

Bike Tour Tien Shan

Itinerary

Kazakhstan borders on Russia in the north and west, on the Caspian Sea in the south west, on Kirgisien, Turkmenistan and Uzbekistan in the south and on China in the east. 90 per cent of the land is steppe and dessert (Karaku, Kisilkum). The scenery in the southeast is filled with the huge mountains of the Tien Shan and Alatau. In the east you can find the **AUSLAUEFER** of the Altai. Kazakhstan is a land with lots of rivers and lakes. The **ALRALSEE** and the **BALCHASCHSEE** are the biggest ones. The so-called "mountains of the sky", the Thien Shan is a huge mountain chain in the heart of the Eurasian country. Rocky ravines, endless snow-covered mountain chains, huge glaciers and **clear** lakes, all framed with blue sky and green forests.

Also interesting is the corner at the border to China because of its population, which is a mixed bunch of different ethnic groups. From Almaty, the former capital, the tour leads us east through the Alatau Mountains to the river of the Tien Shan Mountains. On the Highlands you discover a huge variety of plants and flowers as well as some typical tents of the Nomads. Finally there is the crossing of the Mingtur pass with a beautiful view to the ice-pyramid of the Kan Tengri (7000m). The tour ends at the north bank of the 180km-ranged Issyk-Kul-Lake. From Boztery back to Almaty you catch the bus.

Day1 Switzerland – Almay

Arrival in Almaty. Transfer to the Hotel. Hotel.

Day2 Almaty 850m – Batan 1800m

In Almaty you start your first cycling day riding east to a village called Batan and along the Ravine of Turgen, at the Zailysiky-Alatau Mountains. In these mountains is the origin of the so-called Turgen rivers: Shen Turgen and Kishi Tugen. The Camp is near the place where all these three rivers meet.

Tent.

Meals: B/L/D

Day 3 Batan 1800m – Assy Pass 2650m – Assy 2200m

The day begins with a steep track uphill. After a few kilometres the track meets the Kishi Turgen Rivers and follows it uphill. The ravine opens at the confluence of the Oyzhylau River and the Kishi Turgen. Across a wide highland along the river you follow an old street on Assy Pass (3650m). At about 30km is the down hill track to Assy village.

Tent.

Meals: B/L/D

Day 4-6 Assy 2220m – Kolsai Lake – Kensu

You cycle through a ravine and highland. In the villages along the way you get to know kasakan farmers, making a living from cattle and potatoes. Further on you cycle towards the Tien Shan mountains. Crossing through passes, you reach the Kolsai Lake.

Tent.

Meals: B/L/D

Day 7 Kensu – Karkara – Karkara Valley 2300m

Along the mountain framed river valley you find your way cycling into the Karkara Valley. Few villages will you find along this track, but lots of horses, cattle and sheep.

Tent.

Meals: B/L/D

Day 8 Karkara Valley 2300m – Mingtur Pass 3300m – Echikilitash 2900 m / Kirgisien

Through the beautiful Karkara Valley you get to the confluence of the Kokshar River. To reach the entrance to the Kokshar Valley and to get to the beginning of the Mingtur Pass you have to cross several rivers. To the top it is only a short steep track. The view to the Tien Shan Mountains from the top is really spectacular. Finally, a long way down, passing wild and original mountain scenery to the Saz River in Kirgisien.

Tent.

Meals: B/L/D

Day 9 Echikilitash 2900m – Chon Ashy Pass 3820m – Kokiya 2850m

Cycling along the Saz River until the valley changes into a narrow ravine. After 20km riding, the uphill track to Chon Ashy Pass(3900m) is in front of you. Beautiful downhill track through mountain scenery to the Camp.

Tent.

Meals: B/L/D

Day 10-11 Kokiya – Issyk Kul Lake – Boztery

After a tough track down the hill you reach the green main valley with Karakol and the Issy Kul Lake. Along the north bank of the lake you cycle to Ak Bulak (tent) and the next day further to the city Boztery.

Hotel.

Meals: B/L/D

Day 12 Boztery – Almaty

You leave Kirgisien and the bus brings you back to Kazakhstan in a long trip through steppe scenery and lots of villages to Almaty.

Meals: B

Day 13 Almaty

Sightseeing Tour. Transfer to the Airport late evening.

Day 14 Almaty – Switzerland

Return flight to Switzerland

Legend:

B: Breakfast / L: Lunch / D: Dinner

Tour duration:

Group tour: 14 days

Individual Tour: 13 days

Groupsize:

Group tour: 5-12 Cyclists

Individual Tour: from 2 cyclists

Difficulty:

Heavy bike tour, TECHNISCH ANSPRUCHSVOLL

Conditions:

Health, very good condition and strength, experience in biking

Cycling Days, Kilometres:

10 cycling days, daily stage between 40 and 1120km.

Accommodation:

Hotel in Almaty and Boztery, during the tour in tent

Meals:

Due to itinerary. A local chef prepares the meals

Luggage Transport / Van:

Support van and luggage transport during the whole tour

Climate:

In summer normally dry. Keep in mind that there could always be rain or even thunderstorms in the mountains. Daily temperatures in summer around 25 degrees. In higher regions and at pass crossings chilly wind and cold. The Tien Shan Mountains protect you from the monsoon.

Best Travel Time:

July – September

Tour includes:

- Flight from Switzerland**
- Airport taxes**
- German speaking ALPINE TRAVEL guides**
- Transfers due to Itinerary
- Local English speaking guide
- Hotel Accommodation in double studios
- Meals due to itinerary
- Visits due to itinerary
- Entrance and parking fees
- Big ALPINE TRAVEL trekking bag

During bike tour:

- Local guide accompany
- Chef and cooking equipment
- Support van
- Tents (2 pax)
- Home tent

Not included:

- Single room purchase
- Insurances
- Additional meals
- Drinks in Hotels and restaurants
- Personal equipment
- Mountain bike
- Bike fees for Flight transport
- Tips

**) Inclusive only with accompanied group tours departing from Switzerland