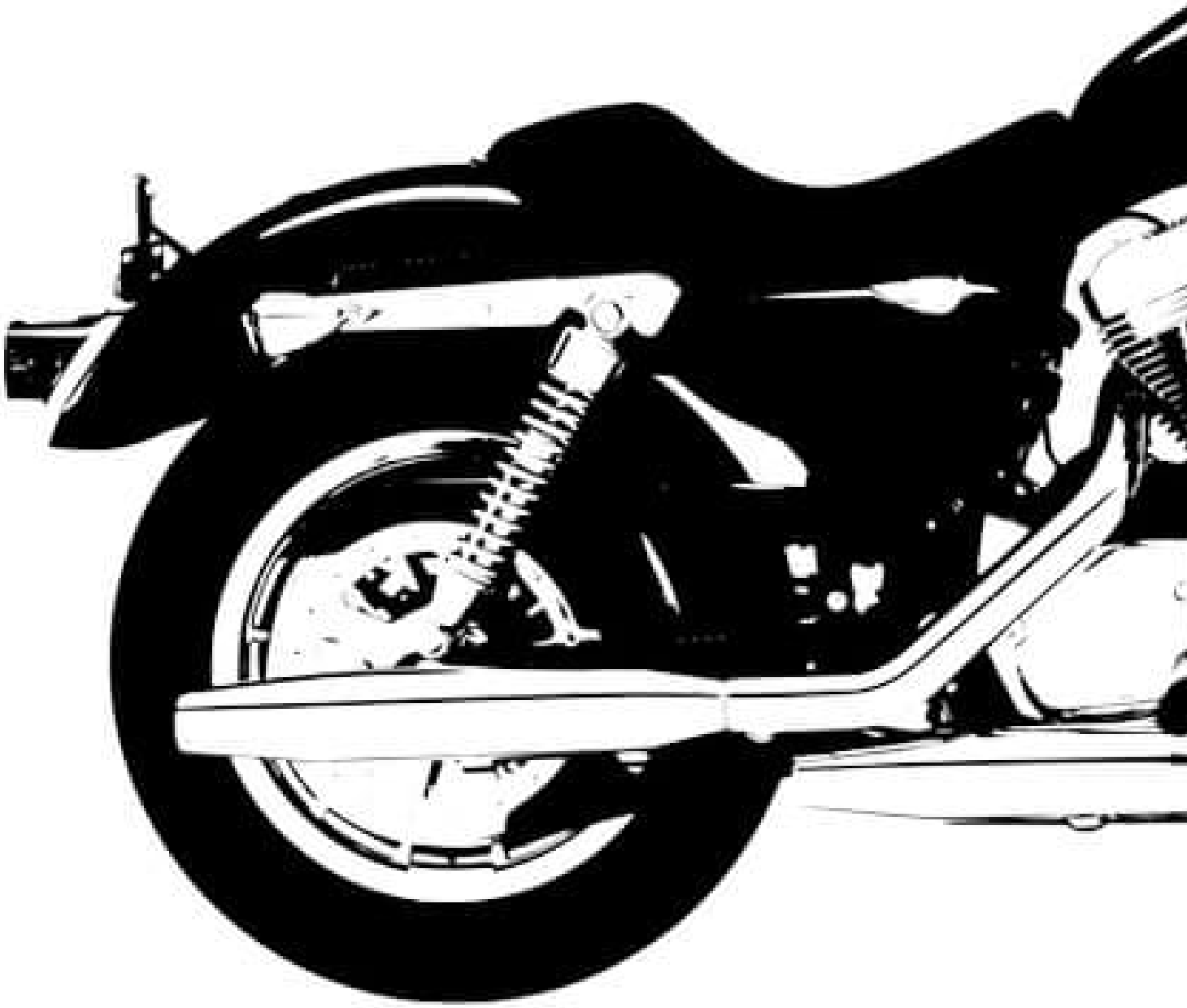
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Bicycle Tour Thian Shan MTB route

Bicycle Tour Thian Shan MTB route

Durée	Difficulté	Véhicule de soutien
9 días	Normal	Oui
Language	**Guide**	
en,es	Oui	

Kyrgyzstan- a “Terra Incognita” for most of foreign tourists is a small mountainous country in Central Asia. Kyrgyzstan (or Kirguizstan) is a contry with pristine natural landscapes and nomadic lifestyle waiting to be discovered by real adventure-lovers and thrill-seekers. The trail traversing majestic Tian-Shan mountain range crosses vertiginous mountain passes with very diverse terrain. The landscapes ranging from lush mountain valleys with alpine lakes, glaciers, coniferous forests and rushing currents to desert areas with beautiful canyons and moon-like landscapes. On this trip you will not only enjoy cycling through virgin alpine landscapes but also will get to learn about the life of kyrgyz herders. They put up their yurts in high-altitude pastures and stay there with their horses, sheep and yaks. This trip will present hundreds of incredible photo opportunities and leave you with many new experiences, stories and lifelong memories.







1 - Bichkek - Bichkek - 0



2 - Bichkek - Bichkek - 50



3 - Bichkek - Kegeti - 65



4 - Kegeti - Kotchkor - 75



5 - Kotchkor - Lac Son Koul - 60



6 - Lac Son Koul - Kotchkor - 65

7 - Kotchkor - Bokonbaïevo - 70





8 - Bokonbaïevo - Bokonbaïevo - 60



9 - Bokonbaïevo - Bichkek - 0



10 - Bichkek - Bichkek - 0

Vélo



Ma vélo
+ $0.00



AIM 29er
+ $184.36



Talon 2 29
+ $184.36

Dates et prix

Inclus

- Guide
- Véhicule de soutien
- assurance de base
- Petit-déjeuner
- Dîner
- Hôtel
- impôts locaux
- Déjeuner
- Cartes & Carnet de route
- Mécanique
- Transferts

Non inclus

- Boissons avec de l’alcool
- Dépôt sous caution
- Equipement de protection enduro
- Equipement de froid extrême
- Ferris
- Vols


Location de vélos


Entrées Parcs Nationaux


Snacks pour la route


Essence et huile


Vélo de rechange


Visa


Retour de vélo à l'origine


Boissons sans alcool Eau - Café


Parking


Photo - Vidéo souvenir


Pourboire

Autres informations

Please, bear in mind that in May day temperatures vary between 25-25C in the valley to 10-15C at higher areas. Please, be prepared for sudden changes of temperature due to possible rain and dress accordingly. We recommend you to bring: Rain gear /Water- proof jacket , Warm wind-proof clothes, Light clothes, Cycling wear (both short and long sleeves, shorts and cycling pants), Cap/Hat, Sun-screen (30 or higher), Light back-pack, Bike helmet, gloves and water bottle/camelback .
Also you can bring First-aid kit with antibiotics, remedy for cold, diarrhea, allergy, altitude sickness , insulating blanket, plasters, disinfectant for wounds, charcoal, iodine, vitamins, and pain-killers.
Do not forget the things of personal hygiene (Disinfectant hand gel and toilet paper), Sun glasses,. Balm lipstick.
Visa-free regime for the citizens of the EU (up to 60 days) for tourism purposes. Please, make sure that your passport is valid at least three months after the date of entry to the country. Also, please, check that your passport is in order and no pages are missing
Shots: No vaccination is obligatory for Kyrgyzstan but we recommend to consult your doctor before starting this trip
Money change – we recommend to bring new 50/100 (Euro/Dollars) bills without any ink stamps or inscriptions, otherwise the exchange rate will be lower.
The guide rents bikes but does not have rental helmets. It also does not have automatic pedals (although you can change them without problems) or a water bottle for the bicycle.
Frais de résiliation anticipée

Important notice, in case of cancellation:
The flight tickets, supplements and optional services subscribed in this tour regardless of the basic program, are subject to 100% of early cancellation costs.