



*Please scan and  
watch the video  
about Kyrgyzstan*



## *Green bike journey*

### *Mountain bike tour*

During the tour, we work with local communities and the resources available to them. Many of our local service providers are working towards a more sustainable future of local tourism through efforts to reduce/recycle plastic waste, compost in yurts and homes, and use locally produced materials. You have the opportunity to contribute to a more sustainable future by bringing a reusable water bottle with you, reducing waste when possible, and properly disposing of items when they run out.

**Dates of the tour:** 28.08.2024 – 01.09.2024

**Route:** Bishkek 🚆 Kok-Sai Village 🚶 Bokombaevo Village 🚶 Boz-Salkyn Valley 🚶 Tamga 🚆 Bishkek

### *Highlights of the tour:*

- Ancient culture of modern Nomads
- Amazing nature
- Beautiful mountain views
- High passes
- Unforgettable nights in the yurts
- Ride on bike along ancient's nomad trails
- Breathtaking lake of Kyrgyzstan
- Kyrgyz folk songs by traditional Kyrgyz instruments



NoviNomad Travel



novinomad@elcat.kg



www.novinomad.com

## Itinerary

### Day 1 Bishkek – Jaichi yurt camp (250 km, about 3.5-4 hours)

Meet participants hotel's lobby on August 30, 2023. Transfer to the Jaichy yurt camp along the south shore of Issyk-Kul Lake (250 km), which is located after the Keskem-Bel Pass in Koksai village. It is starting point of the bike tour. Lunch on the way at a restaurant in Boom gorge. Gathering all participants in a yurt camp Jaichy at 16 p.m. Easy walking in the mountains before dinner. Dinner. Overnight in the yurt camp. (Meal: -/L/D)

Altitudes during the day: Bishkek – 800 meters, overnight in Koksai village 1950 meters above the sea level

### Day 2 Jaichi yurt camp – Sonun yurt camp

Breakfast in the yurt camp. This day way continues along Konur-Olen Valley and going down to Bokonbaevo village. During cycling you will have a possibility to see a life in a remote Kyrgyz village. Further route goes to the Issyk-Kul Lake to Sonun yurt camp. The camp is located close to the Issyk-Kul Lake and participants could have a rest and swim there. Accommodation in the yurt camp. Dinner and overnight in yurt camp. (Meal: B/Packed lunch/D)

Cycling distance: around 50 km, 4-5 hours

Altitudes during the day: cycling start – 1950 meters, highest point – 2200 meters, end of day – 1650 meters

### Day 3 Sonun yurt camp – Green yurt camp

Breakfast in the yurt camp. Return back from the south shore of Issyk-Kul Lake to Tegerek mountains and ride along Ak-Terek River. Mountain scenery, floral meadows will add pleasant sensations to your bike ride.

Crossing pass (2540 m) and arrival to Green yurt camp. In the afternoon participants could have walking for 3-4 hours to the hill where overlook stunning panoramic view of Issyk-Kul Lake. Accommodation in the yurt camp. Dinner and overnight in yurt camp. (Meal: B/Packed lunch/D)

Cycling distance: around 22 km, about 4 hours

Altitudes during the day: cycling start – 1650 meters, highest point – 2540 meters, end of day – 2300 meters

### Day 4 Green yurt camp – Tamga yurt camp

Breakfast in the yurt camp. Further road goes down from the pass along Ak-Terek River. From the top of the pass is a nice sliding down along Tosor River. Old road brings you to the main road and toward to the lake again. Accommodation in "Nomad Lodge Tamga" yurt camp. You can spend the afternoon at the lake.

All participants could meet at the evening fire after dinner. You could take a part in a popular music competition – Yr Kese. Dinner and overnight in yurt camp. (Meal: B/Packed lunch/D)

Cycling distance: 49 km, about 4-5 hours

Altitudes during the day: cycling start – 2300 meters, end of day – 1700 meters

### Day 5 Tamga yurt camp - Bishkek

Breakfast in the yurt camp. Morning at leisure on the shore of Issyk-Kul.

There are some options for this day:

- staying at beach
- cycling excursion (around 40 km) to Barskoon Gorge to see famous waterfall – Tears of the snow leopard

Lunch in the yurt camp. After lunch transfer to Bishkek. Upon arrival to Bishkek is the end of the program. (Meal: B/Lunch/-)

Altitudes during the day: Tamga – 1700 meters, end of day – 800 meters

***\*To get detailed day-by-day itinerary, please contact us by mail: [novinomad@elcat.kg](mailto:novinomad@elcat.kg)***

Price for the tour: is 970 USD per person (minimum size of the group is 2 pax, maximum is 10 pax)

<b>Services included:</b> <ul style="list-style-type: none"> <li>• Transport for transfers</li> <li>• Escorting car in days 2-4 with 2 seats and kike-racks</li> <li>• Four-person accommodation in the yurts</li> <li>• Meal as indicated in each day of the program</li> <li>• Entree fees to cultural places and nature parks</li> <li>• Mineral water during the tour (2 liter per person per day)</li> <li>• English-speaking tour guide</li> </ul>	<b>Services not included:</b> <ul style="list-style-type: none"> <li>• Single supplement</li> <li>• Alcohol and soft drinks</li> <li>• International airfare</li> <li>• Bike's rent</li> <li>• Personal expenses</li> <li>• Visa costs if needed</li> <li>• Personal Insurance</li> </ul>
--	---

#### Supplements:

- Bikes for rent is 185 USD per bike for the tour (Bikes of medium class – It will be hard-tails with aluminum frame, Shimano-Deore or SRAM X4/5 level of equipment, hydraulic disk brakes, spring front fork)
- 2-person accommodation in the Tamga yurt camp is 10 USD per person

#### Accommodation during the tour:

Place	Hotel/Guesthouse/Yurt Camp	Conditions:
Jaichy	Yurt Camp	4 people accommodations in a yurt, shared outside toilet and shower cabins
Sonun yurt camp	Yurt Camp	4 people accommodations in a yurt, shared outside toilet and shower cabins
Green yurt camp	Yurt Camp	4 people accommodations in a yurt, shared outside toilet and shower cabins
Tamga	Yurt Camp	4 people accommodations in a yurt, shared outside European style toilet and shower cabins

\*For additional payment, we can book accommodation in Bishkek or make upgrade where it is possible.

#### Additional information:

**Level of difficulty:** This tour is recommended for people with a biking experience. Cycling distance is 35-60 km per day. Riding time is approximately 3-6 hours per day. Altitudes during the tour from 1600 to 2600 meters above sea level

**We suggest to take the following things alone:** cycling cloth comfortable for you, helmet, waterproof/breathable jacket, fleece jacket, synthetic hiking pants, long and short sleeve T-shirt, waterproof walking shoes, camp footwear, sun hat, day backpack (20-40 l), torchlight w/extra batteries and bulb, water bottles, sunglasses, first-aid kit with personal medications, insect repellent, sunscreen (SPF 15+), lip balm (SPF 15+), towel. Weight of personal things is not limited.

#### Bikes information:

- In case if you need, we provide hardtail mountain bikes. They are medium range, most with Shimano-Deore (or SRAM X4/X5) components in a range of sizes. Spare parts (tubes, tire, chains etc.) are included in the price of the bike rental and will be carried in the support vehicle with a tool kit and pump.
- The bikes are equipped with flat pedals. Those who prefer to use SPD or clip-in pedals, are welcome to bring these with you, along with your own cycling shoes and cleats. You are also welcome to bring your own saddle. The bikes have one water bottle cage fitted.
- Helmets are not included in the bike hire. We strongly advise that you wear a helmet on all our trips.

**Conditions:** Bikes are not included and you can bring your own or we can offer them to rent.

**Health:** If you have any specific sicknesses, you need to bring own first aid kit with necessary medicaments.

#### General map of the tour

