

## **FIVE STANS ADVENTURE**

The easiest way to explore Central Asia

### **KYRGIZSTAN, BIKING TOURS 7 DAYS**



#### **Nomadic Kyrgyzstan!**

**Just about every tourist should make this journey at least once in their life!**

This fully guided and supported tour allows you to take things at your own pace and to travel to the best places of Kyrgyzstan. We will carry your bags and feed you along the way! Our tours are manageable by just about any fit. Experienced riders will be thrilled and pushed to their limits by such a fantastic tour! However, with the vehicle never far away, we can also pick up riders who want to have biking in our country but happy to do fewer kilometers a day.

It is much more than a biking trip; this is an opportunity to really experience Nomadic culture and to meet people ready to share their wonderful customs and traditions. During this biking tour you will ride 2 times over passes that are more than 3 000 meters high! And the highest pass will be 3 364 m – it is higher than any pass in the whole Alps! Very often you will meet nomads and communicate with them! You will even sleep 2 nights in their dwellings - yurts!!!



### Highlights of this amazing tour:

- **Burana Tower** – built in 11 century by Karahanids!
- **Stone Warriors Balbals** – statues made in 7 century for brave warriors!
- **Petroglyphs** – ancient stone pictures made more than 2 500 years ago!
- **Drinking Kumis** – it is fermented mare's milk!
- **High passes** – you will have biking over passes more than 3 000 meters high!
- **City tour in the capital** – find out amazing facts about Bishkek city!
- **Meals** – taste the most delicious Kyrgyz food!
- **Nomads** – you will meet nomadic families to find out more about them!
- **Yurts** – you will have a chance to sleep in nomadic felt dwellings yurts!
- **Mountains, Mountains, Mountains** – amazing untouched nature will surprise you!

### Day 1: Bishkek – Burana Tower – Ak Tash

Welcome to Kyrgyzstan! Our guide will wait you in the airport and then you will drive together to the Bishkek city. We are going to visit today our famous Burana Tower. It was built in the 11th century. There was a thriving city on the Great Silk Road. Also you will see Stone Warriors – Balbals. If a famous soldier was killed during a war then people would always make a statue for him. After an interesting excursion and climbing on the top of the Tower we will drive to Kochkor. There we will visit a local museum that is made in a private house. The owners have collected a lot of interesting things of Kyrgyz handicraft from all villages around! You will see different kinds of carpets, wooden cradles, silver decorations, fur coats made of wolfs, national costumes, and many many other amazing things! Your guide will tell you fantastic traditions connected with them! Also it will be possible to buy some handmade souvenirs at this place. Then we will show you the way our women produce traditional felt carpets. You will not just watch the production but you will even participate. You will have a chance to make your own picture with a help of colored wool and then all together we will beat it in a special way to get a nice felt carpet. You can take it with you for memory. After an interesting meeting with locals we will drive to our tent camp. It is situated in a remote place among high mountains. You will have time in the evening to prepare your bikes to be ready for the challenging mountain passes of the next day. Tomorrow you will ride over a high Jalpak Bel pass, which is at 3 348 meters!



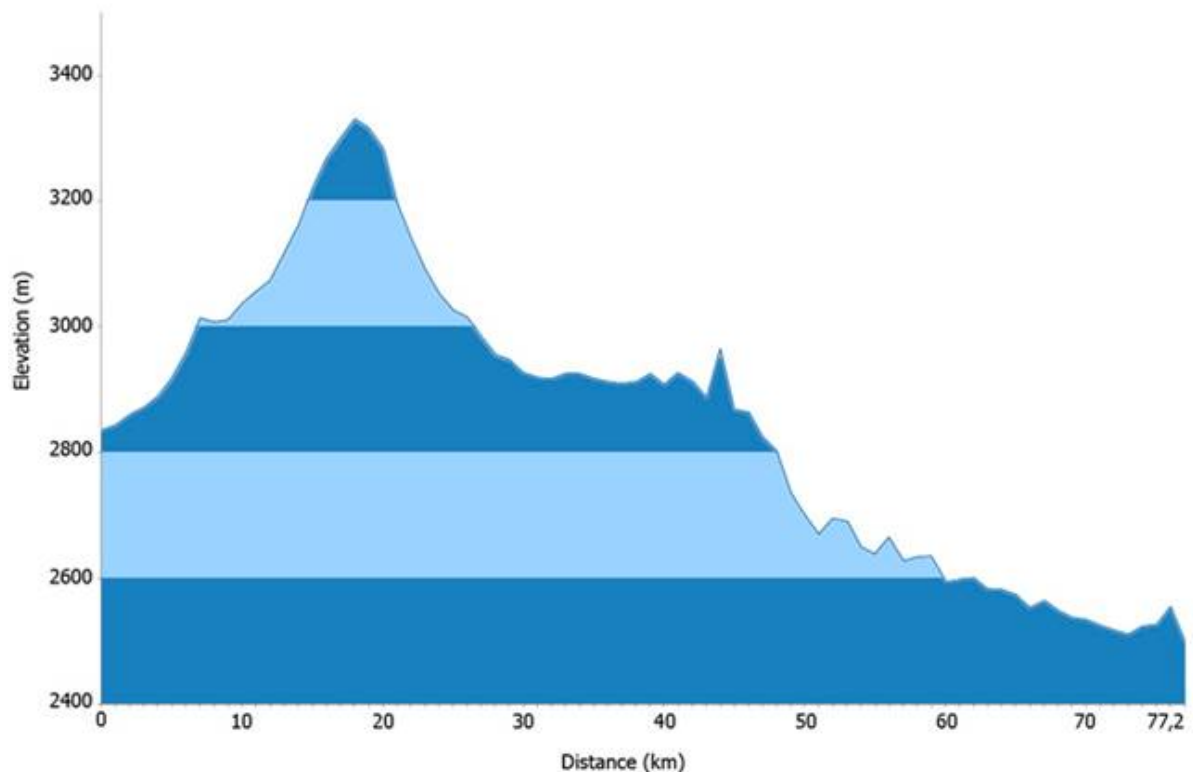
### Day 2: Ak Tash – Eki Naryn

Today we start our fantastic biking! You will see a lot of completely different mountain views and you will fall in love with Kyrgyzstan. The highest point of the day is Jalpak Bel – it is 3 348 meters high! You will see fantastic views along the whole way! Our biking takes place in the Central Tien Shan, along the Terskey range. Tien Shan is the Chinese name. The Kyrgyz name is Tenir Too – Celestial Mountains. Kyrgyzstan is a mountainous country and 93% of the land is mountains, including Central Tien Shan, Kyrgyz Mountains and the Alai range of the Pamirs. The highest point of the Kyrgyz part of the Tien Shan is Victory peak – it is 7 437 meters high! The Tien Shan Range is one of the largest in Asia. It stretches across several countries and 2/3rd of the system lies in the territory of Kyrgyzstan. This tour boasts some of the most spectacular mountain riding you could ever wish for!





<b>Biking details:</b>	<b>Meters, kilometers:</b>	<b>Feet, miles:</b>
Altitude start	2 835 m	9 301 ft
Highest point	3 348 m	10 984 ft
The end	2 502 m	8 208 ft
Distance	77,2 km	47 miles
Overnight	Tent	



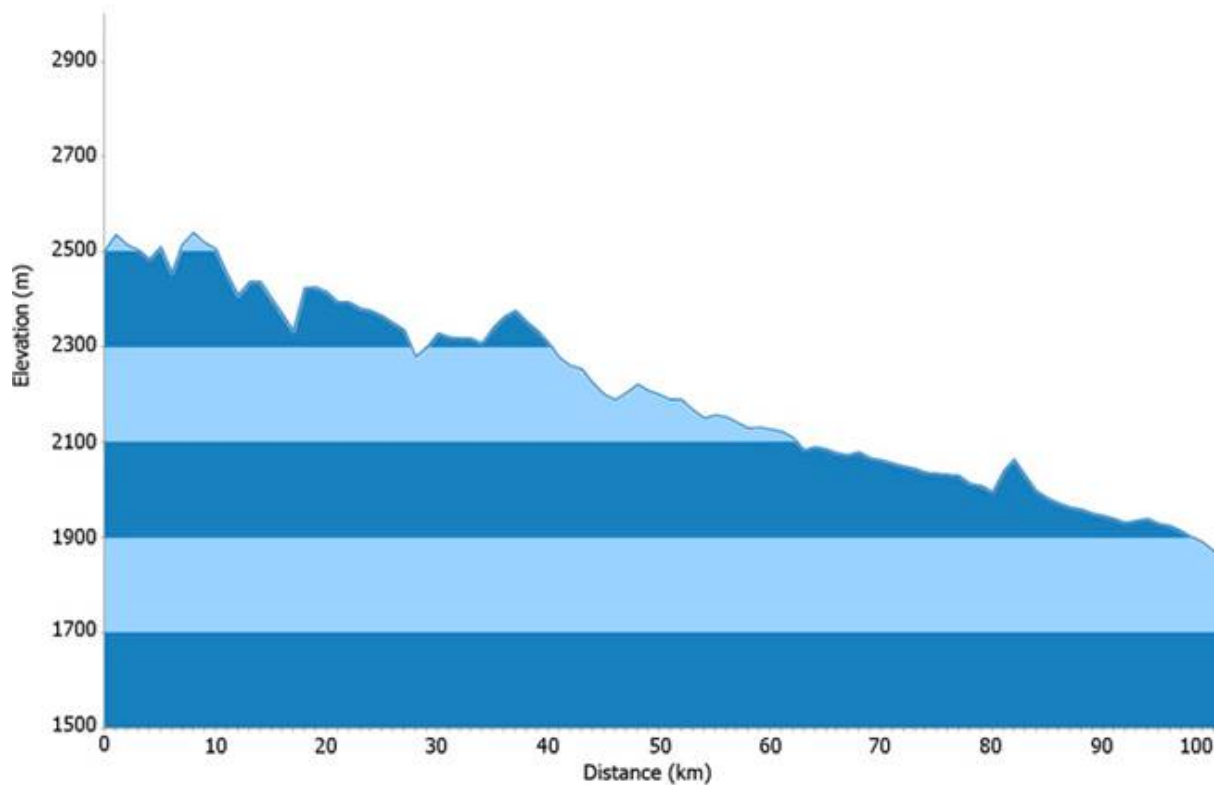
### **Day 3: Eki Naryn – Emgek Talaa**

From here we continue making our way across the country, allowing plenty of time to enjoy the spectacular scenery in the Heart of Tien Shan Mountains. You will have today stunning climbs, thrilling descents and unforgettable views. On a mixture of dirt road and parts of paved road we ride among impressive mountains to our next camp. Today is quite possible that we will meet real nomads! They come to these mountains in summer times with their cattle. Nomadic families do not live at one place all the time. Every month they move from one pasture to another in order to have more fresh grass. Nomads still live in their felt houses yurts. It is the best dwelling to live and to transfer from place to place. Nomads still keep all their amazing traditions that are completely different from all other nations in the

world. Your guide will tell you about them. Also it will be possible to communicate with nomads. Part of the road we will ride along a small Naryn town. This town is built right in the gorge! Mountain slopes are going from both sides along this narrow town.

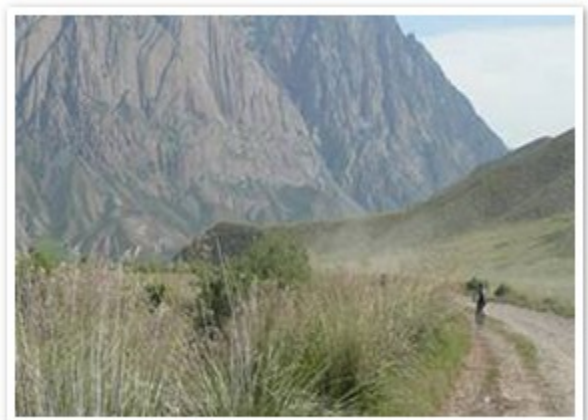


<b>Biking details:</b>	<b>Meters, kilometers:</b>	<b>Feet, miles:</b>
Altitude start	2 502 m	8 208 ft
Highest point	2 540 m	8 333 ft
The end	1 870 m	6 135 ft
Distance	100 km	62 miles
Overnight	Tent	



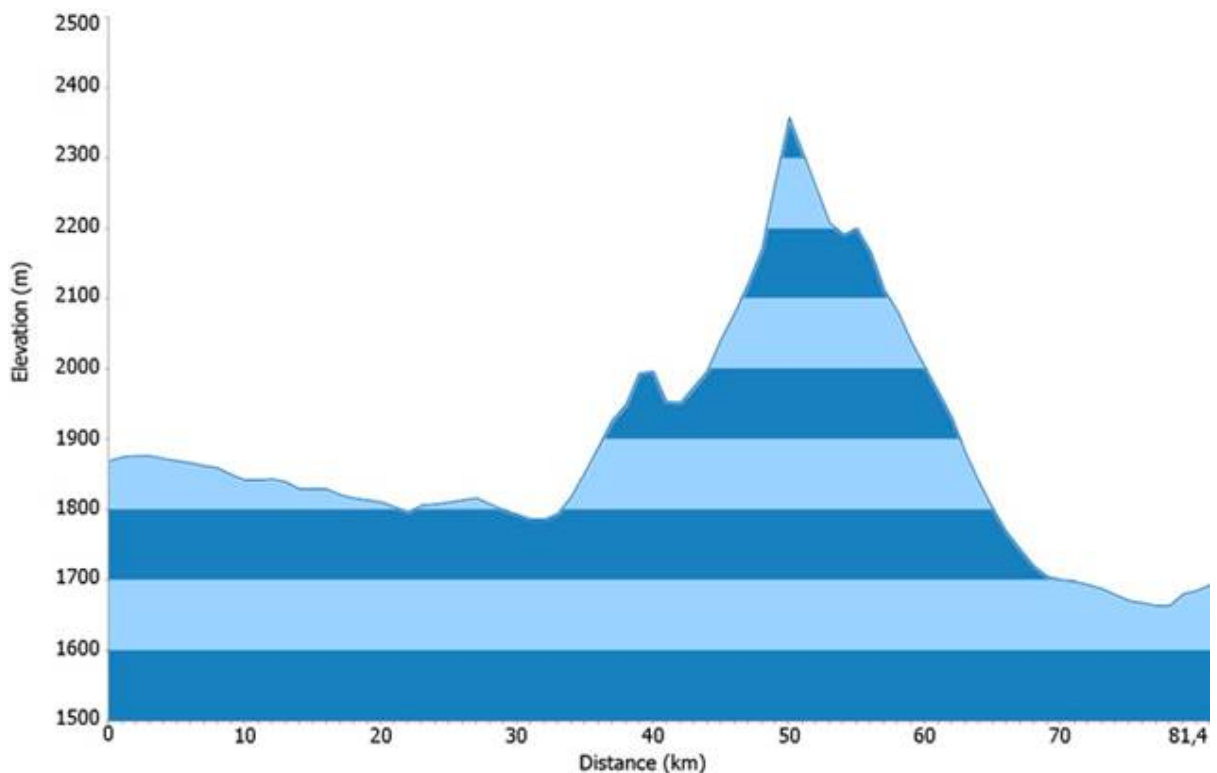
#### Day 4: Emgek Talaa – Kurtka

Today we have an interesting route over a mountain landscapes and you will have challenging climbs and exciting descents on a traffic-free unpaved road. Part of the road will go along a beautiful valley and you will ride then over many hills. You will have very nice biking. There is simply no better way to experience our country. Following unpaved roads along mountain gorges, weaving from side to side, up and down - this day provides the ideal opportunity to explore Kyrgyzstan. This night we will spend in Kurtka village. It gives you an insight into the local traditional way of life. Kurtka is a very interesting village where you can see nowadays life of Kyrgyz people. We will sleep in a small home stay with a local family to find out more about Kyrgyz. The following day we will have our biking which will ultimately bring us all the way back to the times of nomads!





Biking details:	Meters, kilometers:	Feet, miles:
Altitude start	1 870 m	6 135 ft
Highest point	2 357 m	7 732 ft
The end	1 694 m	5 557 ft
Distance	81,4 km	51 miles
Overnight	Home stay	



### Day 5: Kurtka – Son Kul South

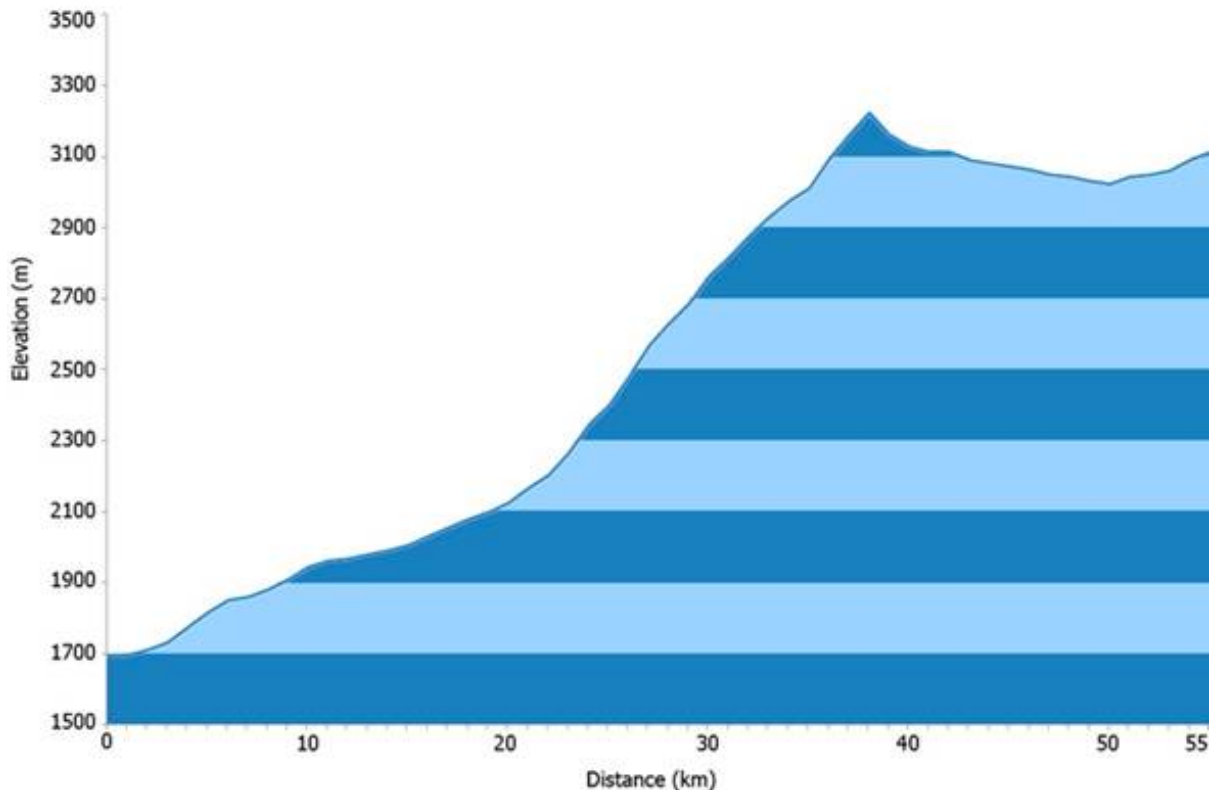
The summit of 2 802 m of Cime de la Bonette pass (French Alps) is the highest point reached by the Tour de France. Today you will have biking over 3 225 m and it is higher than the highest road pass in the whole Alps!!! Plus the next day you will have biking around the lake on the altitude from 3 016 m till 3 113 m! You will be higher than all other people in Europe! And it is not the limit! The next day you will even have biking higher – over 3 364 m! The road today will lead us to the most famous place in Kyrgyzstan – Son Kul Lake! It is a wild mountain place with a big lake where real nomads still live! They come to this high mountain lake every year and you will meet a lot of them there! Son Kul Lake is very far from civilization and you can enjoy the beauty of untouched Nature! The road to

the lake is fantastic – you can see on the photos the serpentine road to the summit and a narrow road that goes along the top of the mountain peak! At the end of the day we will come to the yurt camp! And this night you will spend as real nomads in Kyrgyz yurts!!! It is a great opportunity to get unforgettable memories about Kyrgyzstan and its people!



<b>Biking details:</b>	<b>Meters, kilometers:</b>	<b>Feet, miles:</b>
Altitude start	1 694 m	5 557 ft
Highest point	3 225 m	10 580 ft
The end	3 113 m	10 213 ft
Distance	55 km	20 miles
Overnight	Yurt	





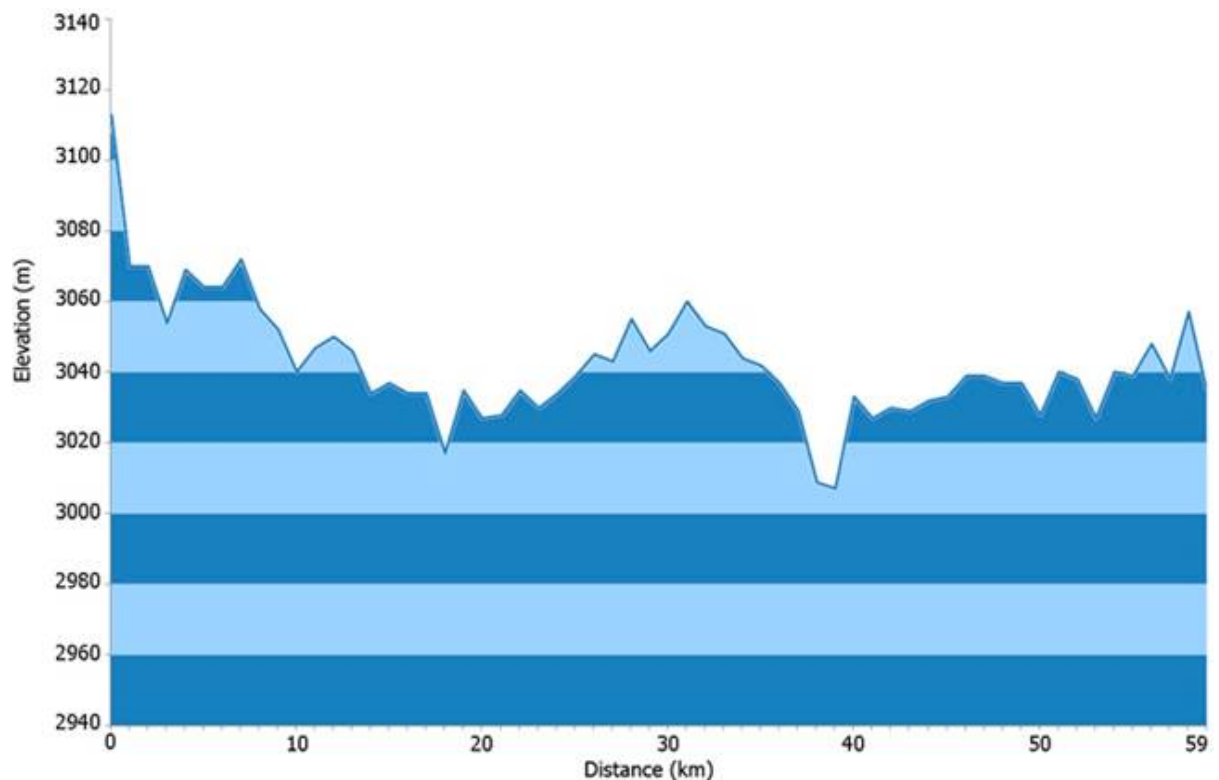
**Day 6: Son Kul South – Son Kul North**

Today you will have biking around the lake. You will ride over different hills and you will see many new nomadic families. The road is with rolling hills as far as the eye can see. It is possible that on the way some nomads will offer you to drink Kumis. It is our national drink. Kumis is made of mare's milk and it is an alcoholic drink as a beer. We suggest you not to drink too much for the first time. It is better just to taste it a little bit and in this case you will not have stomach problems. It is a very healthy natural drink and at Soviet Times we had even a lot of special health resort to treat people only with kumis. Be aware that this alcoholic mare's milk has an unusual taste. This night you will spend again in a yurt! Yurt is a collapsible felt dwelling. It is made of felt and wood without using a single nail! To fix the wooden sticks people use stripes made of leather. It takes just one hour to collapse or to erect a yurt. And you need just 3-4 horses to take it from one place to another. It is very nice to sleep inside at summer time and it is very warm to sleep there in winter. Take your chance to get new feelings!





<b>Biking details:</b>	<b>Meters, kilometers:</b>	<b>Feet, miles:</b>
Altitude start	3 113 m	10 213 ft
Highest point	3 070 m	10 072 ft
The end	3 034 m	9 954 ft
Distance	59 km	34 miles
Overnight	Yurt	

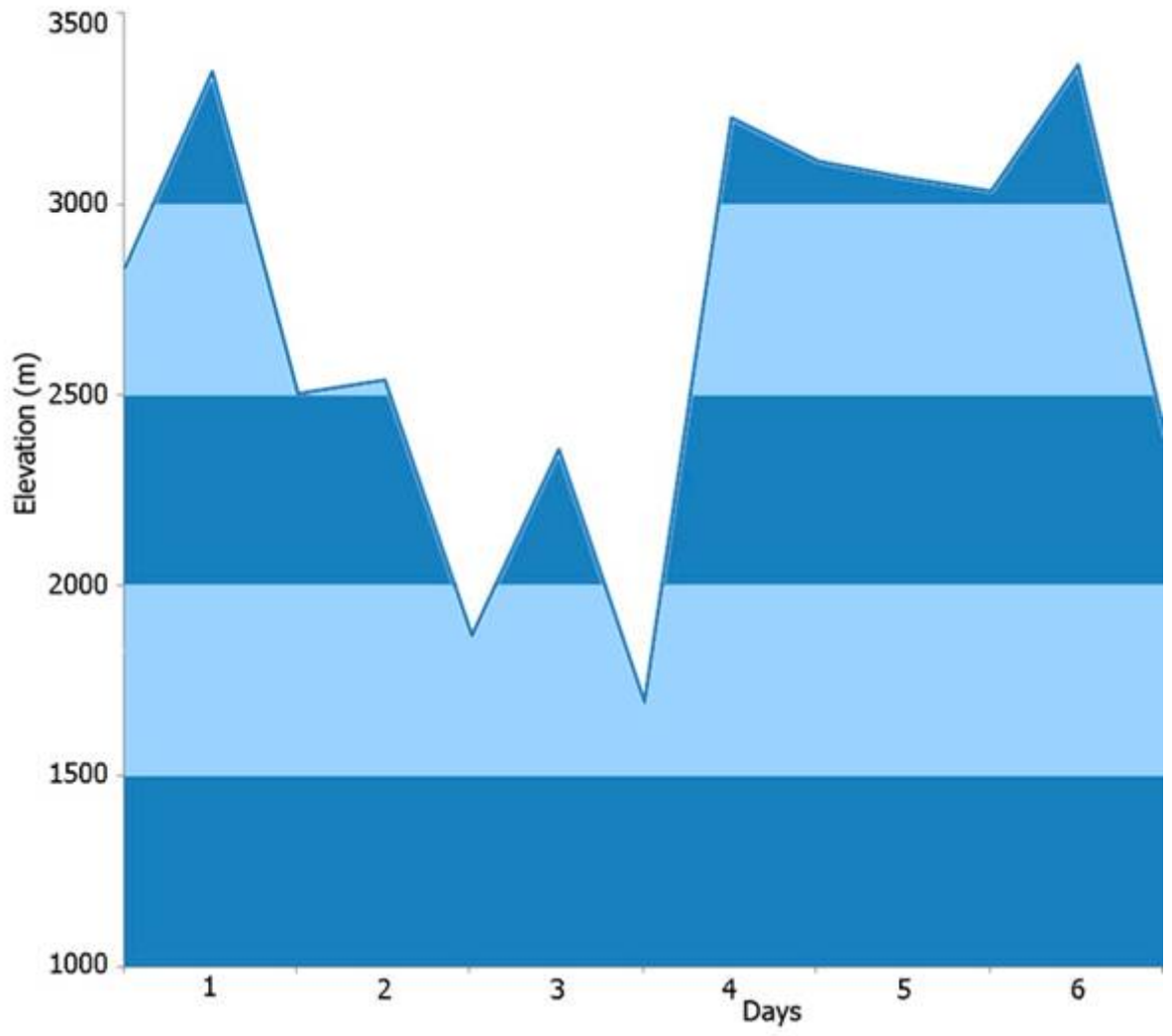


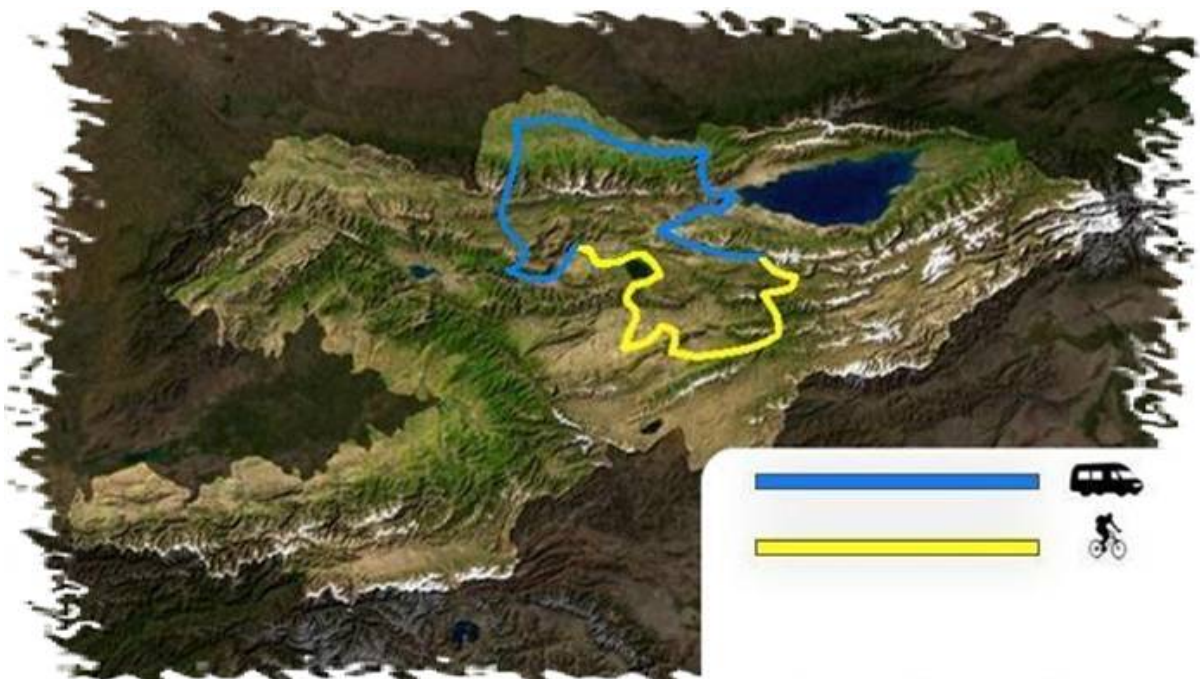
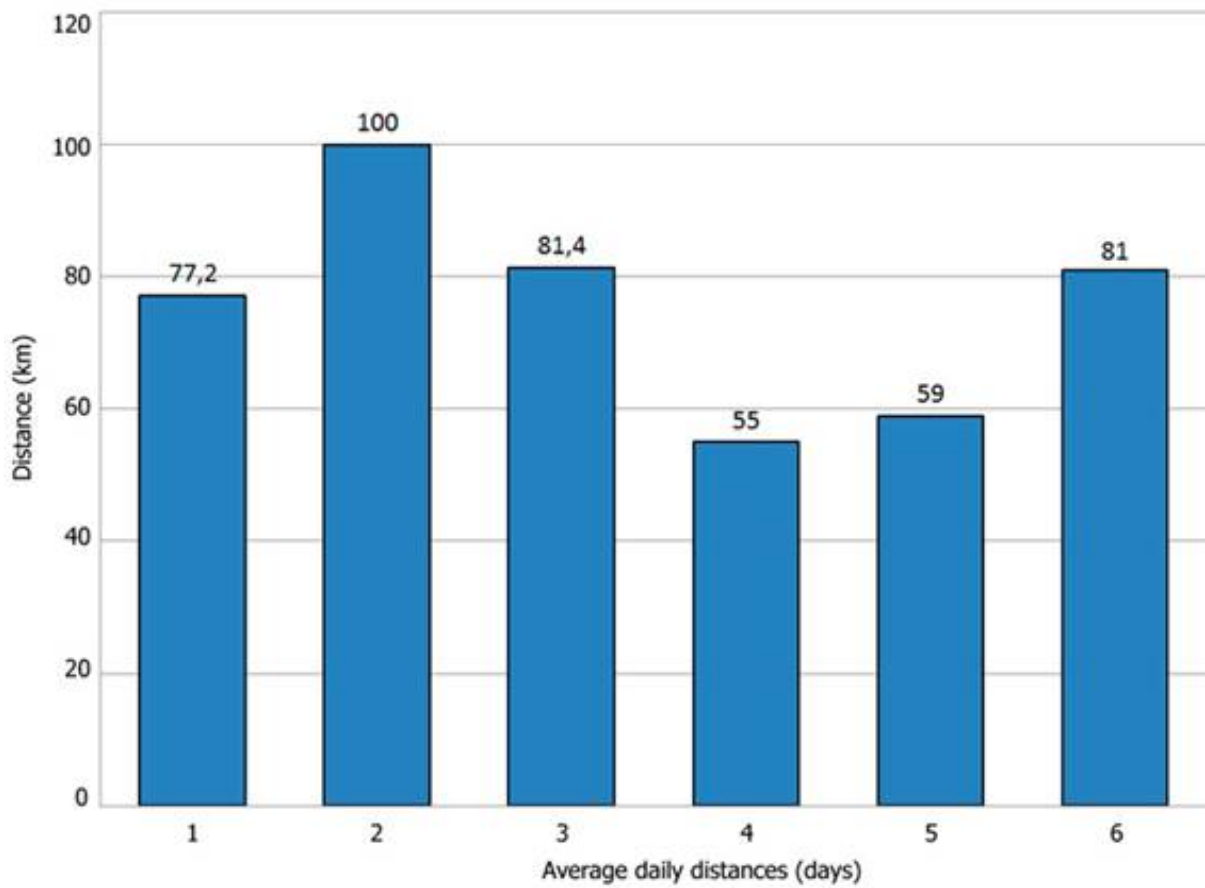
### Day 7: Son Kul – Bishkek

Today we will have a fantastic drive to Bishkek city. The road goes up and down over the high hills before we come to the pass that is more than 3 000 meters high. The pass is called Kara Keche and it is 3 364 meters high! It is even higher than the pervious pass to Son Kul Lake! The summit of 2 802 m of Cime de la Bonette pass (French Alps) is the highest pass in Europe. Today you will be driving over 3 364 m and it is higher then the highest road pass in the whole Alps! You will be higher then all other people in Europe! After driving to the top of the pass you will have a long sweeping descent! The road will go down and on the bottom we will drive through a place where people get coal. Then the road goes over the southern part of Kyrgyzstan. During your transfer be prepared for amazing views

of the impressive mountains and gorges. Today you will see amazing panorama views from Tue Ashuu pass that is more than 3 000 meter high! This road is considered to be one of the most beautiful in Kyrgyzstan! You will have many photo stops to remember this day. Farewell dinner in Bishkek will be at 8 o'clock. In the evening after your dinner we can go for a walk and to see night Bishkek. After an overnight in a hotel you will be transferred to the airport early in the morning. This tour boasts some of the most spectacular nomadic mountain travelling you could ever wish for! You will fall in love with Kyrgyzstan! "Chon Rakhmat! Ak Jol!" – Thank you! Have a good flight!







**Details about the biking part:**

Biking details:	D 1	D 2	D 3	D 4	D 5
Altitude start (m)	2 835	2 502	1 870	1 694	3 113
Highest (m)	3 348	2 540	2 357	3 225	3 070

The end (m)	2 502	1 870	1 694	3 113	3 034
Altitude start (ft)	9 301	8 208	6 135	5 557	10 213
Highest (ft)	10 984	8 333	7 732	10 580	10 072
The end (ft)	8 208	6 135	5 557	10 213	9 954
Kilometers	77,2	100	81,4	55	59
Miles	47	62	51	20	34
Night	Tent	Tent	Tent	Yurt	Yurt

### Weather in Kyrgyzstan:

The climate in our country is totally continental. There is sunshine more than 200 days a year. The temperature during summer time in the lower areas may rise up to 40°C. In higher altitude (3 000 - 4 000 m above sea level) it will be around 20°C and it may become cold during the night (sometimes 0°C). Weather can change 3-4 times a day in mountains on altitude 2 500 - 4 000 m.

	May	June	July	August	September	October	November
Temperature							
Day (°C)	+23	+26	+30	+35	+27	+20	+14
Night (°C)	+18	+20	+25	+28	+19	+11	+6
Day (°F)	+73	+79	+86	+95	+81	+68	+57
Night (°F)	+64	+68	+77	+82	+66	+52	+43

Travel season in Kyrgyzstan is from the middle of May till the end of October. The best time to have a biking tour is from the middle of June till the end of August. At this time are warm temperatures and almost no rain. At September we have cooler temperatures with a chance of rain.

### Level of difficulty:

This tour is recommended for people with some biking experience. Biking time is approximately 5-7 hours per day.

### Conditions:

It is necessary to bring a sleeping bag, warm clothes.

### Service includes:

- Airport transfers
- Transport for all transfers and excursions
- Support car during biking
- Double room accommodation in hotels, guesthouses and home stays
- Four-five people accommodation in a yurt
- Three time meals and mineral water during the tour
- Full-time service of your English speaking guide-interpreter
- Double tents, mats and kitchen equipment
- Personal for tour
- Entry fees to museums
- No extra charge after confirmation

### Service does not include:

- Single room accommodation
- Alcohol and soft drinks
- Personal travel insurance
- Cost for the Kyrgyz visa (additional payment is 70\$ per person)