Treasures on the Silk Road

13-day cycling and cultural tour through Uzbekistan







13 days 6 stages

Land: Uzbekistan
Category: Bike & Sight
Complexity: Easy-medium
Group size: 6 - 12
Elevation: 3.550 Hm
Route: 320 km

Price per person from:

From 2590 €

Overview

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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 by day itinerary

Day 1 Tashkent

You will reach Tashkent depending on your flight connection in the early morning hours. After being picked up from the airport, we head directly to the hotel in the city center, where you can first rest and sleep. 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

Tashkent





Day 2 Tashkent – Zaamin

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

: Hotel
: F/M/A
: 240 km transfer

Zaamin



Day 3 1st Stage: Zaamin – Jizzakh

The stage begins with a long descent. We will gently descend over 1,000 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 transfer and drive the rest of the way to the hotel by tour bus. For the adventurous, the entire route (90 km) can also be cycled.

: Hotel
: M/F/A
: 65 km, 200 m elevation gain



Day 4 Stage 2: Jizzakh – Sayodd

From Jizzakh, we travel with the tour vehicle to the touristically less explored 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. During our ride, 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

Sayyod Yurt Camp





Day 5 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-used, straight provincial highway towards the west. After lunch under the fruit trees, it's time to pedal hard again and gain some elevation. Our destination Uchum is located in the Nurata 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

Nuratau Mountains





Day 6 Rest 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
: F/M/A



Day 7 Stage 4: Uchum – Sob

After a hearty breakfast with the host family, we head back down to the country road. The descent mostly leads 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, one is rewarded with petroglyphs.

: Guesthouse/ Yurt
: F/M/A
: 35 km, 350 m elevation gain



Day 8 Sob – Bukhara

We reach Bukhara by tour bus. On the way, we pass through Nurata, which 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, styled in an oriental manner, is located right in the center of the city.

: Hotel
: F/M/A
: 240 km transfer



Day 9 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 tour, we will explore the Ark Citadel, the former seat of government and palace of the rulers of Bukhara, the Kalan 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

Bukhara





Day 10 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 we saddle our bikes. 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 away 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

Tim





Day 11 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



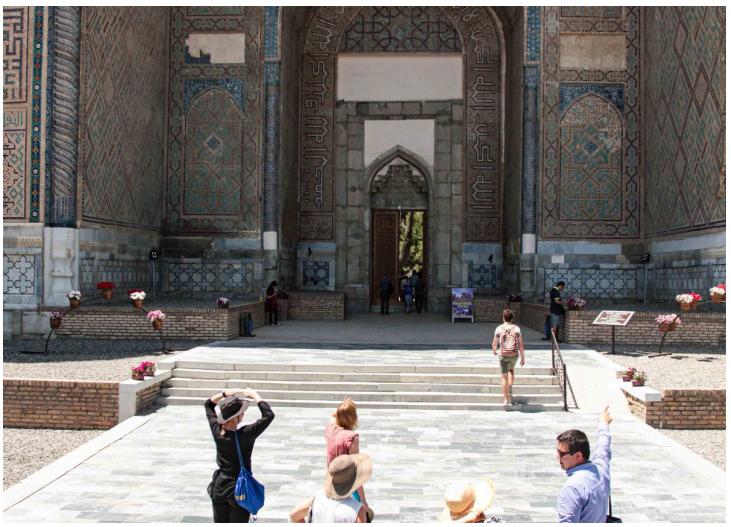
Day 12 Samarkand

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 face." During our 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 madrasas, Ulugbek, Tilla-Kori, and Sher-Dor, is certainly one of the cultural highlights of our trip. After our extensive city tour, we will conclude this unique journey with a joint dinner before heading back home the next morning.

: Hotel
: F/A

Samarkand





Day 13 Departure

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

: F



Inclusions

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+ Included activities

- 12 overnight stays (7 x hotel, 4 x private guesthouse, 1 x yurt), a hotel room is available on the night of arrival 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

Bikes

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GIANT Talon 3 (27,5")

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

27,5" wheels, aluminium frame, 100mm travel (Suntour) with lockout, Shimano Altus 3×8 drivetrain, Shimano hydraulic disc brakes, Giant Connect components



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

Any other questions?

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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.

May I ride an E-Bike on the tour?

The following trips are e-bike compatible:

1. **Kyrgyzstan: The Switzerland of Central Asia. This trip is exclusively for e-bikes.** Conventional (bio) bikes will not be participating.
2. **Kyrgyzstan: Cycling & Hiking Tour – Kyrgyzstan Up Close.** This trip is designed for conventional (bio) bikes. Individual participants may rent e-bikes (maximum of 2 people).
3. **Uzbekistan: Cycling & Cultural Tour – Treasures of the Silk Road.** This trip is designed for conventional (bio) bikes. Individual participants may rent e-bikes (maximum of 2 people). In addition, we offer selected dates that are exclusively for e-bikers. These dates will be marked accordingly. No conventional (bio) bikers will participate on those departures.

All other tours are not compatible with e-bikes due to the lack of charging infrastructure.

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?

Flight connections to Tashkent and Samarkand

For the outbound flight to Tashkent and the return flight from Samarkand, Turkish Airlines is an option. Turkish Airlines flies via Istanbul. Uzbekistan Airways offers direct flights from Frankfurt and Munich to Tashkent. However, these direct flights operate on different days of the week and are only available to/from Tashkent, making them practical only in combination with an extension of the trip.

Our preferred connection with Turkish Airlines, for example from Munich

Outbound flight to Tashkent12:55 (TK1642), arrival in Istanbul at 16:45Approx. 1.5 hours for the transfer18:15 (TK370), arrival in Tashkent at 00:45

Return flight from Samarkand05:40 (TK373), arrival in Istanbul at 08:50Approx. 3.5 hours for the transfer12:25 (TK1633), arrival in Munich at 14:10

Airport transfers: We will pick you up from the airport at any time on the day of your arrival and, at the end of the trip, take you back to the airport accordingly.

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.

Important information

Requirements

Endurance: easy to medium

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

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

Cycling 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 about 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

Accommodation is 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 yet 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 refers to accommodation in the hotels. In the 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 as outlined above represents the optimal option. Our travel dates are based on the usually favorable weather conditions in the area at this time.

Vaccinations and Health Prevention

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 for advice.

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

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Starting Sunday **2 May 2027**	Ending Friday **14 May 2027**	Bookable	Book now
Starting Sunday **10 Oct 2027**	Ending Friday **22 Oct 2027**	Bookable	Book now