

Two inches under the sky - Bartang

14-day mountain bike trip through the Pamirs via the Bartang route

EPIC TRAILS



☀ 14 days ⚓ 8 stages

Land: Tajikistan

Category: Mountainbike

Complexity: Hard

Group size: 6 - 12

⛰ elevation meters: 5,900 hm

🛣 Route: 490 km

Price per person from:

From 2590 €

The Pamir is one of the most spectacular and at the same time most remote high mountain regions in the world. Rising well over 7,000 meters in eastern Tajikistan, travelers can expect a unique cultural landscape and boundless hospitality.



On the Pamir Highway

Our journey takes us by off-road vehicle from Dushanbe, the capital of Tajikistan, along the legendary Pamir Highway to Rushan. Here we get on our bikes and ride in eight stages through the Bartang Valley, up to the 4,020m high Karakul Lake. We continue across the border to Kyrgyzstan, where we finish our bike tour at the foot of Peak Lenin (7,134m).

- ✓ Challenging mountain bike tour through the spectacular Bartang Valley
- ✓ Unique encounters with locals and learning about the local culture
- ✓ Incredible views of the 6,000-meter peaks of the Pamir Plateau
- ✓ Unique yurt overnight stay at Peak Lenin
- ✓ Support vehicle and luggage transport during the bike tour

Day by day itinerary

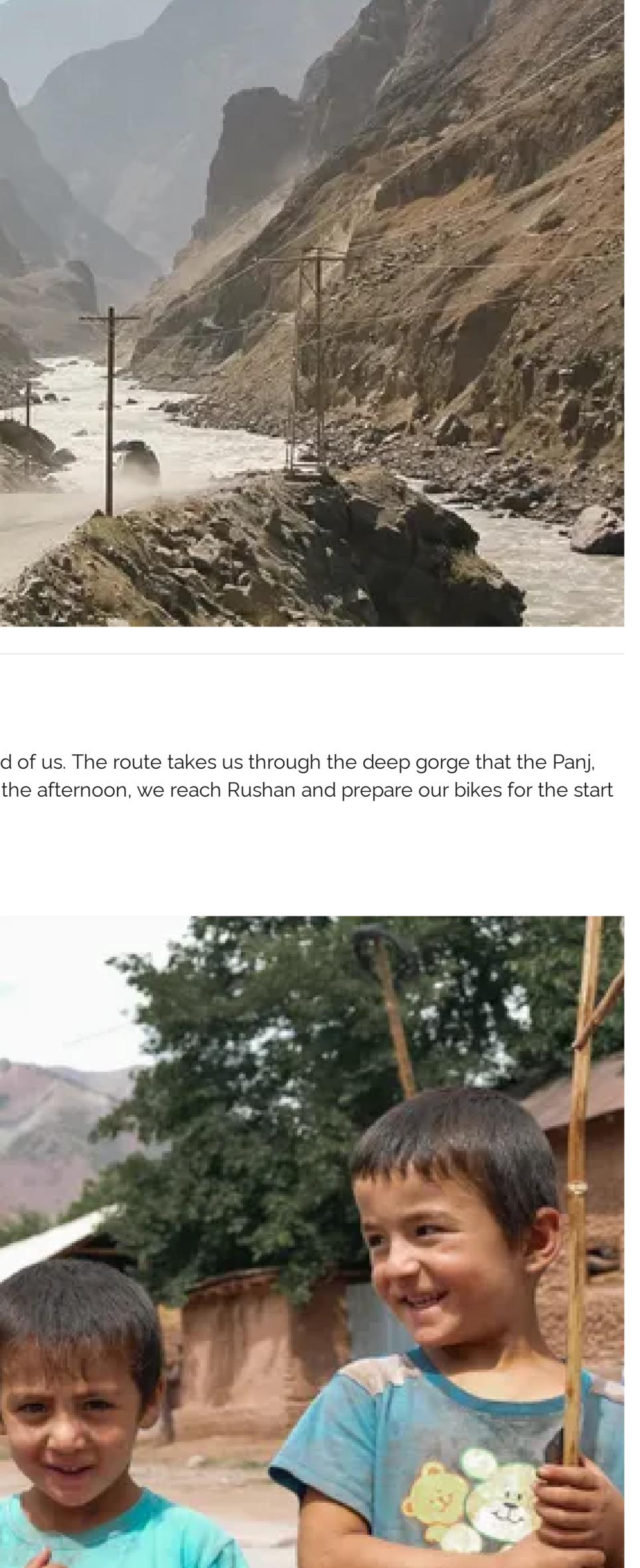
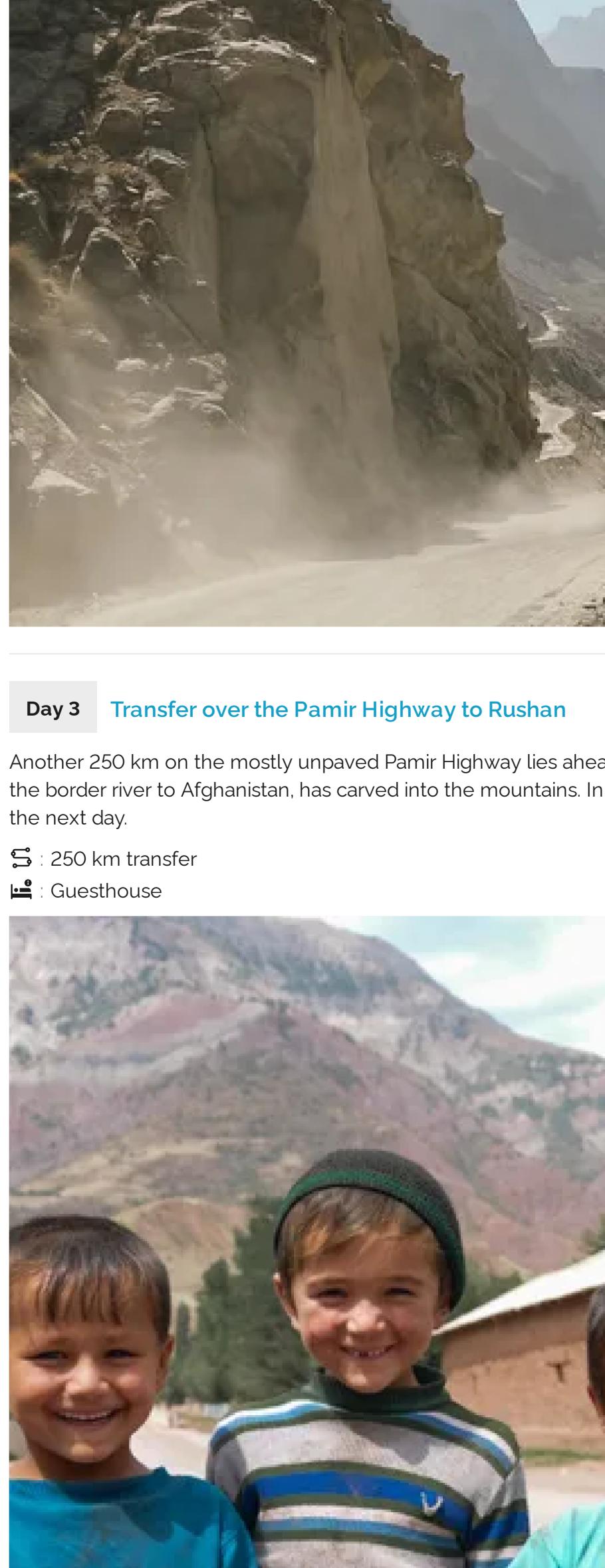
TAJIKISTAN / MOUNTAINBIKE

Day 1 Travel to Dushanbe

With a stopover in Istanbul, we reach Dushanbe in the early morning hours. After transferring to our comfortable hotel, we will rest and start our tour of the capital in the early afternoon. Dushanbe is the Persian word for Monday, named after the Monday market where the city was founded. Nowadays, the bazaar is open daily, and we will explore it together. We will end the day with dinner in a traditional teahouse.

🏨 Hotel

Dushanbe



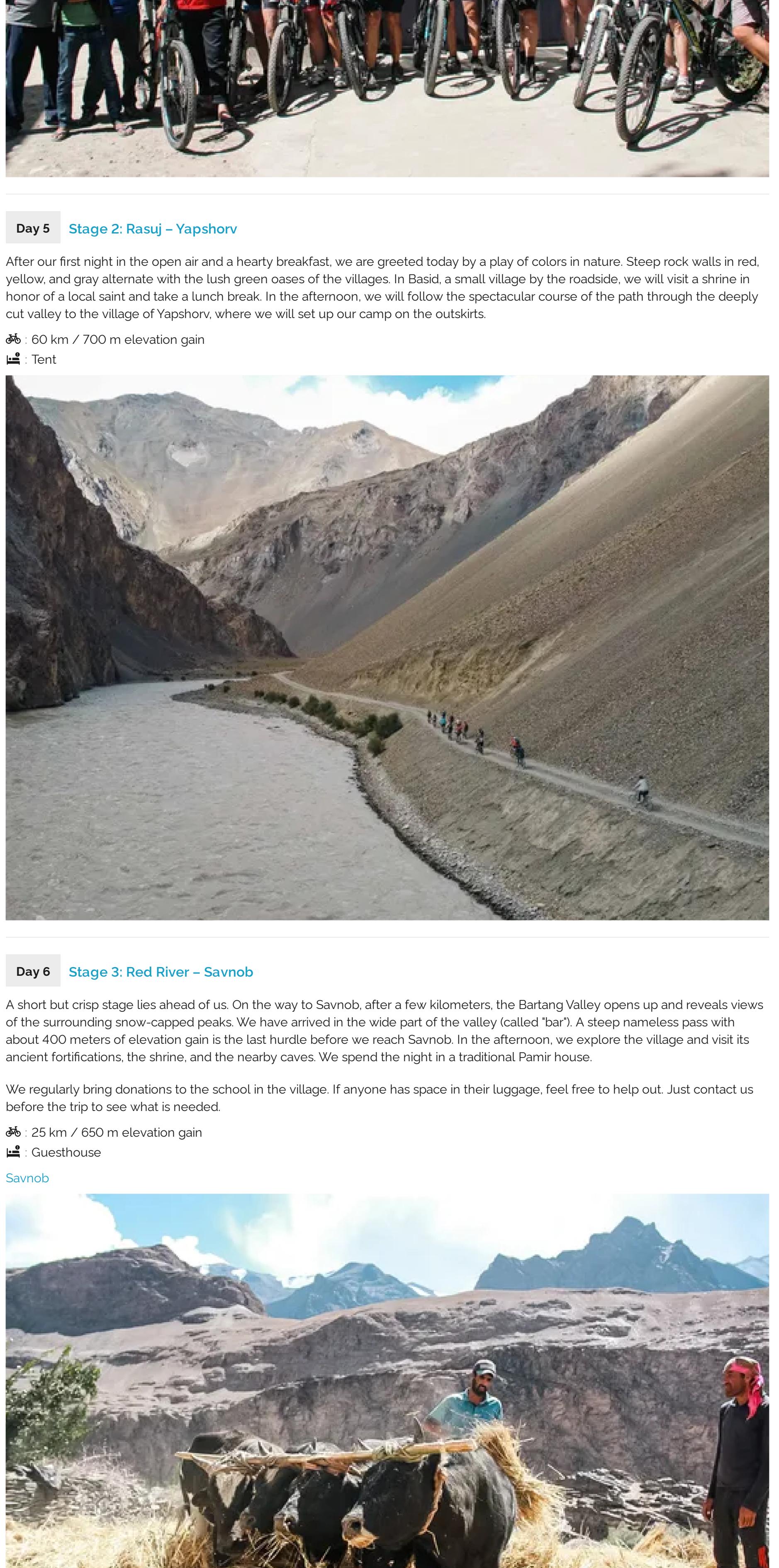
Day 2 Transfer over the Pamir Highway to Kalai-Khumb

The journey to Rushan, the starting point of our cycling tour, takes us two days in off-road vehicles (Toyota Landcruiser or similar) along the legendary Pamir Highway. Today we will drive the first 380 km segment to Kalai Khumb. We pass by the Nurek Reservoir and have lunch at a teahouse by the roadside. After lunch, we reach the first foothills of the Pamirs and immerse ourselves in the spectacular mountain world. Our idyllic guesthouse is located right by the river.

🚗 250 km transfer

🏨 Guesthouse

Kalai Khumb

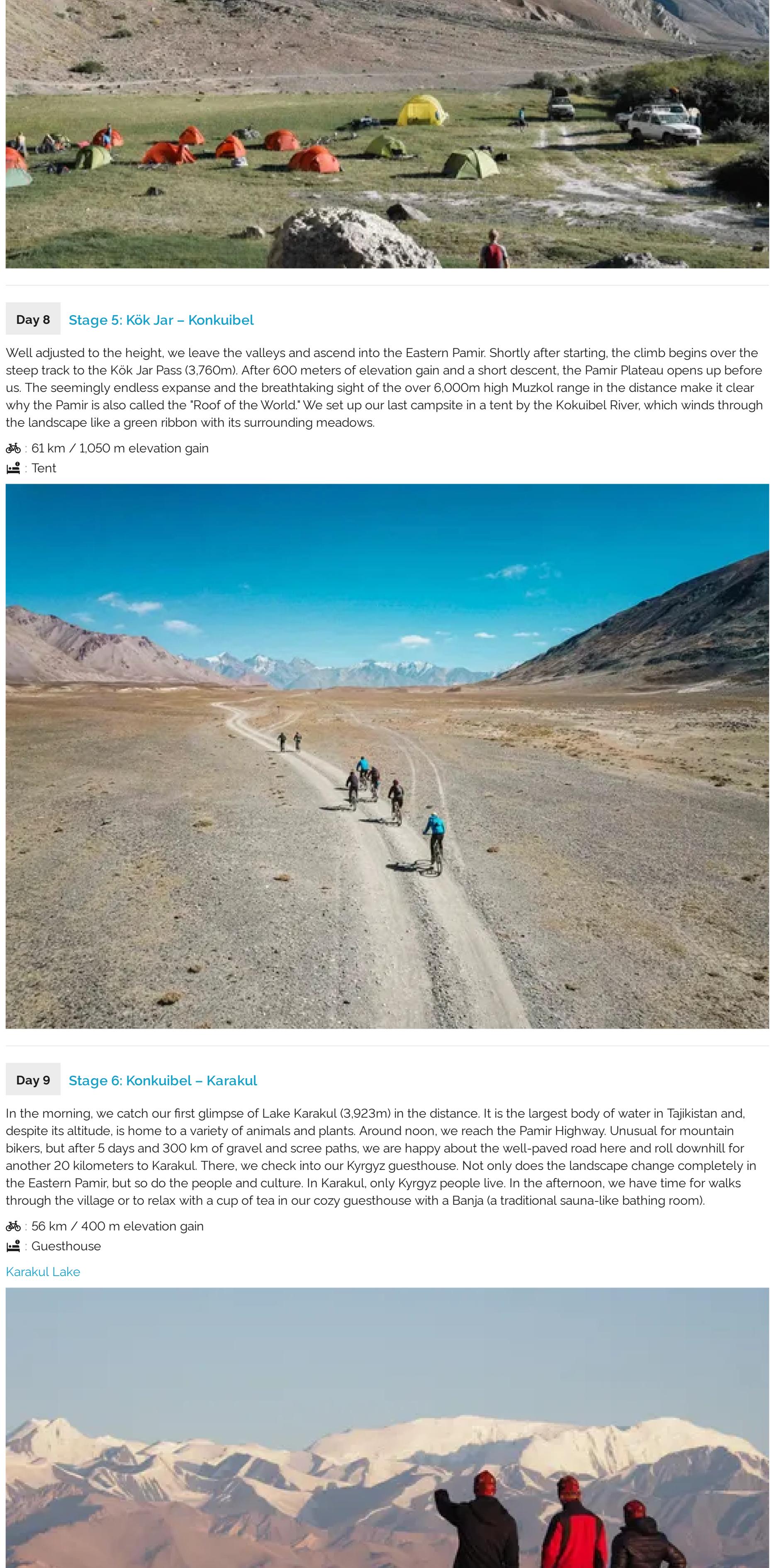


Day 3 Transfer over the Pamir Highway to Rushan

Another 250 km on the mostly unpaved Pamir Highway lies ahead of us. The route takes us through the deep gorge that the Panj, the border river to Afghanistan, has carved into the mountains. In the afternoon, we reach Rushan and prepare our bikes for the start the next day.

🚲 250 km transfer

🏨 Guesthouse



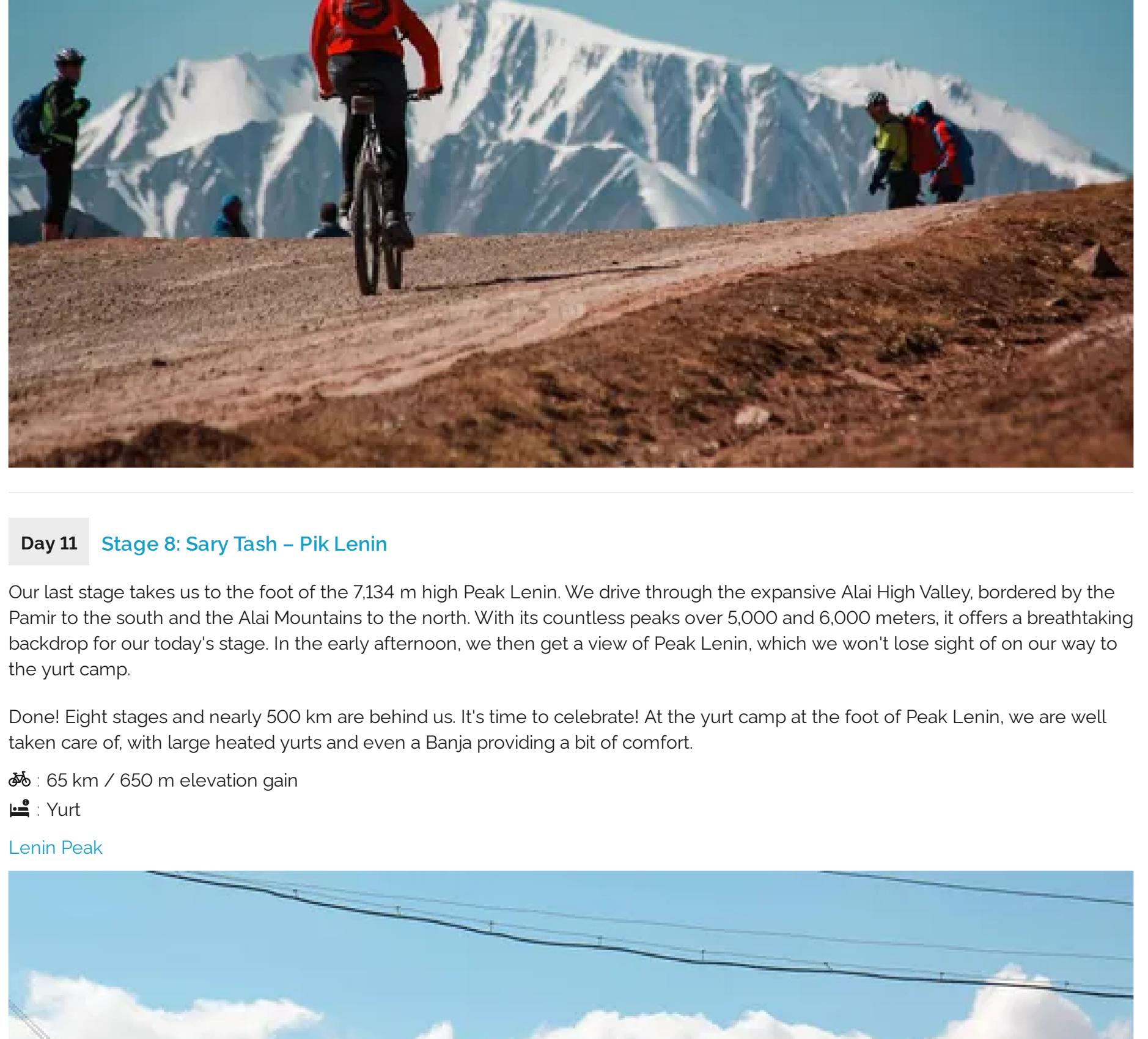
Day 4 1st Stage: Rushan – Rasuj

Rushan is located at the entrance of the Bartang Valley, which we will follow for 5 days through the high mountains. The Bartang Valley is one of the most spectacular corners of the Pamirs: bar (wide) and tang (narrow) alternate here, allowing us to travel through deeply cut gorges and vast high plateaus. Today we reach the village of Bartang, which shares the same name. There, hundreds of rock paintings await to be discovered by us. We will set up our camp in the neighboring village of Rasuj. In the camp, we have, among other things, two-person tents for individual use, a shower tent, a toilet tent, and a communal tent with chairs and tables.

🚲 64 km / 650 m elevation gain

⛺ Tent

Bartang



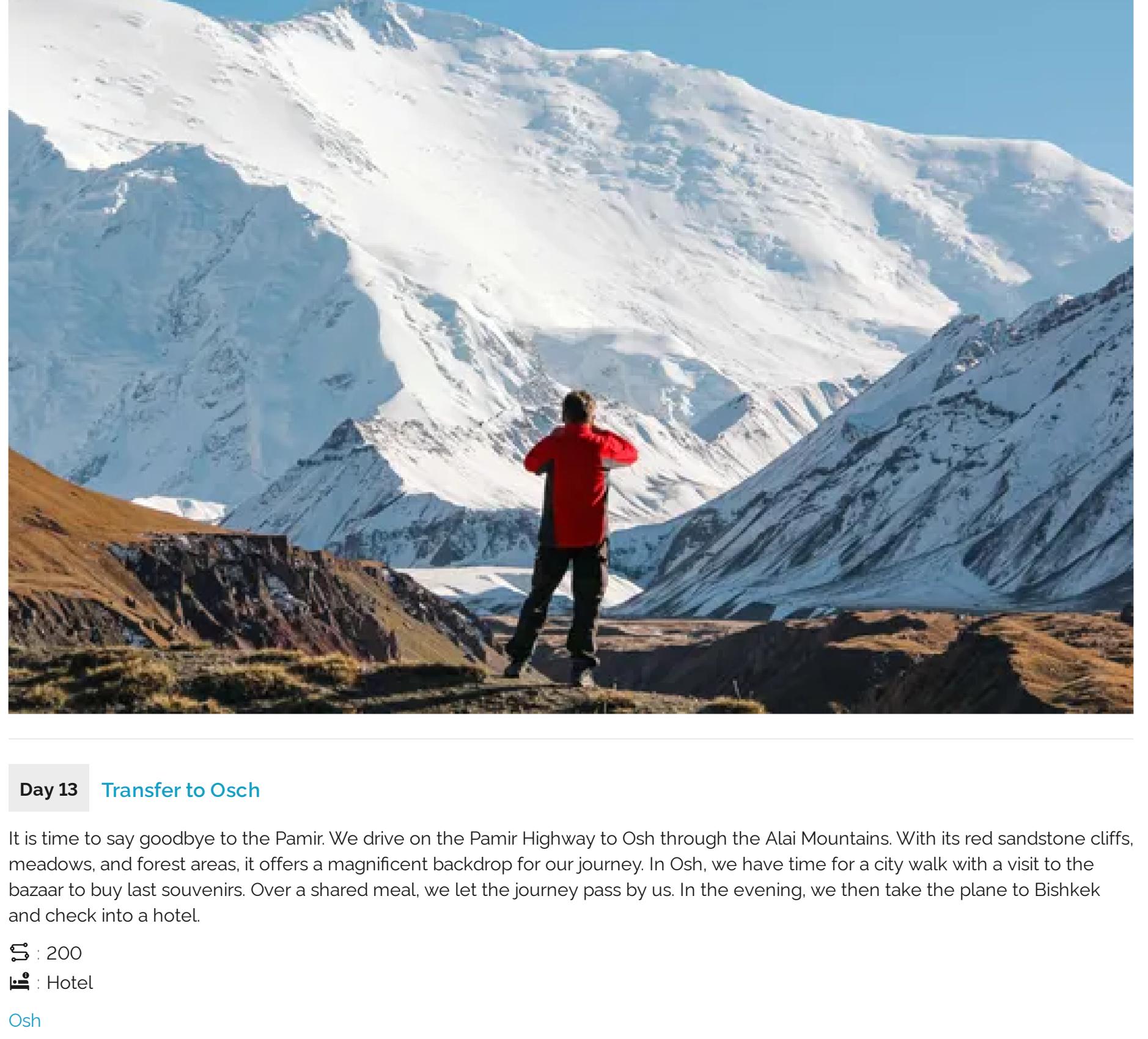
Day 5 Stage 2: Rasuj – Yaphshor

After our first night in the open air and a hearty breakfast, we are greeted today by a play of colors in nature. Steep rock walls in red, yellow, and gray alternate with the lush green oases of the villages. In Basid, a small village by the roadside, we will visit a shrine in honor of a local saint and take a lunch break. In the afternoon, we will follow the spectacular course of the path through the deeply cut valley to the village of Yaphshor. Today we will set up our camp on a lush green meadow and end the evening by the campfire.

🚲 60 km / 700 m elevation gain

⛺ Tent

Yaphshor



Day 6 Stage 3: Red River – Savnob

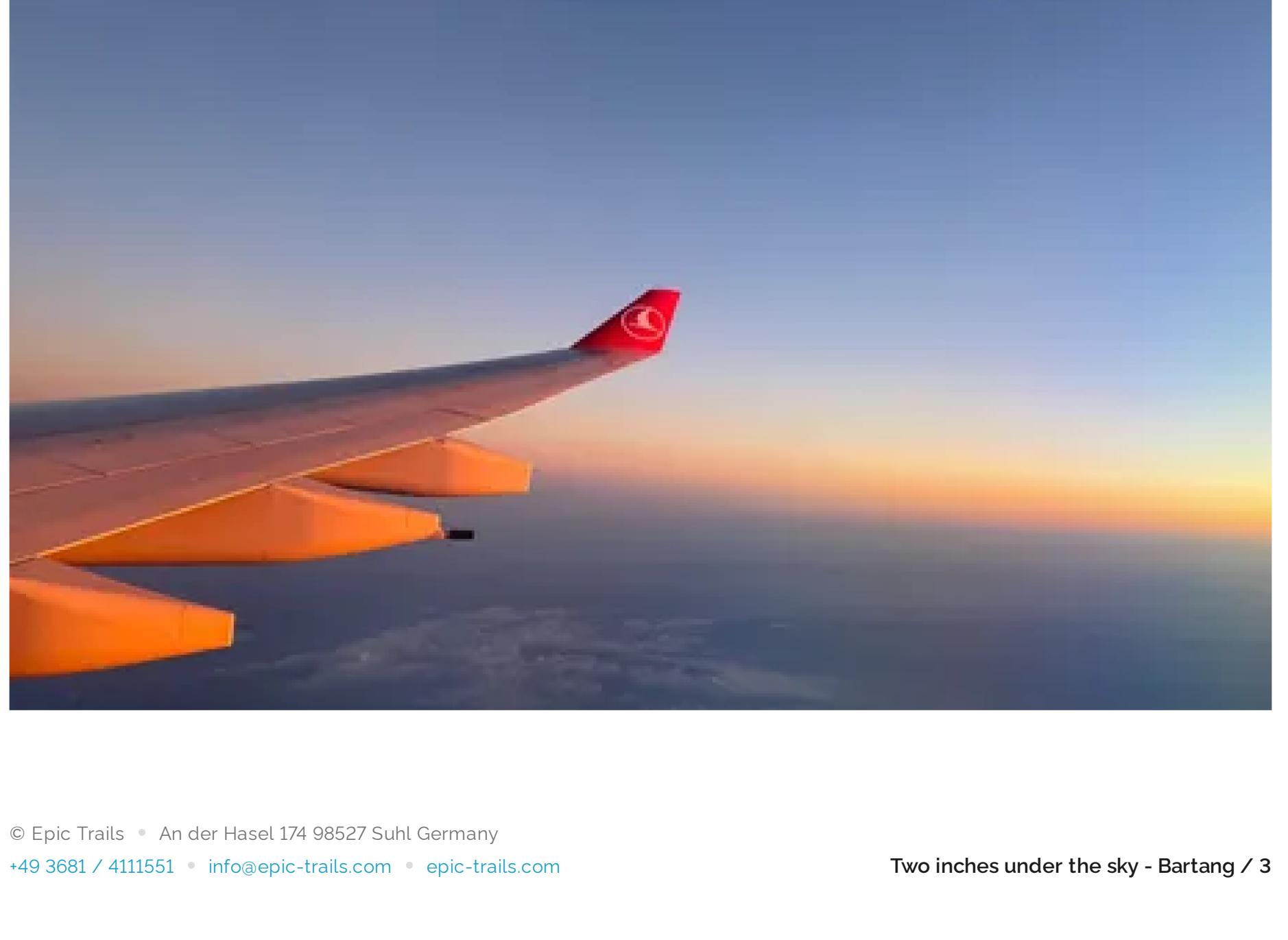
A short but crisp stage lies ahead of us. On the way to Savnob, after a few kilometers, the Bartang Valley opens up and reveals views of the surrounding snow-capped peaks. We have arrived in the wide part of the valley (called "bar"). A steep nameless pass with about 400 meters of elevation gain is the last hurdle before we reach Savnob. In the afternoon, we explore the village and visit its ancient fortifications, the shrine, and the nearby caves. We spend the night in a traditional Pamir house.

We regularly bring donations to the school in the village. If anyone has space in their luggage, feel free to help out. Just contact us before the trip to see what is needed.

🚲 25 km / 650 m elevation gain

🏨 Guesthouse

Savnob



Day 7 Stage 4: Savnob – Tanimas

After a stay in Savnob, it's time for a long day. We start the 35 km pass to Tanimas. The mountain pass warms (about 300 m in this rain) the cold air that has descended from the high peaks. The road is narrow and winding, with many sharp turns. The landscape is a mix of green and brown, with patches of snow on the higher peaks. The road is mostly dirt, with some asphalt sections. The sky is clear and blue, with a few wispy clouds. The overall atmosphere is one of a rugged, mountainous landscape.

🚲 55 km / 1,000 m elevation gain

⛺ Tent

Tanimas

Day 8 Stage 5: Kôk Jar – Konkuibel

After a stay in Tanimas, it's time for another long day. We start the 35 km pass to Konkuibel. The road is narrow and winding, with many sharp turns. The landscape is a mix of green and brown, with patches of snow on the higher peaks. The road is mostly dirt, with some asphalt sections. The sky is clear and blue, with a few wispy clouds. The overall atmosphere is one of a rugged, mountainous landscape.

🚲 61 km / 1,050 m elevation gain

⛺ Tent

Konkuibel

Day 9 Stage 6: Konkuibel – Karakul

In the morning, we catch our first glimpse of Lake Karakul. It is the largest lake in Tajikistan and the second largest in Central Asia. The lake is surrounded by high mountains, with the highest peak reaching over 7,000 meters. The water is a deep blue and the surrounding mountains are covered in snow and ice. The landscape is rugged and dramatic, with deep valleys and high peaks. The sky is clear and blue, with a few wispy clouds. The overall atmosphere is one of a pristine, natural landscape.

🚲 56 km / 1,000 m elevation gain

🏨 Guesthouse

Karakul Lake

Day 10 Stage 7: Karakul – Sary Tash

Today we start the long stage to Sary Tash. We start the 35 km pass to Karakul. The road is narrow and winding, with many sharp turns. The landscape is a mix of green and brown, with patches of snow on the higher peaks. The road is mostly dirt, with some asphalt sections. The sky is clear and blue, with a few wispy clouds. The overall atmosphere is one of a rugged, mountainous landscape.

🚲 98 km / 1,800 m elevation gain

⛺ Tent

Sary Tash

Day 11 Stage 8: Sary Tash – Plik Lenin

After a stay in Sary Tash, it's time for another long day. We start the 35 km pass to Plik Lenin. The road is narrow and winding, with many sharp turns. The landscape is a mix of green and brown, with patches of snow on the higher peaks. The road is mostly dirt, with some asphalt sections. The sky is clear and blue, with a few wispy clouds. The overall atmosphere is one of a rugged, mountainous landscape.

🚲 60 km / 1,600 m elevation gain

⛺ Tent

Plik Lenin

Day 12 Stage 9: Plik Lenin – Osh

After a stay in Plik Lenin, it's time for another long day. We start the 35 km pass to Osh. The road is narrow and winding, with many sharp turns. The landscape is a mix of green and brown, with patches of snow on the higher peaks. The road is mostly dirt, with some asphalt sections. The sky is clear and blue, with a few wispy clouds. The overall atmosphere is one of a rugged, mountainous landscape.

🚲 60 km / 1,600 m elevation gain

⛺ Tent

Osh

Day 13 Stage 10: Osh – Bishkek

After a stay in Osh, it's time for the final stage of the tour. We start the 35 km pass to Bishkek. The road is narrow and winding, with many sharp turns. The landscape is a mix of green and brown, with patches of snow on the higher peaks. The road is mostly dirt, with some asphalt sections. The sky is clear and blue, with a few wispy clouds. The overall atmosphere is one of a rugged, mountainous landscape.

🚲 61 km / 1,600 m elevation gain

⛺ Tent

Bishkek

Day 14 Return flight

In the early morning, we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 15 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 16 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 17 Return flight

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🏨 Hotel

Istanbul

Day 18 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 19 Return flight

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🏨 Hotel

Istanbul

Day 20 Return flight

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🏨 Hotel

Istanbul

Day 21 Return flight

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🏨 Hotel

Istanbul

Day 22 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 23 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 24 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 25 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

Day 26 Return flight

Today we will be taken to the airport and fly back home via Istanbul. We will have time to explore the city before our flight. There are many great restaurants and shopping opportunities in Istanbul.

🏨 Hotel

Istanbul

+ Included activities

- ✓ 13 overnight stays with breakfast (2 x hotel, 5 x guesthouse, 2 x yurt, 4 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)
- ✓ Luggage transport and accompanying vehicle that can be switched to if needed
- ✓ Airport transfers on the arrival and departure day of the group trip
- ✓ Domestic flight Osch – Bishkek
- ✓ Professional Epic Trails MTB Guide, second guide for groups of 9 or more
- ✓ local accompanying staff during the tour (guide, cook, driver)
- ✓ High-quality VAUDE tents for individual use for each participant
- ✓ comfortable camping equipment (shower tent, camping toilet, comfortable sleeping pads, communal tent)
- ✓ City tour in Dushanbe, visit in Savnob
- ✓ Participant T-Shirt
- ✓ Replacement bicycle and technical support in case of breakdowns
- ✓ well-equipped emergency kit

Whats not included

- ✗ Arrival and Departure
- ✗ unnamed meals and drinks
- ✗ optional excursions
- ✗ Rental bicycle

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+49 3681 / 4111551 • info@epic-trails.com • epic-trails.com

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2019er 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: **280€** / Per day: **35€**

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.

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.

Which flights and airlines are an option?

For traveling to the capital, Dushanbe (DYU), two airlines are available: Turkish Airlines and Somon Airways. Turkish Airlines operates flights via Istanbul, while Somon Airways offers direct flights from Munich to Dushanbe. Somon Airways usually publishes the flight schedule only a few months in advance, so these flights are available for booking later.

Our Pamir tours usually end in Kyrgyzstan, so a multi-leg flight is required: outbound flight to Dushanbe and return flight from Bishkek.

Example of a connection Munich - Dushanbe / Bishkek - Munich with Turkish Airlines:

Outbound flight to Dushanbe (DYU)

12:50 PM (TK1642) Arrival in Istanbul at 4:55 PM
approximately 2 hours for the layover
6:15 PM (TK254) Arrival in Dushanbe at 1:00 AM

Return flight from Bishkek (FRU)

10:15 AM (TK345) Arrival in Istanbul at 1:15 PM
approximately 3 hours for the layover
4:15 PM (TK1635) Arrival in Munich at 6:05 PM

Airport transfer: We will pick you up from the airport on the arrival day at any time and also take you back to the airport at the end of the trip.

● Requirement

Crossing the Pamir, the second highest mountain range in the world, is a highlight, but it also requires very good physical condition.

Endurance: difficult

The tour is very demanding due to the climatic conditions and especially the altitude. A good physical condition is required for stages of up to 100 km. We are on the road for several days at over 4,000 meters. Due to the altitude, the extreme climate, and the poor trail conditions, the daily stages are challenging and are perceived by our participants as significantly more strenuous than comparable stage lengths in the Alps. The tour progression allows for gradual altitude adjustment.

Riding technique: easy

The tour is technically easy to manage. We ride on paved roads for 30%. For 70%, we are on paths with gravel as well as some rubble and sand.

● Weather and Climate

The Pamir is one of the highest and most remote mountain regions in the world, with elevations up to 7,500 meters. Therefore, we must prepare for extreme climatic conditions. In Dushanbe and Osh, as well as in the lower-lying parts of the Pamirs, daytime temperatures can reach up to 35° C. On the Pamir Plateau and in the Pik Lenin yurt camp, it can also be quite cold at night in summer, with temperatures dropping below freezing.

● Single room surcharge

The single room surcharge applies to overnight stays in hotels in Dushanbe and Bishkek, as well as the guesthouse in Kalai-Kumb. In the guesthouses in Savnob, Karakul, and Sary Tash, we cannot guarantee single rooms. In the yurts at Pik Lenin, we are accommodated in groups of a maximum of 5 people per yurt. The yurts are not available for single use. During the camping nights, the single use of a two-person tent is included in the travel price.

● Travel itinerary and route

The Pamir is poorly developed in terms of infrastructure, and the roads are often in a desolate state. Due to weather conditions, it may happen that we cannot pass the roads. Therefore, there may be **changes in the program schedule**. The program outlined above represents the optimal variant. Our travel dates are based on the usually favorable weather conditions at that time.

Due to the meltwater and the water levels of many rivers, we travel in July via the **Wakhan Route** and at the end of August/September via the **Bartang Route** through the Pamir. Both trips are comparable and have the same requirements. Information about the character and the differences between both routes can be found [here](#).

● Entry and Documents

For entry into Tajikistan and Kyrgyzstan, citizens from Germany, Austria, Switzerland, and Italy need a passport that is valid for at least six months, proof of return or onward travel documents (tickets), and no visa for a stay of up to a maximum of 30 or 60 days. Citizens of other countries are advised to inquire at their respective representations.

For a stay of more than three days in Tajikistan, registration is required. A GBAO special permit is needed for travel to the Pamirs. We will take care of both documents. They are included in the travel price.

Please check the current travel and safety advisories as well as the entry requirements online. German citizens can find information at the Federal Foreign Office at www.auswaertiges-amt.de, Austrian citizens at the Ministry of Foreign Affairs at www.aussenministerium.at, and Swiss citizens at the Federal Department of Foreign Affairs at www.eda.admin.ch.

● Vaccinations and Health Prevention

There are **no mandatory vaccinations** for entry into Tajikistan and 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: www.crm.de; Robert Koch Institute: www.rki.de These sites do not replace a doctor's visit. Allow enough time and ideally contact your doctor several months before the trip to create a vaccination plan.

Pack a **personal travel pharmacy** tailored to your needs. It is sensible to include medications for diarrhea, headaches, and colds, as well as bandages and plasters. We carry a general emergency pharmacy and a well-equipped first aid kit on the tour. However, these are only intended for real emergencies and should not replace personal preparation.

If you have any chronic health issues, you should definitely consult your family doctor before the trip. Due to the altitude in the Pamirs and the associated low oxygen levels in the air, as well as a significant temperature difference between day and night (about 20 °C), your body is under much greater strain than normal. Especially for cardiovascular problems or asthma, we strongly recommend discussing these issues with your family doctor.

● Literature

Tajikistan: Between Dushanbe, Pamir and Fan Mountains (Trescher Series Travel), 4th Edition 2025 by Dagmar Schreiber

Pamir – two handbreadths below the sky (Sportverlag), 1st Edition: 1977, by Volker Krause



1.52 MB

Travel brochure With Yak and Pack through the Pamir, 1st Edition



2.17 MB

Travel brochure With Yak and Pack through the Pamir, 2nd Edition

● Packing list

With your booking, you will receive detailed tour documents from us, including a packing list.

We will be traveling in extreme climate zones (Dushanbe 700 m, Karakul high plateau 4,000 m). You need to prepare for hot, cold, and sometimes wet weather. Please bring **clothing and equipment that you feel comfortable in** and that you would also use otherwise. You do not need to buy equipment for the trip that you wouldn't also use in the mountains of Central Europe.

It is important to have a **sleeping bag** with a comfort temperature down to -5° Celsius and a pillow, if desired. We will take care of sleeping pads, tents, etc.

Please only bring **one large piece of luggage** (suitcase/travel bag) and one carry-on (backpack). If you are bringing your own bicycle, please pack it in a box or a bike bag (e.g., Evoc). Hard-shell cases for bicycles are not suitable for this trip.

Dates & Availability

TAJIKISTAN / MOUNTAINBIKE

Starting Saturday **22 Aug**

Ending Friday **4 Sep**

Bookable, guaranteed

[Book now](#)

Starting Monday **24 Aug**

Ending Sunday **6 Sep**

Fully booked

[Book now](#)

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