



*In our Kyrgyzstan trekking tours we try as much as possible to combine spectacular mountain scenery with the fascinating lifestyle of Kyrgyz shepherds by visiting their camps we meet on the way while trek through jailoos - the summer pastures where Kyrgyz people move their livestock every summer and where they live in traditional nomads yurts.*

**Trip season:** June -September

**Duration:** 8 days

**Type:** Trekking

**Difficulty:** Medium - Hard

**Accommodation:** 2 nts-guesthouses, 5 nts-tents

**Meals:** Full board 8 breakfasts, 7 Lunches, 7 dinners.

**Route:** Karakol – Djety Oguz – Telety pass - Karakol valley - KurgakTor Valley - AlaKol lake - AlaKol pass - Altyn Arashan Hot Springs – Karakol town

**Brief description:** This eight days-long trek takes in some of the most beautiful scenery in Kyrgyzstan - the world's second largest alpine lake Issyk-Kul, mountain ranges and alpine peaks, passes, hot springs of Altyn-Arashan valley and truly amazing Ala-Kul lake located high in the mountains at the altitude of 3500 metres above sea level. You will have the opportunity to discover the natural areas of Terskey Ala-Too, to get an epic view of the highest points in the Teskey Ala Too range, such as the Karakol peak (5 216 m), the Jigit peak (5 117 m) and many other impressive peaks and glaciers. The tour begins and ends with the opportunity to visit some of Kyrgyzstan's finest cultural and historical treasures.

### Itinerary

**Day 1. Bishkek – Issykkul Lake – Karakol(400km)**

Upon arrival the group will be met by **Kyrgyz Adventure** guide in a comfortable transport from and to Bishkek/Manas International Airport, including a visit to the Burana Tower in Tokmok, en-route café, a stop to the petroglyphs in Cholpon Ata and an excursion in Karakol, in the presence of our english-speaking guide. Lodging in a local partner's house with a clean shower/toilet, amazing breakfast and homemade dinner. Working day 6-7 hours.

**Day 2. Karakol – Djety Oguz – Telety Valley**

After breakfast short drive to picturesque Djety Oguz valley by exciting mountain road winding through pine tree forest and between stunning rocks along rushing waters of Djety Oguz river. This road requires an advanced vehicle so we will use a Russian army truck. Djety Oguz valley is famous with its natural tourist's spots such as "Broken heart of the young beauty"-a clay cliff which has the appearance of broken heart and seven oxen cliff. Also here you will hear a nice fairy tale that tells how the cliffs become to be broken heart and oxen. Next stage is trek up the Telety valley through fir tree forest. Lunch. After lunch continue trek by the valley floor to Telety pass foothills. Dinner. Overnight in tents. Working day 3-4 hours.

**Day 3. Telety pass – Karakol Valley**

Breakfast. Trek over Telety pass (3800 m) with a fascinating view of highest peaks of Terskey Ala-Too. Lunch upon descent from the pass. Trek down to Karakol valley through pine tree forest. It is a nice wooded canyon ending with a gorgeous peak Karakol (5218 m). Dinner with bon fire. Overnight in tents near the Karakol river. Working day 6-7 hours.

**Day 4. Karakol valley – Kurgak Tor gorge – "Sirota"**

Breakfast. Trek up the Kurgak Tor valley to "Sirota" camping site, is smoothly walking for a 600 m up and camping in a tree line (3000m) nearby crystal clean water of Kurgak Tor. Dinner with bon fire. Overnight in tents. Working day 2-3 hours.

**Day 5. Sirota – Lake AlaKol – pass AlaKol (3 800 m) – Keldike gorge.**

The trail to AlaKol leads up and up, along the river (coining from the AlaKol Lake). With a nice view for the waterfall, the amazing AlaKol Lake, the glacier, and when you reach the pass you will find yourselves surrounded by high peaks. After admiring, the road continue via gentle descent down from the pass. Dinner. Overnight in tents (3 000m). Working day 6-7 hours.

**Day 6. Keldike valley – AltynArashan resort.**

The Keldike valley is frequently visited by shepherds, who usually feed their cattle during the summer. The trail goes all the way down till Altyn Arashan hot springs by crossing some small rivers. Final dinner with **Kyrgyz Adventure** crew around fire. Overnight in tents. Working day 3-4 hours.

**Day 7. Altyn Arashan – Issykkul Lake**

Breakfast. Meet vehicle. Drive to Karakol town by very spectacular mountain road. Switching vehicle to comfortable aircon bus. Drive to western part of Issyk Kul Lake to the resort Marco Polo. The lake is slightly salty but there are 5 times less salt than in ocean water. This plus warm water makes the lake very comfortable for swimming. Lunch in a road cafe on the way. Upon arrival accommodation in cottage near the lake. Dinner at resort.

**Day 8. Onward travel**

Onward travel - Transfer to the airport for your return or onward journey. En-route café.

**Conditions of the program:**

**Equipment:** Participants must have their equipment such as backpacks, desirable to have a personal sleeping bag, warm clothes, good trekking shoes, trekking poles, etc. (The whole structure of personal equipment)

**Physical requirements:** Participants must be in good physical condition, but don't need any special skills of mountaineering. The differences of heights range from 600 m to 850 m in vertical elevation. The maximum elevation is 3 850 m.

**Group Size:** 4 min-10 max

**Price in USD: 8 days trip**

Group of 2: \$980/**person/tour**

Group of 4: \$750/**person/tour**

Group of 6: \$720/**person/tour**

Group of 8: \$700/**person/tour**

Group of 10: \$650/**person/tour**

**Price includes**

\* All transfers Manas Airport - Karakol, Karakol – Manas Airport.

- All transfers into the gorge at the beginning and end of the trekking
- National parks, hot spring, museum entrances and camp sites fees
- Kyrgyz Adventure local Guide (English speaking)
- Cook, gas canisters and cooking set.
- Porters for personal luggage (every porter carries 15 kg of useful luggage)
- Lodging in the Kyrgyz Adventure tents with all meal and drinks at the trekking time.
- Rent of tents, sleeping bags, and sleeping mats.

\* Lodging in Karakol Guest House and Marco Polo resort cottages.

**Not included**

- Visa support (if needed)
- International flights to and from Bishkek
- Medical/evacuation insurance

**Booking terms**

Feel free to contact us for additional information, maps, and answers to any questions or to book this trip. **If you wish to add more days or cut days to this program, just let us know and we will be happy to prepare a custom designed tour exactly for you.**