Two inches under the sky - Wakhan

17-day mountain bike trip through the Pamirs via the Wakhan route

16 days 9 stages

Land: Tajikistan
Category: Mountainbike
Complexity: Medium-hard ●●●
Group size: 6 - 12
Route: 580 km
Altitude: 8.100 hm
: Support vehicle + luggage transport
: Full board during the tour
: plus flight from 700 €

Price per person from:

From 2890 €

Highlights of Our Pamir Mountain Bike Trip

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

Our journey takes us by 4x4 vehicle from Dushanbe, the capital of Tajikistan, along the legendary Pamir Highway to Rushan. Here we get on our bikes and ride through the scenic and historically fascinating Wakhan Corridor in initially 7 stages. The trip offers views of the ice giants of the Hindu Kush as well as the 6,000-meter peaks of Marx and Engels. After a rest day with wildlife observation in the Zor Kul Nature Reserve, we ride across the East Pamir Plateau to Kyrgyzstan, where we conclude our tour at the foot of the mighty Peak Lenin (7,134 m).

- ✓ Conditionally demanding mountain bike tour through the impressive Wakhan Corridor
- ✓ Legendary views of the peaks of the Hindu Kush and Pamirs
- ✓ Visits to fortifications from the time of the great Silk Roads
- ✓ Bathing in hot springs on several days
- ✓ Unique excursion into the realm of Marco Polo sheep
- ✓ Support vehicle and luggage transport during the bike tour

Day 1 Travel to Kazhakstan

With a departure in Istanbul, we reach Kazhakstan in the early morning hours. After transferring to our comfortable hotel, we will first rest and then head out to explore the city. Almaty is a beautiful city with a lot of green spaces and parks. We will visit the Panfilov Park and the Zenkov Cathedral, the Almaty Arch and the Presidential Park. Enjoy a warm meal, and we will explore it together. We will end the day with

- Hotel
- Breakfast

Day 2 Transfer via the Tuzen highway to Kokpek Mazaki

The journey to Kordai, the starting point of our journey, will take us two days in 4X4 well-driven Toyota Landcruiser or similar. Along the legendary Tuzen highway. Today we drive the 417 km (259 miles) journey to Zuki Kordai. We pass by the Kazakh Russian border and the Kazakh Kyrgyz border. Our destination is the Kordai Valley, which is surrounded by the Kordai Mountains. Our accommodation is a comfortable mountain homestead. For Kyrgyz guesthouse is located right by the river.

- 417 km / 259.3 miles/4x4 car
- Guesthouse

Day 3 Transfer via the Pamir Highway to Khorog

Another 250 km on the mostly unpaved Pamir Highway has ahead of us. The Kordai takes us through the deep gorge the Pyrg Valley. Here we will see the first Kyrgyz villages and the Kyrgyz Ala-Too mountains. Khorog is the provincial capital of the Pamir.

- 250 miles
- Guesthouse

Day 4 1st Kyrgyz Khorog – Kyrgyz Kyrgyzstan

Today we will cross the Kyrgyz border and enter the Pamir. We are heading south on the provincial road through the Wakhan. The Oxbow Lake is a beautiful mountain lake which sits at 3,600 meters above sea level. We will continue to the Kyrgyz Valley, which is surrounded by the Kyrgyz Mountains. The Kyrgyz Valley is a beautiful valley with a lot of green meadows and forests. The Kyrgyz Valley is a beautiful area of the surrounding mountains. We are accommodated in the simple guesthouse of the family.

- 250 km / 155.3 miles/4x4 car
- Guesthouse

Day 5 Stage 2: Karm Chachma – Ishkashim

Today begin with a departure back down into the Pyrg Valley. Along Kordai, the last ride for the river, we reach Ishakashim. On the way, we will pass through the Kyrgyz Valley and the Kyrgyz Mountains. The Kyrgyz Valley is a beautiful valley with a lot of green meadows and forests. The Kyrgyz Valley is a beautiful area of the surrounding mountains. We are accommodated in the simple guesthouse of the family.

- 250 km / 155.3 miles/4x4 car
- Guesthouse

Day 6 Stage 3: Ishkashim – Khorog

A mountain car tour arrives at the Pamir Mountains. The river has transformed its southernmost point and has entered its final valley before it flows into Afghanistan. The Pamir River is the source of the Amu Darya. A good weather car tour will start right at the Khorog Segment and the Pamir Mountains. The Pamir Mountains are the highest mountains in the world. The Pamir Mountains are the highest mountains in the world. We are waiting for a really. After a hearty lunch break, we cross two smaller passes before we ascend the final climb of 4 km and 1,000 meters to the Khargush Pass at 4,344 meters and emerge into the Khorog Valley and we arrive after a

- 70 km / 1,300 m elevation gain
- Guesthouse

Day 7 Stage 4: Khorog – Khuzni

From the garden of our guesthouse, we enjoy the beautiful view over the Pamir during breakfast. The nearby fortress of Kamal-i-Khumb is a reminder of the Silk Road. Today we drive to the Khuzni Valley. We will pass through the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

Now we extremely short distances of 30km/h to have an an organic encounters after interesting stops the Pamir Museum of Historical Science, a Buddhist monastery and various forces to Horse, we are accommodated in a typical Tajik guesthouse.

- 100 km / 62.2 miles/4 x 4 vehicle/ car
- Guesthouse

Day 8 Stage 5: Khuzni – Khargush

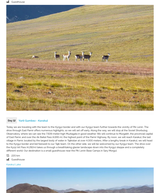
Have a breakfast at the southernmost of Pamir Fort. Together they from the Pamir town. Geographically this is also where the Pamir Mountains and the Hindu Kush Mountains meet. Our destination is the Khuzni Valley. We will pass through the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

- 70 km
- Guesthouse

Day 9 Stage 6: Khargush – Zor Kul

Today we will cross the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

- 70 km / 1,300 m elevation gain
- Guesthouse



Day 10 Stage 7: Zor Kul – Jack Summer

Today we will cross the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

- 70 km / 1,300 m elevation gain
- Guesthouse

Day 11 Day off in Jack Summer

The Aksugam of Jirtash Aksai' coastline another here for the Zor Kul Pamir Plain. Here lives the largest population of Wild Pikis (Ovis ammon polii) in the world. Our destination is the Khuzni Valley. We will pass through the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

- 70 km / 1,300 m elevation gain
- Guesthouse

Day 12 Yeti Gumbez - Karakul

Today we will cross the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

- 70 km / 1,300 m elevation gain
- Guesthouse

Day 13 Stage 8: Karakul – Ak Baital Pass

Today we will cross the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

- 70 km / 1,300 m elevation gain
- Guesthouse

Day 14 Stage 9: Ak Baital Pass – Tashkurgan

Today we will cross the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains. We will stop at the Khuzni Valley and the Khuzni Mountains.

- 70 km / 1,300 m elevation gain
- Guesthouse

Day 15 Transfer to Food and Kemedik, Sight to Bishkek

Today we say goodbye to the Pamir. We drive on to the Pamir highway to Osh through the Ala-Bel pass. With its last kilometers 20% steep and 3,600 meters high, the Ala-Bel pass is the highest point of the Pamir highway. We will stop at the Ala-Bel pass and enjoy the view. In the afternoon we arrive in Osh and we will go for a walk through the city.

- 400 km / 248.5 miles
- Hotel

Day 16 Return flight

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

Inclusions

+ Included activities

- ✓ 16 overnight stays with breakfast (3 x hotel, 9 x guesthouse, 2 x yurt, 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)
- ✓ 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
- ✓ Registration for Tajikistan and GBAO special permit
- ✓ Professional German-speaking 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
- ✓ Visits in Khorog, Yachchum, Yamg
- ✓ Excursion to the Shorbulog Observatory and visit to the Marco Polo sheep (only possible in good weather)
- ✓ 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

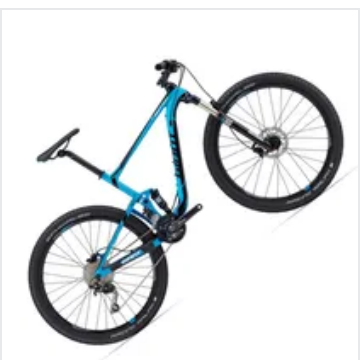
Bikes

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 1×12 drivetrain, Shimano hydraulic disc brakes

Per tour: **280€** / Per day: **35€**



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 2×10 drivetrain, Shimano hydraulic disc brakes, Giant Connect components

Per tour: **280€** / Per day: **35€**

Any other questions?

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.

Do I need a visa, registration, or permit for Tajikistan Pamir?

For entry into Tajikistan, citizens from Germany, Austria, Switzerland, and Italy need a passport that is valid for at least six more months, proof of return or onward travel documents (tickets), and **no visa is required** for stays of up to 30 days. Citizens of other countries are advised to check with their respective embassies.

Foreign nationals are generally required to register with the Tajik Interior Ministry within three days of arrival. We will handle the **registration** with the OVIR (Department for Visas and Registration) on your behalf.

For travel to the Pamir, the **GBAO permit** (Gorno-Badakhshan Autonomous Oblast) is required. We also take care of obtaining this permit for all participants on our trips.

Is Tajikistan a safe country to travel to?

Yes, Tajikistan is a safe and pleasant country to travel to. The risk of robbery or assault is very low. The Tajiks are very open-minded people, and you will be warmly welcomed with hospitality and politeness. There is little street crime. However, we will make you aware of "critical" situations on our trips on the first day. This includes usual advice: avoid walking around the city at night, don't display valuables openly, and it's best to leave expensive watches, valuable jewelry, and similar items that are not necessary for the trip at home.

Situation in Badakhshan – Pamir Region – specifically Ishkashim:

Following the events in Afghanistan and the Taliban takeover, the German Foreign Office has long advised against traveling to the border regions of Afghanistan, particularly the Ishkashim district.

However, we continue to run our trips in this region as planned. The basis for the trip will always be a thorough assessment of the security situation in consultation with our local partners. We closely monitor the security situation in all Central Asian countries. We only conduct trips where we can assume a safe situation. Should the security situation ever be deemed unfavorable for a planned trip, we reserve the right to change the route or, if necessary, cancel the trip.

When is the best time to visit Tajikistan?

The best time to travel to Tajikistan and especially the Pamir is June–September.

✅ Good weather but extreme temperature differences: You will need to prepare for extreme climatic conditions. In cities like Dushanbe and the lower parts of the Pamir and Fan Mountains, daytime temperatures can reach up to 35°C. However, on the Pamir Plateau (above 3,500 meters) and at the Pik Lenin yurt camp in Kyrgyzstan, it can be quite cold even in summer, with nighttime temperatures dropping below freezing.

❄️ Winter (December–February): Very cold weather, especially in the Pamir. The high mountain passes are often inaccessible during this time.

Important information

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 traveling at over 4,000 meters on several days. 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 a gradual altitude adjustment.

Riding technique: easy

The tour is technically easy to manage. We ride on paved roads 30% of the time. 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 refers to the overnight stay in hotels in Dushanbe, Khorog, and Bishkek. In the guesthouses in Kalai-Kumb, Garm-Chachma, Ishkashim, Yachum, Langar, Zor Kul, and Vudz, we try to accommodate single room requests but cannot guarantee single occupancy. 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 dilapidated 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 as 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 do not need a **visa** for this trip. Upon entry, a passport that is valid for at least **6 more months** must be presented. We will handle the **registration** for stays of 10 days or more and the application for the **GBAO Permit** in Tajikistan for all participants.

Please inform yourself about 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 Care

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 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 very large temperature difference between day and night (about 20 °C), your body is under significantly more strain than normal. Especially with 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 under the sky (Sportverlag), 1st Edition: 1977, by Volker Krause

Packing List

With your travel 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 bring only **one large piece of luggage** (suitcase/travel bag) and one carry-on (backpack). If you bring 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 Monday **6 Jul** › Ending Monday **20 Jul** Bookable Book now