Armenia Adventure

12-day mountain bike journey through the Lesser Caucasus







12 days 8 stages

Land: Armenia
Category: Mountainbike
Complexity: Medium-hard ●●●
Group size: 8 - 12
normal 330km / : lang 442km
Stages: 8
Slope: 4.700 m / 9.300 m
: Support vehicle + luggage transport
: Full board during the tour
: plus flight from €350

Price per person from:

From 2850 €

Overview

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We ride mountain bikes through the small Caucasus from the far northwest of Armenia 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 pristine Armenia.

- ✓ spectacular MTB route through the small Caucasus
- ✓ wide high plateaus, extinct volcanoes, and impressive gorges
- ✓ unique monasteries and ancient World Heritage sites
- ✓ swimming and relaxing at Lake Sevan

- ✓ Armenian hospitality, homemade food, and ancient wine culture
- ✓ support vehicle, local support team, and professional Epic Trails bike guide

> Route options
> **With 10 participants, we conduct the trip with two guides. On five stages, you can choose between an easier and a more difficult variant.**

Day by day itinerary

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Day 1 Arrival in Yerevan

We arrive in Yerevan in the early morning hours. After transferring to our hotel in the city center, we first treat ourselves to a few hours of rest, enjoy breakfast, and take care of the bike setup before we dive into the first highlight together in the late morning: a city tour of Armenia's vibrant capital. Designed as a Soviet planned city, it impresses among other things with its buildings clad in red tuff, which have earned it the nickname "Pink City." With a diverse restaurant and bar scene, the lively metropolis invites exploration, enjoyment, and relaxation both day and night. An additional night at the beginning or end of the trip in Yerevan is recommended for those who also enjoy exploring a city!

: 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. After about 3 hours of driving from Yerevan, we reach the starting point in the midst of vast landscapes with the tour vehicle. After a strengthening picnic, we start on a little-used old asphalt road, where we turn into the idyllic valley of the Akhuryan and follow the river on a jeep track. Our campsite by the water is perfect for settling in. A family from the village takes care of the delicious catering.

Option: With about 500 additional meters of elevation, we climb Seb (2,449 m), a solitary "hill" from which we can see the entire surroundings, and from here we drive directly to the camp.

: Tent
: M/F/A
: 170 km / 3h
: 37 km, 500 m / 37 km, 950 m

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 making our way up to the Karakhach Pass (2,272m). With a wonderful view, we then travel over more than 25 kilometers until noon. After the break, we dive back into the mountainous landscape and drive over hilly terrain to the then (during Soviet times) and still very popular spa town of Stepanavan.

: Guesthouse
: F/M/A
: 72 km, 950 m elevation gain

Stepanavan

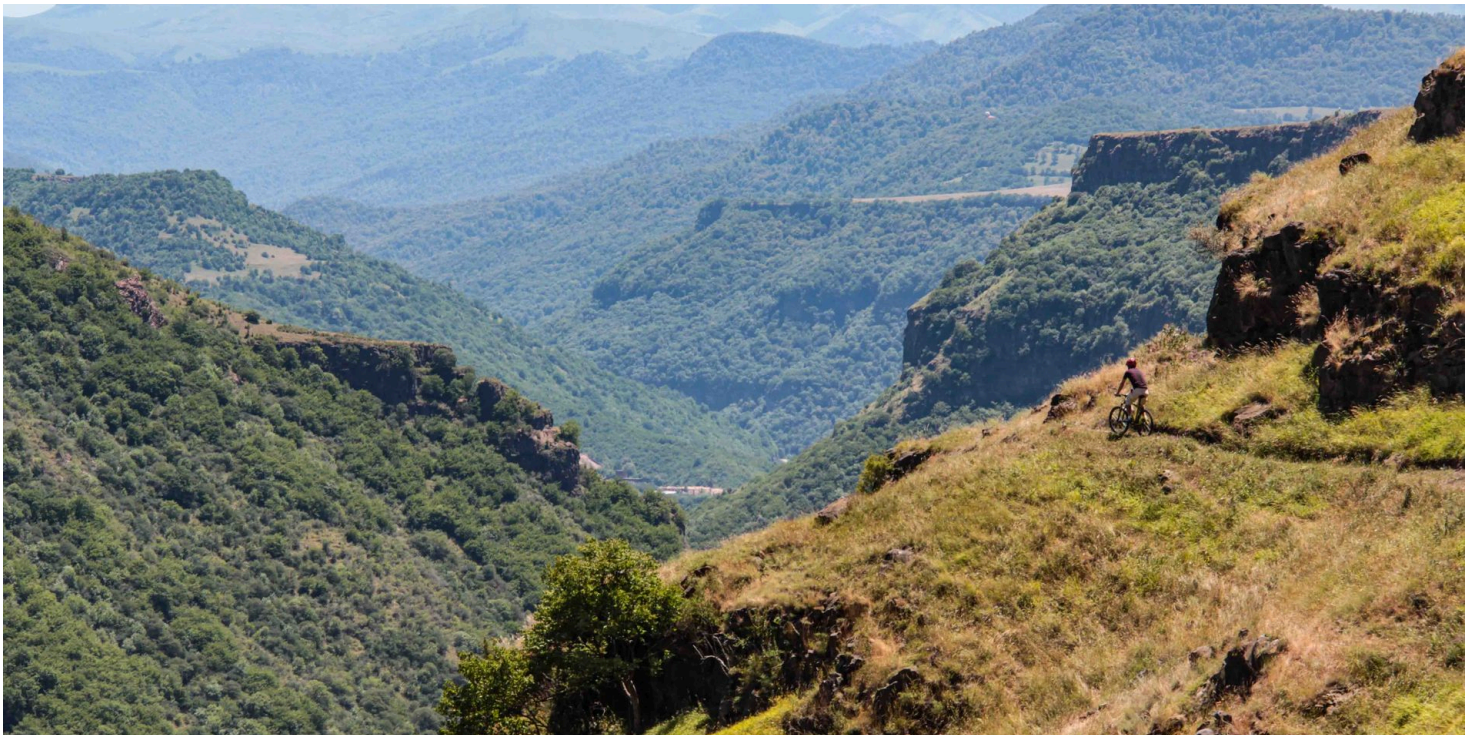


Day 4 Stage 3: Stepanavan - Dsegh

This stage offers not only spectacular landscapes but also interesting cultural sights. From Stepanavan, we follow the Dzoraget River to the medieval Hnevank Monastery and travel deep into the Arevatsag Dsor – translated as 'Gorge of the Sunrise'. The impressive landscape invites frequent photo stops. Finally, we reach the stunning Debed Canyon via a dirt road. After a final ascent, we arrive at the village of Dsegh. In the old village school, Vladimir has set up his guesthouse. This place exudes charm – and Vladimir treats us to good food and warm Armenian hospitality.

: Guesthouse
: F/M/A
: 45 km, 800 m elevation gain

Arevatsag Dsor Debed Canyon



Day 5 Stage 4: Dsegh - Dilijan

Today marks the conclusion of the first part of our journey. We start in Dsegh at 1,250 m and travel through the Aghstafa Valley towards Dilijan. Along the way, we follow the old connecting road, which offers wonderful views of the valley and the surrounding mountains. A relaxed stage where we can enjoy the landscape of Northern Armenia. In the afternoon, we reach Dilijan, a traditional mountain spa in the midst of Dilijan National Park, often referred to as the Switzerland of Armenia. From here, a transfer takes us to the town of Chkalovka, about 50 km away, right by Lake Sevan. There we can relax after the day on the bike and enjoy the evening by the lake.

Option: Those seeking a significant challenge can cross the Bovakar Mountains directly to Dilijan instead of taking the valley route. We also start in Dsegh and make our way through initially wooded areas and past small farms up to remote high pastures via agricultural paths. We reach the pass at 2,750 m in the early afternoon. Once at the top, we are rewarded with a breathtaking view over large parts of Northern Armenia. Afterwards, a 16 km long, demanding descent awaits us down to Dilijan, which is located 1,500 m lower.

: Guesthouse
: M/F/A
: 40 km, 650 m / 51 km, 1,850 m

Dilijan



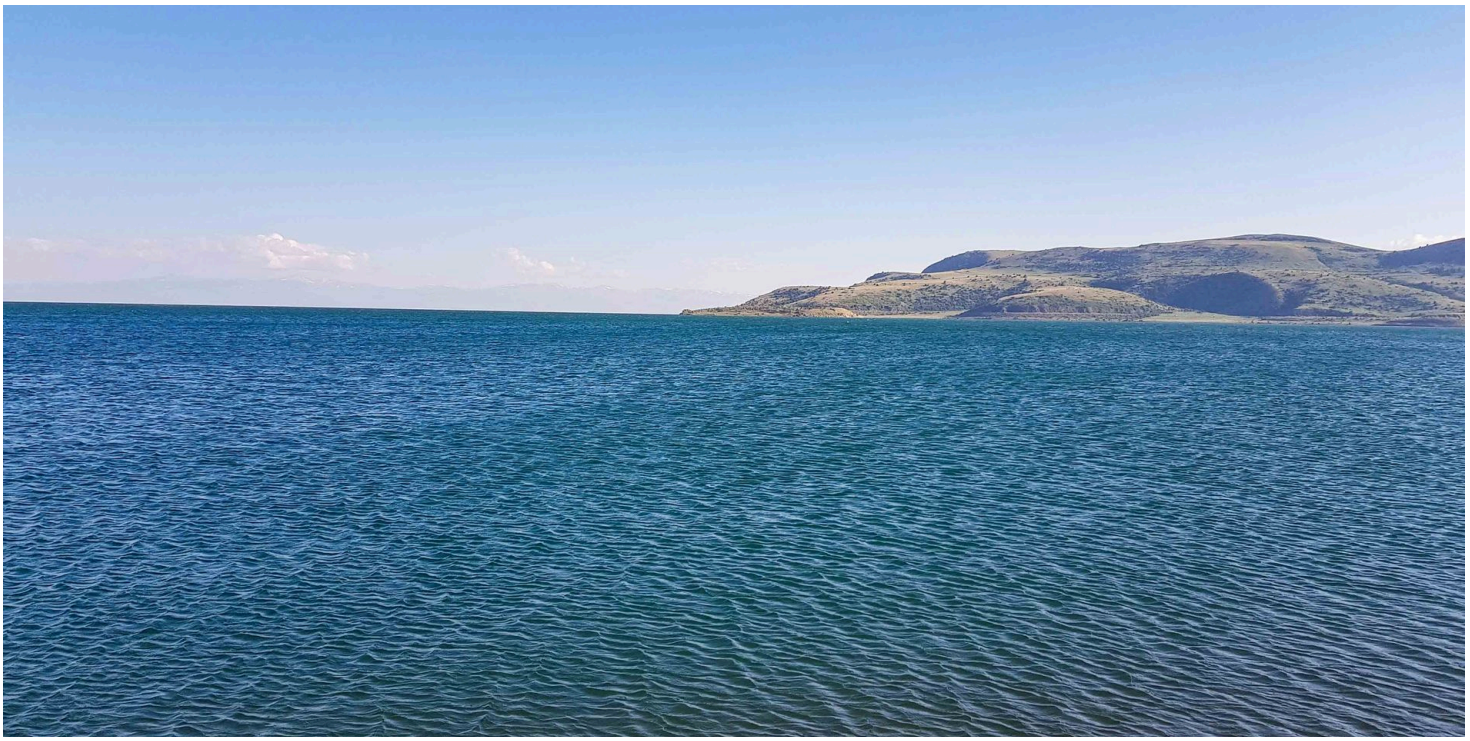
Day 6 Stage 5: Lake Sevan

Today we start relaxed with a breakfast in our small accommodation right by Lake Sevan. Only about 15 kilometers away is the impressive Sevanavank Monastery located on a peninsula. There, we will dive into the history and culture of Armenia together. In the afternoon, Lake Sevan is all ours: swimming, relaxing, and enjoying the special atmosphere by the water.

Option: Those who want to ride a bit more today can circle the Lchasar volcanoes on the way back. In total, it will be about 50 kilometers and 500 meters of elevation.

: Guesthouse
: F/M/A
: 35 km, 200 m / 50 km, 500 m

Lake Sevan



Day 7 Stage 6: Lake Sevan – Geghama Mountains

Part two of our mountain biking adventure takes us through the volcanic world of the Geghama Mountains. We shorten the most challenging section of the stage with a transfer. This saves us about 30 kilometers and 1,000 meters of elevation, and we only get back on the bike around noon. This leaves plenty of time to enjoy the impressive landscape of the Geghama Mountains without the stage becoming too much of a challenge. Our goal is the camp at the foot of the extinct volcano Azhdahak at 3,200 meters. The view and the solitary mountain world more than compensate for the strenuous ascent.

Option: Those seeking a challenge can ride the entire route by bike. The path leads through the initially gently rising foothills of the volcanic mountain range, where steep ramps must be conquered repeatedly. Sometimes we roll over pleasantly rideable meadow paths, sometimes over stony trails. To reach the camp located at 3,200 meters at the foot of Azhdahak, a real challenge awaits us.

: Tent
: F/M/A
: 20 km, 800 m / 50 km, 1,800 m



Day 8 Stage 7: 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 25 kilometers long and 1,200 meters descent back to Lake Sevan in the cozy village of Nerkin Getashen. A truly cozy accommodation and once again delicious Armenian cuisine await us.

: Guesthouse
: M/F/A
: 57 km, 1,000 m elevation gain

Geghama Mountains



Day 9 Stage 8: Nerkin Getashen - Areni

We begin the last 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. After lunch, we turn onto the paved connection road Martuni-Getap and after a short climb reach the 2,410 m high Selim Pass. The fantastic panorama opens up the view into the valley of the Arpa River and the south of Armenia. A border between two worlds: the rugged highlands of the mountains and the warm south. This is how travelers felt who rested here at the caravanserai directly at the pass hundreds of years ago. After about 30 kilometers of descent, we now arrive in the cradle of Armenian winemaking. It gets warmer and a landscape of red rocks and green vineyards welcomes us!

Option: For all sporty drivers, we have explored an alternative route through the Vardenik Mountains. We drive about 15 kilometers east on village roads to Vardenik and then turn into the mountains. We follow a well-drivable path (broken asphalt, gravel, meadow) for about 15 kilometers to a remote mountain village and another 10 kilometers along an old mountain road to the 3,070 m high unnamed pass. The approximately 40 kilometers and 2,200 meters of elevation drop is well-drivable after a short stretch of loose gravel and promises a spectacular end to the tour.

: Guesthouse
: M/F/A
: 62 km, 760 m elevation gain / 80 km, 1,550 m elevation gain

Areni



Day 10 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 1", where remnants of the oldest wine production in the world have been found. We end the day with traditionally cooked Khorovatz (shashlik) and house wine at our guesthouse.

: Guesthouse
: F/M/A



Day 11 Transfer to Yerevan

On our return journey 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 to pack the bikes (if using our own bike) and for last souvenir shopping. During a joint dinner, we will review this unique adventure trip once again.

: Hotel
: M/F
: 120 km / 3h

Khor Virap





Day 12 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

Inclusions

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+ Included activities

- ✓ 11 overnight stays with breakfast (3 x hotel, 6 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 10 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, 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

Any other questions?

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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 €50 and €180 per flight. For our trips, we rent out high-quality full-suspension bicycles from Scott and Raymon. You can find the available models in the respective tour description.

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.

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.

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.

Which flights and airlines are suitable?

If you prefer to book your flights independently, we have put together some useful information for you. Feel free to send us your preferred flight connection before booking, and we will get back to you as soon as possible to confirm whether it works with our itinerary.

For travelling to the starting point in Yerevan, the following connections are suitable:

Outbound flight: Saturday (arriving early Sunday morning)Return flight: Thursday

- Direct flights from Frankfurt with Condor and Lufthansa
- Direct flights from Vienna with Austrian Airlines
- Direct flights from Hamburg and Basel with Wizz Air
- Connecting flights via Istanbul, Frankfurt or Vienna from Berlin, Hanover, Stuttgart, Munich and other cities, with Lufthansa or Turkish Airlines

Flight prices start at approximately €350, depending on the booking period and airline.

If you have any questions about flights or travel arrangements, please don't hesitate to get in touch with us personally.

Important information

Requirements

Endurance: medium

For this tour, a good basic endurance is required. Conditioning for stages up to 70 km and 1,500 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 trip, after good acclimatization, we reach the highest point of the journey with an overnight stay at 3,200 meters and the ascent of Ashdahak at 3,597 meters. There are short pushing sections and difficult sections with loose ground on several days.

Cycling Technique: easy – medium

For mountain bikers, this tour is technically easy to manage. There are short exposed or steep sections with loose ground. These can also be pushed. Pure road cyclists without MTB experience will quickly reach their limits here and should consult with us beforehand.

Route Options: Normal and long

The tour offers an easier and a more challenging route on almost all days. The decision to offer the more challenging (difficult) route options is weather-dependent. Furthermore, the guide decides based on the condition and cycling technique of the participants who can join the respective option. There is no guarantee for these options!

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 stay in fixed accommodations and camp twice in the wilderness. The accommodations are lovingly designed, authentic, and we will experience the typical Armenian hospitality. During the camping nights, we take care of a certain level of camping comfort: everyone gets their own tent. There is also a communal tent, shower tent, and toilet tent. You only need to bring your **sleeping bag**. During the camping nights, the individual use of a two-person tent is included. We simply provide foam sleeping pads. Anyone who wants a comfortable (inflatable) sleeping pad and a pillow must bring these themselves.

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

EU and Swiss citizens 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
- Robert Koch Institute: rki.de

Of course, 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.

Note on free-running dogs

On the tour, you have to expect more free-running dogs than on our tours in Central Asia. We can encounter free-running dogs both in the villages and in the mountains on the high pastures. Usually, the dogs bark and run a bit behind the bicycles.

We know the places where special attention is required, and we pass these as a group. We pay particular attention to participants who are afraid of dogs and support them accordingly.

Feel free to ask us directly if you have any questions about this.

Dates & Availability

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Starting Sunday **4 Jul 2027**	Ending Thursday **15 Jul 2027**	Fully booked	Book now
Starting Sunday **1 Aug 2027**	Ending Thursday **12 Aug 2027**	Bookable	Book now