

Treasures of the Silk Road

15-day cycling and cultural tour through Uzbekistan

EPIC TRAILS



☀ 14 days 🛤 6 stages

Land: Uzbekistan

Category: Bike & Sight

Complexity: Easy-medium ●

Group size: 6 - 12

🏔 elevation meters: 3.550 Hm

🚴 Route: 320 km

Price per person from:

From 2590 €

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Highlights of Our Cycling and Cultural Tour

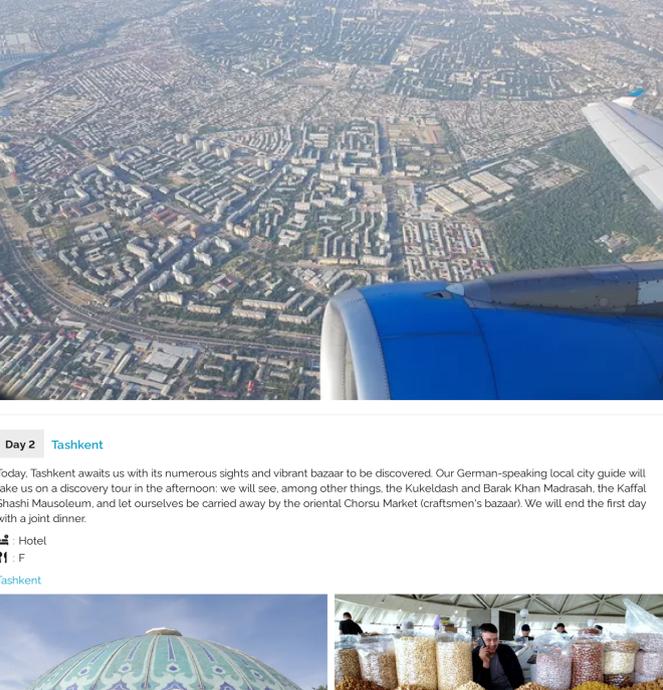
Experience blooming oasis cities, lonely mountain landscapes, and blue shining lakes. This journey takes you from the capital Tashkent through vast plains along the rugged Nurata Mountains to Bukhara and Samarkand. The two ancient cities, like something out of 1001 Nights, transport you back to the time of the great Silk Road. On our cycling stages, we will pass through completely undeveloped tourist areas, where we will get to know the hospitality and traditional rural life of the Uzbeks up close.

- ✓ Combination of easy cycling stages and exploration of the rich Uzbek culture
- ✓ Visits to the Silk Road cities of Tashkent, Bukhara, and Samarkand
- ✓ Discovering rural life away from tourist paths
- ✓ Exploring the mountain flora and fauna of the Nurata Nature Reserve
- ✓ Support vehicle and luggage transport during the cycling tour (switching can be arranged if needed)

Day 1 Arrival in Tashkent

You will reach Tashkent depending on the flight connection either in the late evening (Uzbekistan Airways) or in the early morning hours of the next day (Turkish Airlines). After being picked up from the airport, you will go directly to the hotel in the city center, where you can first rest and sleep.

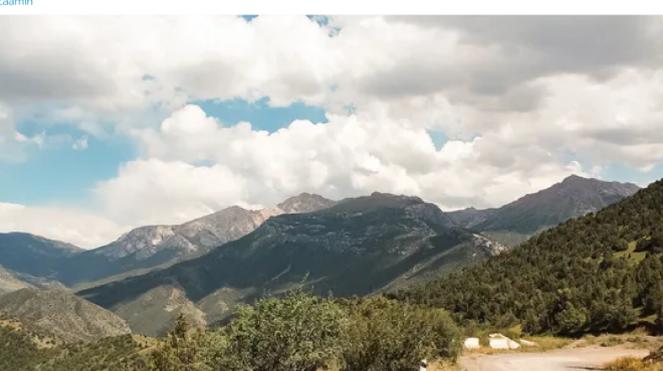
🏠 Accommodation: Hotel



Day 2 Tashkent

Today, Tashkent awaits us with its numerous sights and vibrant bazaar to be discovered. Our German-speaking local city guide will take us on a discovery tour in the afternoon: we will see, among other things, the Kukeldash and Barak Khan Madrasah, the Kaffal Shashi 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.

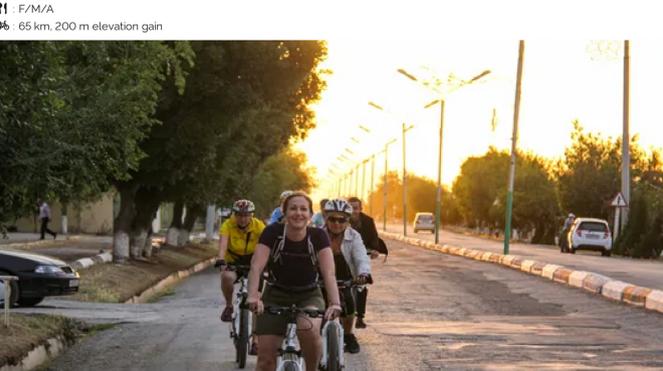
🏠 Hotel
 📅 F



Day 3 Tashkent – Zaamin

In the midst of the green mountain landscape, we check into our hotel. In the afternoon, we take our first test ride with the rental bikes, which are adjusted to personal needs. Those arriving with their own bike can set it up here, supported by the knowledgeable guide.

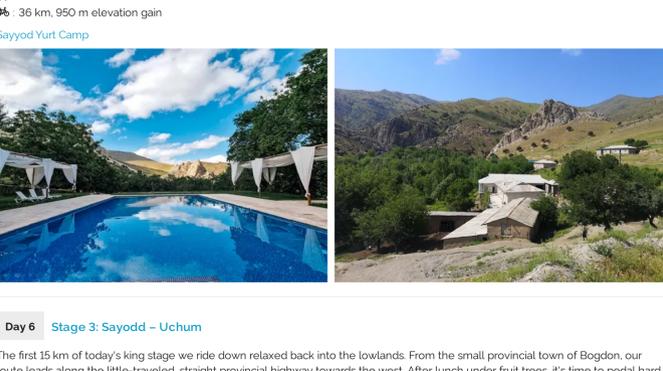
🏠 Hotel
 📅 M/F/A
 🚗 240 km transfer



Day 4 1st Stage: Zaamin – Jizzakh

The stage begins with a long descent. We will gently descend over 1000 meters from the national park into the lowlands. Along the way, we will stop at a tea house for lunch and enjoy local specialties in the shade of the fruit trees. At the end of our stage, we will switch and travel the rest of the way by tour bus to the hotel. For the adventurous, the entire route (90 km) is also passable by bike.

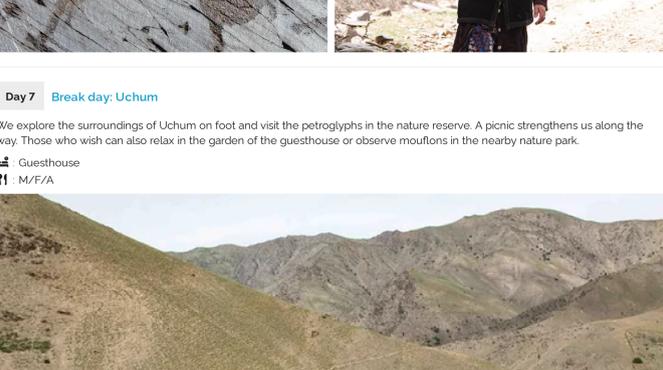
🏠 Hotel
 📅 F/M/A
 🚗 65 km, 200 m elevation gain



Day 5 Stage 2: Jizzakh – Sayodd

From Jizzakh, we travel with the tour vehicle to the touristically underdeveloped area between Aydar Kul Lake and the Nurata Mountains. After about 40 kilometers, we get back on our bikes and ride along the impressive Ortacheku rocks towards the mountains. On our journey, we pass through several small villages and have the opportunity to get to know the daily life of the local population in the countryside up close. For the strenuous ascent into the mountains, we will be rewarded in our comfortable yurt camp with a pool and good food.

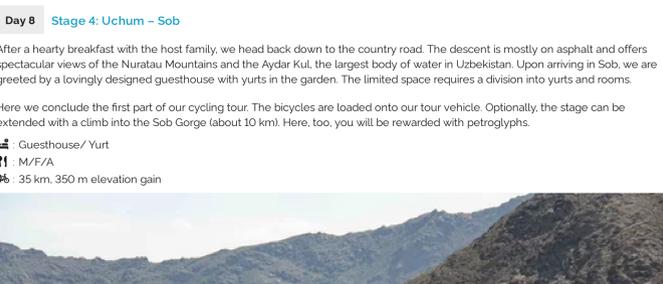
🏠 Jurtencamp
 📅 M/F/A
 🚗 36 km, 950 m elevation gain



Day 6 Stage 3: Sayodd – Uchum

The first 15 km of today's king stage we ride down relaxed back into the lowlands. From the small provincial town of Bogdon, our route leads along the little-traveled, straight provincial highway towards the west. After lunch under fruit trees, it's time to pedal hard again and gain elevation. Our destination Uchum is located in the Nuratau Mountains, in the midst of the barren desert landscape, the valley appears like a green oasis. For the next two days, we will experience Uzbek hospitality here and enjoy the delicious local cuisine.

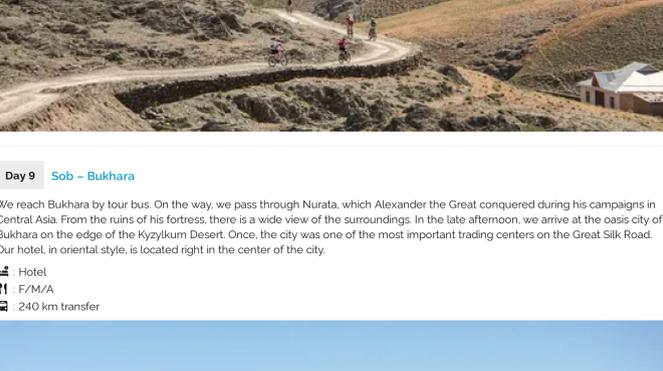
🏠 Guesthouse
 📅 M/F/A
 🚗 65 km, 900 m elevation gain



Day 7 Break day: Uchum

We explore the surroundings of Uchum on foot and visit the petroglyphs in the nature reserve. A picnic strengthens us along the way. Those who wish can also relax in the garden of the guesthouse or observe mouflons in the nearby nature park.

🏠 Guesthouse
 📅 M/F/A

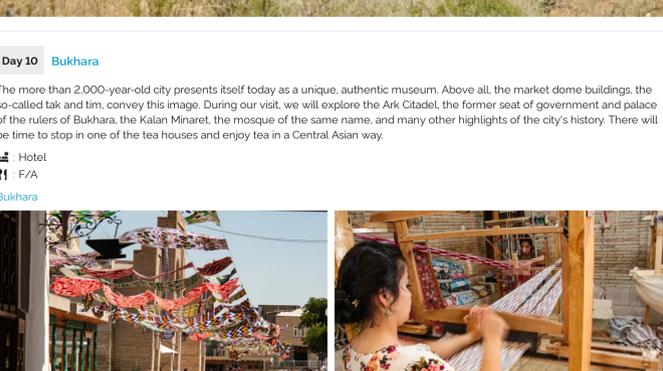


Day 8 Stage 4: Uchum – Sob

After a hearty breakfast with the host family, we head back down to the country road. The descent is mostly on asphalt and offers spectacular views of the Nuratau Mountains and the Aydar Kul, the largest body of water in Uzbekistan. Upon arriving in Sob, we are greeted by a lovingly designed guesthouse with yurts in the garden. The limited space requires a division into yurts and rooms.

Here we conclude the first part of our cycling tour. The bicycles are loaded onto our tour vehicle. Optionally, the stage can be extended with a climb into the Sob Gorge (about 10 km). Here, too, you will be rewarded with petroglyphs.

🏠 Guesthouse / Yurt
 📅 M/F/A
 🚗 35 km, 350 m elevation gain



Day 9 Sob – Bukhara

We reach Bukhara by tour bus. On the way, we pass through Nurata, where Alexander the Great conquered during his campaigns in Central Asia. From the ruins of his fortress, there is a wide view of the surroundings. In the late afternoon, we arrive at the oasis city of Bukhara on the edge of the Kyzylkum Desert. Once, the city was one of the most important trading centers on the Great Silk Road. Our hotel, in oriental style, is located right in the center of the city.

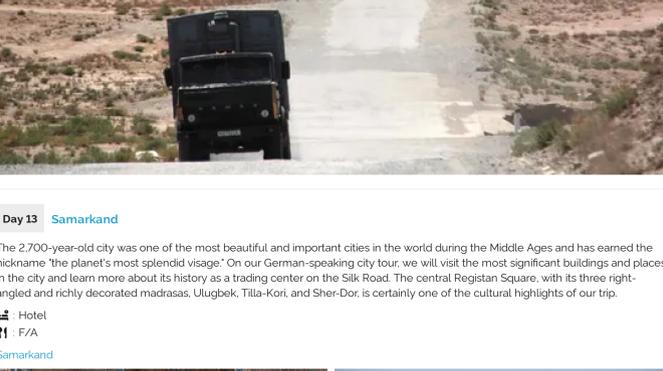
🏠 Hotel
 📅 F/M/A
 🚗 240 km transfer



Day 10 Bukhara

The more than 2,000-year-old city presents itself today as a unique, authentic museum. Above all, the market dome buildings, the so-called tak and tim, convey this image. During our visit, we will explore the Ark, Citadel, the former seat of government and palace of the rulers of Bukhara, the Katan Minaret, the mosque of the same name, and many other highlights of the city's history. There will be time to stop in one of the tea houses and enjoy tea in a Central Asian way.

🏠 Hotel
 📅 F/A



Day 11 Stage 5: Bukhara – Tim

Now the second part of our cycling trip begins. We leave Bukhara by bus. On paved, hardly trafficked country roads, we reach the village of Karnab where our cycling tour begins. Since there are neither tea houses nor tourist infrastructure here, we get to know the hospitality and local customs during lunch - authentic and just as Uzbekistan's rural life ticks. Far from the main traffic routes, it is a perfect change from the hustle and bustle of the great Silk Road cities. In Tim, we are accommodated in a private home of a family.

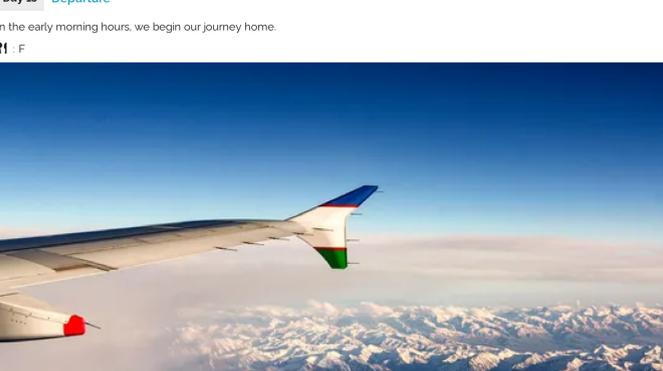
🏠 Guesthouse
 📅 F/M/A
 🚗 100 km Transfer
 🚗 56 km 550 m elevation gain



Day 12 Stage 6: Tim – Samarkand

Our last cycling stage takes us through a varied hilly landscape towards the east. In the afternoon, we reach the small town of Nurabat, from where we will be taken by bus to Samarkand.

🏠 Hotel
 📅 F/M/A
 🚗 80 km transfer
 🚗 55 km, 400 m elevation gain



Day 13 Samarkand

The 2,700-year-old city was one of the most beautiful and important cities in the world during the Middle Ages and has earned the nickname "the planet's most splendid visage." On our German-speaking city tour, we will visit the most significant buildings and places in the city and learn more about its history as a trading center on the Silk Road. The central Registan Square, with its three right-angled and richly decorated madrasahs, Ulugbek, Tilla-Kori, and Sher-Dor, is certainly one of the cultural highlights of our trip.

🏠 Hotel
 📅 F/A

Day 14 Samarkand – Tashkent

In the morning we have time to explore the city individually and do some shopping at the bazaar. On the way to Tashkent, we visit the museum of a historical papyrus factory. Here, the once highly sought-after paper made from mulberry leaves is still produced today. Back at the starting point of our journey, we check into our tour hotel. For those who have arrived with their own bikes, there is time to pack the bikes. We conclude this unique journey with a joint dinner.

🏠 F/A
 📅 M/F
 🚗 360 km Transfer

Day 15 Departure

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

+ Included activities

- ✓ 14 overnight stays (9 x hotel, 4 x private guesthouse, 1 x yurt), on the night of arrival a hotel room is available regardless of the arrival time
- ✓ Professional Epic Trails MTB guide (English-speaking), additional German-speaking MTB guide for groups of 10 or more participants
- ✓ 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)
- ✓ German-speaking city tours in Tashkent, Bukhara, and Samarkand
- ✓ Excursion in the Nuratau Nature Reserve
- ✓ Airport transfers on the arrival and departure day of the group trip
- ✓ Support vehicle and luggage transport
- ✓ Participant T-Shirt
- ✓ Replacement bicycle and technical support in case of breakdowns
- ✓ well-equipped emergency kit

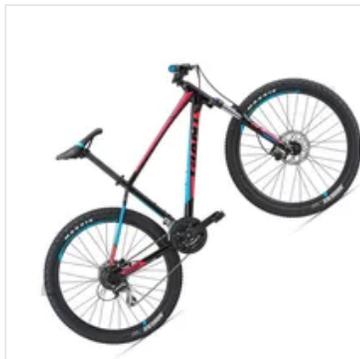
Whats not included

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

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Treasures of the Silk Road / 5



GIANT Talon 3 (27,5") – only Uzbekistan

Type Hardtail-Mountain-Bike Sizes S, M, L, XL

27,5" wheels, aluminium frame, 100mm travel (Suntour) with lockout, Shimano Altus 3x8 drivetrain, Shimano hydraulic disc brakes, Giant Connect components

Per tour: **180€** / Per day: **20€**



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.

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.

♥ Requirements

Endurance: easy to medium

Daily stages of up to 65 km and 950 m of elevation gain are to be managed. We ride mostly on paved roads with little traffic and inclines. This trip is possible even without mountain biking experience. A comparable level of difficulty is multi-day river cycling tours with about 1,000 meters of elevation gain per day.

If necessary, you can switch to the support vehicle. Stages can also be extended in consultation with the guide.

Riding technique: easy

The route is easy to ride and without significant technical difficulties. We mostly ride on paved roads or wide gravel paths.

☀ 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.

Typical for May and late September is little precipitation, plenty of sunshine, and daytime temperatures of around 30° in Tashkent, Bukhara, and Samarkand, and 20° in Zaamin and the Nurata Mountains. In the mountains (Zaamin and Nurata National Park), temperatures can drop below 10 degrees at night.

🏠 Overnight stays and single room surcharge

Overnight stays are exclusively in fixed accommodations: hotels, guesthouses, and yurts (no camping nights). In the mountain villages of Uchum and Sob, we stay in private guesthouses that blend like green oases into the rugged mountain landscape. In Tim, we stay with a family in a private house. Here, we are among the only tourists who come to this village. The guesthouses are simple but lovingly designed and comfortable. The toilets are partly located outside the houses. For all our participants, these private accommodations are always a highlight, as they are simple but so typically Uzbek and hospitable. In the guesthouse in Sob, the facilities are limited, which is why we usually split into yurts and rooms.

The single room surcharge applies to overnight stays in hotels. In private guesthouses and yurts, single occupancy is not possible. In yurt camps and also guesthouses, we sleep in groups of 2 to 4 people per yurt/room depending on group size and availability on site.

📌 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. The program outlined above represents the optimal option. Our travel dates are based on the usually favorable weather conditions at that time.

* Vaccinations and Health Care

There are no vaccination requirements for entry into Uzbekistan. Please ensure you have adequate vaccination protection for the standard vaccinations required in Germany against tetanus, diphtheria, and polio. Additionally, vaccination against hepatitis A and possibly hepatitis B is recommended. Consult your doctor about this.

📖 Literature and maps

- Uzbekistan - Along the Silk Road to Samarkand, Bukhara, and Khiva 2024.
- Uzbekistan 1:1,000,000. Travel Know-How Publishing.

Dates & Availability

UZBEKISTAN / BIKE & SIGHT

Starting Saturday **25 Apr**



Ending Friday **8 May**

Bookable, guaranteed

Book now

Starting Saturday **3 Oct**



Ending Friday **16 Oct**

Bookable

Book now

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