

Day	Date	Day	Miles	KM	Time	Start	End	Comments
63	01-May	Friday	9.77	15.63	8	Beyneu	Uzbekistan	back to border today, straight forward exit of Kazakhstan into Uzbekistan, nice people. Long tiring day. Good to be in Uzbekistan the 15th country!
64	02-May	Saturday	55.66	89.06		Uzbekistan	Uzbekistan Desert	Nasty head wind for first 30 miles and rough road, better towards end but nothing in this desert stretch. Pitched tent for night.
65	03-May	Sunday	115.77	185.23	10	Uzbekistan Desert	Achalok Village	lovely tail wind to keep us going. Intense constant ride due to baron desert. Food given by factory mess at end. Tough.
66	04-May	Monday	106.9	171.04	9	Achalok Village	Nukus	great tail wind, hot, tiring and draining day, happy to be out of desert.
67	05-May	Tuesday	52.1	83.36	10	Nukus	Uzbekistan Desert	head/cross wind, tough day, met first touring cyclist Katherine, cycling from Australia back to home to England.
68	06-May	Wednesday	87.16	139.46	11	Uzbekistan Desert		rough road, constant cycle, good road at end.
69	07-May	Thursday	100.11	160.18	13	Uzbekistan Desert	Uzbekistan Desert	slow steady pace, regular day of cycling, met James from England touring world in opposite direction.
70	08-May	Friday	111.09	177.74	13	Uzbekistan Desert	Bukhara	cloudy and heavy rain, got soaked in first downpour second one we missed. Glad desert is over!
71	09-May	Saturday	0	0	0	Bukhara	Bukhara	Day off in Bukhara many showers, got all cloth washed and caught up with emails stuff and with people back home, little trip around the historical city and relaxed. Nice day off.
72	10-May	Sunday	78.19	125.1	8	Bukhara	Kirgiz-shakh	late start, little head wind, cloud cover, over all pleasant and easy cycling, stopped by stuck driver, pushed his car and helped him start it, night stop at Tea house.
73	11-May	Monday	97.56	156.1	12	Kirgiz-shakh	Samarkand	early start but long day, mainly weather and roads were OK, tiring day.
74	12-May	Tuesday	0	0	0	Samarkand	Samarkand	Day off in Samarkand, bit of sight seeing and preparation for the China visa.
75	13-May	Wednesday	138.34	221.34	12	Samarkand	Sirdarya	nice day of cycling, sunny, nice mountain range in backdrop, good pace and enjoyed. Night in tea house but then met AliShar who took us home! Perfect
76	14-May	Thursday	66.01	105.62	7	Sirdarya	Tashkent	very hot and humid day of cycling, draining. Asked Alex for directions to hostel, who asked his friend, who invited us home to his family home.
77	15-May	Friday	67.15	107.44	7	Tashkent	Bekobod	Hot and humid. Went China embassy in morning we're told to apply in Tajikistan, so cycled to border to finish Uzbekistan off. Police hassled us for two hours for not having passports on us, in the end they gave up. Our hosts looking after us very well
78	16-May	Saturday		0		Bekobod		Waiting for Tajikistan visa to commence

79	17-May	Sunday		0			0		Waiting for Tajikistan visa to commence
80	18-May	Monday		0			0		Waiting for Tajikistan visa to commence
81	19-May	Tuesday	22	35.2	3		0		Cycled around Kiserlorda Khazkistan for Tv apperence.
82	20-May	Wednesday	15	24	2		0		Cycled in Kiserlorda for Immigration registration.
83	21-May	Thursday	32	51.2	3	0			Cycled to Airport to send passports to Almaty for China Visa. After going to Wrong Airpot.
84	22-May	Friday	15	24	2		0		Went to Collect Passports after issues with stay in Khazkistan
85	23-May	Saturday		0			0		Waiting for Tajikistan visa to commence
86	24-May	Sunday	12	19.2	2	0			Went around Traz and then to Kyrkstan for 30minutes to renew 15 day period in khazkhstan to allow for the China visa to br processed in Almaty without overstaying in Khazkstan.
87	25-May	Monday		0			0		Waiting for Tajikistan visa to commence
88	26-May	Tuesday		0			0		Waiting for Tajikistan visa to commence
89	27-May	Wednesday	0	0			0		Waiting for Takikstan visa to commence
90	28-May	Thursday	43.68	69.89	4	0			Cycled from border between Kazhkstan and Uzbekistan to Taskent, in the late eveing with a nice cool breeze. Looking to move on to Tajkistan after a short break.
91	29-May	Friday	60	96	5	Bekobod	Tashkent		Passports Left in Tashkent, only noticed once at border,so had to cycle back to Tashkent hungry and tired. Miserbale day.
92	30-May	Saturday	36.74	58.78	9	Bekobod	Highway - Tajikistan		Long day with border crossing. Complete different atmosphere and people. Very hot. Had a natural outdoor bath with locals, to cool off. Some very bad roads with high winds. Nice welcoming people.
93	31-May	Sunday	60.75	97.2	14	Highway - Tajikistan	Shahriston Tunnel		Long and interesting day lots happened with heavy rainrain, search party dispatched but needed rescuing them selfs, pleasant and interesting day, great hospitality by Tajikistan people all round. We love these people...for now at least.
Total this month			1382.98	2212.77	164.00				
Total so far			4336.52	6938.44	507.00				