



Supporting & Inspiring Transformational  
Personal Development

## Mountain Biking at Altitude in Central Asia

### Stretching Personal Development

A superb mountain biking adventure into the wilderness of Kazakhstan and Kyrgyzstan in Central Asia. The Tien Shan or Celestial Mountains are one of the world's greatest mountain ranges featuring Peak Pobeda (7439m/24,400ft) and the famously beautiful spire of Khan Tengri (6995m/22944ft). These impressive peaks provide a spectacular backdrop for this very special trip.

After a transfer from the former Kazakhstan capital of Almaty to the Turgen River Gorge, we start biking through a stunning landscape of open steppe, inhabited by nomadic herds-men and their horses.

As we bike across high passes and camp beside wild rivers, 5 days of mountain biking through the Zailiysky and Kungey Alatau mountain ranges brings us to the Karkara Valley. Here we enjoy 2 unforgettable days of 'heli-mountain biking' flying high above camp for some heavenly downhill.

The climax of the trip is a 4-day bike ride across Mingtur Pass (3900m/12,792ft) and Chon Ashy Pass (3820m/12,530ft) into Kyrgyzstan. This is challenging off-road mountain biking and a genuine adventure travel experience as we bike in an area of incredible cultural interest and stunning high mountain scenery.



"My Personal leadership development program allowed me to pursue a mountainbiking dream, at the same time as raise my awareness to face issues I had often sidelined as unavoidable"

Mainly following rough hardpack and loose track. The Kazakhstan part of this tremendous cycling adventure is on rough roads and tracks (sometimes overgrown!) which were built for forest access and to connect some of the more remote villages of the area.

Strenuous climbs, fast descents, demanding terrain and long, tough days are the norm - providing inspirational riding for any regular biker. 10,000m/32,800ft of ascent and descent over 11 days biking means that a good fitness base is essential. The support vehicle (amazingly) follows the bikes throughout. Average 57 km/35 miles per day.

This part of the world is completely untouched by mountain bikers or trekkers, a true adventure in every sense. The roads have fallen into disrepair, now that the Soviets have pulled out of Kazakhstan and Kyrgyzstan, making it even tricky for our support vehicles to follow over some of the highest passes.

Furthermore there are few bridges en-route and we have to wade across many small rivers. However, vehicle support is available on the entire Kazakhstan section and we do have the further back up of helicopter support from the mountain base at Karkara.

We have especially planned this 15 day trip to run from weekend to weekend taking 10 days out of your working schedule. The 9 month ES developmental process will prepare you physically, mentally and emotionally for this challenging off-road adventure, a journey that will transform the way you think & feel about yourself.

The unique aspect of our Executive Stretch programmes is that we couple your commitment to your own development with an extraordinary challenge aside from your workplace - a mix that will provide you with the chance to stretch yourself to limits.

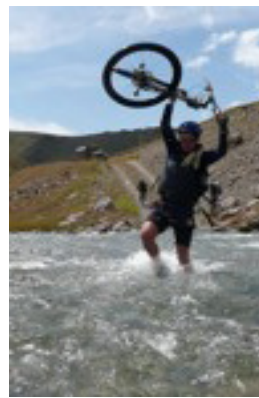


Our Executive Stretch Team draw upon a combination of rich experience of personal leadership in the outdoors and understanding of personal development. Coaching you from the start, we offer you the opportunity to prepare for the challenge in a way which you will gain the most from your experience allowing you to

**This challenge is suitable for everyone who has the drive and determination to succeed, so why wait...?**

Register your interest at  
[info@executivestretch.co.uk](mailto:info@executivestretch.co.uk)

## Sweat and Gears



### An expedition mindset

"It's a whirlwind of emotion with environment, physical and mental challenges thrown at you from all angles. You'll see parts of the world and cultures you never knew existed and experience some of the best mountain scenery ever. Afterwards you'll be glad to be back in civilisation but you will struggle to remember any but the positive memories of working as a team, overcoming difficulties and sharing in your combined successes."