

Highlands of Kyrgyzstan

Mountain bike tour

Duration: 15 Days

Season: Middle of June – August



Tien-Shan Mountains are of great interest for touring by mountain bike. It is possible to see a great variety of territory in a short period of time. Roads that have been constructed for geologists and shepherds are conducive to touring. As a rule there's very little traffic on these roads yet they take you into the heart of the mountains. Crossing passes of 3500m or more and descending to valleys below makes for fun and pretty cycling.

Itinerary

- Day 1** Arrive in Bishkek, go on a city tour and stay overnight in a guest house.
- Day 2** Transfer to Karakol (420 km) along the Northern shore of Issyk-Kul. On the way you visit the Burana Tower (11th century) the remains of Karakhanid's empire in Central Asia. Excursion to an open air petroglyph museum in Cholpon-Ata. Family run accommodation in Karakol (1700 m).
- Day 3** Drive to the eastern spurs of Terskey Ala-Too range to the Karkara canyon (90 km). After lunch start of cycling up along Kar-Kara River (distance around 25 km). Overnight in tents (2450 m).
- Day 4** Cycling up along Karkara River (35 km). Here you will climb to Kyzyl- Moinok Pass (3370 m). Downhill to the Sary-Jaz River (20 km). Overnight in tents (2900 m).
- Day 5** A fantastic descent on a gravel road along the Sary-Jaz river brings us to the join Ottuk river. Total distance of around 20 km. From here way uphill (around 30 km) to the Chon-Ashu pass (3825 m.). Descend to the forest zone (around 20 km). Transfer by truck to Karakol (70 km). Stay overnight in family run accommodation.
- Day 6** Drive to the guest house on the shore of the lake by car (90 km). Here you can go for swimming or just stay on the sunny beach of Issyk-Kul Lake. Overnight in guest house.
- Day 7** Cycling to Tosor gorge and follow old roads that are now used only by nomads. This day crossing Tosor Pass (3876 m) and descending to the Uch-Emchek River. Total distance of around 40 km on an unmade road. Overnight in tents (3320 m).
- Day 8** Cycle down along Uch-Emchek Riverbank to the confluence of the Kara-Saz and Kichi-Naryn Rivers, a total distance of around 60 km. Camp overnight in tents (2900 m).
- Day 9** Cycle up Jalpak-Bel Pass (3340 m), then descend to the Kara-Kujur Riverbank. A total distance of around 65 km on a good unmade road. Camp overnight in tents (2600 m).
- Day 10** Cycle to Tolok village on an unmade road along the Kara-Kujur Riverbank (50 km). Camp overnight in tents on a Tolok Riverbank (2400 m)
- Day 11** Cycle ride to Son-Kul Lake (distance around 50 km), crossing the Kalmak-Ashuu Pass (3450 m) and camp on the shore of Son-Kul Lake. Day distance around 70 km. This lake is the summer pasture for local shepherds and livestock breeders. Camp overnight in yurt (3020 m).
- Day 12** Free day on the shore of Son-Kul Lake. Camp overnight in yurt (3020 m).
- Day 13** In the morning cycle across the Kara-Keche Pass (3384) and after cycle through fields to Chaek. This last descent drops about 600m along its 15km length. Stay in family run accommodation in Chaek.
- Day 14:** Transfer by car to Bishkek (around 250 km) through the tunnel on the Too-Ashuu Pass (3586 m) and stay overnight in a guest house.
- Day 15:** Fly home.

Adventure tours in Kyrgyzstan

How to contact us:

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Map of tour



Level of difficulty: This tour is recommended for people with an experience of mountain biking. A good level of fitness is required. Cycling time is approximately 5-7 hours per day.

Conditions: If you have some specific sicknesses you need to bring own first aid kit with necessary medicaments. Spare parts for your bike might be useful.

Tour combination: This tour can be combined with the other tours offered by NoviNomad.

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