

Adventure Silk Road

15-day mountain bike trip through Uzbekistan

EPIC TRAILS



☀ 14 days ⚓ 8 stages

Land: Uzbekistan

Category: Mountainbike

Complexity: Medium ●●

Group size: 7 - 12

🛣 : 411 km

🏔 : 8,500 hm

FLAG : ø 51 km per day

Price per person from:

From 2590 €

Mountain Biking in Uzbekistan?!

The country is known for its rich history connected to the ancient Silk Road. Mountain biking in Uzbekistan is, if at all, a small fringe activity. The biking season is short: during spring in April and May and autumn in September and October. In 2019, we went on an MTB exploration tour through the Nurata Mountains with the MDR Biwak team. Inspired by this, the trip "Adventure Silk Road" was created. The documentary is available in the [ARD Mediathek](#).

Highlights of the Trip

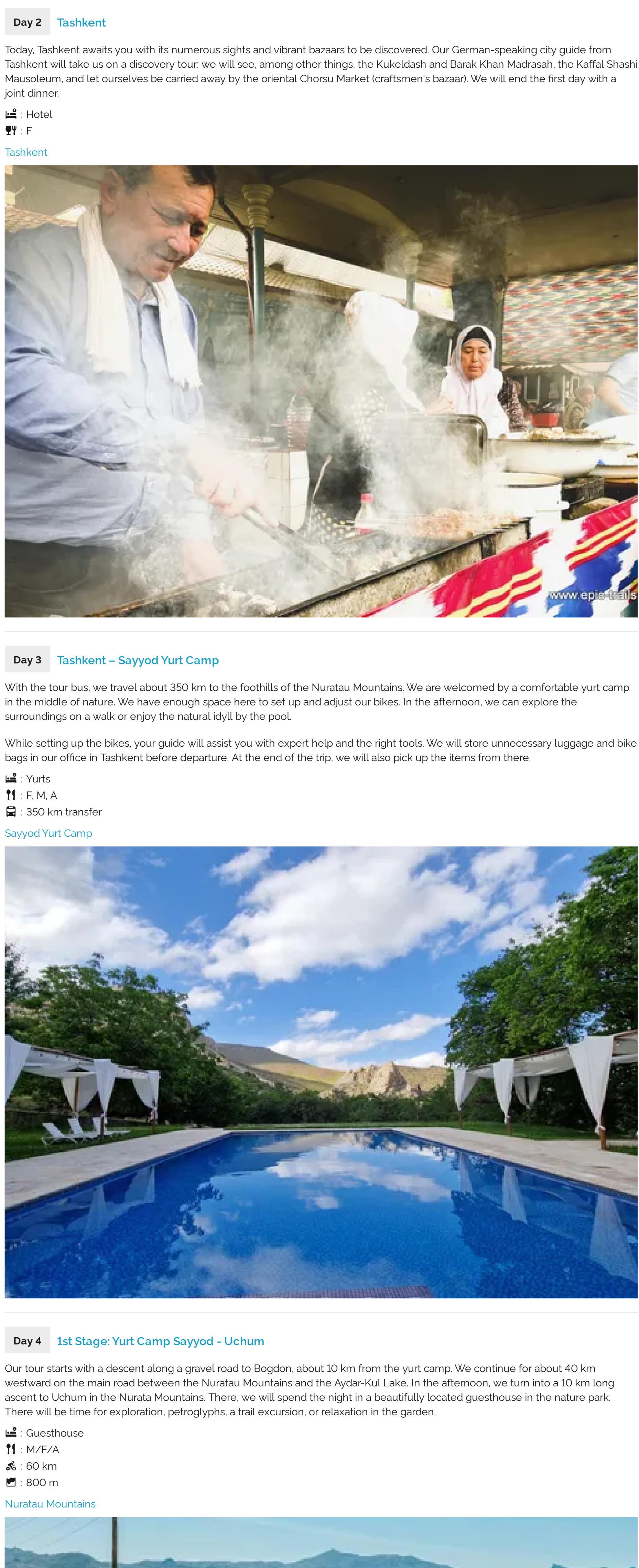
On this diverse mountain biking trip, you can expect a route from the largest body of water in Uzbekistan, through mountain ranges, ancient oasis towns, to the vicinity of Uzbekistan's highest peaks. All of this, of course, in the typical Epic Trails style: authentic, close to the land and people, and with lots of fun and adventure.

- ✓ challenging mountain biking trip through the Nuratau and Aktau low mountain ranges as well as the "Uzbek Alps" in the Hissor Mountains
- ✓ Visit to the Silk Road cities of Tashkent, Samarkand, and Shahrisabz, and optionally Bukhara
- ✓ Overnight stays in yurts, lovingly designed guesthouses, four nights camping in the mountains
- ✓ Experience the typical hospitality and customs
- ✓ Support vehicle and luggage transport during the tour

Day 1 Arrival in Tashkent

You will reach Tashkent depending on the flight connection in the late evening hours (Uzbekistan Airways) or early morning hours of the following day (Turkish Airlines, Aeroflot). We will meet you at the airport and take you to the hotel. Then it's time to catch up on sleep in our tour hotel in the city center.

Hotel



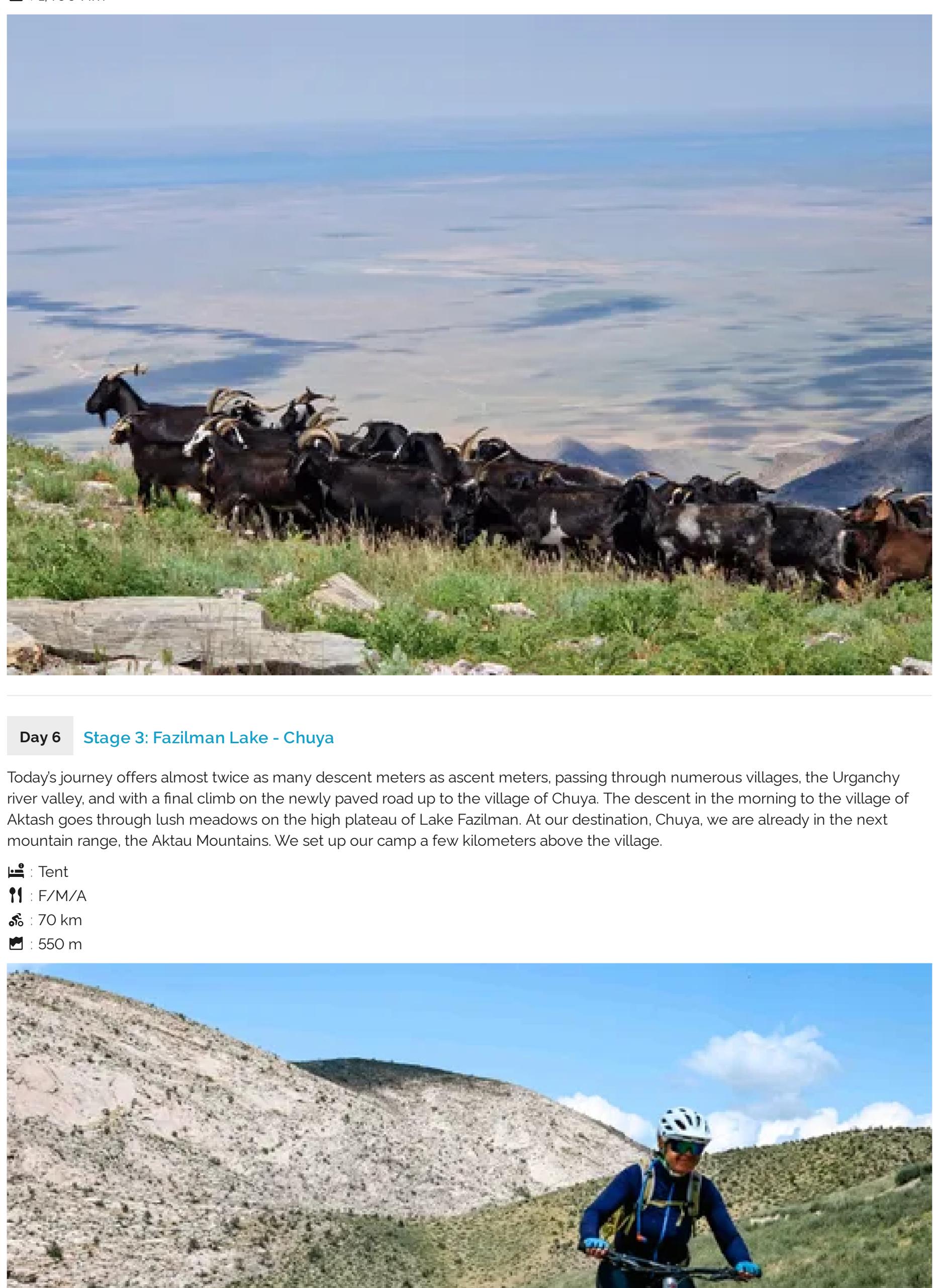
Day 2 Tashkent

Today, Tashkent awaits you with its numerous sights and vibrant bazaars to be discovered. Our German-speaking city guide from Tashkent will take us on a discovery tour: we will see, among other things, the Kukeldash and Barak Khan Madrasah, the Kaffal Shash Mausoleum, and let ourselves be carried away by the oriental Chorsu Market (craftsmen's bazaar). We will end the first day with a joint dinner.

Hotel

F

Tashkent



Day 3 Tashkent – Sayyod Yurt Camp

With the tour bus, we travel about 350 km to the foothills of the Nuratau Mountains. We are welcomed by a comfortable yurt camp in the middle of nature. We have enough space here to set up and adjust our bikes. In the afternoon, we can explore the surroundings on a walk or enjoy the natural idyll by the pool.

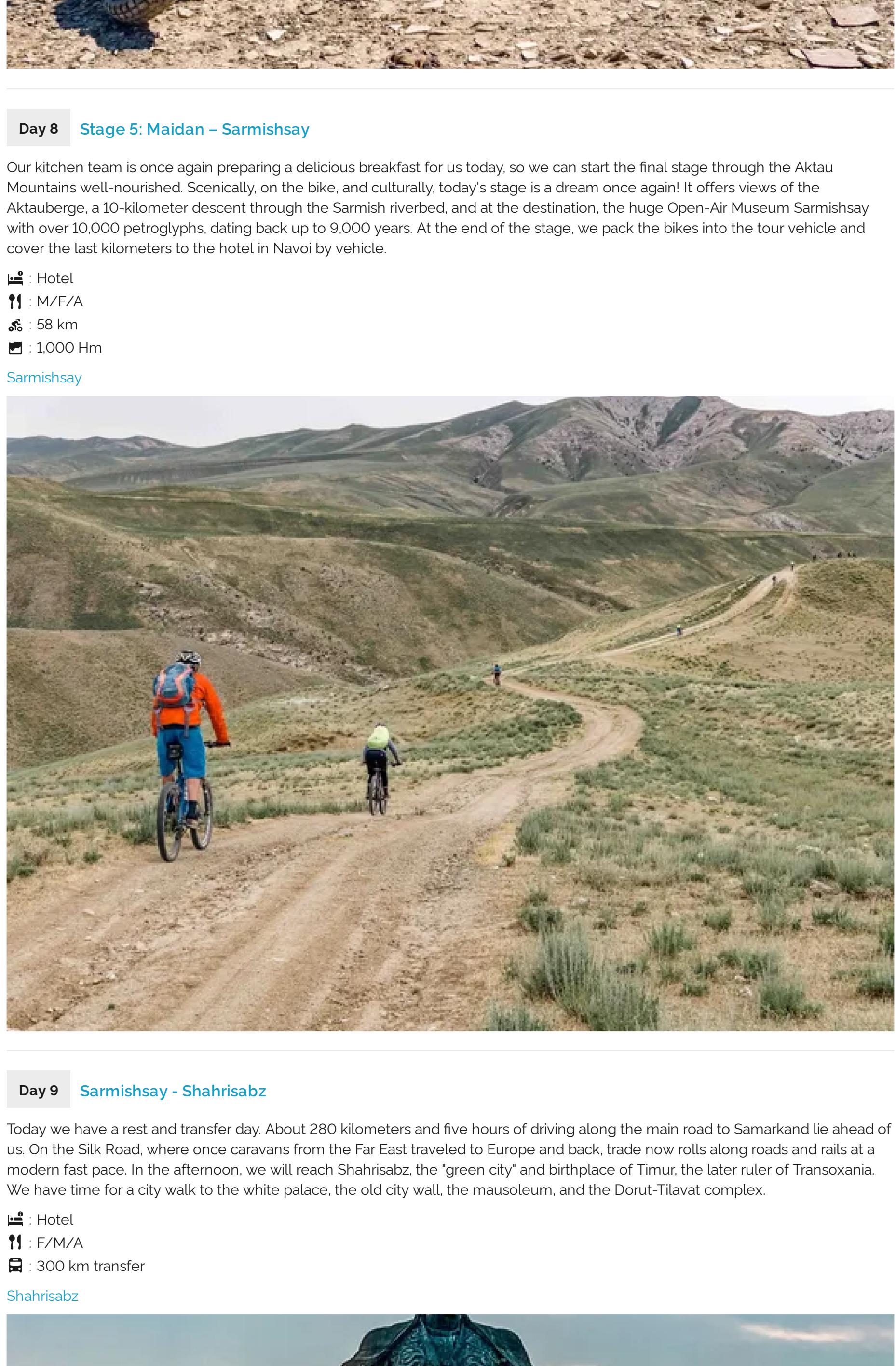
While setting up the bikes, your guide will assist you with expert help and the right tools. We will store unnecessary luggage and bike bags in our office in Tashkent before departure. At the end of the trip, we will also pick up the items from there.

Yurts

F, M, A

350 km transfer

Sayyod Yurt Camp



Day 4 1st Stage: Yurt Camp Sayyod - Uchum

Our tour starts with a descent along a gravel road to Bogdon, about 10 km from the yurt camp. We continue for about 40 km westward on the main road between the Nuratau Mountains and the Aydar-Kul Lake. In the afternoon, we turn into a 10 km long ascent to Uchum in the Nuratau Mountains. There, we will spend the night in a beautifully located guesthouse in the nature park. There will be time for exploration, petroglyphs, a trail excursion, or relaxation in the garden.

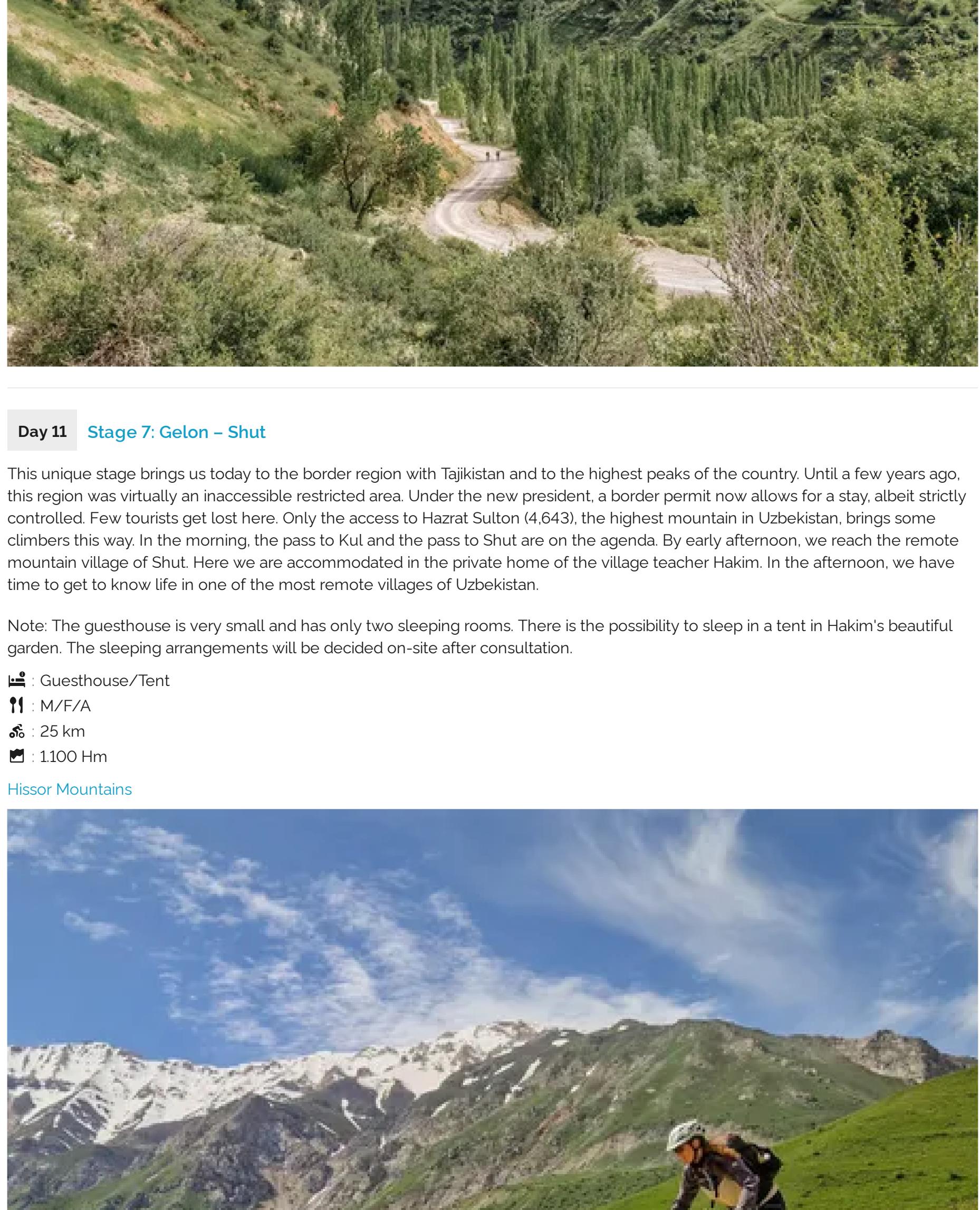
Guesthouse

F/M/A

60 km

800 m

Nuratau Mountains



Day 5 Stage 2: Uchum – Fazilman Lake

After breakfast at the guesthouse, we start the crossing of the 1690 m high Sob Pass. First, we go down a gravel road into the valley, then 15 km westward on the main road into the Sob Valley. The ascent leads through the village of Sob, past walnut trees and flower meadows. Behind the village, it becomes steeper until we reach a seven-kilometer push section. Even though it's a tough challenge, we take our time and enjoy the view of Lake Aydar-Kul from the pass. Along the ridge, we reach the idyllic Fazilman Lake by noon.

Tent

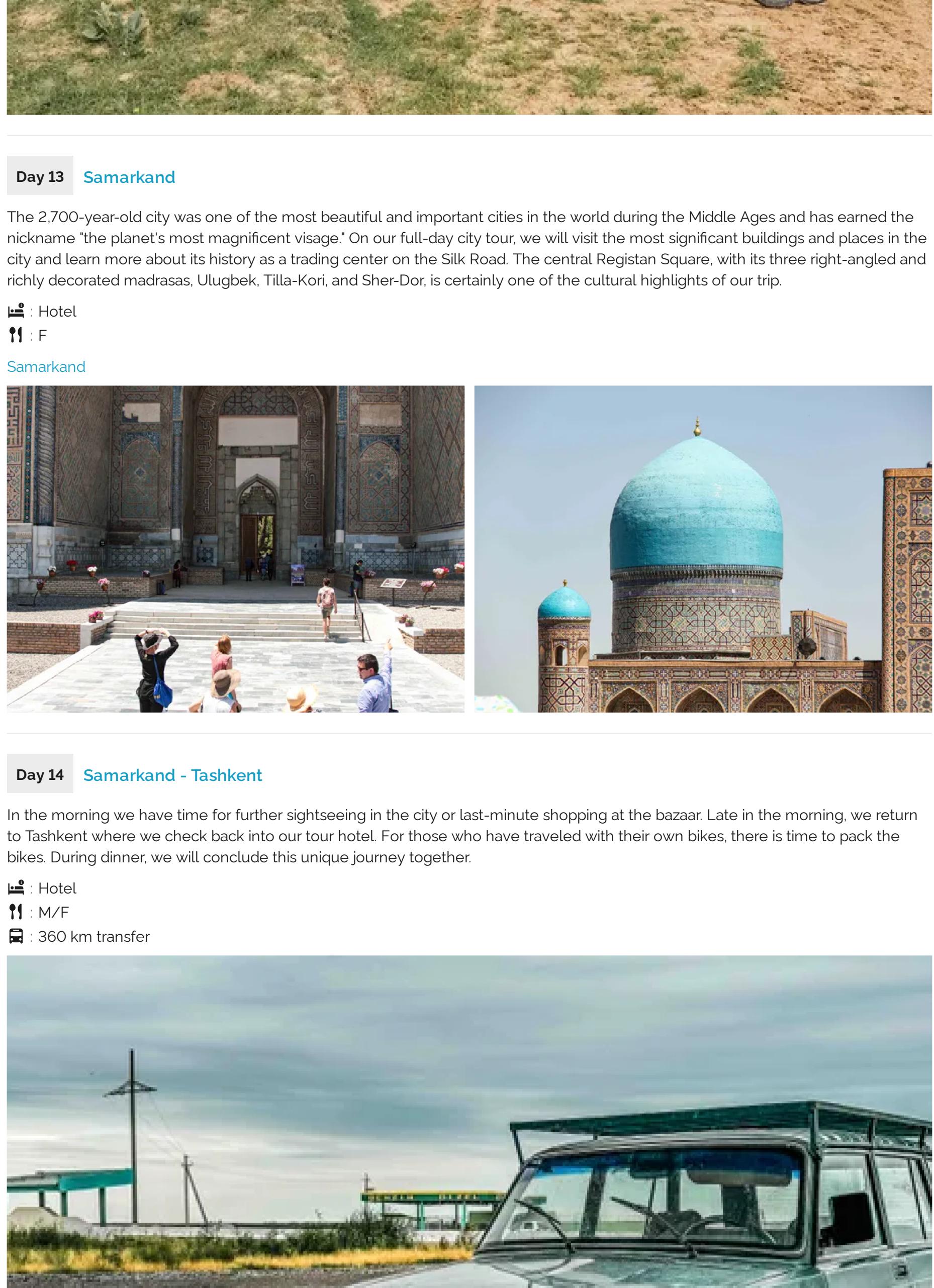
M/F/A

60 km

800 m

1400 Hm

Fazilman Lake



Day 6 Stage 3: Fazilman Lake - Chuya

Today's journey offers almost twice as many descent meters as ascent meters, passing through numerous villages, the Urganchy river valley, and with a final climb on the newly paved road up to the village of Chuya. The descent in the morning to the village of Aktau goes through lush meadows on the high plateau of Lake Fazilman. At our destination, Chuya, we are already in the next mountain range, the Aktau Mountains. We set up our camp a few kilometers above the village.

Tent

M/F/A

52 km

1400 Hm

Shahrisabz

Day 7 Stage 4: Chuya - Maidan

Today's stage is today's scariest bike stage. In the morning, we conquer nearly 500 meters of elevation over the well-paved, but spectacular road. We will then descend into the valley. In the afternoon, we will reach the highland village of Maidan.

Tent

M/F/A

70 km

550 m

1200 Hm

Maidan

Day 8 Stage 5: Maidan – Sarmishay

Our tour starts with a descent along a gravel road to Bogdon, about 10 km from the yurt camp. We continue for about 40 km westward on the main road between the Nuratau Mountains and the Aydar-Kul Lake. In the afternoon, we turn into a 10 km long ascent to Uchum in the Nuratau Mountains. There, we will spend the night in a beautifully located guesthouse in the nature park. There will be time for exploration, petroglyphs, a trail excursion, or relaxation in the garden.

Guesthouse

F/M/A

60 km

1000 m

1200 Hm

Sarmishay

Day 9 Stage 6: Sarmishay - Shahrisabz

Today's stage will bring us to the majestic Hissar Fortress. In the morning, we will start our descent from the highland village of Aktau. We will then descend into the valley. In the afternoon, we will reach the highland village of Shahrisabz. At our destination, Shahrisabz, we are already in the next mountain range, the Aktau Mountains. We set up our camp a few kilometers above the village.

Tent

M/F/A

60 km

700 m

1200 Hm

Shahrisabz

Day 10 Stage 7: Shahrisabz - Chuya

Today's stage will bring us to the majestic Hissar Fortress. In the morning, we will start our descent from the highland village of Aktau. We will then descend into the valley. In the afternoon, we will reach the highland village of Shahrisabz. At our destination, Shahrisabz, we are already in the next mountain range, the Aktau Mountains. We set up our camp a few kilometers above the village.

Tent

M/F/A

60 km

700 m

1200 Hm

Chuya

Day 11 Stage 8: Chuya - Shahrizabz

Today's stage will bring us to the majestic Hissar Fortress. In the morning, we will start our descent from the highland village of Aktau. We will then descend into the valley. In the afternoon, we will reach the highland village of Shahrisabz. At our destination, Shahrisabz, we are already in the next mountain range, the Aktau Mountains. We set up our camp a few kilometers above the village.

Tent

M/F/A

60 km

700 m

1200 Hm

Shahrisabz

Day 12 Stage 9: Shahrizabz - Samarkand

Today's stage will bring us to the majestic Hissar Fortress. In the morning, we will start our descent from the highland village of Aktau. We will then descend into the valley. In the afternoon, we will reach the highland village of Shahrisabz. At our destination, Shahrisabz, we are already in the next mountain range, the Aktau Mountains. We set up our camp a few kilometers above the village.

Tent

M/F/A

60 km

700 m

1200 Hm

Samarkand

Day 13 Stage 10: Samarkand

Today's stage will bring us to the majestic Hissar Fortress. In the morning, we will start our descent from the highland village of Aktau. We will then descend into the valley. In the afternoon, we will reach the highland village of Shahrisabz. At our destination, Shahrisabz, we are already in the next mountain range, the Aktau Mountains. We set up our camp a few kilometers above the village.

Tent

M/F/A

60 km

700 m

1200 Hm

Samarkand

Day 14 Stage 11: Samarkand - Tashkent

Today's stage will bring us to the majestic Hissar Fortress. In the morning, we will start our descent from the highland village of Aktau. We will then descend into the valley. In the afternoon, we will reach the highland village of Shahrisabz. At our destination, Shahrisabz, we are already in the next mountain range, the Aktau Mountains. We set up our camp a few kilometers above the village.

Tent

M/F/A

60 km

700 m

1200 Hm

Tashkent

Day 15 Departure

In the early morning hours, we begin our journey home.

Hotel

F

360 km transfer

1200 Hm

Shahrizabz

+ Included activities

- ✓ 14 overnight stays (6 x hotel, 3 x tent, 3 x private guesthouse, 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)
- ✓ Professional local Epic Trails guide (with a German Epic Trails guide for groups of 10 or more participants)
- ✓ local accompanying staff: driver and kitchen team
- ✓ Support vehicle and luggage transport
- ✓ German-speaking city tours in Tashkent, Shahrисабз, and Samarkand
- ✓ Visit to the Nurata Nature Reserve, Sarmishsay Petroglyphs
- ✓ Application for border permit Uzbekistan (required for stages 7 and 8)
- ✓ Airport transfers on the arrival and departure day of the group trip
- ✓ Participant T-Shirt
- ✓ technical support for breakdowns
- ✓ well-equipped emergency kit

Whats not included

- ✗ Arrival and Departure
- ✗ optional excursions
- ✗ Tips
- ✗ Unnamed meals
- ✗ Rental price for bicycle
- ✗ Airport transfers on individual arrival and departure days

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Adventure Silk Road / 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€**



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€**

[More information →](#)

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.

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.

Which flights and airlines are suitable?

For travel, there are two airline options: Turkish Airlines and Uzbekistan Airways. Turkish Airlines flies via Istanbul, while Uzbekistan Airways operates direct flights from Frankfurt and Munich to Tashkent.

Example connection Munich – Tashkent with Turkish Airlines via Istanbul

Outbound flight: 12:50 PM (TK1642), arrival in Istanbul at 4:55 PM ~2-hour layover 6:50 PM (TK346), arrival in Tashkent at 3:05 AM

Return flight: 10:15 AM (TK345), arrival in Istanbul at 1:15 PM ~3-hour layover 4:15 PM (TK1635), arrival in Munich at 6:05 PM

Example connection Frankfurt – Tashkent direct with Uzbekistan Airways

Outbound: Frankfurt – Tashkent: 11:40 AM – 9:05 PM (HY232)

Return: Tashkent – Frankfurt: 5:15 AM – 9:40 AM (HY231)

- Munich – Tashkent: Flights on Fridays and Sundays
- Frankfurt – Tashkent: Flights on Mondays, Thursdays, and Saturdays

Airport Transfer

We will pick you up from the airport at any arrival time and drop you off at the end of your trip accordingly.

Recommended and Most Relaxed Flight Option

The best option is the direct flight with Uzbekistan Airways. If you choose Turkish Airlines, we recommend arriving with TK370 at around 1:00 AM local time (10:00 PM German time) and departing with TK369 at around 9:30 AM (6:30 AM German time). Other Turkish Airlines combinations are also fine but may result in slightly less sleep during arrival and departure.

Is Uzbekistan a safe country to travel to?

Yes. Uzbekistan is a safe and pleasant country to visit. Travelers are welcomed very warmly and politely. Fortunately, there is almost no street crime in Uzbekistan. On our trips, we will raise awareness on the first day about "critical" situations. This includes the usual advice: avoid nighttime city walks, do not openly display valuables, and it's best to leave expensive watches, valuable jewelry, and similar items that are not essential for the trip at home.

Heart Requirements

Endurance: medium - hard

Daily stages of up to 70 km and 1,800 m of elevation gain must be managed. We mostly ride on sand and gravel paths and a few kilometers on paved roads. The climbs are partly very steep on loose ground. In such places, pushing is usually necessary. A good basic fitness level is required.

If necessary, it is possible to switch to the tour vehicle, especially in cases of emergencies and illnesses. Stages can also be extended in consultation with the guide.

Riding technique: easy

A good mastery of the mountain bike on meadows and gravel paths is required, where small obstacles such as flat roots, small stones, and occasional erosion damage and water channels can be expected. There are no exposed sections along steep walls. On stage 7, there is a 3-kilometer-long challenging hiking trail section downhill that can be pushed by inexperienced riders.

Sun Climate

Uzbekistan is characterized by a dry continental semi-desert climate with short winters and severe frosts in the mountains, as well as long and hot summers. Annual precipitation ranges from 50 to 200 mm, depending on the region, but can rise to 1,000 mm annually in the mountains.

Typical for May and late September / early October is little precipitation, plenty of sunshine, and daytime temperatures of about 30° in Tashkent and Samarkand and 20° in the Nurata and Hissar mountains. In the mountains, temperatures can drop below 10 degrees at night.

Overnight stays and single room surcharge

We will stay in fixed accommodations, yurt camps, and three nights in tents. The accommodations are lovingly designed, authentic, and we will experience Uzbek hospitality. For the night in tents, we will ensure a certain level of camping comfort: everyone gets their own tent with a comfortable sleeping pad. There will also be a communal tent, shower tent, and toilet tent. You only need to bring your sleeping bag (comfort temperature +5° Celsius).

The single room surcharge applies to overnight stays in hotels. In the private guesthouses in Uchum, Gilon, and Kitob, as well as in the yurts in Sayyod, single occupancy is not possible. In Sayyod, we will sleep in groups of 3-4 people per yurt. For the nights in tents, each solo traveler will have a two-person tent available. Couples will have a larger three-person tent.

Important Notes

Uzbekistan is poorly developed in terms of infrastructure, and the roads are often in bad condition. Due to weather conditions, it may happen that we cannot pass a road. Therefore, there may be changes in the program schedule. Furthermore, the granting of permission for border areas of Uzbekistan is not guaranteed. The 7th cycling stage from Gilon to Kitob must be relocated if permission is not granted. The program as outlined above represents the optimal option. Our travel dates are based on the generally favorable weather conditions in the area at this time.

Entry / Visa

Citizens from Germany, Austria, Switzerland, and Italy do not need a visa to enter Uzbekistan if their stay does not exceed 30 days. Citizens of other countries should inquire directly with the respective Kyrgyz representation about visa regulations.

Vaccinations and Health Care

There are no mandatory vaccinations for entry into Uzbekistan. 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 websites 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.

Literature and maps

- Uzbekistan - Along the Silk Road to Samarkand, Bukhara, and Khiva, Trescher Verlag, 2024.
- DUMONT Travel Guide Uzbekistan: with Extra Travel Map, 2019.
- Uzbekistan 1:1,000,000. Travel Know-How Publishing.

Dates & Availability

UZBEKISTAN / MOUNTAINBIKE

Starting Sunday **24 May**

› Ending Friday **5 Jun**

Bookable

[Book now](#)

Starting Sunday **16 May 2027**

› Ending Friday **28 May 2027**

Bookable

[Book now](#)

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