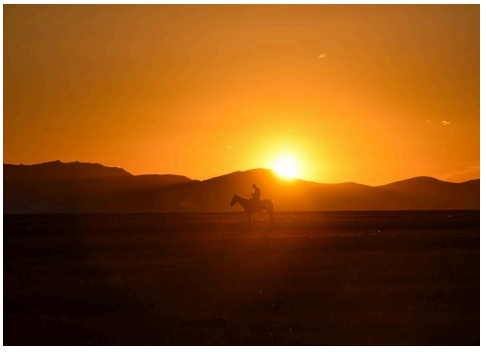
With tailwind through Kyrgyzstan

15-day cycling trip for families







15 days 8 stages

Land: Kyrgyzstan
Category: Family tours
Complexity: Easy-medium
Group size: 4 - 8
: 8 Stages
: 250 km to 350 km
: 1 Stage

Price per person from:

From 2550 €

Overview

KYRGYZSTAN / FAMILY TOURS

Discover the heart of Kyrgyzstan together with your family. You will cycle through green valleys and over lonely passes, spend the night in traditional yurts, and get to know the life of Kyrgyz nomads up close. In between, there is plenty of time for riding, swimming, exploring, and simply enjoying. Your guide will accompany you with a lot of experience and a sense for the right length of the stages and the pace. He will show you exciting insights into local life and the traditions of the nomads.

Highlights of the Trip

- ✓ Easy to moderate cycling tours tailored to your fitness
- ✓ Yurt stays and real insights into nomadic life
- ✓ Horse riding excursions on the high pastures at Son Kul and Issyk Kul Lake
- ✓ Markets, felt art, eagle hunting & everyday life in Kyrgyz villages

✓ Ideal for families with children from about 8 years old

Day by day itinerary

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Day 1 Arrival in Bishkek

After landing in Kyrgyzstan's capital, you will be warmly welcomed and taken to the hotel. Now it's time to rest and settle in. In the afternoon, we will explore the bustling capital together with its many markets and squares.

: Hotel
: M/F/A

Bishkek



Day 2 By bike to the Chon Kemin Valley

After the transfer to the green Chon Kemin Valley, you will start your first relaxing bike tour – ideal for warming up and getting in the mood. In this beautiful valley, it quickly becomes clear why Kyrgyzstan is also called the Switzerland of Central Asia.

: Guesthouse
: M/F/A
: 130 km
: 20 km
: 200 hm



Day 3 Round tour through the Chon Kemin Valley

Today we explore the surroundings by bike: through wide meadows, along rivers, and past small villages – a beautiful insight into rural Kyrgyzstan. Depending on preference, we can extend the tour and also venture higher into the mountains. In the evening, there will be delicious Kyrgyz food in our cozy guesthouse - salads, soups, main courses, and desserts leave nothing to be desired.

: Guesthouse
: M/F/A
: 20 - 40 km
: 200 - 600 m

Chon Kemin valley



Day 4 Transfer to Son Kul & bike tour to the yurt camp

With the tour vehicle, we drive up into the highlands to Lake Son-Kul at over 3,000 meters. From the Kalmak Ashu Pass, the lake is not far, and we can cover the last kilometers by bicycle. After about 20 kilometers, we reach our yurt camp right by the lake.

: Yurt
: M/F/A
: 100 km
: 20 km
: 100 hm

Son-Kul Lake



Day 5 Dreamlike bike tour at Son Kul Lake

Our bike tour takes us over the seemingly endless high pastures between grazing horses, sheep, cows, and past the yurts of the nomads. We are going to experience an unforgettable cycling stage today. From our yurt camp, a small horseback riding excursion can be undertaken in the afternoon.

: Yurt
: M/F/A
: 45 km
: 500 hm



Day 6 Bike and Riding Day & Transfer to Kochkor

For our hosts, the day begins early in the yurt camp. We can watch and help with milking, baking, and the preparation of other foods, or even take a small ride again. After lunch, it's time to say goodbye, and we cycle to the Kalmak Ashu Pass. The 500 meters of elevation to the pass should not be underestimated, but it makes everyone proud who has conquered it by their own strength. After the descent, we pack the bikes and drive back to Kochkor by car.

: Guesthouse
: M/F/A
: 20 - 40 km
: 450 hm
: 70 km

Kochkor



Day 7 Rest day in Kochkor

Today we take a break and leave the bicycles behind. It is Saturday and the famous livestock market of Kochkor is taking place. In the morning, preferably very early, we visit the market and watch as the shepherds from the mountains sell their animals. The small town is also known for felt products. We visit a traditional workshop and can get creative ourselves.

: Guesthouse

: M/F/A



Day 8 Crossing the pass by bike & camping

The second part of our cycling trip takes us to the Issyk Kul Lake. We start near Kochkor and ascend the 2,700-meter-high Semis Bel Pass either by our own power or with the tour vehicle. The gentle descent leads us to the entrance of the Ala Bash Valley. We set up our tents on a beautifully situated hill and prepare our meal together. We sleep under a starry sky in beautiful nature.

: Tent
: M/F/A
: 35 - 56 km
: 300 - 800 m

Ala Bash valley



Day 9 Departure into the valley & yurt overnight stay

It goes downhill into the idyllic Ala Bash Valley. We drive through meadows and villages, enjoying the beautiful views of the glaciated mountains. Our family-oriented yurt camp awaits us with many surprises to discover. On an excursion to the nearby hills, we experience the traditional eagle hunting in the evening sun, a very special experience for children and adults.

: F/M/A
: Yurt
: 40 km
: 500 hm



Day 10 Last cycling stage to Issyk Kul

Mostly downhill, the last cycling stage leads us to the shores of Lake Issyk-Kul. Upon arriving at our cozy yurt camp right by the lake, we can refresh ourselves in the water of the "warm lake" (translated Issyk Kul).

: Yurt
: F/M/A
: 38 km
: 400 meters

Bel Tam yurt camp





Day 11 Transfer to Chong Kyzyl Suu

On the way to Chong Kyzyl Suu, we stop at many exciting places. The fairy tale gorge shows a bizarre sandstone landscape like out of a fairy tale world. In a yurt camp right by the lake, we see the smallest and largest yurts bathing on a beautiful beach in the crystal clear water of the lake. In Chong Kyzyl Suu, a bath in hot springs awaits us. We are accommodated in a simple guesthouse.

: Pension

: M/F/A
: 90 km

Chong Kyzyl Suu



Day 12 Riding to the Seven Bulls

The famous sandstone cliffs "Yeti Oguz" in German "seven bulls" are waiting for us today. We will ride over the pastures of the nomads. Spectacular views make this tour an absolute highlight of the trip. In the afternoon, we will check into our rooms at the idyllic Eco Village Lodge.

: Lodge
: M/F/A
: 17 km



Day 13 Yeti Oguz - You decide for yourself

Today we can decide: a trip to the nearby provincial capital Karakol, where we can visit the bazaar, a wooden mosque, and an Orthodox church, or another trip to the nearby mountainous landscape. We have many options.

: M/F/A
: Lodge

Karakol





Day 14 Return trip to Bishkek

Today we are heading back to the capital with a stop at Ira, an excellent cook who will treat us at her home. After the long drive, we can refresh ourselves in the hotel pool and conclude the trip with a joint dinner.

: M/F
: 400 km

Balykchy



Day 15 Return journey

After two eventful weeks, it's time to say goodbye – transfer to the airport and return flight

: F

Inclusions

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+ Included activities

- 14 overnight stays with breakfast (2 x hotel, 4 x guesthouse, 4 x yurts, 1 x guesthouse, 2 x lodge, 1 x tent), on the night of arrival, a hotel room is available regardless of the arrival time.
- Professional local Epic Trails bike guide (English-speaking), second guide for groups of 8 or more, German-speaking tour guide available upon request.
- Meals as specified in the travel description (full board except on arrival and departure days)
- Drinks (water, tea, coffee) and snacks during the tour (dried fruits, nuts, chocolate bars, fruit)
- Luggage transport and support vehicle throughout the entire tour
- High-quality rental bikes from Scott (Aspect 910 model 2023)
- Airport transfers
- comfortable camping gear during the camping night, spacious three-person tents or family tents for up to 5 people
- German-speaking city tour in Bishkek
- Visit to a felt workshop, visit to various markets (Bishkek, livestock market in Kochkor, bazaar in Karakol), eagle hunting in the mountains, city walk in Karakol, visit to a yurt builder's workshop (optional yurt assembly), live folklore music
- Participant T-Shirt
- Replacement bicycle and technical support in case of breakdowns
- well-equipped emergency kit

Whats not included

- Arrival and Departure
- optional excursions
- Dinner on the first and last travel day in Bishkek
- Airport transfers on individual arrival and departure days

Guides

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Dolotbek Omurzakov

Guide

Read more

Bikes



Scott Aspect 910 (2023)

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

29" wheels, aluminium frame, 100mm travel RockShox Judy silver, SRAM SX 1×12 drivetrain, Shimano hydraulic disc brakes

More information →

Any other questions?

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"Should I take out insurance, and which one?"

For your trips, we definitely recommend taking out travel cancellation insurance and international travel health insurance (to cover treatment and rescue costs).

When it comes to travel insurance, we rely on our strong partner, HanseMerkur Insurance. Insurance offerings from HanseMerkur include:

One-time Insurance

HanseMerkur 5 Sterne Premium Schutz

HanseMerkur Reiserücktrittsversicherung

Annual Insurance

HanseMerkur Jahresschutz Platin

HanseMerkur Jahres Reise-Rücktrittsversicherung

HanseMerkur Jahresreisekrankenversicherung

Annual Insurance Annual insurance often pays off from the very first trip. Additionally, the 20% deductible for the travel cancellation insurance is waived.

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.

When is the best time to travel to Kyrgyzstan?

For outdoor activities such as hiking, cycling, and horseback riding, the summer months from June to September are ideal due to the warm and dry weather. This is also the best time to visit high-altitude regions at 3,000 meters, such as Son-Kul Lake and Tosor Pass.

For those interested in winter sports, the period from December to March is perfect, as Kyrgyzstan offers excellent opportunities for skiing and snowboarding. Spring (April and May) and autumn (October and November) are less common times for traveling to Kyrgyzstan but are ideal for tours in Uzbekistan.

Is Kyrgyzstan a safe country to travel to?

Yes. Kyrgyzstan is a safe and pleasant country to travel to. Travelers are welcomed in a very hospitable and polite manner. Fortunately, street crime is very rare in Kyrgyzstan. On our trips, we will make you aware of "critical" situations on the first day. This includes the usual advice: avoid nighttime city walks, do not display valuables openly, and leave expensive watches, valuable jewelry, and other unnecessary valuables at home.

Important information

Requirements

Endurance: Easy – Medium

This trip is aimed at families who enjoy active holidays by bike. The daily stages range from 20 to 50 kilometers. **All stages can be shortened or extended as needed.** Switching to the support vehicle is always possible if required. The design of the stages (length and speed) is completely tailored to your needs.

Biking skills: easy

The cycling stages on this trip are based on bike touring. We mostly ride on gravel paths with a few sections on asphalt.

Riding

At the end of the journey, a stage with horseback riding is planned. Additionally, further riding stages can be optionally included in Chong Kemin and Ala Bash Tal as well as at Son Kul.

No prior experience in riding is necessary. The children's horses can be led by the guide and companions if needed. There should be no allergies.

Climate

Kyrgyzstan is characterized by a dry continental climate, which is accompanied by strong temperature fluctuations. The months from June to September are marked by plenty of sunshine – with an average of 250 sunny days a year, Kyrgyzstan is one of the sunniest countries in the region. During this time, daytime temperatures are around 35 °C in Bishkek, 30 °C at Lake Issyk-Kul, and a pleasant 15 °C in the mountains at 2,000 to 3,000 meters. Especially in the high mountains, it cools down significantly at night, and even in summer, temperatures can drop to freezing point.

Overnight stays and single room surcharge

We will stay in fixed accommodations, yurt camps, and camp in the wilderness. The accommodations are lovingly designed, authentic, and we will experience Kyrgyz hospitality.

The accommodations are family-friendly and usually have family rooms. The hotel in Bishkek has a pool.

For the camping night, three-person tents or a family tent for up to 5 people are available - you can decide how you want to split up. You must bring your own **sleeping bags**.

Change of route

Depending on weather conditions, it may occur that certain sections of the route are not passable. In such cases, there may be changes to the program and route schedule.

Entry / Visa

Citizens from the EU and Switzerland do not need a visa to enter Kyrgyzstan. This regulation applies to many other countries as well.

A valid passport is required for entry, which must be valid for at least 6 months beyond the date of departure.

Vaccinations and Health Care

There are no mandatory vaccinations for entry into 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.

Flights

Two airlines are available for travel: Turkish Airlines and Pegasus Airlines. Both airlines fly via Istanbul. We have had good experiences with both airlines for many years. Pegasus, as the low-cost subsidiary of Turkish, offers less service.

Price for round-trip flight

- Winter as well as May/June and September/October from 450 Euros
- July/August from about 600 Euros

Recommended and most relaxed flight connection: Outbound flight TK346 arriving between 01:00 and 03:00 / Return flight TK 345 around 10 AM. Other arrival and departure times are also possible.

Epic Trails does not book or reserve flights. You have the option to receive a flight offer through our travel partner DIAMIR. Simply select this option when booking or in the inquiry form, and we will forward your request.

Dates & Availability

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Starting Sunday **8 Aug 2027**	Ending Sunday **22 Aug 2027**	Bookable	Book now