

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 €

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)

+ 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

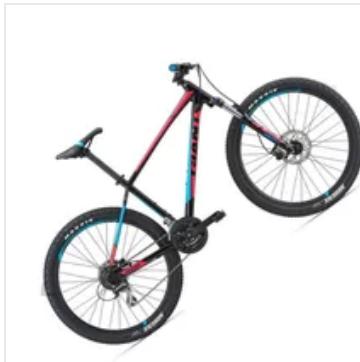
Whats not included

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

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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.

心跳 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.

骑行技巧: easy

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

气候 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.

过夜住宿和单人房间附加费 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.

重要注意事项 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.

接种和医疗保健 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.

文献和地图 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 Saturday **9 May**

Bookable

Book now

Starting Saturday **3 Oct**



Ending Saturday **17 Oct**

Bookable

Book now

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