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Discover Kyrgyzstan by bike 16 days

Riding mountain bike is a unique way to discover Kyrgyzstan. You will ride in three different regions: on the pastures of nomads At-Bashy and Ak-Talaa, in the steppes of Song-Kul, with spectacular sceneries and along the beautiful river Kokomeren, which powerful waters flow in a splendid canyon

Day 1: International flight to Bishkek, Kyrgyzstan

Day 2: Bishkek

We will meet at the Manas international airport and transfer to Bishkek. Rest in a guesthouse or hotel. Visit the capital city Bishkek and its center, contrasted city of Soviet architecture but with nice parks and superb walks. You will visit the Osh Grand Bazaar, walking along its bustling alleyways, and see its artisanal goods, its cultural contrasts between Chinese specialties and dried fruits from the Middle-East.

Transfer: 45 min

Accommodation: homestay

Day 3: Transfer to Naryn

We will take the road to Naryn region located in the heart of Celestial Mountains. At Tokmok city we stop for Visit to the Burana Tower, a historic city from the Karakhanid period of X-XI century.

Transfer: 5h

Accommodation: guest house

Day 4: Transfer and mountain bike

In the morning we drive towards Tash-Rabat, along the way picnic and we start riding a bike to the caravanserai hidden in the mountains of At-Bashy.

Transfer: 2h 30

Cycling distance: 15 km

Altitude variation: 200 m

Accommodations: yurt

Day 5: Mountain Bike Day 1

We will take the old tracks with our bikes to reach the "jaïloo" (summer pasture) of nomads from the region of At-Bashy.

Cycle distance: 30-35 km

Altitude variation: 300 / -400 m

Accommodations: tent

Day 6: Round trip day 2

Riding in the Jaman-Too range that separates the two great highlands of Ak-Talaa and At-Bashy. We will take a trail that joins a coal quarry across the pastures bordered by splendid peaks. The Fergana mountain range is on the horizon.

Cycle distance: 30-35 km

Altitude variation: 300 / -300 m



Accommodations: tent

Day 7: Mountain Bike Day 3

We continue our ride on the "jailoo" of nomads. We cross abandoned houses of the Soviet era and ascend the MELS Pass (Marx, Engels, Lenin, Stalin) 3300 m. At the end of the day we will arrive at the village of Togolok Moldo.

Cycling distance: 30-35 km

Altitude variation: 800 / -1100 m

Accommodation: homestay

Transfer: 1h 30

Day 8: Transfer

Drive to the foot of the Moldo-Bel pass.

Transfer: 1h

Accommodations: tent

Day 9: Song-Kul Mountain Bike Tour

We are starting our second stage of riding. To reach Song-Kul Lake, we climb the Moldo-Bel pass. Beautiful landscape with the peaks of massive Moldo-Too and breathtaking view of the lake.

Cycling distance: 25-30 km

Altitude variation: 800 / -200 m

Accommodations: tent

Day 10: Song-Kul

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

Cycling distance: 30 km

Accommodations: yurt

Day 11: Free day

During the summer a large gathering of Kyrgyz nomads cover the whole landscape of Son-Kul. Discover the life of the nomads. Possibility of riding a horse or walking by foot.

Accommodations: yurt

Day 12: Kyzart

Trekking day. We will descend by the paths of nomads to the village of Kyzart located at the foot of Song-Kul mountains. In the evening discover the "banya" Russian sauna. Night in the village.

Trekking: 5h

Altitude variation: 250 / -1100m

Accommodation: homestay

Day 13: Kokomeran

Third stage of mountain biking. Easier day: 1 hour transfer before getting on the bikes. We ride along the beautiful Kokomeran River, its mighty waters flow into a splendid canyon. The ascension is steady, the track is nice.

Cycling distance: 25 km

Altitude variation: 200

Accommodations: tent

Day 14: Suusamyr



Last day of mountain bike ride along the Kokomeran river and arrival on high plateau of Suusamyr. Camp at the edge of the Karakol river.

Cycle distance: 30-35 km

Altitude variation: 300 m

Accommodations: tent

Day 15: Bishkek

Return to Bishkek crossing the Suusamyr plateau, then the famous Too-Ashuu pass

Transfer: 5h

Accommodation: homestay

Day 16: Return flight

Transfer to Bishkek Airport: 45 min



Price includes:

- The organization of the stay in Kyrgyzstan
- Transport during the whole stay (assistance car)
- Catering during the whole stay
- Accommodation throughout the stay
- Camping equipment
- Supervision by Kyrgyz French speaking guides.
- Equipment (mountain bike)

The price does not include:

- Helmet and personal equipment for mountain biking

- Alcoholic drinks and extra personal expenses,
- All activities not mentioned in the program
- Travel insurance
- Air ticket

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