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Big bike tour in the Celestial Mountains 20 days

Discover Kyrgyzstan by mountain bike with a service car. We cross large fields of sight, cross the passes above 3200, we discover the nomadic life in the highlands like Jumgal, At-Bashy, Song-Kul and Balgart. Camp at Issyk-Kul Lake. Visit the caravanserai

Day 1: International flight

Day 2: Bishkek

We will meet you at Manas international airport and transfer to Bishkek. Rest in the homestay. Sightseeing tour in Bishkek, contrasting city with Soviet architecture, with gardens and superb walks. You will visit the Osh Grand Bazaar, its lively alleys, its artisanal goods, its cultural contrasts, between Chinese specialties and dry fruits of the Middle East.

Transfer: 45 min;

Accommodation: homestay

Day 3: Kokomeren

Transfer to Kokomeren. Crossing the Too-Ashuu pass at the elevation of 3200m on the Kyrgyz Ala-Too range and through the valley of Suussamy. We walk along the beautiful wild Kokomeren River. Camp by the river.

Transfer: 5h

Accommodations: tent

Day 4: Kara-Keche

First stage of mountain bike ride. We ride along the beautiful Kokomeren river, enjoying its powerful water flow in a splendid canyon. The climb is steady, the track is nice. 1 hour transfer before riding the bikes. The camp will be in one of the valleys of Kara-Keche.

Cycling distance: 40km

Difference in altitude: 800 / -350

Accommodations: tent

Day 5: Bike Tour

Early in the morning we will take our track by bikes, passing in front of the largest coal deposit of the country Kara-Keché, located at 2800 meters above sea level. The arrival point of this day will be Song-Kul Lake through the pass which also bears the same name at 3380m.

Cycling distance: 43km

Altitude difference: 1100m / 300m

Accommodations: tent

Day 6: Biking by Song-Kul lake

By crossing nomads and herds of thousands of animals, we will continue our mountain biking in the steppes of Song-Kul.

Cycling distance: 40 km

Altitude difference: 450m / -550m

Accommodations: yurt

Day 7: Free day

During the summer a large gathering of Kyrgyz nomads cover the whole landscape. Discover the life of the nomads. Possibility of horse riding or walking on foot to discover surroundings.

Accommodations: yurt

Day 8: Second mountain bike stage

We will take the old tracks to reach the Song-Kul River. The track goes through a pass at elevation of 3200 m, the descent is steep.

Cycling distance: 45

Altitude difference: 450 / -950 m

Accommodations: tent

Day 9: Naryn

We will continue our biking by mountain pass at 3000m, before meeting the vehicle, finally take the road to Naryn by car.

Cycling distance:

Altitude difference:

Transfer:

Accommodation: guest house

Day 10: Transfer and start of third stage of mountain bike tour

Transfer to the "jailoo" of the region of At-Bashy. From far away we can see the peaks of the chain of Fergana Too that separates two great chains of Pamir and Tian-Shan (the Celestial Mountains).

Transfer: 2h

Distance: 30 km

Altitude difference: 850 / -450

Accommodations: tent

Day 11: Biking day

We will continue to discover the region of At-Bashy through its beautiful summer pastures. The arrival at Tash-Rabat, the caravanserai of the X-XI centuries hidden in the mountains of At-Bashy.

Cycling distance: 45 km

Altitude difference: 300 m

Accommodations: yurt

Day 12: Free day

A free day in Tash-Rabat. Visit the caravanserai. Possibility of a walk around.

Accommodations: yurt

Day 13: Transfer to Eki-Naryn

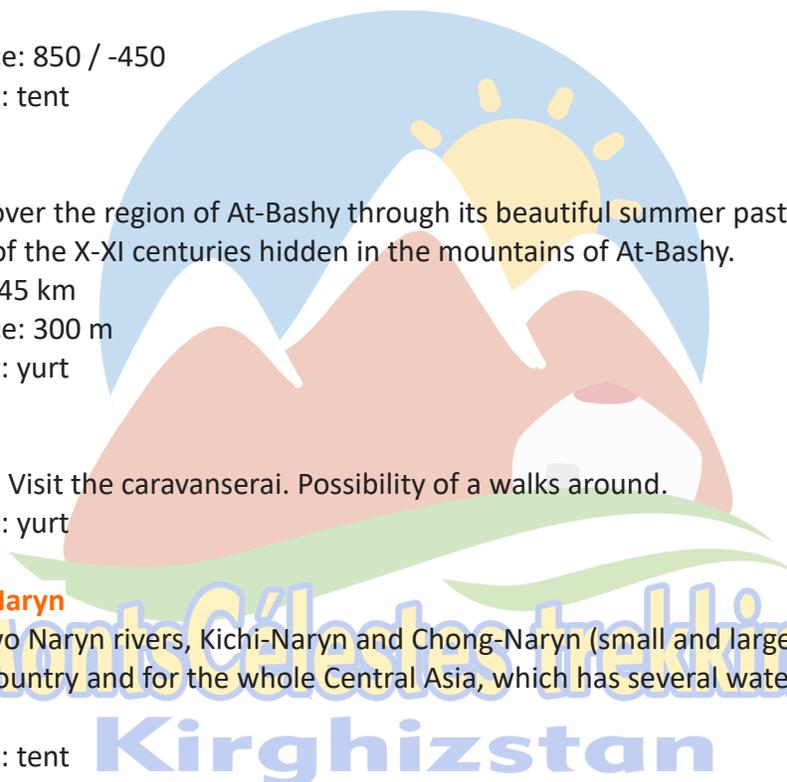
The confluence of the two Naryn rivers, Kichi-Naryn and Chong-Naryn (small and large), which is a very important river for the country and for the whole Central Asia, which has several water dams.

Transfer: 6h

Accommodations: tent

Day 14: Mountain bike

After breakfast, we will begin our last stage of mountain biking to the Kichi-Naryn River (Little Naryn) and then



the trail will continue along the picturesque narrow gorge of the river of the same name.

Cycling distance: 45 km

Altitude difference: 300 m

Accommodations: yurt

Day 15: Jyluu-Suu

We will follow the river Jyluu-Suu until we reach hot spring (thermal water). Discover one of the great highlands of the country which is the paradise of animals. Opportunity to enjoy bathing.

Distance: 45 km

Altitude difference: 300 m

Accommodations: tent

Day 16: Round trip to Lake Techik-Kul

Hiking to the Lake Teshik-Kul (pierced lake) at 3400m above sea level. In the afternoon we will go down to the same camp.

Trekking time: 5h

Altitude difference: 700m / -700

Accommodations: tent

Day 17: Tosor

We will follow the river Uch-Emchek with our bikes. Crossing the pass of Tosor at 3880m elevation, after we will descend to Tosor gorge. Total distance of about 45 km on a track of shepherds. A great day on the bike.

Cycling distance: 45 km

Altitude difference: 1250 / -1150

Accommodations: tent

Day 18: Issyk-Kul

In the morning we will cycle down to the edge of Issyk-Kul Lake, the second largest mountain lake in the world after Titicaca. In the afternoon the car takes us into the canyons of Ak-Sai.

Transfer: 2h

Accommodations: tent

Day 19: Return to Bishkek

In the morning we will drive to Bishkek. Visit the Burana Tower, an ancient city of the Karakhanids of the X-XI centuries.

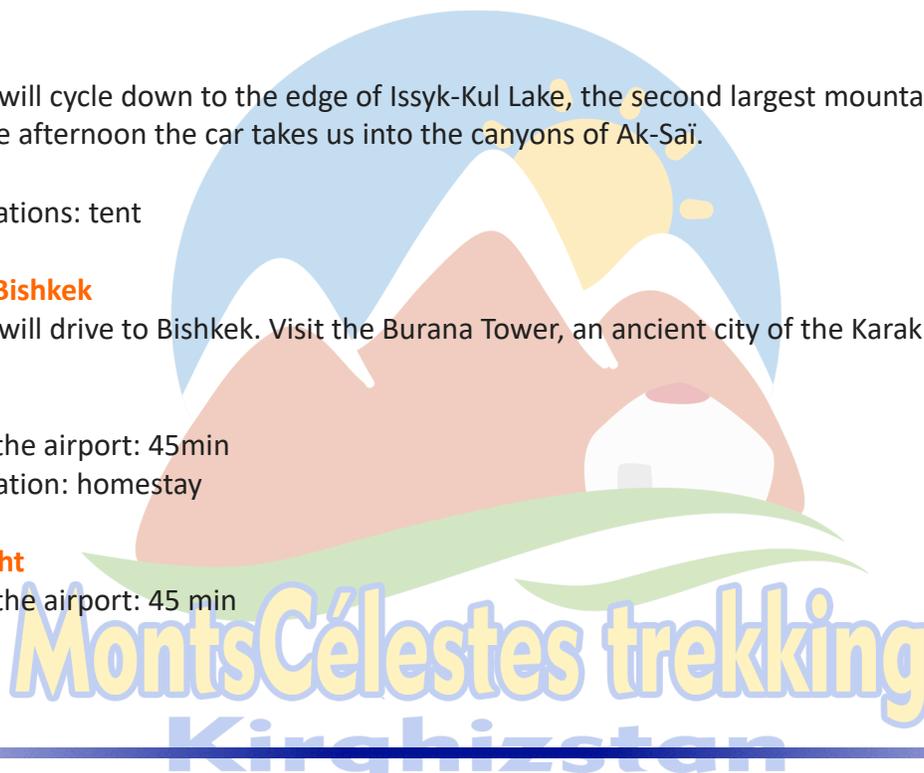
Transfer: 6h

Transfer to the airport: 45min

Accommodation: homestay

Day 20: Return flight

Transfer to the airport: 45 min



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