

KYRGYZ ADVENTURE TRAVEL

ALPINE ASCENT

DURATION	STARTING FROM	DESTINATION
15 Days	€1800 / person	Kyrgyzstan

OVERVIEW

Explore the Tien Shan and Pamir Mountains Trekking in Kyrgyzstan offers an unforgettable exprience for adventures, with breathtaking tours through the majestic Tien Shan and Pamir mountains. Our company, Kyrgyz Adventure, specializes in creating tailor-made trekking programs based on your preferences. The unique landscapes of Kyrgyzstan will take you deep into the heart of the Celestial Mountains, where adventure and tradition meet.

15 days trip / 9 of the trekking & 2 days horseback riding
Highlights: South Issyk Kul lake, Tien Shan mountains and lakes, Son Kul lake.

ITINERARY

1

DAY 1

ARRIVAL IN BISHKEK

Welcome at Manas Airport. Transfer to the center of the Kyrgyz capital. Breakfast and currency exchange of ice. Continue to the village of Chon Kemin, in the national park. Arrival and check-in at a guesthouse. Free time for a walk before dinner. Overnight and dinner at a guesthouse. 150km drive.

2

DAY 2

TRANSFER TO BOKONBAEV

Transfer to the south of Lake Issyk Kul. Walk in the Konorchek Canyon and back. Lunch at the yurt maker's. In the mid-afternoon, we walk to the Ak Say Canyon and enjoy its beach. At the end of the day, we arrive at the yurt camp on the beach. Installation for 2 nights. Night and dinner at the yurt camp. 180km. 3 hours drive.

3

DAY 3

TREKKING TO THE PANORAMA

In the morning, we have short transfer. Meeting with traditional hunter with golden eagle. Then, we start to hike to the panorama. Beautiful and dry landscape. Picnic on the beach. In the end of the afternoon, we reach our yurt camp. Overnight and dinner in the same yurt camp. 5h of hiking.

4

DAY 4

TREKKING TO BOZ SALKYN VALLEY

In the morning, we have short transfer to start point. Hiking up to the pass at 2466m. Very desert area. Picnic before the pass with beautiful panoramic view of the lake. Following of the day. Crossing the pass. In the mid afternoon, we reach our camping. Overnight and dinner in the tent camping. 6h oh hiking

5

DAY 5

TREKKING TO THE FOOT OF THE TONG PASS

Early morning, we start to hike through the pass at 3300. Picnic after the pass. Beautiful panoramic view of the villages, lake and snow peaks. Following of the hiking day. We reach Tong valley and camping also. Overnight and dinner in the camping at 3100m

6

DAY 6

TREKKING TO JILUU SUU VALLEY

We hike up to the Tong pass at 4000m. Beautiful view from the rocky pass. Picnic after the pass. In the afternoon, we reach our camping by the riverside. Overnight and dinner in the camping at 3000m.. After dinner, we can enjoy natural hot spring water. 5h of hiking

7

DAY 7

TREKKING TO TESHIK KUL LAKE

In the morning, we hike up to the lake Teshik Kul. There are 2 beautiful lakes which situated at 3500m. Picnic near the lake. Then, we follow north side of the lake. We set up our camp by the lake. Free time at the camping. Overnight and dinner in the tent camping at 3560m. 5h of hiking.

8

DAY 8

TREKKING TO KARA KAMAN VALLEY

Early morning, our caravan start his road. We hike up to the pass at 3800. Then, down to Karakaman valley. Picnic on the way. In the afternoon, we meet a lot of nomads, herd of yaks and flock of sheep. We reach our camp by road Bolgart. Overnight and dinner in the tent camp at 2800m. 7h or 8h of hiking.

9

DAY 9

TRANSFER TO KIZART VILLAGE

In the morning, we drive to Kizart village. We cross the pass Jalpak bel at 3300m. On the way, we stop at Kochkor village for lunch and visit the hand craft felt center. Following the road to Kizart village. Accommodation in the local family house. Overnight and dinner in the guest house 220km.

10

DAY 10

HORSEBACK RIDING AT SON KUL LAKE

Early morning, we start on horseback to reach the northern shore of the Son Kul lake. Picnic in the valley of Kilemche. Attack of the Tuz Ashu pass at 3200m. Arrival on the northern shore. Overnight and dinner in the yurt camp. 4h or 5h on horseback

11

DAY 11

HORSEBACK RIDING TO THE SOUTH OF SON KUL LAKE

Along the jewel of Nomads, Son Kul lake, we ride on horseback to the southern shore of the lake. We explore the unique culture of the nomads, flora and fauna of Tien Shan mountains. Picnic on the way. Arrival in the yurt camp on the south Son Kul lake. Overnight and dinner in the yurt camp. 5h or 6h on horseback.

12

DAY 12

TRANSFER TO KIZIL - OI VILLAGE

Drive to Kizil Oy village, lost in the middle of the mountains via Kara Keche pass at 3325m. Picnic on the way. In the afternoon, we reach Kizil Oy village, charming, red, authentic and lost village in the heart of Tien Shan mountains. (150km / 5 or 6h transfer by car

13

DAY 13

TREKKING IN THE KICHI ARAMZA VALLEY

After a good night's sleep and a shower, we head back west. We start with a short transfer to the starting point. We meet up with the horses to load our luggage. We start our 2000m trek. We walk through alfalfa and corn fields. After the unnamed pass at 3300, we descend in search of nomadic neighbors. We spend the night and have dinner in a tent. A 6 or 7-hour trek.

14

DAY 14

TREKKING TO ARAMZA PASS

Continuation of trekking through the summer pastures. Hard and long day. We have a lot of uphill and downhill. You must wear pants, since there are many bushes. At the end of the day, we reach our camp at 2900m. Night and dinner in a tent next to nomads' tents. 7 or 8 hours of trekking.

15

DAY 15

KICHI SUUSAMYR VALLEY

Early morning departure to the Aramza Pass. Descent to the Kichi Suusamyr Valley. There are many nomads who spend their summer season. The path runs along the river on the right. Picnic in the middle of the road. Picnic at the pass or after the pass. Descent to the Chon Suusamyr Valley. At the end of the day we meet our driver and our belongings. Night and dinner in a tent. 7 hours of trekking

16

DAY 16

TRANSFER TO BISHKEK

In the morning, drive to Bishkek. 140km., will take us 3 hours of driving. Lunch in Bishkek in a restaurant. Installation in a guesthouse. Free time for the walk in Bishkek and Osh Bazar. Dinner in the restaurant. Night in a guesthouse. End of the service.

GROUP PRICING

GROUP SIZE	PRICE PER PERSON
2	€3500
3	€3000
4	€2800
5	€2600
6	€2400
7	€2000
8	€2000
9	€1800
10+ BEST	€1850

TRIP DETAILS

WHAT TO TAKE

- Bags:
- · Day pack
- · Main luggage/cargo bag
- · Dry bags or plastic bags (for clothes and electronics and sleeping bag)
- Hygiene:
- · Wet wipes, hand sanitiser
- · Compact wash kit and travel towel
- · Insect repellent
- · Sunblock, lip salve
- Water:
- · Water bottle with filter (e.g., Water-to-Go) or water purification tablets (bottled water is not always available)
- · Additional 1 Ltr bottle
- First Aid & Medications:
- · Personal first aid kit:
- Ibuprofen, paracetamol, Imodium, antihistamine, Motion sickness medication, Blister treatment, Insect repellent, Electrolytes, Feminine hygiene products, Any personal medication (inform leader of any medication you are taking)
- Clothing:
- · Hiking boots
- · footwear for river crossings and evening camp (e.g., crocs/sandals/flip flops)
- · Hiking trousers (no cotton or jeans)
- · Shorts
- · Short sleeve base layers
- · Long sleeve shirts/base layers
- · Mid layer fleece
- · Waterproof jacket and trousers
- · Puffer jacket
- · Warm hat and gloves
- · Thermal base layers (for cold conditions and to sleep in)
- · Sunglasses,
- · Sun hat, scarf, or buff
- · Underwear
- · Comfortable travel and evening wear (can be left at hotel in Bishkek)
- Camping Gear
- · Sleeping bag 3 season
- · Mats, provided (but you can bring your own)
- · Tents provided (but you can bring your own)

- · Dry bags or plastic bags to store sleeping bag/kit
- · Camping pillow (optional for extra comfort)

READY FOR YOUR ADVENTURE?

Contact us to book this tour or to plan a custom itinerary.

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