

## Kyrgyzstan, 16<sup>th</sup> July– 2<sup>nd</sup> August 2019 – Trek, Pony Trek & Culture



### Itinerary

**Day 1.** Depart UK on flight to Bishkek via Istanbul

**Day 2.** Arrival in Bishkek. Met in the “Manas” Airport in Bishkek. Transfer to the hotel. After having a rest we take a city tour in Bishkek, capital of Kyrgyzstan. You may get acquainted with unpretentious architecture of the town. You will see Ala Too square which affords a fantastic view of snow topped mountains of Kyrgyz ridge, green parks, “Manas” monument and etc (B,L,D).

**Day 3.** Transfer to the JetyOguz gorge by southern shore of the Lake IssykKul. En-route we may enjoy beautiful spots of southern shore of the lake like the "Skazka" Gorge. In the Jety-Oguz Gorge we will make a photo stop to see famous red sandy rocks - "Broken heart", "7 bulls". We go further into the depths of the gorge to set up tonight's camp in a picturesque place on the river bank. Dinner. (B,L,D).



*Jety-Oguz Gorge*

**Day 4.** Trekking up the JetyOgyz Gorge to the evening camp which is situated beneath the Telety Pass (3000 m). Overnight stay in tents (B,L,D).

**Day 5.** Trek over the Telety Pass (3759m). Descend to the Karakol Gorge. Stop for rest (2640 m). Overnight stay in tents (B,L,D).

**Day 6.** Trekking to Lake Ala-Kul. Stopover in a beautiful place, which affords fantastic views of the Ala-Kul Lake. Overnight stay at an altitude of 3550m (B,L,D).



*Ala-Kul Lake*

**Day 7.** Trek over the Ala-Kul Pass (3860m). Descend to AltynArashan gorge to mineral springs. Tonight's campsite will be not far from mineral springs (B,L,D).

**Day 8.** After breakfast transfer to the southern shore of Lake Son-Kul. On the way visit Issik-Kul Lake for swimming. Overnight in the Yurt (B,L,D).

**Day 9.** Start of the horse trek. First we will go to the serpentine called "33 parrots". Lunch on the way. Further going down the serpentine we will approach the waterfall. We will stop near the yurts at a place called Sary-Bel, where the forester lives, a small group of people can stay here for the night. In another case, we will go further for about 5 km and spend the night in the house of the forester on the river. (B,L,D).

**Trekking option: Song-Kul Lake day hike** Today we will ascend to the pass of Kichi-Kum-Bel (3325m) – 3-4 hours hike, which offers a picturesque view of Son-Kul lake. We will walk along the ridge and make great photos of Son-Kul. Back to the camp.



*Song-Kul Lake*



**Day 10.** From Sary-Bel through the valley of the same name we will make ascent to the pass Jon-Bulak. Here we will organize lunch and then go down to the place of "Teshik." Overnight in the house of local residents or yurt. (B,L,D).

**Trekking option:**

**Song-Kul Lake day hike** Today we will drive to the pass Terskei-Torpok (3133m) from where there is a view of a long serpentine called "33 parrots" by the number of turns. From the very top we will go down the serpentine and in some time will approach the waterfall. Walk in the surroundings and visit the yurts of locals. Coming back to the camp.

**Day 11.** Today we are going to see two beautiful canyons: Zangi and Bakchetin. On the way, we will come across the shepherds, we will be able to see their life, have a cup of tea and listen to hunter stories. The canyons heights vary from 150 to 300 meters. You may want to spend the extra day to explore the area. People say that standing on one edge of the canyon, you can watch Capricorns safely walk on the other side of it and easily make photos of them. After lunch, we will climb to the ridge called Kyr-Jol, which means "the road running along the ridge," and by this old road we will ride to the village of Ottuk. Dinner in the cafe. Accommodation is in a guesthouse where you can take a hot shower and sit by the fireplace. Here in the village of Ottuk it's also possible to organize an extra day and get acquainted with the life of the local population. Perhaps pay a visit to a local shaman, who banishes evil spirits and heals people. Locals will be happy to show you how they make felt products, toys; You can taste "kumys", the national drink made from mare's milk, and just feel like a guest, met by the Kyrgyz traditions. (B,L,D).



*Horse trekking*

**Trekking Option: Song-Kul Lake day hike** This day we will drive to the northern shore of Son-Kul lake to go up Jalgyz-Karagai Pass (3325m) – 5-6 hours hike. The pass itself is rocky and fascinating. From the pass there is a great view onto Son-Kul lake to

the south and Kilemche jailoo (pasture) to the north. During the summer this is the best place to get the livestock to, everywhere one can see cattle grazing peacefully amongst nomadic yurts. The name of the pasture is translated as "carpet", and this "carpet" covers the hillocks with patterns, as on shirdak (Kyrgyz carpet). Coming to the yurt camp in the evening.

**Day 12.** From the guesthouse we go riding in the gorge called Baydyluu and make a circular move along the slopes of the beautiful Kyrgyz mountains back to the main road. Transfer to the Kyzyl-Oi village. Overnight in homestay. (B,L,D).

**Trekking Option:** In morning rest. Afternoon meeting with team and transfer to the Kyzyl-Oi village.



*Kizyl-Oi*

**Day 13. Kizyl-Oi- Chychkan.**

After breakfast we will go to Suusamyr and soon we will drive to the main Kyrgyz road going from Bishkek to Osh and come into the green wide valley (steppe). The mountains surrounding it gave the valley so much space that for a moment one may forget being in the harsh mountain country. Here you may see many nomads who brought their yurts for the summer time. On the green grass canvas all these yurts look like white minarets. We will stop at the cozy guest house in the picturesque gorge called Chychkan. (B,L,D).

**Day 14. Chychkan–Arslanbob (Djalalabad region).**

Today we will go to an amazing mountain range called Arslanbob. It has a large wild forest. The Arslanbob woodland is the largest walnut grove on earth. Kyrgyzstan's first known export to Europe was the Arslanbob walnut. Two waterfalls are located in the area, which attract tourists, pilgrims and other visitors during the spring and summer months. We will have a little trek to the first waterfall which is about 25m and the hike will take us about half an hour. After that we will walk to a panorama place from where you will be able to see the whole gorge. It is a great view and here we will have a little free time to enjoy the nature and make some pictures. Overnight in a small home stay. (B,L,D).





*Arslanbob*

### **Day 15. Arslanbob**

Today in the morning we will have another hike now to the second, big waterfall in Arslanbob which has the height of 80m. This walk will take us about 2 hours and we will come back for lunch just in time to see the folk show with the national Kyrgyz instruments Overnight inhome stay. (B,L,D).

### **Day 16. Arslanbob – Osh**

Rest in the morning after lunch we will continue our way to the southern capital of Kyrgyzstan – Osh. Osh is the second biggest town of Kyrgyzstan after Bishkek with the population about 250 thousand people. It was one of the religious Muslim centres in Central Asia. It is known by its ancient mosques in the center of the town and also by Suleiman-Too (Sulaiman-Takhty, The throne of Solomon), which is one of the places of pilgrimage of central Asian Muslims. Overnight in guest house. (B,L,D).



*Suleiman-Too (Sulaiman-Takhty, The throne of Solomon)*

**Day 17. City tour in Osh.** The Osh oriental Bazaar has remained at its original location on the bank of Ak-Buura River in the center of the town over the centuries. A lot of different goods come to Osh Bazaar from all over Central Asia. Visit to the Suleiman Too (holy mount) and museums. Overnight in guest house. (B,L,D).



*The Osh oriental Bazaar*

**Day 18.** Departure from Osh city on a flight to Bishkek where we will connect with our international flight to Birmingham via Istanbul. B).

### **The price**

10-12 persons in the group—c £1400per person (This price is based on exchange rates at the time of writing. Adjustments can be anticipated as the exchange rate fluctuates, hopefully in our favour)

Single Supplement £125

### **The price includes:**

1. Meeting/seeing-off in the airport
2. Accommodation in 3-star hotels in Bishkek, according to the program (twin accommodation).
3. Accommodation in guest/private houses/ Yurts/ home stay.
4. Trekking tents for accommodation
5. Three meals a day during the program, including trekking days
6. Transport - according to the program
7. Trekking guide
8. Cook for trekking days.
9. Porters for carrying things, and the camp property. (Porter is 7-8 kg of the things the client. If you exceed this weight, you need to hire additional porters, advance notice to our company). From day 3 till day 7.



10. Entrance fee for all excursions according the program
11. Horses from day 8 till day 11.

**The price does NOT include:**

1. International airfare to and from Bishkek
  2. Equipment rental
  3. Personal expenses in hotels: bar, international calls, etc.
  4. Single room supplement
  5. Insurance
  6. Any changes in the program.
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