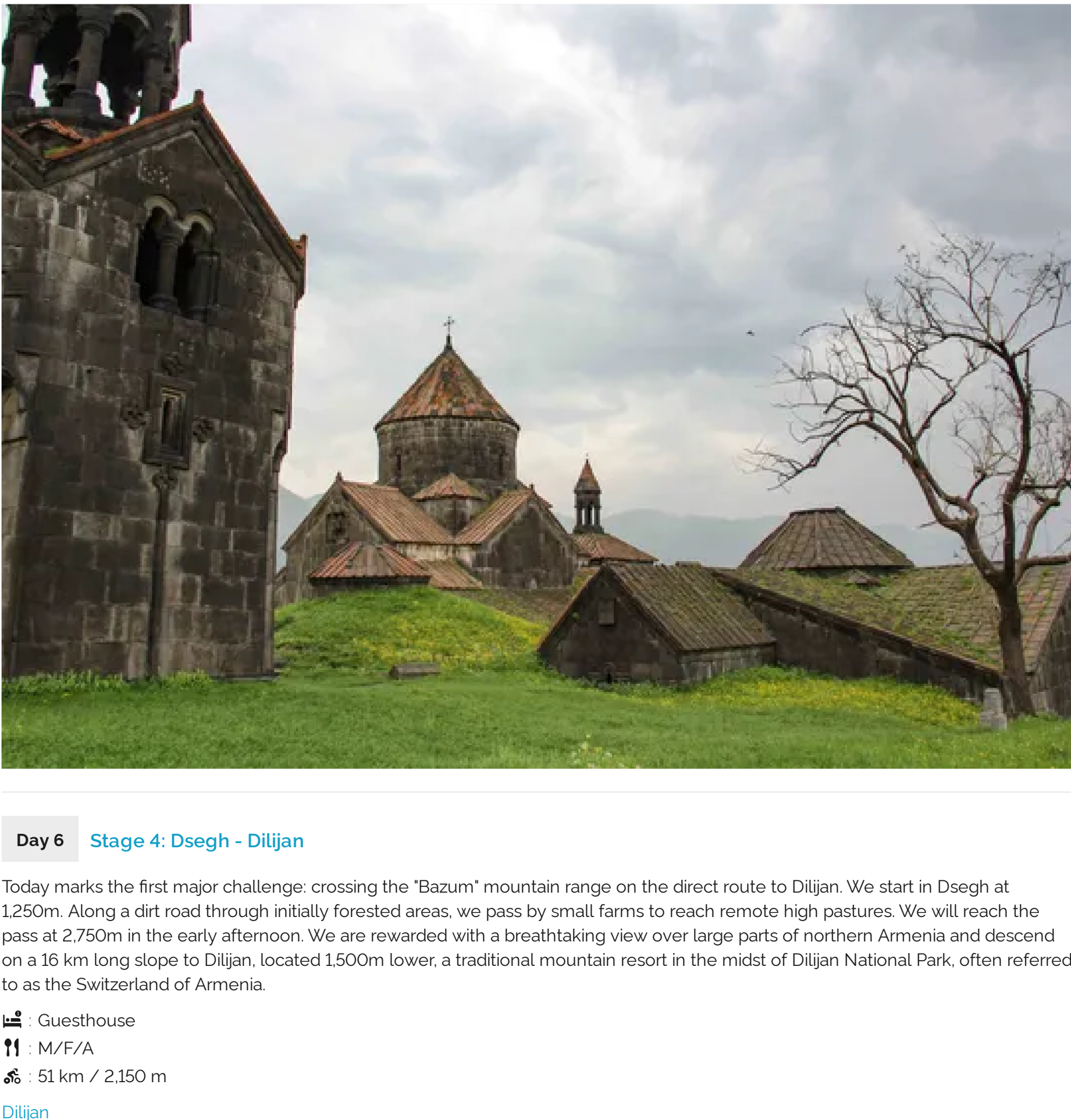
[Stepanavan](#)

**Day 4** [Stage 3: Stepanavan - Dsegh](#)

Today's route offers a beautiful mix of culture and nature. From Stepanavan, we follow the Dzoraget River to the medieval Hnevank Monastery and then deep into the Arevatsag Dsor, translated as "Gorge of the Sunrise". Photo stops are guaranteed here. Finally, we reach the impressive Debed Canyon and the village of Dsegh via a dirt road.

🏠 Guesthouse  
🚶 F/M/A  
🏔 70 km / 1500 m elevation gain

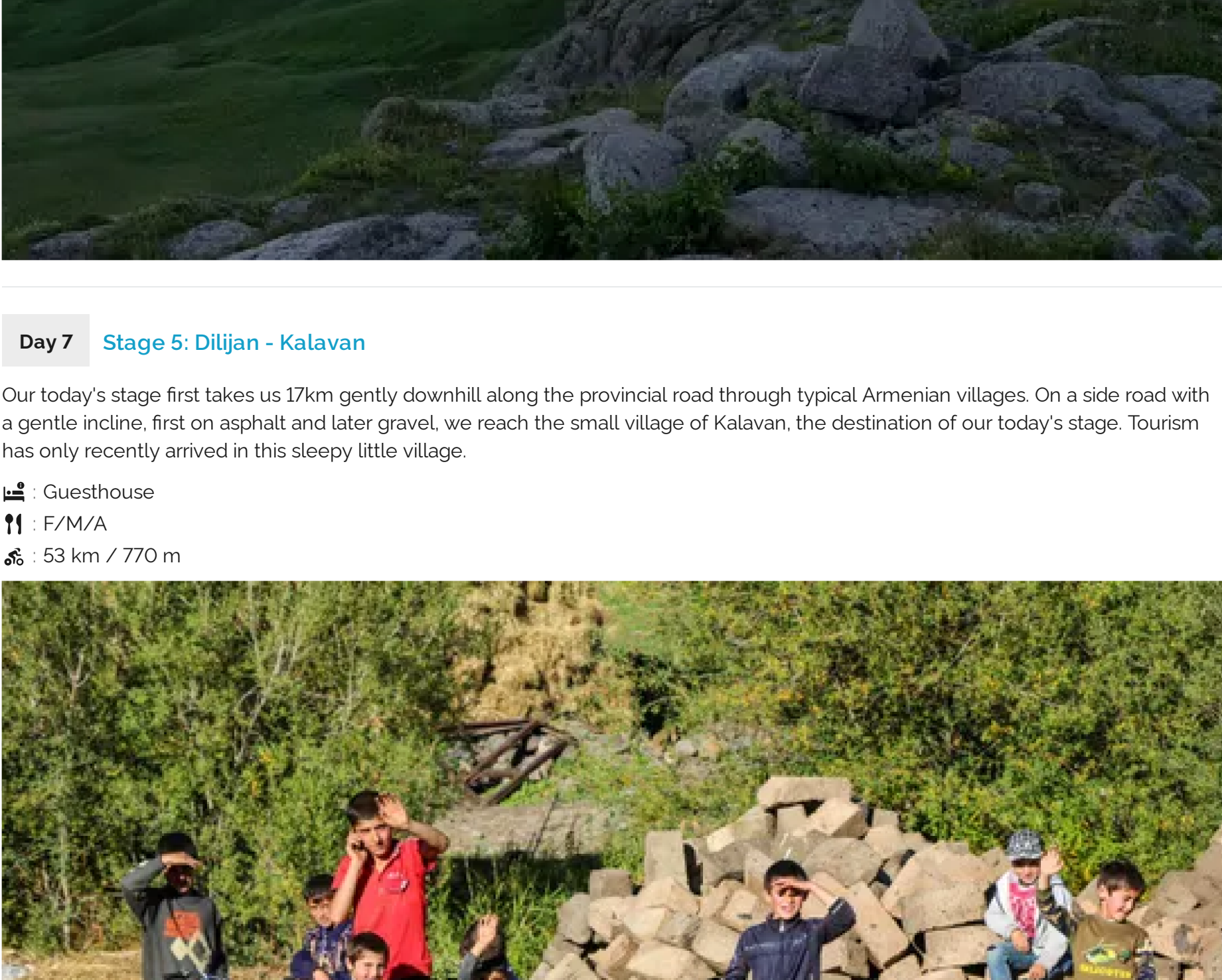
[Debed Canyon](#)

**Day 5** [Rest Day Debed Canyon](#)

After the first three stages, we are taking a rest day today. The Debed Gorge offers a wonderful setting for this. After a cozy breakfast, we start with the tour vehicle and visit the ancient monasteries of Sanahin and Haghpat, which are among the first Christian monasteries ever and are UNESCO World Heritage sites. Close by is the small museum of the Mikoyan brothers, the designers of the first MiG fighter jets. A short hike along the Debed Gorge rounds off the trip.

Optional: Singletail bike tour through the gorge

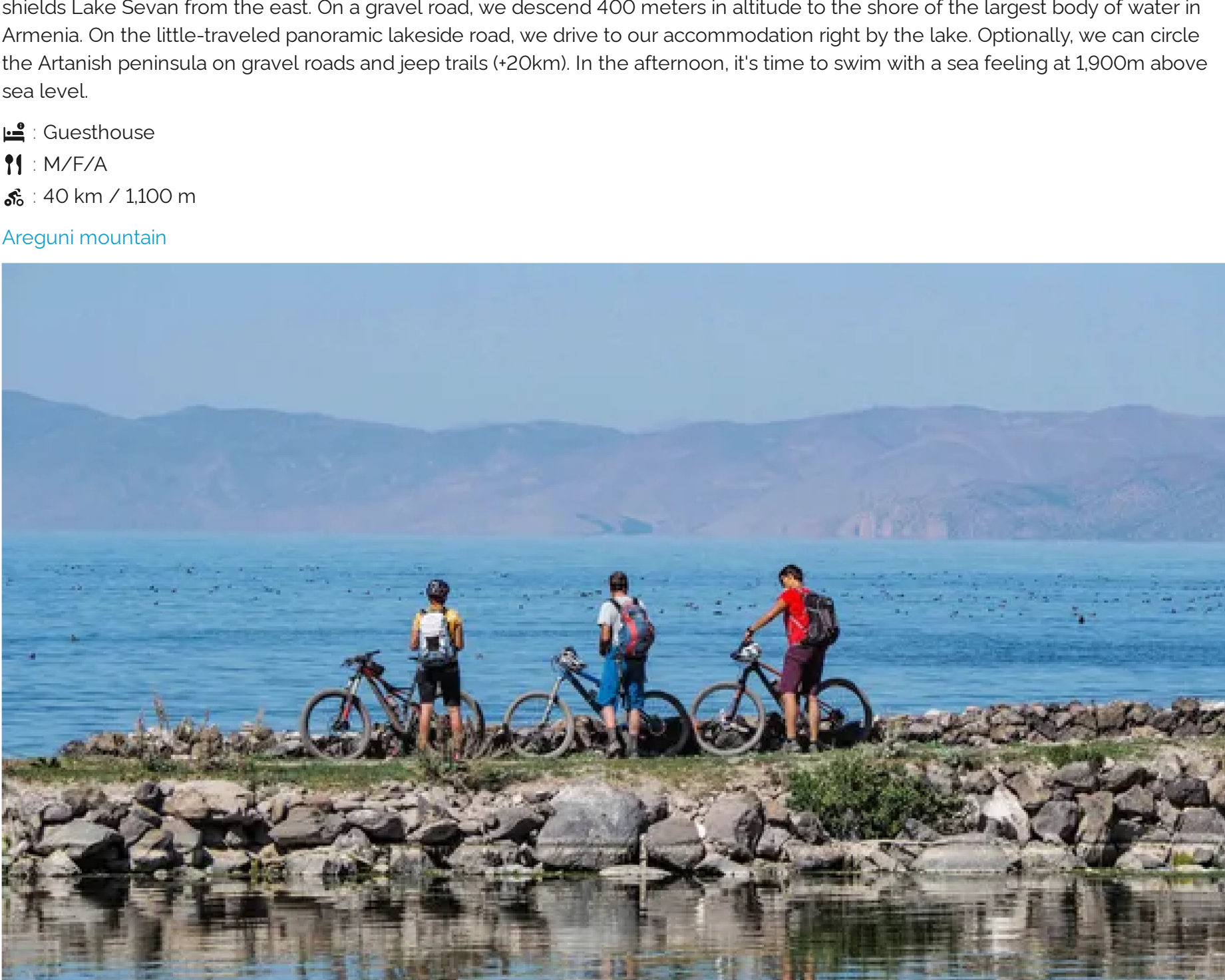
🏠 Guesthouse  
🚶 F/M/A

**Day 6** [Stage 4: Dsegh - Dilijan](#)

Today marks the first major challenge: crossing the "Bazum" mountain range on the direct route to Dilijan. We start in Dsegh at 1,250m. Along a dirt road through initially forested areas, we pass by small farms to reach remote high pastures. We will reach the pass at 2,750m in the early afternoon. We are rewarded with a breathtaking view over large parts of northern Armenia and descend on a 16 km long slope to Dilijan, located 1,500m lower, a traditional mountain resort in the midst of Dilijan National Park, often referred to as the Switzerland of Armenia.

🏠 Guesthouse  
🚶 M/F/A  
🏔 51 km / 2,150 m

[Dilijan](#)

**Day 7** [Stage 5: Dilijan - Kalavan](#)

Our today's stage first takes us 17km gently downhill along the provincial road through typical Armenian villages. On a side road with a gentle incline, first on asphalt and later gravel, we reach the small village of Kalavan, the destination of our today's stage. Tourism has only recently arrived in this sleepy little village.

🏠 Guesthouse  
🚶 F/M/A  
🏔 53 km / 770 m

**Day 8** [Stage 6: Kalavan – Lake Sevan \(West Shore\)](#)

From Kavalan, we follow the river valley upstream to the Duzjurt Pass at 2,300 m. Here we cross the Areguni mountain range, which divides Lake Sevan from the east. On a gravel road, we descend 400 meters in altitude to the shore of the largest body of water in Armenia. On the little-traveled panoramic lakeside road, we drive to our accommodation right by the lake. Optionally, we can circle the Artanish peninsula on gravel roads and jeep trails (>20km). In the afternoon, it's time to swim with a sea feeling at 1,900m above sea level.

🏠 Guesthouse  
🚶 M/F/A  
🏔 40 km / 1,100 m

[Areguni mountain](#)

**Day 9** [Stage 7: Lake Sevan \(Eastern Shore\) – Geghama Mountains](#)

Five impressive stage stages are behind us. Today, we first take the tour vehicle to the other side of the lake. Here we start the last three stages through the volcanic mountain world of the Geghama Mountains. At the foot of the extinct volcano Ashdzhak, at over 3,000 meters, we will spend the night in a comfortable camp. In the late afternoon, we will climb the crater rim of Ashdzhak (3,600m) with a short hike. The dreamlike panorama with views of Lake Sevan, Aragats, and Ararat is unforgettable.

🏠 Tent  
🚶 M/F/A  
🚶 100 km (1.5 h)  
🏔 30 km / 1,000 m elevation gain

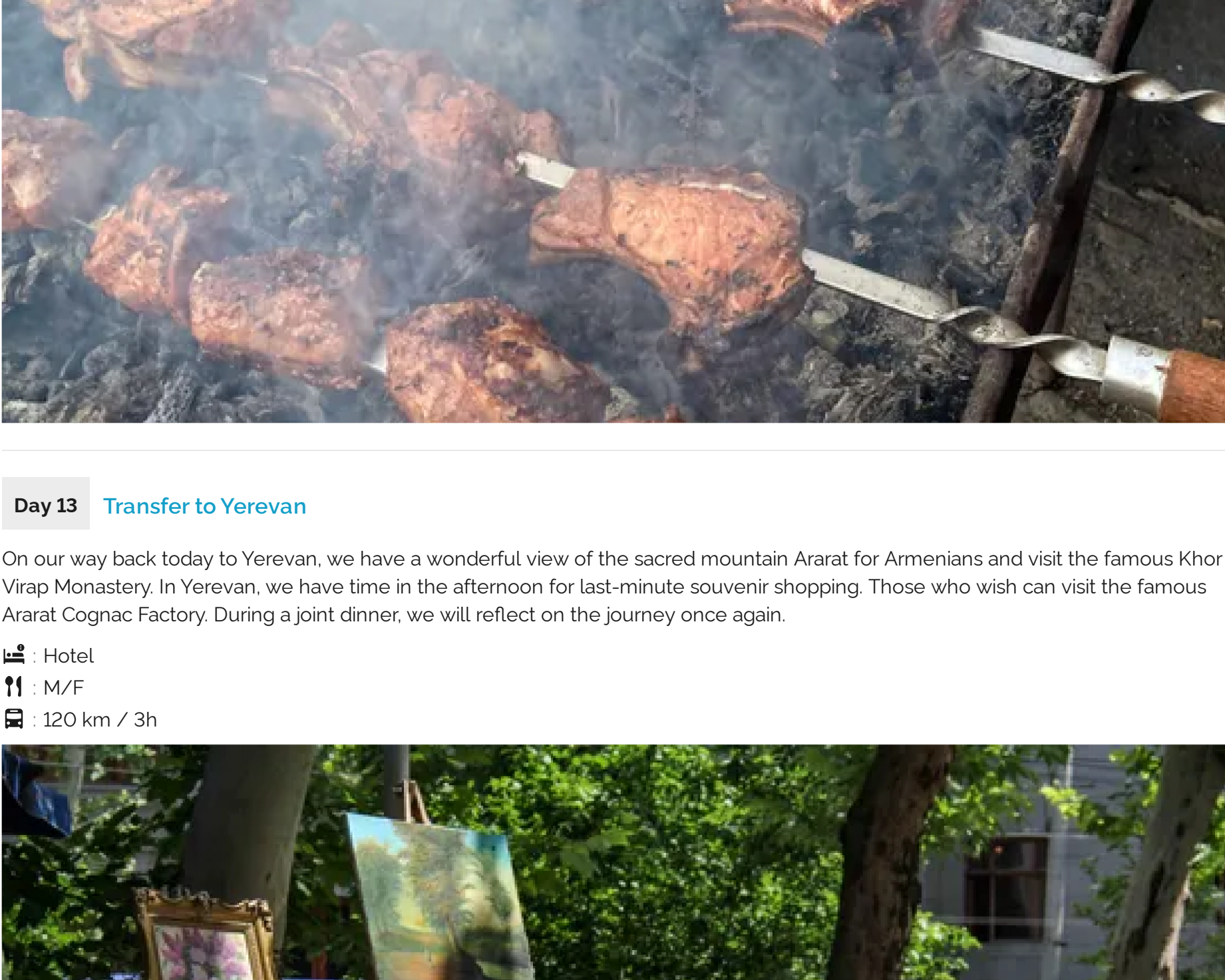
[Geghama Mountains](#)

**Day 10** [Stage 8: Geghama Mountains – Nerkin Getashen](#)

Another impressive stage awaits us today. The first half of the day takes us further through the barren highlands of the Geghama Mountains, continuously at nearly 3,000 meters. Along the way, we can see millennia-old petroglyphs on the shiny volcanic rock. In the afternoon, we enjoy the over 30 kilometers long and 1,200 meters descent continuously back down about 1,200m to Lake Sevan in the cozy village of Nerkin Getashen, about 6km from the shore of the lake.

🏠 Guesthouse  
🚶 M/F/A  
🏔 58 km / 800 m elevation gain

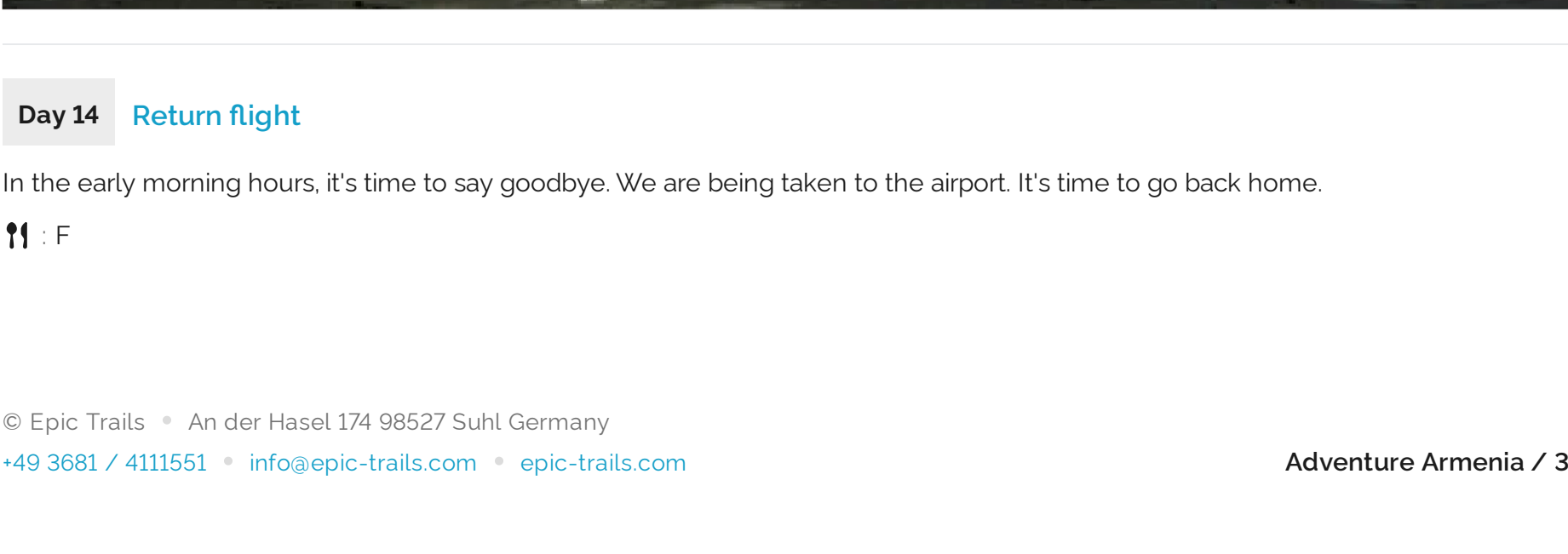
[Ashdzhak](#)

**Day 11** [Stage 9: Verin Getashen – Areni](#)

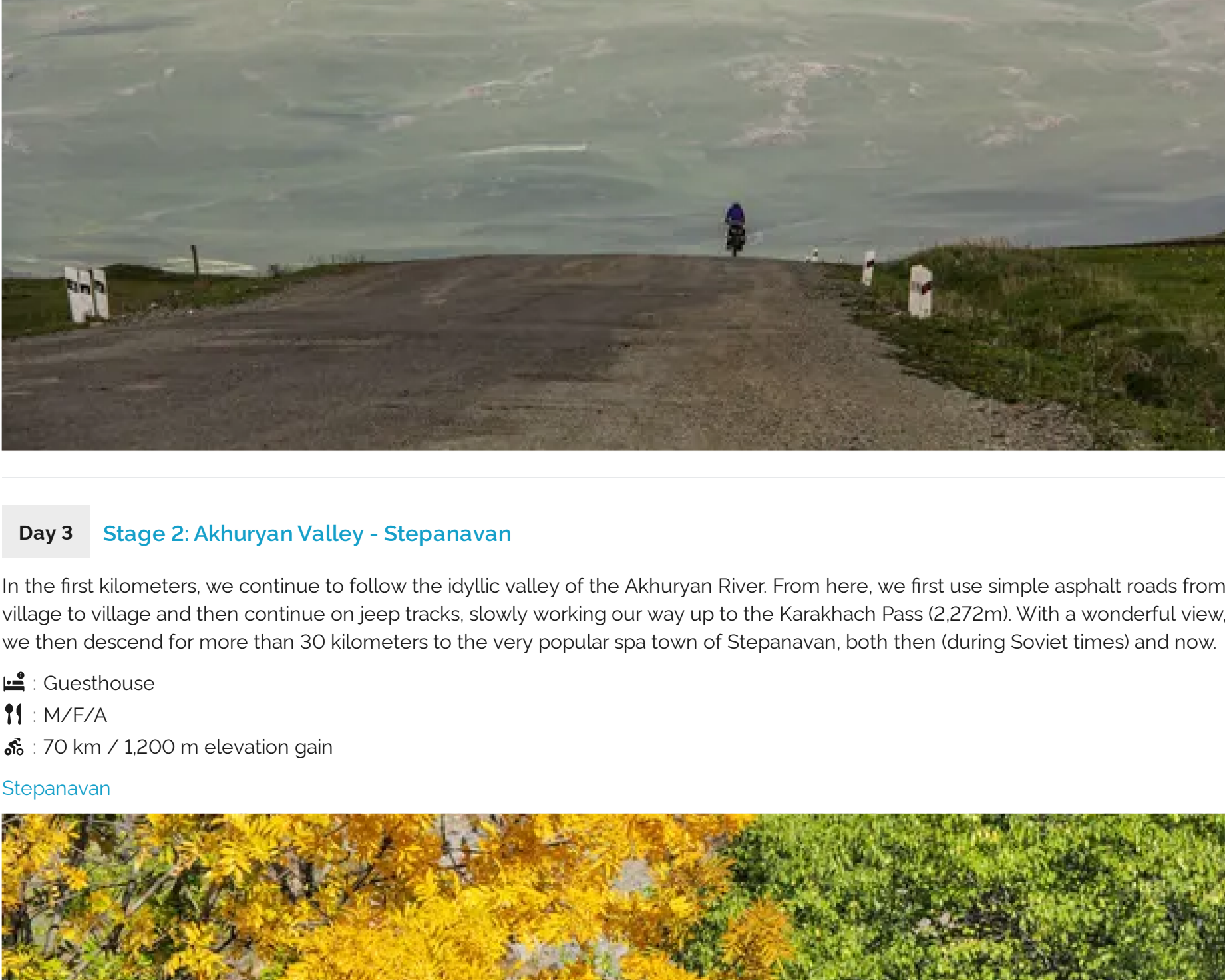
We begin the king stage of our journey with an ascent back towards the Geghama Mountains. We turn south and follow an old Silk Road route for about 20 km on a high plateau. Interrupted only by a short climb, it is then 30 kilometers down into the valley of the Arpa River and to the sleepy village of Areni. After days in the rugged highlands, the cradle of winemaking in Armenia welcomes us with warm temperatures and a landscape of red rocks and green vineyards!

🏠 Hotel  
🚶 M/F/A  
🏔 77 km / 1,550 m

[Areni](#)

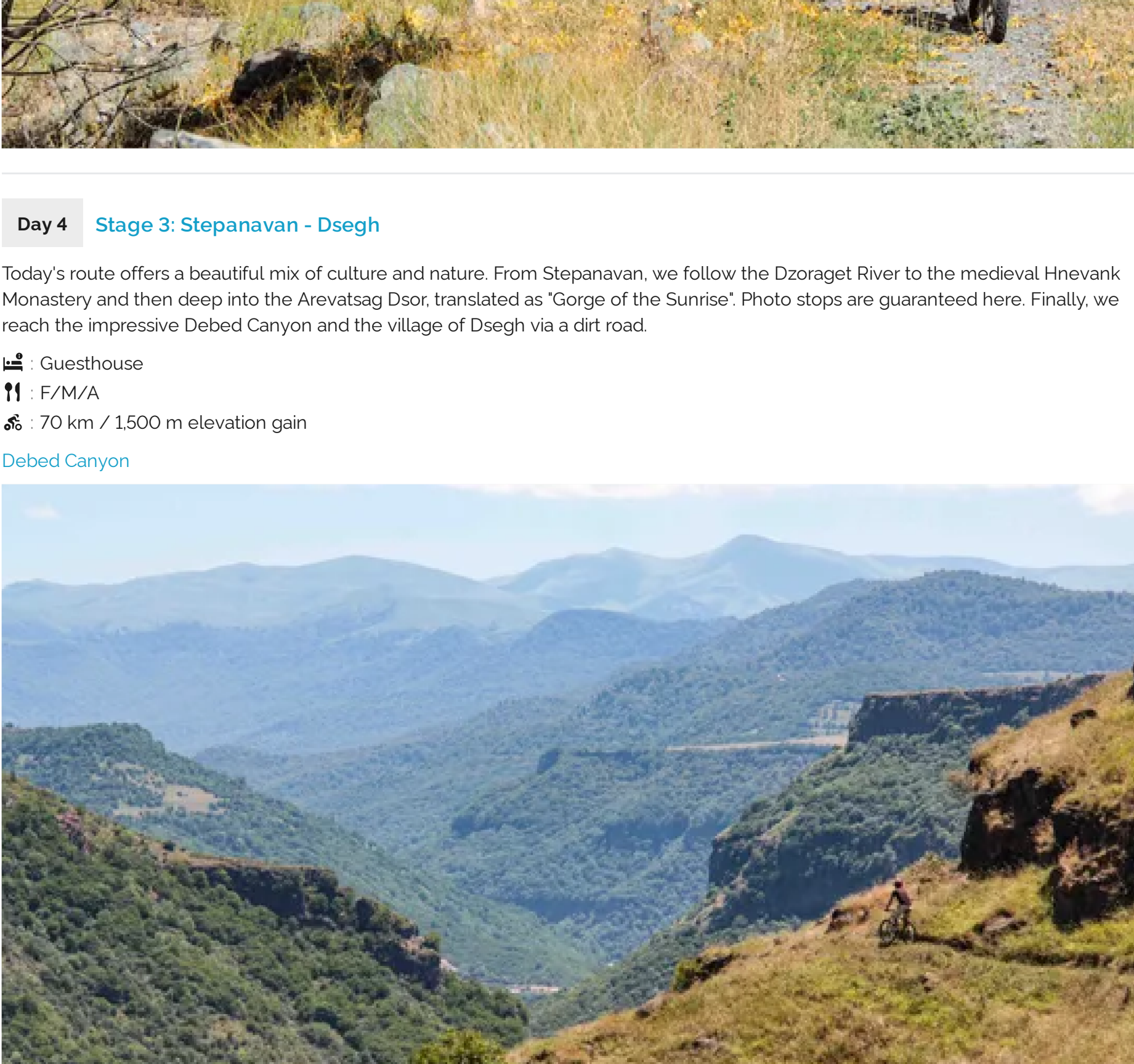
**Day 12** [Areni - Noravank - Areni](#)

In Areni, we enjoy the conclusion of our journey with culture and wine. We visit the wonderful Noravank Monastery and the impressive cave "Cave 1", where remnants of the oldest wine production in the world were found. We end the day with traditionally cooked Khorovatz (shashlik) and house wine in our guesthouse.

**Day 13** [Transfer to Yerevan](#)

On our way back today to Yerevan, we have a wonderful view of the sacred mountain Ararat for Armenians and visit the famous Khor Virap Monastery. In Yerevan, we have time in the afternoon for last-minute souvenir shopping. Those who wish can visit the famous Ararat Cognac Factory. During a joint dinner, we will reflect on the journey once again.

🏠 Hotel  
🚶 M/F  
🚶 120 km / 3h

**Day 14** [Return flight](#)

In the early morning hours, it's time to say goodbye. We are being taken to the airport. It's time to go back home.

🚶 F



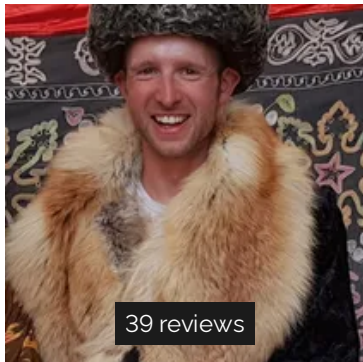
## + Included activities

- ✓ 13 overnight stays with breakfast (3 x hotel, 8 x guesthouse, 2 x tent), 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 9 or more participants, as well as a German-speaking Epic Trails guide throughout the entire trip.
- ✓ local accompanying staff during the tour (guides, cook, driver)
- ✓ comfortable camping equipment (shower tent, camping toilet, comfortable sleeping pads, communal tent)
- ✓ Luggage transport and accompanying vehicle that can be switched to if needed
- ✓ All tours, cultural events, tastings according to the program
- ✓ technical support for breakdowns
- ✓ Airport transfers on the arrival and departure day of the group trip
- ✓ well-equipped emergency kit

## Whats not included

- ✗ Arrival and Departure (international flights)
- ✗ optional excursions
- ✗ Lunch and dinner on the first and last travel day in Yerevan
- ✗ Bicycle rental





## Stefan Ebert

Founder of Epic Trails

[Read more](#) ➤





## **Scott Aspect 910 (2023) as well as smaller models for kids**

Type Hardtail-Mountain-Bike   Sizes XS, S, M, L, XL

29" wheels, aluminium frame, 100mm travel RockShox Judy silver, SRAM SX 1x12 drivetrain, Shimano hydraulic disc brakes

Per tour: **250€** / Per day: **25€**



### Can I bring my own bike?

Yes, you can bring your own bike. We will assist with assembly and any repairs. You need to bring spare parts that match your bike. You will need to bring the appropriate spare parts for your bike. You must register the bicycle in advance with the airline. The bike transport costs between €100 (Pegasus Airlines) and €180 (Turkish Airlines) per flight. For our trips, we rent out high-quality full-suspension bicycles from Scott and Giant. You can find the available models in the respective tour description.

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### Does Epic Trails book the flight for me?

No, we do not book flights, but we are happy to assist. You have the option to receive a non-binding flight offer through our partner DIAMIR. Simply select this option when booking or in the inquiry form, and we will forward your request. If you prefer to book the flights yourself, we have compiled the relevant flights for each trip in the FAQ section.

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### Is the airport transfer included, and when will I be picked up?

The airport transfer is included for both individual and group trips on the first and last day of the tour, regardless of your flight connection. On these days, we pick up all participants according to their flight times and take them back to the airport at the end of the trip. You will receive details about the exact times and who will pick you up via email shortly before departure.

For arrivals and departures outside the booked travel dates, we charge a €30 airport transfer fee.

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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.

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### Which flights and airlines are suitable?

For traveling to the start in Yerevan, the following connections can be considered. Outbound flight on Saturday (arrival early Sunday morning) and return flight on Saturday.

- 1 Direct flights from Frankfurt with Condor
- 2 Direct flight from Berlin with Eurowings – one additional night in Yerevan, as the direct return flight is only on Sunday
- 3 Flights with Turkish Airlines with a transfer in Istanbul. Departures possible from all major airports in Europe
- 4 Further direct flights from Vienna (Austrian Airlines)

Flights cost approximately €350–500, depending on the booking period and airline.



## ♥ Requirements

### Endurance medium - hard

A good basic endurance is required for this tour. Condition for stages up to 70 km and 2,000 meters of elevation gain is a prerequisite. The tour mainly takes place at an altitude of about 2,000 meters above sea level. In the second part of the journey, after good acclimatization, we reach the highest point of the trip with an overnight stay at 3,000 meters and the ascent of Ashdahak at 3,600 meters. There are steep climbs on several days, which are pushed by a large part of the participants.

### Riding technique: easy – medium

Technically, the tour is easy to manage. There are short exposed or blocked sections that can be easily pushed. All other single trails and challenging descents can be bypassed on gravel roads.

## ☀ Climate

In Armenia, there is a rather continental climate with hot, dry summers and cold, low-snow winters. The two surrounding seas, the Caspian Sea and the Black Sea, provide a climatic balance and prevent even greater temperature fluctuations. Due to the elevation differences in the individual provinces, there are small local microclimates. We mostly move at altitudes of 1,500 to 2,500 meters. Here, the temperature in early and late summer is ideal for cycling.

## 🏠 Overnight stays and single room surcharge

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

## 📍 Change of route

Depending on weather conditions, it may happen that certain sections of the route are not passable. In such cases, there may be changes to the program and route schedule. The described program represents the optimal variant and will be implemented as planned, provided that conditions allow.

## 🛂 Entry / Visa

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

A valid passport is required for entry.

## \* Vaccinations and Health Care

There are no mandatory vaccinations for entry into Armenia. 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](https://www.crm.de)
- Robert Koch Institute: [rki.de](https://www.rki.de)

These sites 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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ARMENIA / MOUNTAINBIKE

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Starting Sunday **13 Sep**



Ending Saturday **26 Sep**

Bookable

Book now

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