

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 €

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Two inches under the sky - Bartang / 1

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

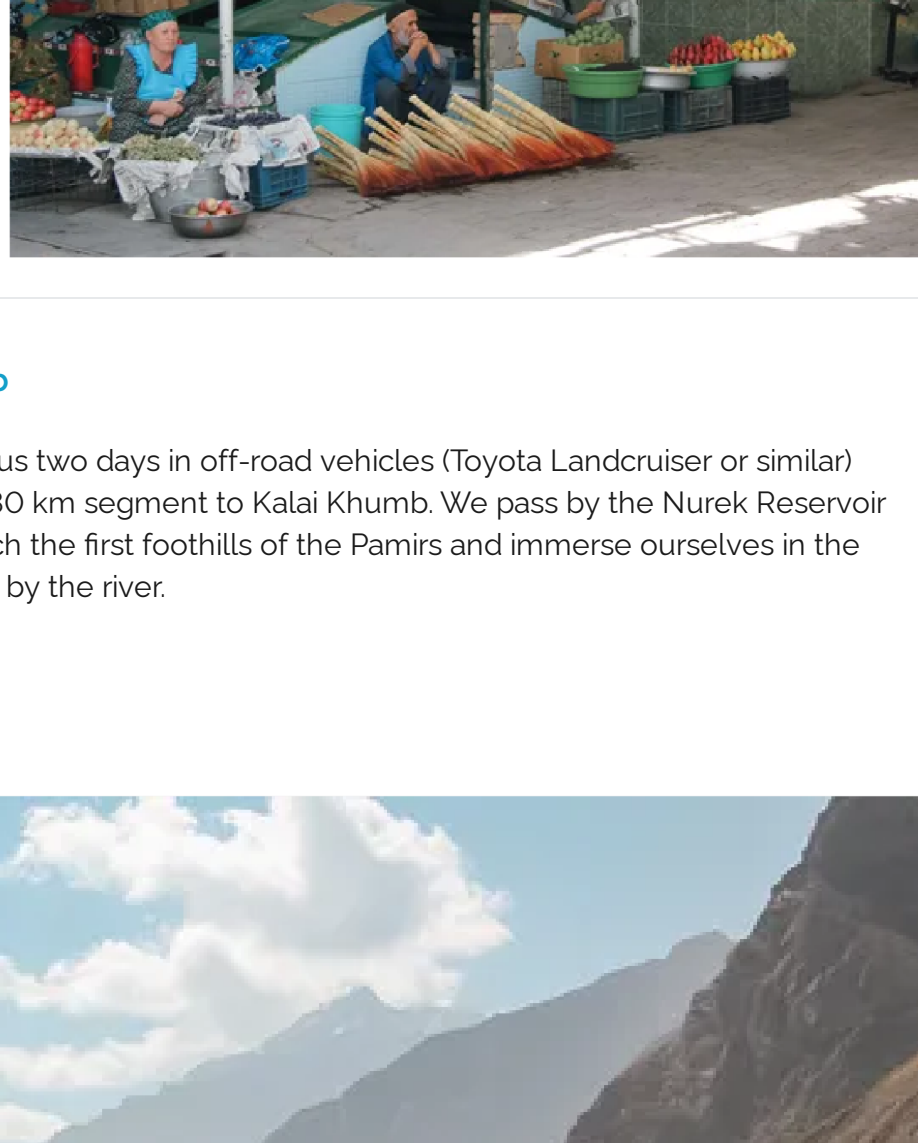
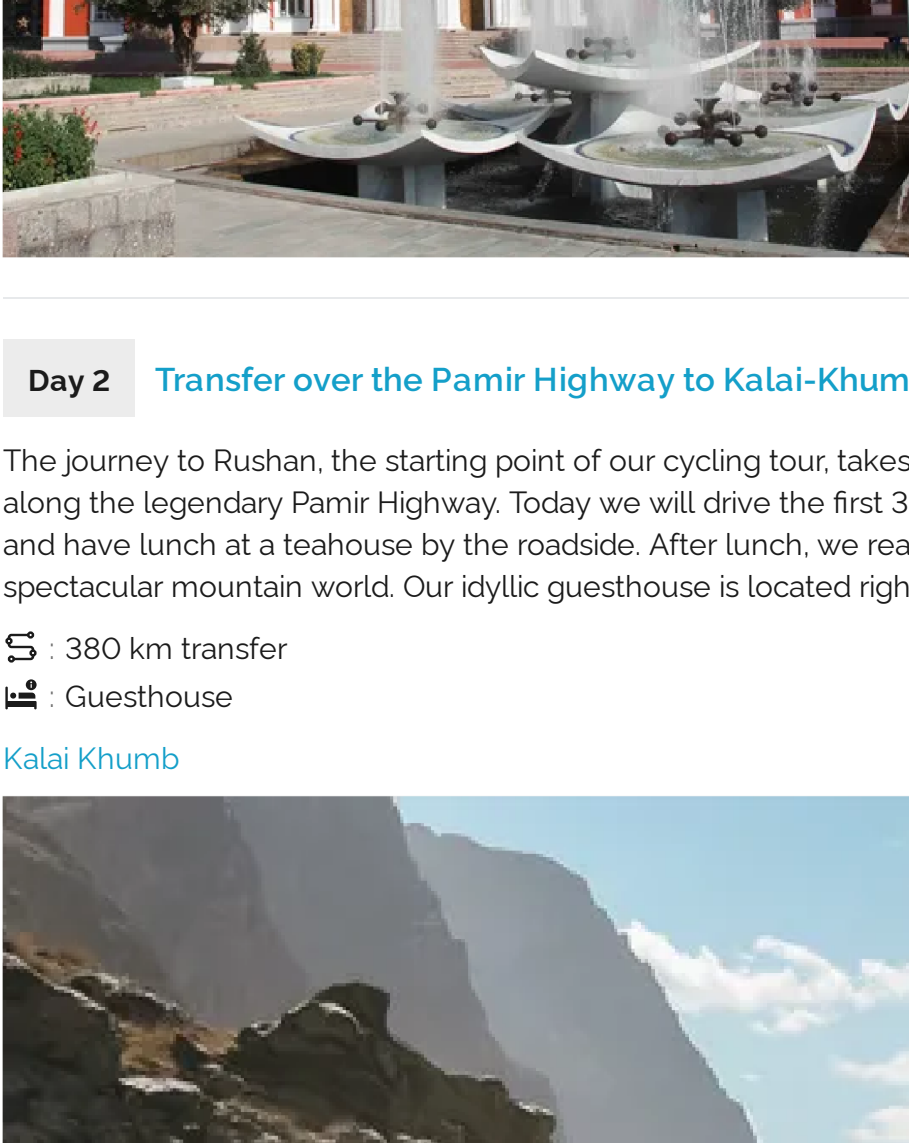
Our journey takes us by off-road vehicle from Dushanbe, the capital of Tajikistan, along the legendary Pamir Highway to Rushan. Here we get on our bikes and ride in eight stages through the Bartang Valley, up to the 4,020m high Karakul Lake. We continue across the border to Kyrgyzstan, where we finish 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 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 2 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.

 380 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

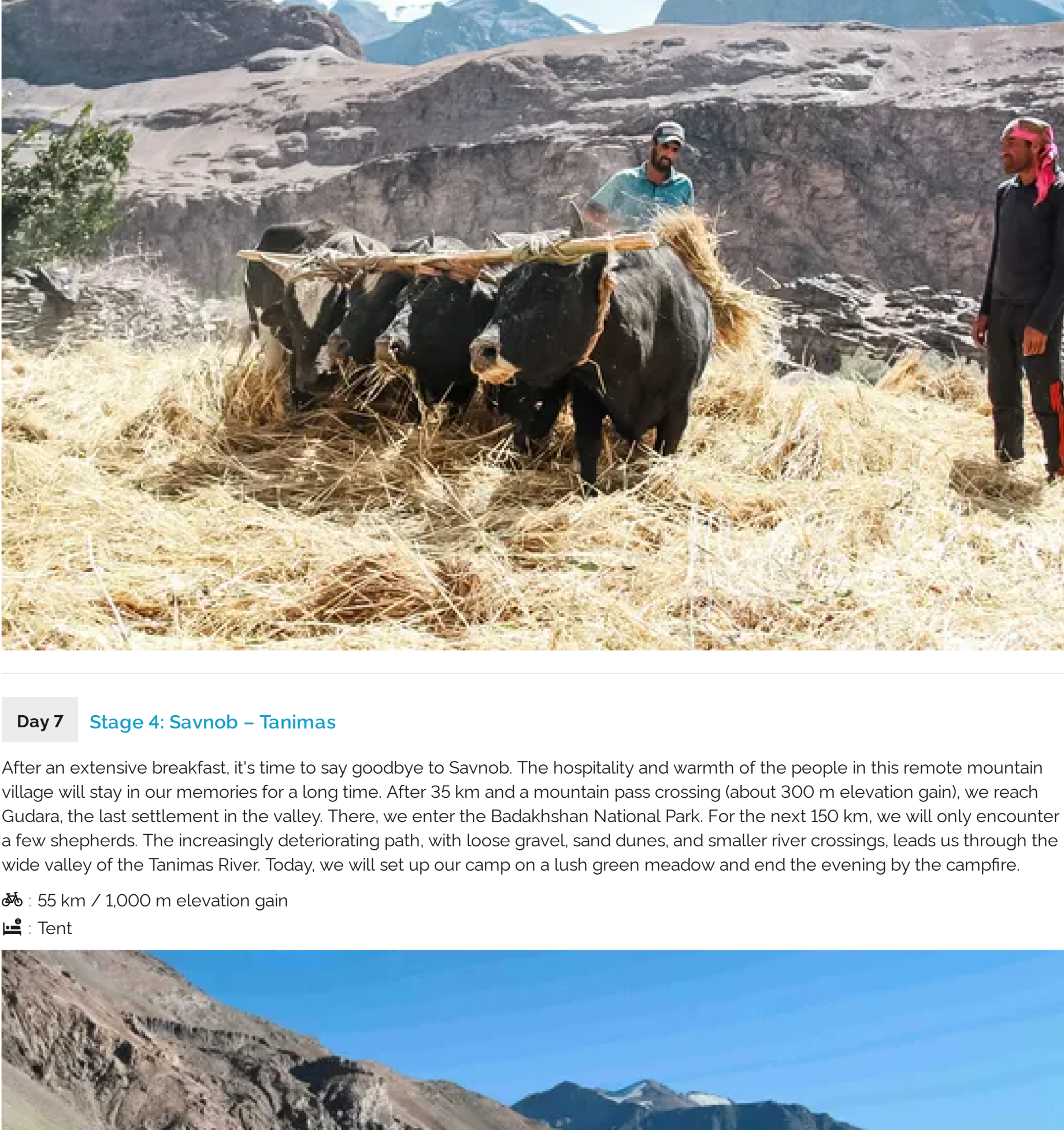
Bartang

Day 5 [Stage 2: Rasuj – Yapshorv](#)

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 Yapshorv, where we will set up our camp on the outskirts.

 60 km / 700 m elevation gain

 Tent

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

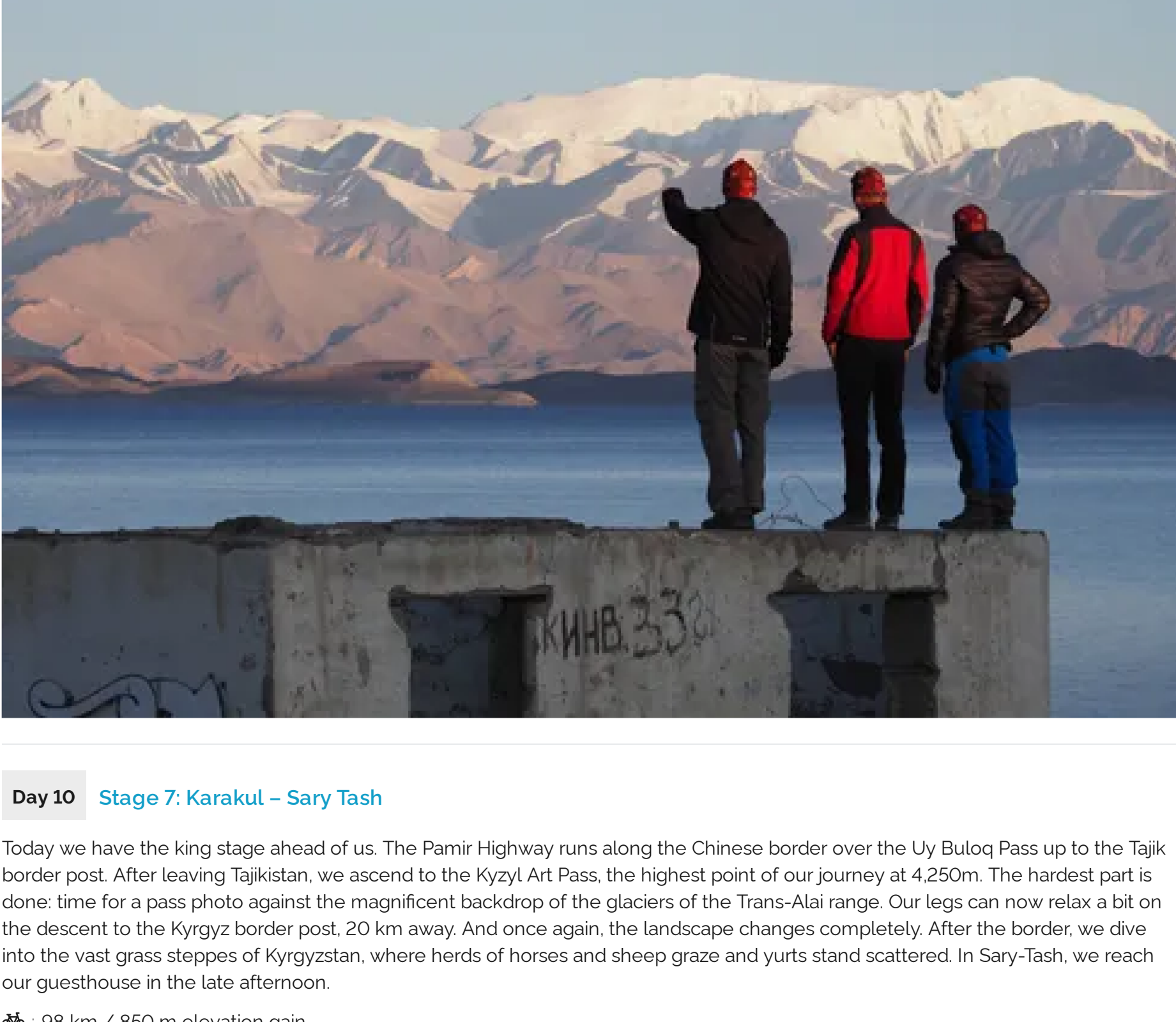
Savnob

Day 7 [Stage 4: Savnob – Tanimas](#)


After an extensive breakfast, it's time to say goodbye to Savnob. The hospitality and warmth of the people in this remote mountain village will stay in our memories for a long time. After 35 km and a mountain pass crossing (about 300 m elevation gain), we reach Gudara, the last settlement in the valley. There, we enter the Badakhshan National Park. For the next 150 km, we will only encounter a few shepherds. The increasingly deteriorating path, with loose gravel, sand dunes, and smaller river crossings, leads us through the wide valley of the Tanimas River. Today, we will set up our camp on a lush green meadow and end the evening by the campfire.

 55 km / 1000 m elevation gain

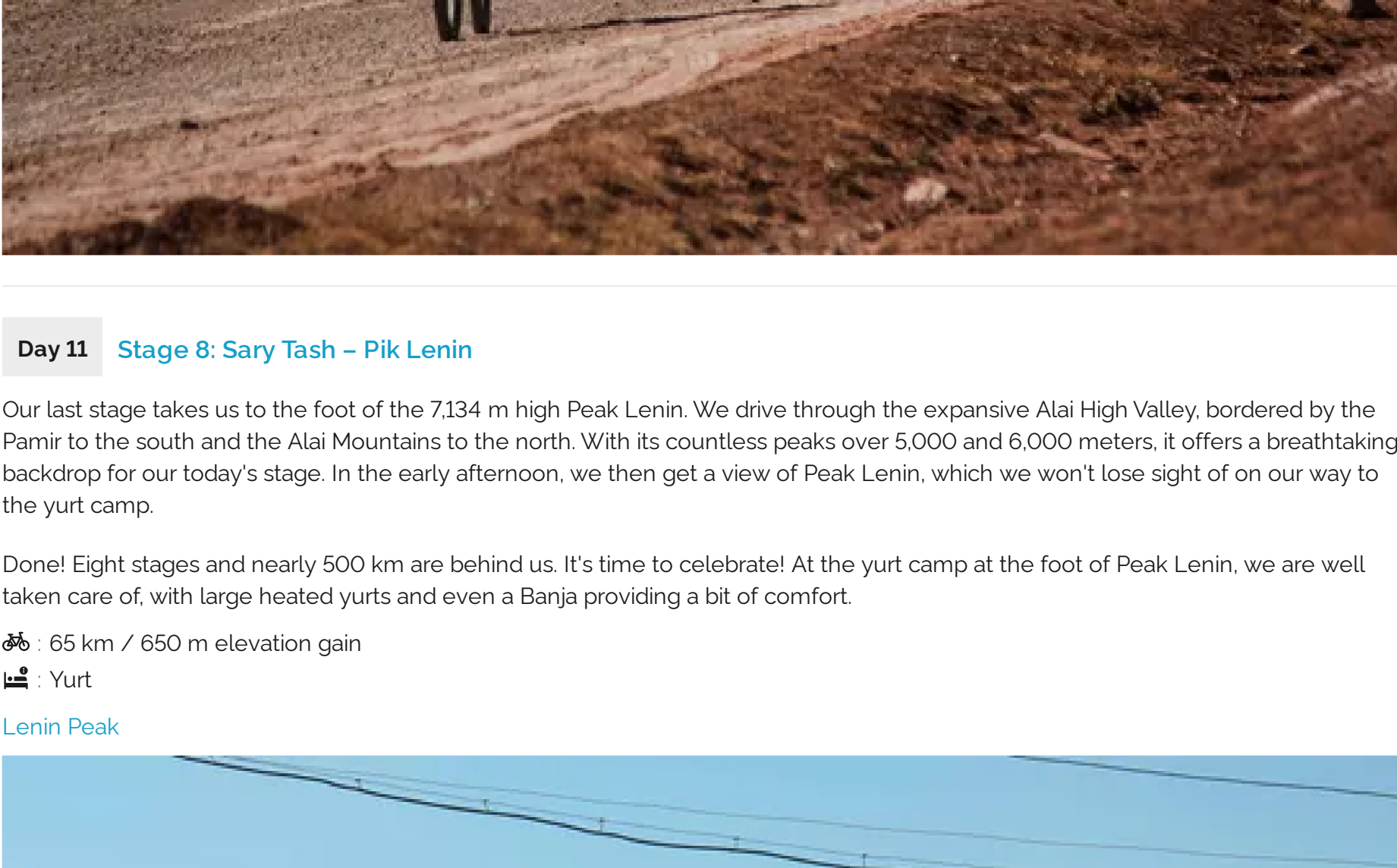
 Tent

Day 8 [Stage 5: K6k Jar – Konkuibel](#)


Well adjusted to the height, we leave the valleys and ascend into the Eastern Pamir. Shortly after starting, the climb begins up the steep track to the K6k Jar Pass (3,780m). After 600 meters of elevation gain and a short descent, the Pamir Plateau opens up before us. The seemingly endless expanse and the breathtaking sight of the over 6,000m high Muzkol range in the distance make it clear why the Pamir is also called the 'Roof of the World'. We set up our last campsite in a tent by the Kokuibel River, which winds through the landscape like a green ribbon with its surrounding meadows.

 61 km / 1,050 m elevation gain

 Tent

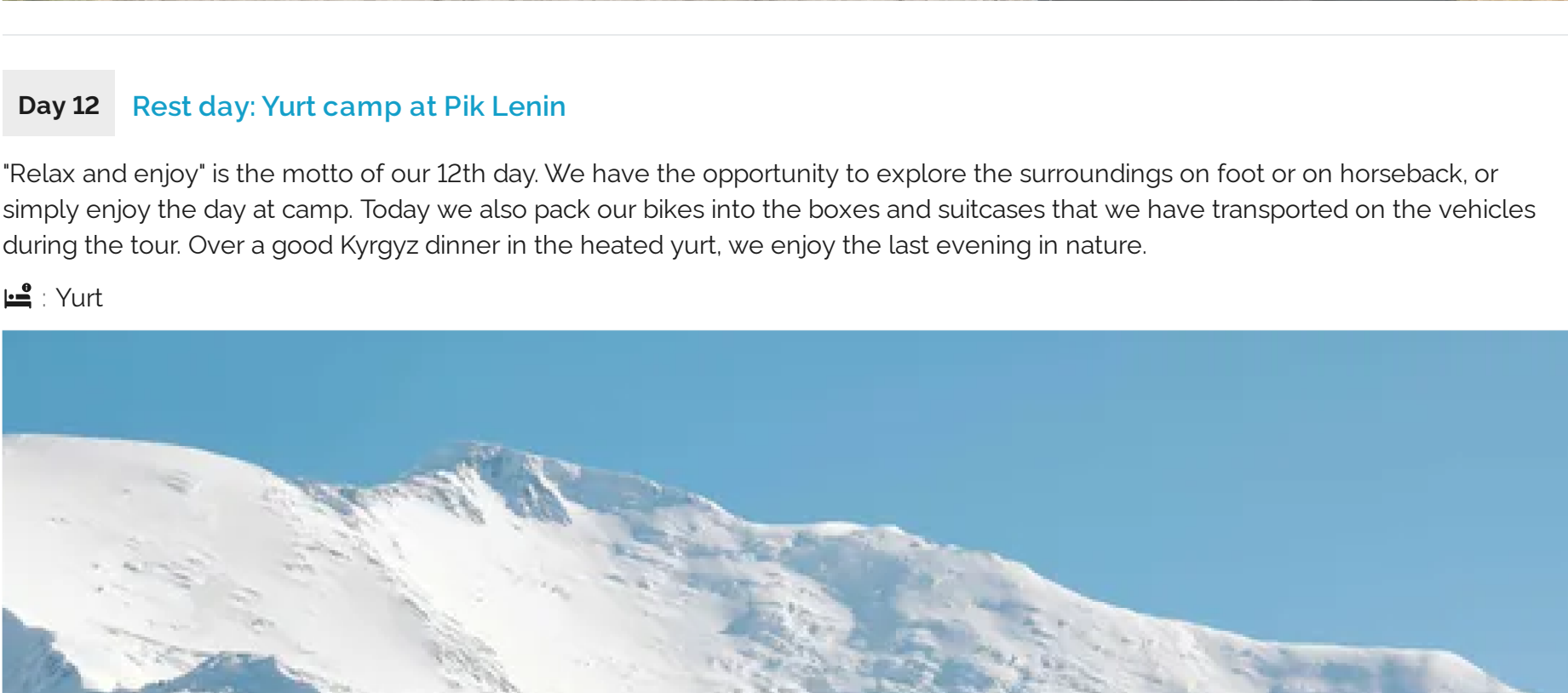
Day 9 [Stage 6: Konkuibel – Karakul](#)

In the morning, we catch our first glimpse of Lake Karakul (3,923m) in the distance. It is the largest body of water in Tajikistan and, despite its altitude, is home to a variety of animals and plants. Around noon, we reach the Pamir Highway. Unusual for mountain bikers, but after 5 days and 300 km of gravel and scree paths, we are happy about the well-paved road here and roll downhill for another 20 kilometers to Karakul. There, we check into our Kyrgyz guesthouse. Not only does the landscape change completely in the Eastern Pamir, but so do the people and culture. In Karakul, only Kyrgyz people live. In the afternoon, we have time for walks through the village or to relax with a cup of tea in our cozy guesthouse with a Banja (a traditional sauna-like bathing room).

 56 km / 400 m elevation gain


 Guesthouse

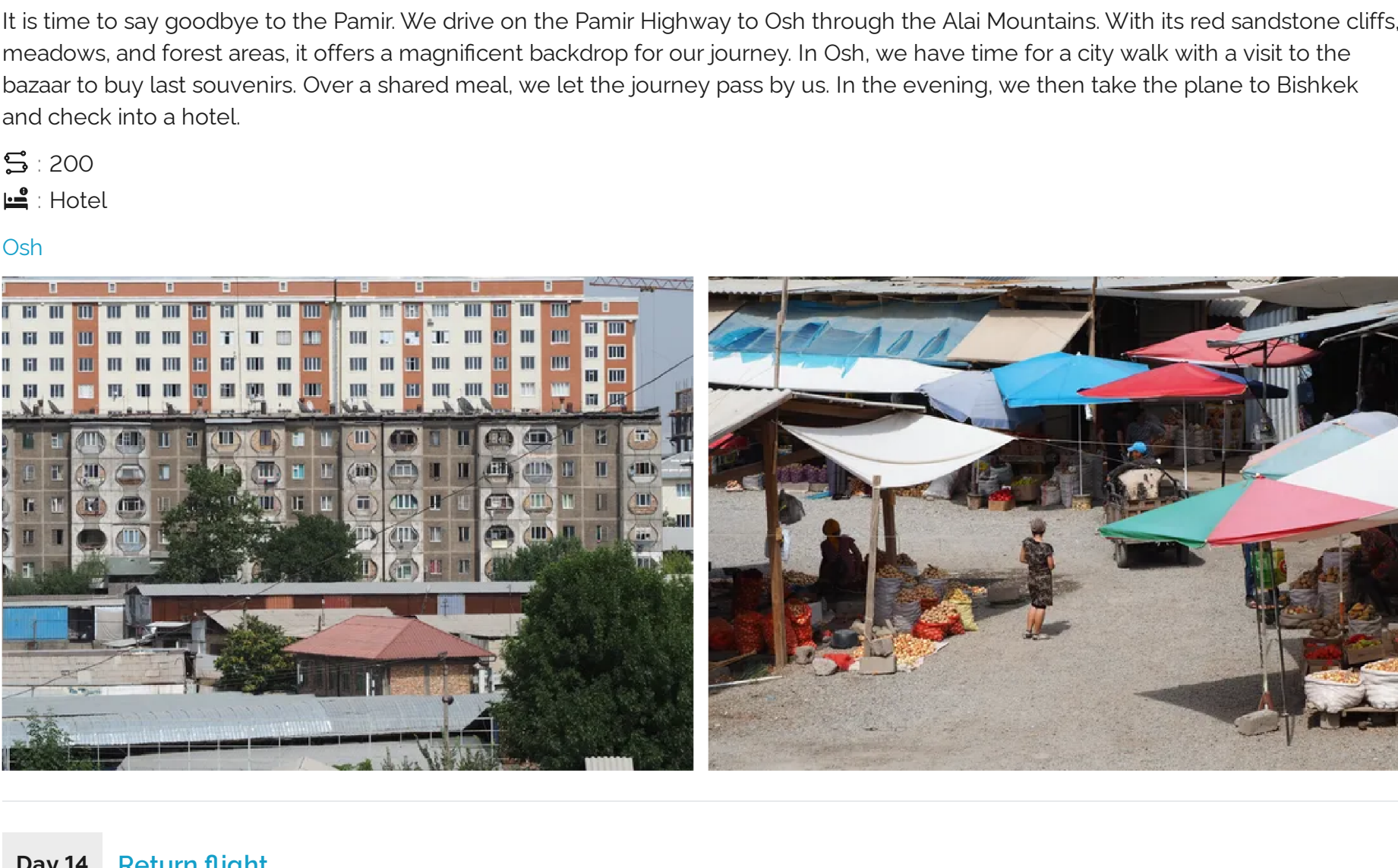
Karakul Lake

Day 10 [Stage 7: Karakul – Sary Tash](#)

Today we have the king stage ahead of us. The Pamir Highway runs along the Chinese border over the Uy Buluq Pass up to the Tajik border post. After leaving Tajikistan, we ascend to the Kyzyl Art Pass, the highest point of our journey at 4,250m. The hardest part is done: time for a pass photo against the magnificent backdrop of the glaciers of the Trans-Alai range. Our legs can now relax a bit on the descent to the Kyrgyz border post, 20 km away. And once again, the landscape changes completely. After the border, we dive into the vast grass steppes of Kyrgyzstan, where herds of horses and sheep graze and yurts stand scattered. In Sary-Tash, we reach our guesthouse in the late afternoon.

 98 km / 850 m elevation gain

 Guesthouse

Day 11 [Stage 8: Sary Tash – Pik Lenin](#)

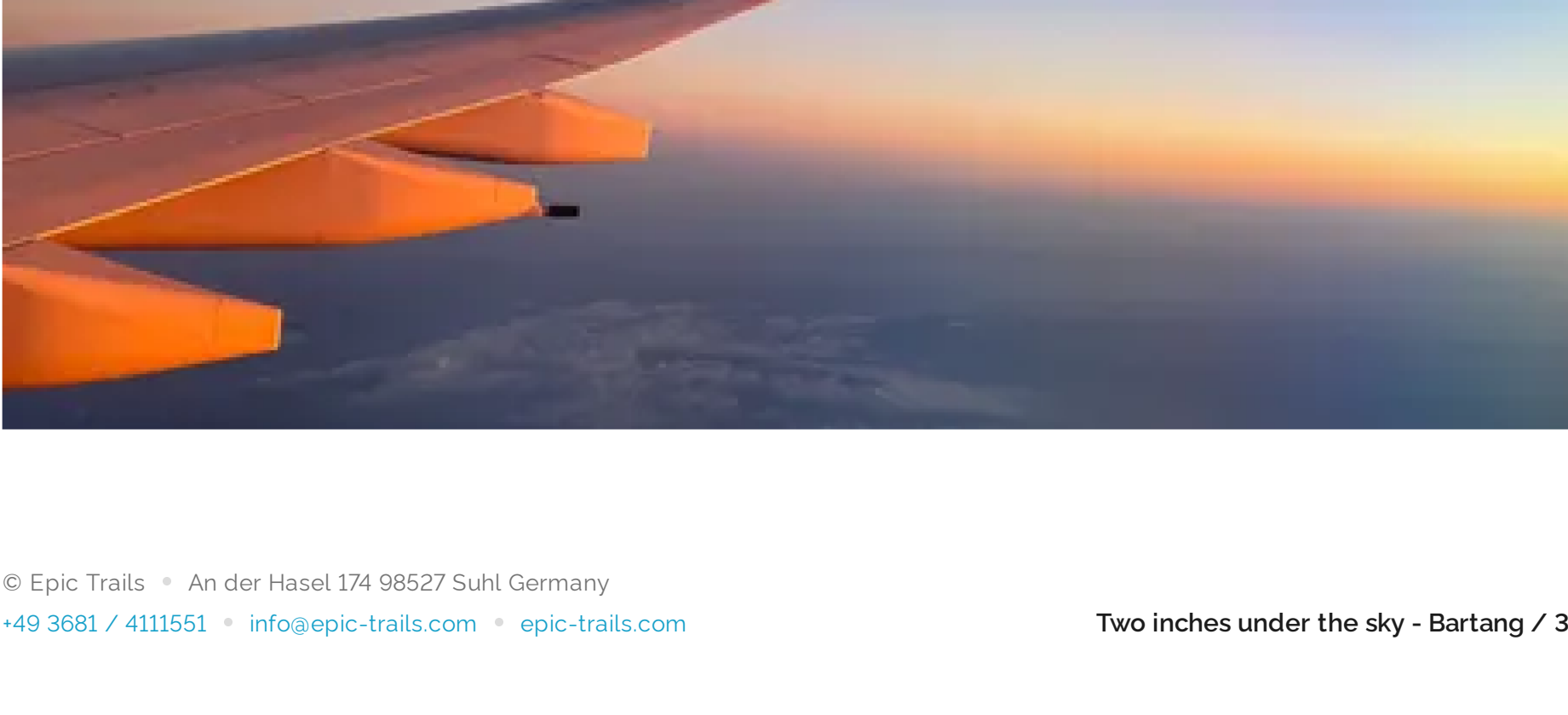
Our last stage takes us to the foot of the 7,134 m high Peak Lenin. We drive through the expansive Alai High Valley, bordered by the Pamir to the south and the Alai Mountains to the north. With its countless peaks over 5,000 and 6,000 meters, it offers a breathtaking backdrop for our today's stage. In the early afternoon, we then get a view of Peak Lenin, which we won't lose sight of on our way to the yurt camp.

Done! Eight stages and nearly 500 km are behind us. It's time to celebrate! At the yurt camp at the foot of Peak Lenin, we are well taken care of, with large heated yurts and even a Banja providing a bit of comfort.

 65 km / 650 m elevation gain

 Yurt

Lenin Peak

Day 12 [Rest day: Yurt camp at Pik Lenin](#)

'Relax and enjoy' is the motto of our 12th day. We have the opportunity to explore the surroundings on foot or on horseback, or simply enjoy the day at camp. Today we also pack our bikes into the boxes and suitcases that we have transported on the vehicles during the tour. Over a good Kyrgyz dinner in the heated yurt, we enjoy the last evening in nature.

 Yurt

Day 13 [Transfer to Osh](#)

It is time to say goodbye to the Pamir. We drive on the Pamir Highway to Osh through the Alai Mountains. With its red sandstone cliffs, meadows, and forest areas, it offers a magnificent backdrop for our journey. In Osh, we have time for a city walk with a visit to the bazaar to buy last souvenirs. Over a shared meal, we let the journey pass by us. In the evening, we then take the plane to Bishkek and check into a hotel.

 200

 Hotel
Osh

Day 14 [Return flight](#)

In the early morning hours, we will be taken to the airport and fly back home via Istanbul.

Possible extension options from Bishkek, e.g.:

• 1 Day Bishkek – city tour with market visit

• 1 day Bishkek • 3 days Ala Archa National Park with hiking and climbing a four-thousand • 14 days cycling and hiking tour in Kyrgyzstan

Possible extensions from Osh • 3 to 10 days Uzbekistan trip from Osh

e.g. Fergana Valley, Tashkent, Samarkand, Bukhara

Individual Kyrgyzstan or Uzbekistan trip - we are happy to advise on individual tours.

Bishkek

+ 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

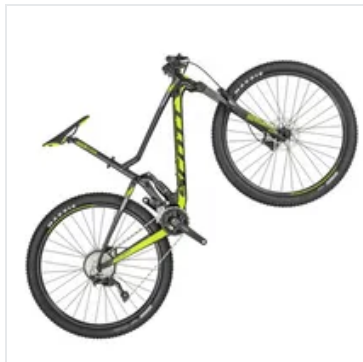
Whats not included

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

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Two inches under the sky - Bartang / 5



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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