

Kyrgyzstan up close

14-day cycling and hiking tour through Kyrgyzstan

EPIC TRAILS



☀ 14 days ⚔ 10 stages

Land: Kyrgyzstan

Category: Bike & Hike

Complexity: Easy-medium ●

Group size: 5 - 12

🚴 : 6 stages / 400 km

🚶 : 4 stages / 52 km

⛰ : 4,280 m / 4,050 m

Price per person from:

From 2290 €

Highlights of our Cycling and Hiking Tour in Kyrgyzstan

A journey could hardly be more varied: from the historically interesting Chui Valley with relics from the Silk Road era, we ascend to the forested slopes of the Tian Shan Mountains. On a two-day hike, we cross the Kungej mountain range to Issyk Kul, the second largest mountain lake in the world. The southern shore and its hinterland offer an incredibly diverse environment for the second part of our cycling tour.

- ✓ Easy cycling stages through picturesque valleys and enjoyable hikes over remote mountain passes
- ✓ Overnight stay in yurts and experiencing the traditions of nomads such as eagle hunting, yurt building, and music
- ✓ Diverse and delicious Kyrgyz cuisine - also for vegetarians
- ✓ Experience the history of the ancient Silk Road, e.g., Burana Tower
- ✓ Swimming in crystal clear mountain lakes and hot springs
- ✓ Luggage transport and support vehicle during the cycling tour

Day by day itinerary

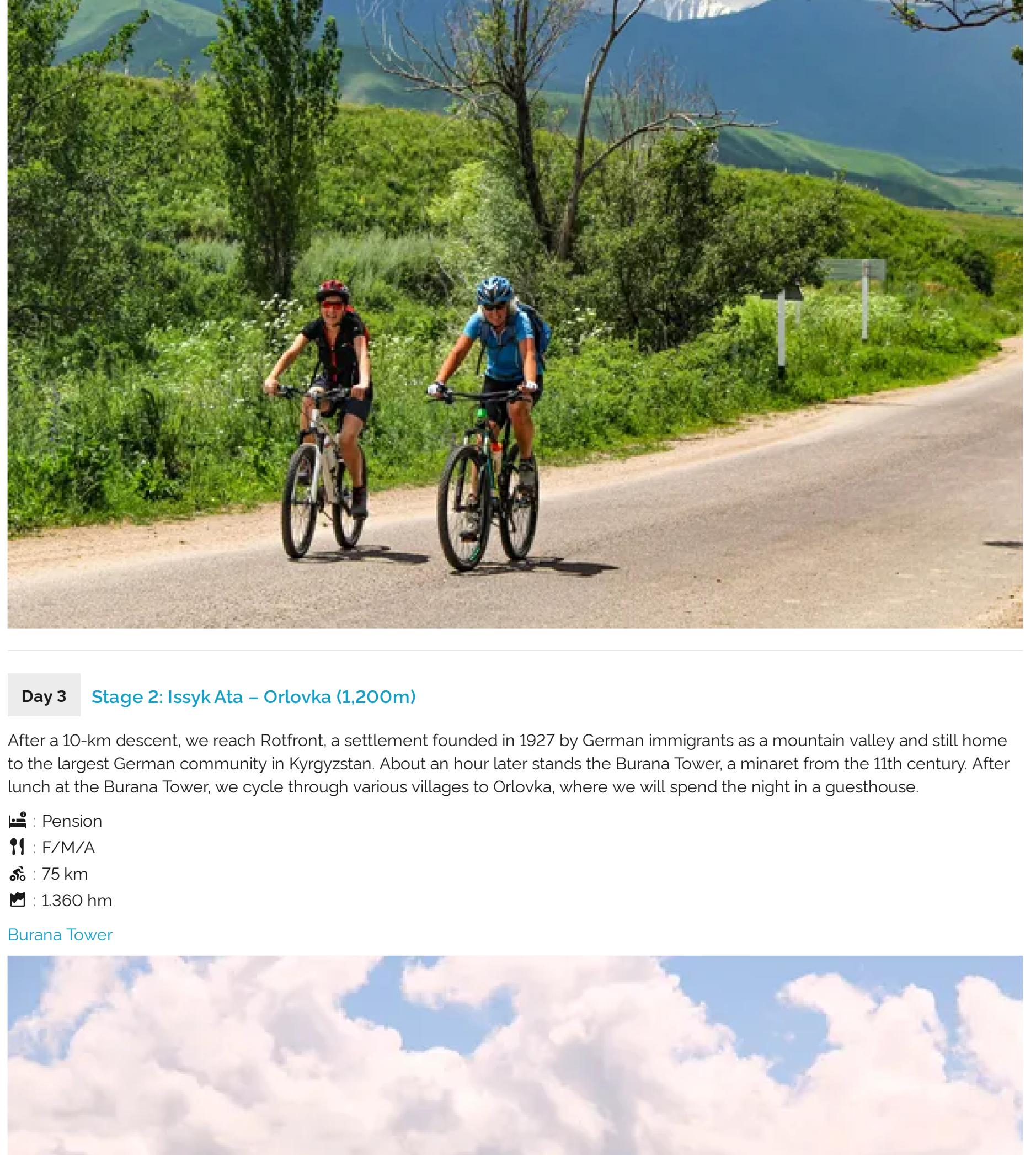
KYRGYZSTAN / BIKE & HIKE

Day 1 Arrival in Bishkek (800 m)

Arrival in the early morning and shuttle ride to our hotel in the city. First, we will sleep in until noon, enjoy a late breakfast, unpack and set up our bikes. In the afternoon, we will explore the bazaar and the center of Bishkek during a small city tour. Afterwards, we will wind down the day with a joint dinner featuring good traditional cuisine.

Accommodation: Hotel

Bishkek



Day 2 Stage 1: Bishkek - Issyk Ata (1,800m)

The first part of our journey takes place over 3 stages by bicycle through the Chui Valley from the capital Bishkek along the over 4000-meter high backdrop of the Kyrgyz mountain range into the Chon Kemin Valley. The route partly follows paved, lightly traveled roads and dirt paths. The goal of our first stage is the thermal springs in the Issyk Ata Valley (1,800 m), which is surrounded by beautiful alpine scenery. Here we will sleep in a guesthouse.

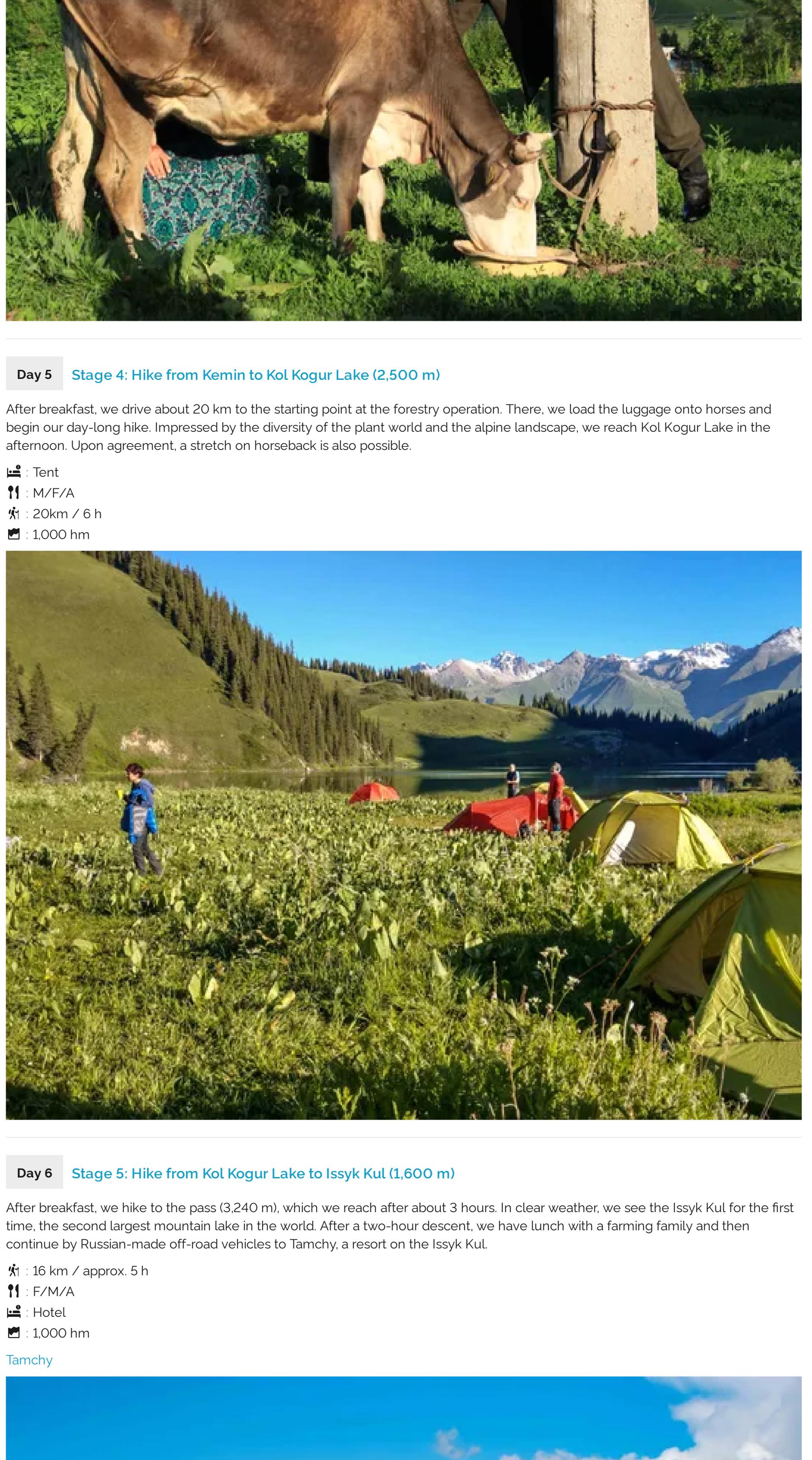
Pension

F/M/A

15 km

500 hm

Issyk Ata



Day 3 Stage 2: Issyk Ata - Orlovka (1,200m)

After a 10-km descent, we reach Tordront, a settlement founded in 1927 by German immigrants as a mountain valley and still home to the largest German community in Kyrgyzstan. About an hour later stands the Burana Tower, a minaret from the 11th century. After lunch at the Burana Tower, we cycle through various villages to Orlovka, where we will spend the night in a guesthouse.

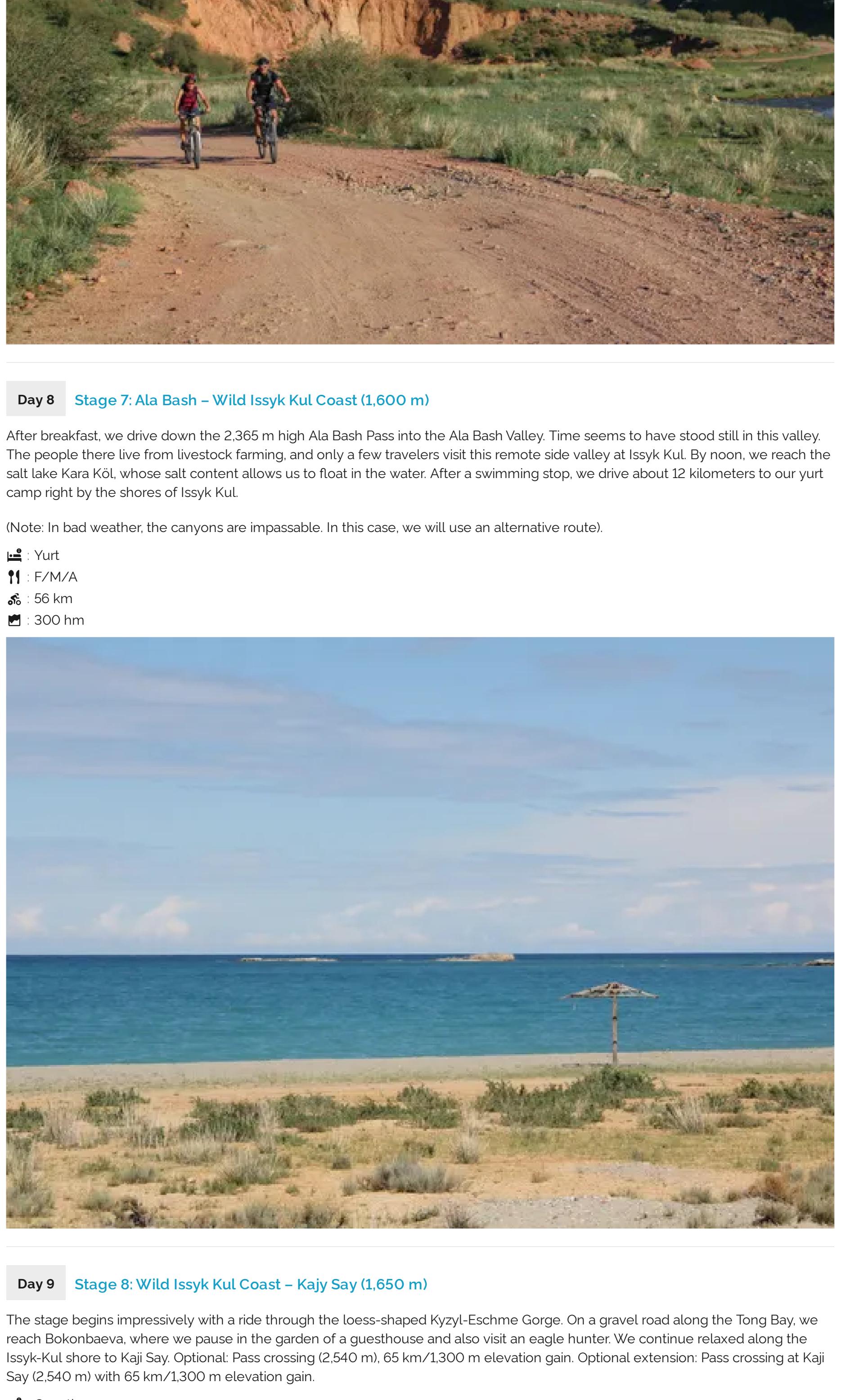
Pension

F/M/A

75 km

1,360 hm

Burana Tower



Day 4 Stage 3: Orlovka - Chon Kemin Valley (1,200m)

On today's cycling stage, we leave the Chui Valley and turn into the idyllic Chon Kemin Valley. With its alpine mountain landscapes, it hints at why Kyrgyzstan is also called the "Switzerland of Central Asia". In the early afternoon, we reach our guesthouse, where we can relax in the garden after lunch and enjoy the mountain backdrop for the rest of the afternoon.

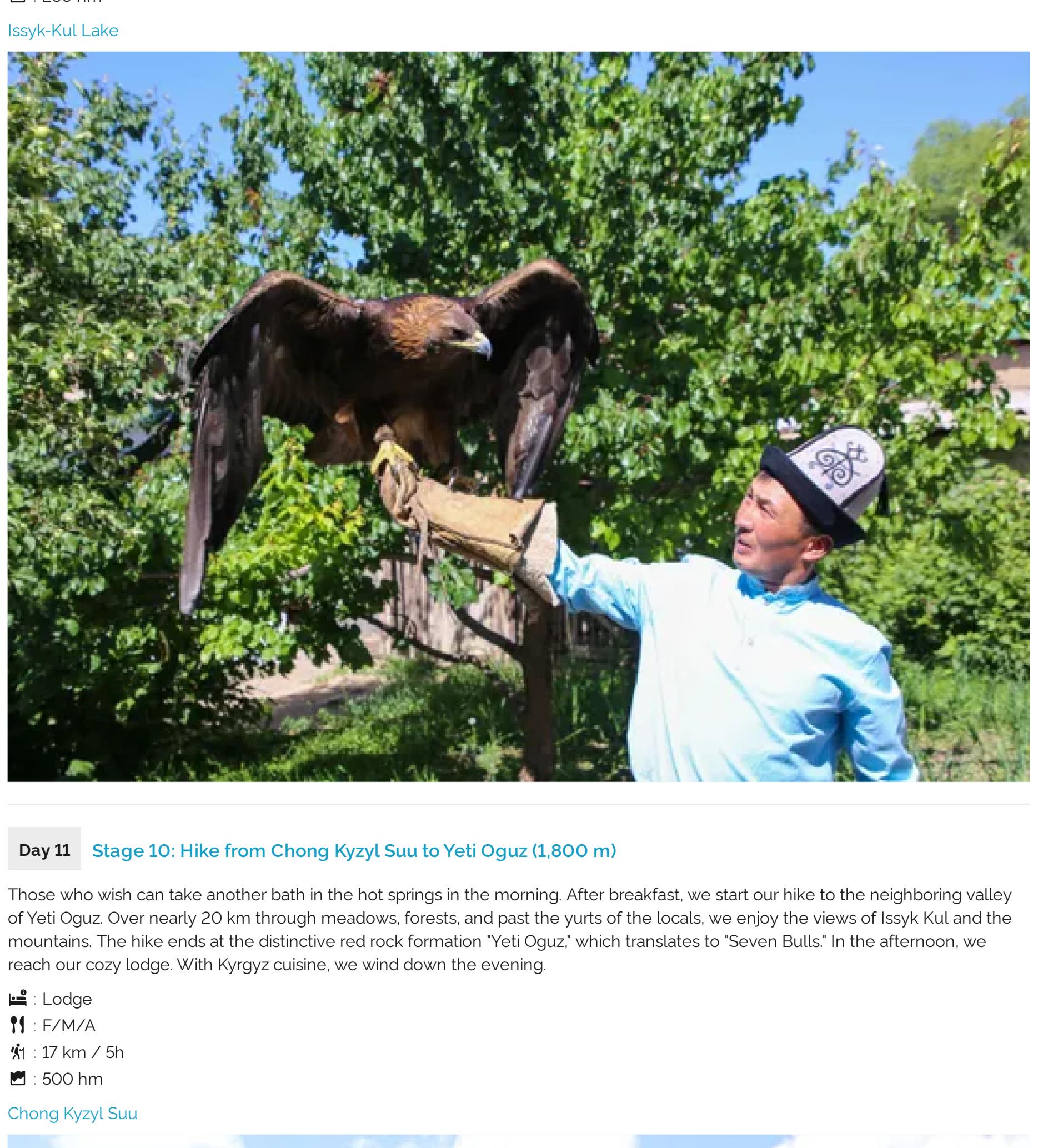
Guesthouse

F/M/A

65 km

800 hm

Chon Kemin valley



Day 5 Stage 4: Hike from Kemin to Kol Kogur Lake (2,500 m)

After breakfast, we drive about 20 km to the starting point of the forestry operation. There, we load the luggage onto horses and begin our day-long hike. Impressed by the diversity of the plant world and the alpine landscape, we reach Kol Kogur Lake in the afternoon. Upon agreement, a stretch on horseback is also possible.

Tent

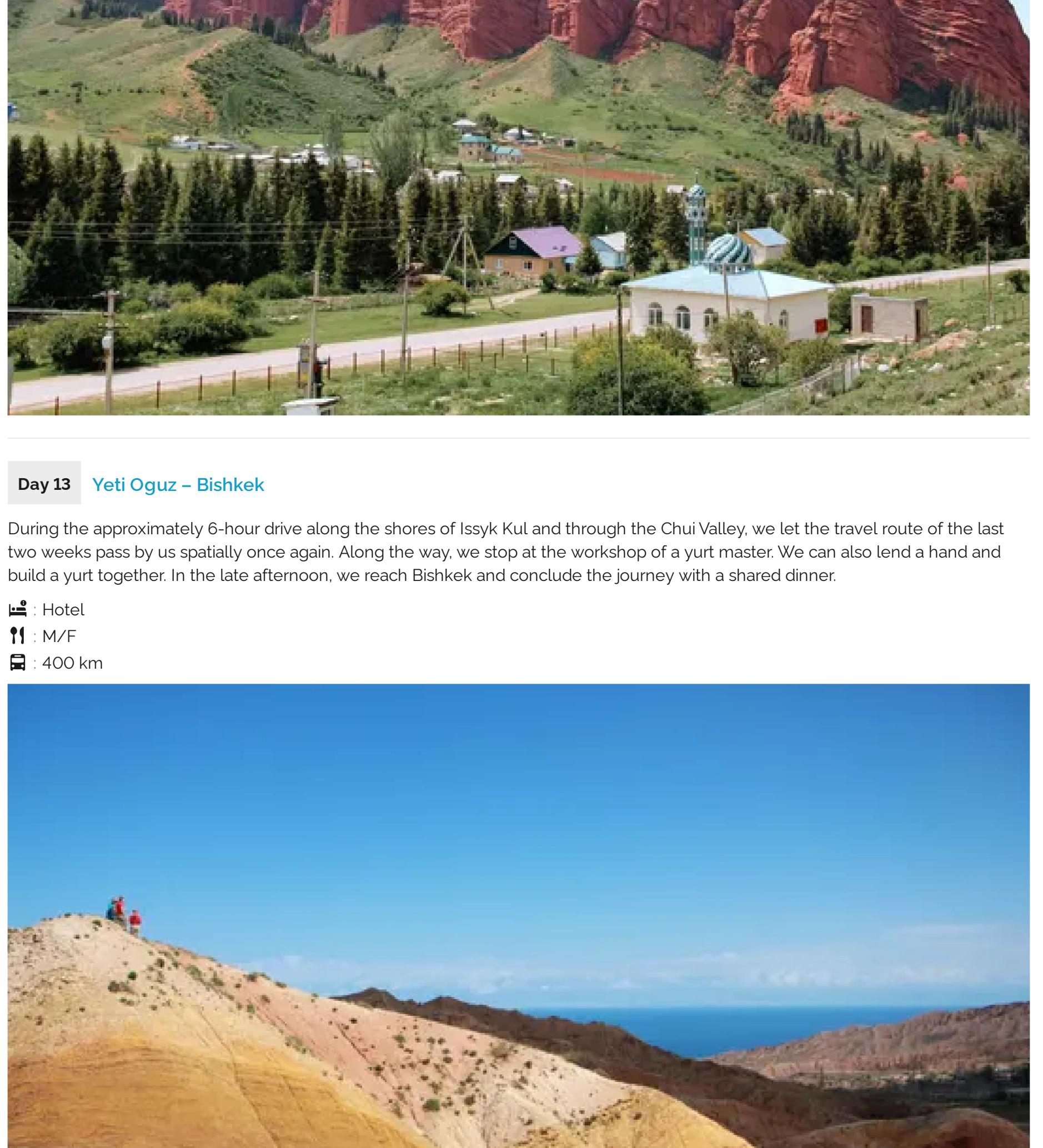
Tent

20km / 6 h

1,000 hm

Yeti Oguz

Kol Kogur Lake



Day 6 Stage 5: Hike from Kol Kogur Lake to Issyk Kul (1,600 m)

After breakfast, we hike to the pass (3,240 m), which we reach after about 3 hours. In clear weather, we see the Issyk Kul for the first time, the second largest mountain lake in the world. After a two-hour descent, we have lunch with a farming family and then continue by Russian-made off-road vehicles to Tamchy, a resort on the Issyk Kul.

16 km / approx. 5 h

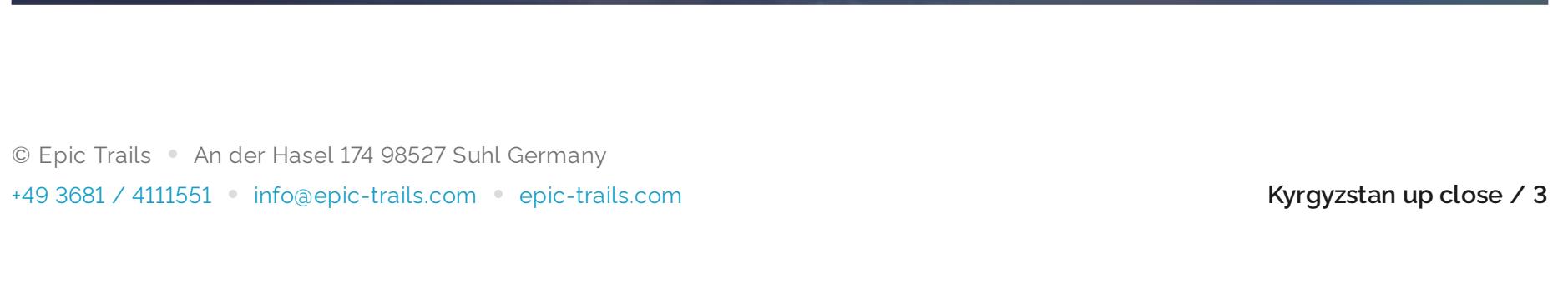
F/M/A

Hotel

1,000 hm

Tamchy

Issyk Kul Lake



Day 7 Stage 6: Issyk Kul - Ala Bash (2,360 m)

After the other side of the last two days, we are relaxing this morning on the shore of the lake of Issyk Kul. After lunch, we will continue by vehicle to the hinterland that borders the valley to the south.

Tent

Tent

82 km

780 hm

Ala Bash valley

Day 8 Stage 7: Ala Bash - Wild Issyk Kul Coast - Kajy Suu (1,600 m)

After breakfast, we drive down the 2,365 m high Ala Bash Pass into the Ala Bash Valley. Time seems to have stood still in this valley.

The people there live from livestock farming, and only a few travelers visit this remote side valley at Issyk Kul. By noon, we reach our camp right by the shores of Issyk Kul.

Tent

Tent

65 km

560 hm

Yeti Oguz

Kajy Suu

Day 9 Stage 8: Wild Issyk Kul Coast - Kajy Suu (1,600 m)

The stage begins impressively with a ride through the loess-shaped Kyzyl-Eschme Gorge. On a gravel road along the Tong Bay, we reach Kajy Suu, where we pause in the garden of a guesthouse and also visit an eagle hunter. We continue relaxed along the Issyk Kul shore with 65 km/1,300 m elevation gain.

Tent

Tent

60 km

560 hm

Yeti Oguz

Kajy Suu

Day 10 Stage 9: Hike from Kajy Suu - Chong Kyzyl Suu (2,350 m)

After breakfast, we use a local path to the Kyrgyz hot springs in the Chong Kyzyl Suu valley. In the morning, we start our hike to the neighboring valley.

Tent

Tent

12 km / 6 h

1,000 hm

Yeti Oguz

Chong Kyzyl Suu

Day 11 Stage 10: Hike from Chong Kyzyl Suu to Yeti Oguz (2,100 m)

Today we can take a shorter path to the Kyrgyz hot springs in the Chong Kyzyl Suu valley. After a swim, we start our hike to the neighboring valley.

Tent

Tent

12 km / 6 h

1,000 hm

Yeti Oguz

Chong Kyzyl Suu

Day 12 Stage 11: Yeti Oguz - Lake Issyk Kul (2,100 m)

At the end of the last two days, we are relaxing this morning on the shore of the lake of Issyk Kul. In the evening, we will also visit the hot springs in Issyk Kul.

Tent

Tent

12 km / 6 h

1,000 hm

Yeti Oguz

Lake Issyk Kul

Day 13 Stage 12: Return journey

After breakfast, we use a local path to the Kyrgyz hot springs in the Chong Kyzyl Suu valley. In the morning, we start our hike to the neighboring valley.

Tent

Tent

12 km / 6 h

1,000 hm

Yeti Oguz

Chong Kyzyl Suu

Day 14 Stage 13: Return journey

After breakfast, we use a local path to the Kyrgyz hot springs in the Chong Kyzyl Suu valley. In the morning, we start our hike to the neighboring valley.

Tent

Tent

12 km / 6 h

1,000 hm

Yeti Oguz

Chong Kyzyl Suu

Day 15 Stage 14: Return journey

After breakfast, we use a local path to the Kyrgyz hot springs in the Chong Kyzyl Suu valley. In the morning, we start our hike to the neighboring valley.

Tent

Tent

12 km / 6 h

1,000 hm

Yeti Oguz

Chong Kyzyl Suu

Day 16 Stage 15: Return journey

After breakfast, we use a local path to the Kyrgyz hot springs in the Chong Kyzyl Suu valley. In the morning, we start our hike to the neighboring valley.

Tent

Tent

12 km / 6 h

1,000 hm

Yeti Oguz

Chong Kyzyl Suu

Day 17 Stage 16: Return journey

After breakfast, we use a local path to the Kyrgyz hot springs in the Chong Kyzyl Suu valley. In the morning, we start our hike to the neighboring valley.

Tent

+ Included activities

- ✓ 13 overnight stays with breakfast (2 x hotel, 4 x guesthouse, 2 x lodge, 2 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)
- ✓ Luggage transport and accompanying vehicle
- ✓ Airport transfers on the arrival and departure day of the group trip
- ✓ comfortable camping equipment (shower tent, camping toilet, comfortable sleeping pads, communal tent)
- ✓ High-quality VAUDE tents for individual use for each participant
- ✓ Professional Epic Trails MTB Guide (English-speaking), second guide for groups of 9 participants or more
- ✓ local accompanying staff during the tour (guide, cook, driver)
- ✓ German-speaking city tour in Bishkek
- ✓ Excursions: Visit to the Burana Tower, city walk in Karakol, visit to a yurt builder's workshop (optional yurt assembly), visit to an eagle hunter (optional hunting trip), live folklore music performance
- ✓ Participant T-Shirt
- ✓ Replacement bicycle and technical support in case of breakdowns
- ✓ well-equipped emergency kit

Whats not included

- ✗ Arrival and Departure
- ✗ optional excursions
- ✗ Lunch and dinner on the first and last travel day in Bishkek
- ✗ Bicycle
- ✗ Airport transfers on individual arrival and departure days



Dolotbek Omurzakov

Guide

[Read more !\[\]\(74d4806277d7e73349d8e8c0897931e9_img.jpg\)](#)

3 reviews



2023er SCOTT Spark 970 (29'')

Type Race-Fully Sizes S, M, L, XL

29" wheels, aluminium frame, 120mm travel (RockShox/X-Fusion) with Twin Lock system, dropper seat post, SRAM NX 1x12 drivetrain, Shimano hydraulic disc brakes

Per tour: **320€** / Per day: **40€**



GIANT Anthem (27,5'')

Type Race-Fully Sizes S, M, L

27,5" wheels, aluminium frame, 100mm travel (RockShox) with Twin Lock system, Shimano Deore 2x10 drivetrain, Shimano hydraulic disc brakes, Giant Connect components

Per tour: **280€** / Per day: **35€**



Raymon HardRay E 3.0

Type Electric-Bike Sizes S, M, L, XL

Motor Yamaha PW-TE 250 W 60 Nm; Battery DT500, 500 Wh, 36V Wheels 27,5" size S, M / 29" size L, XL, Aluminium Frame, Fork 100mm Suntour, Shimano Altus 9 speed shifting, Tektro brakes, Raymon components

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.

心跳 Requirements

Endurance: Easy – Medium

This trip is aimed at active touring cyclists. A good level of fitness is required. The daily stages average 50 km by bike. The longest stage is 80 km. On foot, a maximum of 20 km and 1,000 meters of elevation gain per day must be managed. The highest point we reach by bike is at 2,540 m. On foot, we reach a maximum height of 3,540 m.

Cycling Technique: Easy

The cycling stages on this trip are oriented towards bike touring. We mostly ride on gravel paths and asphalt roads, and occasionally on sandy tracks. A mountain bike is required for this tour. Trekking bikes are not suitable due to their narrow tires.

阳光 Climate

Kyrgyzstan is characterized by a dry continental climate, which is accompanied by strong temperature fluctuations. In summer, temperatures in the southern part of the country can reach up to 45 °C, while in winter they often drop below -10 °C in the lower regions. The months from June to September are marked by plenty of sunshine – with an average of 250 sunny days a year. Kyrgyzstan is one of the sunniest countries in the region. During this time, daytime temperatures are around 35 °C in Bishkek, 30 °C at Lake Issyk-Kul, and a pleasant 15 °C in the mountains at 2,000 to 3,000 meters. Especially in the high mountains, it cools down significantly at night, and even in summer, temperatures can drop to freezing point. The climate is well-suited for adventure travel, but it requires careful planning, especially regarding the right equipment for hot days and cold nights.

住宿 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 Kyrgyz hospitality. During the camping nights, we ensure 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 **sleeping bag**. During the camping nights, the single use of a two-person tent is included without a single room surcharge.

The single room surcharge generally applies to overnight stays in hotels, guesthouses, and inns. In the guesthouse in Issyk Ata and the guesthouse in Chong Kyzyl Suu, the single room cannot be guaranteed. In the yurts at Issyk Kul, we are accommodated in groups of a maximum of 2 to 4 people per yurt. The yurts are not available for single use. Alternatively, our tents can be used there.

路线 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, necessitating longer detours. The described program represents the optimal variant and will be implemented as planned, provided conditions allow.

签证 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.

疫苗和健康保健 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

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.

Dates & Availability

KYRGYZSTAN / BIKE & HIKE

Starting Sunday **7 Jun**



Ending Saturday **20 Jun**

Bookable

Book now

Starting Sunday **6 Sep**



Ending Saturday **19 Sep**

Bookable

Book now

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