



Mountain Bike tour to Song-Kul Lake (8 days)

Departure dates for 2022:

12.06.2022 – 19.06.2022

24.07.2022 – 31.07.2022

21.08.2022 – 28.08.2022

Itinerary:

Day 1

Bishkek – Kochkor

Arrival in Bishkek before noon. Meeting with the guide and transfer to Bishkek for breakfast (early arrival night at the hotel is not included). Short city tour in the center of Bishkek with visiting the central square, Osh bazaar (oriental market). Transfer to Kochkor village (260 km). Lunch on the way. Optionally visit felt carpet workshop, where you can not only buy souvenirs but also make them yourself. Dinner and accommodation in the hotel.

Overnight in hotel.

(Meal B/L/D)

Day 2

Kochkor – Kyzart

Breakfast transfer to Jumgal valley to starting point of the bike tour. Start the biking toward to Kyz Art village (60km). Within sight of the road, cross Kyz Art pass and descend to the village. Lunch boxes for lunch. Accommodation and dinner in the family guesthouse.

(Altitudes during the day, starting point of the biking – 1900 meters above the sea level, ending point – 2100 meters above the sea level in Kyz art village)

Biking time about 5-6 hours.

Overnight in family guesthouse.

(Meal B/L/D)

Day 3

Kyz Art - Kilemche – Tuz Ashu Gorge on Song-Kul Lake

Breakfast. Start the biking from the village to Kilemche jailoo (14km), with views of holy 4400 m Baba-Ata Mountain. The name means “like a carpet,” and this swathe of grass covers whole mountain ranges, with shadings as subtle as any shyrdak (shyrdak is a Kyrgyz felt carpet).Lunch

After lunch riding to Tuz Ashu pass (3350 m), over the Song-Kol Mountains and into the lake's basin (13km). The afternoon ride affords wonderful views of Kilemche jailoo, and the pass itself is exciting. From the pass, Song-Kol is still distant, but as you bike down the slopes, it gets larger and larger; the mountains on the other side get higher and higher, until finally the lake fills most of your field of view and the southern mountains tower above it.

(Altitudes during the day, starting point of the biking – 3150 meters above the sea level, , highest point – 3350 meters Tuz Ashu Pass above the sea level, , ending point – 3080 meters above the sea level in Song-Kul

Biking time about 5-6 hours.

Dinner and accommodation in the Yurt camp .

(Meal B/L/D)

Day 4

Tuz Ashu Gorge - Jaman Echki Gorge on Song-Kul Lake

Breakfast. Biking along the shore of the lake to Jaman Echki valley about 4 hours (13km) Local people live and graze their livestock on the meadows (jailoo) around the lake, from June till September. You will taste the wilderness and freedom of nomadic life here. It will be possible to taste the Kyrgyz traditional drink kymyz (fermented mare's milk)

(Altitudes during the day – 3080 in Song-Kul Lake)

Riding time about 4 hours

Dinner and Overnight in yurts.

(Meal B/ Lunchbox/D)

Day 5

Jaman Echki gorge on Song-Kul Lake

Breakfast. Full day in Song-Kul lake. This is a popular place among the local people, who come here every summer with their families and cattle. You can do one day hiking to mountains, meet local shepherds, and watch the shepherd's way of life: taste bread and kumyz (the national Kyrgyz drink from mares' milk). For walking excursion and visit nomads the guide will be with you. It is different possibilities of walking distances on Song-Kul. Watching and / or participation in everyday life of shepherds, watching the processes of milking mares; making national milk products like kumyz (a fermented mare's milk) or airan (a sour dense milk product). Optionally it is possible to have horse riding. Dinner in the Yurt camp

(Altitudes above sea level during the day: – 3080m in Yurt camp)

Overnight in yurts.

(Meal B/ Lunchbox/D)

Day 6

Jaman Echki Gorge - Kalmak Ashu Pass - Kochkor

Breakfast. Start the biking toward the Kalmak Ashu pass. Descend from the pass continue biking along the river till Tolok village (40km). End of the biking tour. Transfer to Kochkor. Diner and accommodation in the hotel.

(Altitudes during the day, starting point of the biking – 3080 meters above the sea level, highest point – 3446 meters Kalmak Ashu Pass above the sea level, ending point – 1900 meters above the sea level in Tolok village)

Overnight in the hotel.

(Meal B/ Lunchbox/D)

Day 7

Kochkor - Bishkek

After breakfast Transfer to Bishkek (250 km). On the way a visit to visit Burana Tower, a place on the Great Silk Road, the remaining of ancient town Balasagun (11 century). Arrival in Bishkek. Overnight in the hotel.

Accommodation in the small private hotel.

(Meal B/L-)

Day 8 Bishkek

Transfer to Airport early in the morning. Flight home.

Services included:

1. Double/Twin room accommodation in hotels Bishkek, Kochkor
2. Twin room accommodation in the family guesthouse in Kyzart village
3. Four-people accommodation in the yurt
4. Meal based on full board from breakfast in Day 1 to lunch in Day 6
5. Mineral water during the tour (1 L per person a day)
6. English speaking tour guide from Day 1 to Day 6
7. Transport for all transfers according the program One Minibus Mercedes sprinter
8. Helmets

Service is not included:

1. Renting mountain bikes (possible for additional payment)
2. Early arrival night in Bishkek
3. Single room accommodation
4. Alcohol and soft drinks, deserts
5. Horses for riding
6. Dinner in day 6
7. International flights
8. PCR TEST if needed in Bishkek before departure

Level of difficulty: This tour is recommended for beginners with simple n mountain biking experience (biking time approximately 4-6 hours per day).

The price of the tour is 945 USD per person.

- Supplement for renting mountain bikes is 175 USD per person
- Single supplement is 60 USD per person only in the hotel and family run accommodation
- Supplement for early arrival night is 66 USD for double room

Size of the group:

Minimum 2 pax

Maximum 6 pax

Conditions:

Equipment:

Down jacket, warm sweater, silk sleeping bag liner, rain gear (waterproof trousers should have an opening on the outside at the bottom of the leg in order to put on and take off without removing your trekking boots), 2-3 pairs of warm socks, waterproof trekking boots, gloves, sunglasses, sun cream with high UV-protection, lip balm with UV-protection, horse chaps and safety horse riding helmets.

Health

If you have some specific sicknesses you need to bring own first aid kit with necessary medicaments.

Responsibilities of clients

Your clients should recognize and accept the risk that circumstances may arise which would cause some activities to be shortened or eliminated altogether without reimbursement or refund. Such circumstance includes weather conditions, earthquakes and other acts of nature, injuries or other medical problems, which they may experience. However, you recognize and accept that none of the eventualities described above will give you a right to a refund or other forms of reimbursement.

NOTES:

- The price is given based on 3 star's hotel accommodation in Bishkek. We can change it for hotels with higher level upon request for additional payment.
- Please keep in mind that people in the countryside do not stick to time and can be late for 20-30 minutes. So it may not always be on time according to the itinerary, especially when local people cook and serve food or organize horses for riding.
- People in Kyrgyzstan are very friendly and like to take pictures. But please do ask for permission if you take a picture of old people, mosques, churches, funerals etc or in countryside as people may be offended.
- The same tour program can be organised for another date upon request or for individual groups with the same conditions and same price