



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

[www.ecotrek.kg](http://www.ecotrek.kg)

E-mail: [info@ecotrek.kg](mailto:info@ecotrek.kg)

Skype: Ecotrek

<https://www.facebook.com/ecotrek.karakol>

+996 3922 5 11 15 + 996 709 51 11 55

Echkilitash-Merzbacher	
Highest Point:	4001m
Lowest Point:	2630m
Total Elevation Gain:	1471m
Total Elevation Loss:	2021m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~39Avg
Total Amount of trekking days:	8
Approximate Trekking Distance:	~92km
Total hours of driving:	~29hours
Total kilometers of driving:	~1228km

Day	Description
Day1	Meet at Manas airport. Bus to the guest house ~40min (25km). Bishkek City tour. Overnight in the guest house (Elevation: 900m).
Day2	Leaving the guest house you will travel to Tamga ~5-6 hours (324km). On the way you will visit Burana tower. Overnight in the guest house (Elevation: 1700m).
Day3	Leaving the guest house you will travel to Jeti-Oguz valley ~2 hours (70km). You will trek to waterfall along the valley ~2-3 hours (5km). Overnight in the yurt (Elevation: 2300m).
Day4	Leaving the yurt camp you will travel to Echkilitash valley ~5-6 hours (150km). You will hike to Tyuz valley ~2-3 hours (8km). Overnight in the tent (Elevation: 3180m).
Day5	Leaving the guest house you will hike to the baseline of Tyuz pass ~5-6 hours (14 km). On the way you will make a river crossing across the Tyuz River. Overnight in the tent (Elevation: 3285m).
Day6	Leaving the campsite you will summit Tyuz pass (4001m) and descend to the campsite Chon-Tash ~7-8 hours (16km). Overnight in the tent (Elevation: 2900m).
Day7	Leaving the campsite you will hike on Enilchek glacier (3900m) to the campsite in Glinaya Polyana ~5-6 hours (10km). Overnight in the tent (Elevation: 3380m).
Day8	Leaving the campsite you will hike to the campsite in Polyana Merzbacher ~4-5 hours (8km). Overnight in the tent (Elevation: 3550m).
Day9	Free day. After breakfast you can hike around the Merzbacher Lake ~5-6 hours (8km). Overnight in the tents (Elevation: 3550m).
Day10	Leaving the campsite you will hike down on Enilchek glacier to the campsite in Iva ~6-7 hours (10km). Overnight in the tent (Elevation: 3000m).
Day11	Leaving the campsite you will hike ~5-6 hours (18km) along the river Enilchek to the campsite in At-Djailoo, on the way you will make several river crossings. There is a tourist camp where you can order Russian Bath (additional cost) and relax. Overnight in the tents (Elevation: 2630m).
Day12	Leaving the campsite At-Djailoo you will travel by military truck to Karakol ~5-6 hours (180km). Overnight in the guest house (Elevation: 1670m).
Day13	Leaving the guest house you will travel to Cholpon-Ata ~3-4 hours (130km). On the way you will visit an open air museum of petroglyphs. Overnight in the guest house (Elevation: 1600m).
Day14	Leaving the guest house you will travel to Bishkek ~7-8 hours (320km). Overnight in the guest house (Elevation: 900m).
Day15	Leaving the guest house you will travel to Manas airport ~40min (25km).

### Echkilitash-Merzbacher: Tour price

Group Size	Per person €	Total €
2	2752	5505
3	2198	6594
4	1867	7468
5	1784	8924
6	1634	9805
7	1720	12042
8	1615	12924
9	1558	14024
10	1490	14905

- Included**
- Transportation to and from planned attractions
  - Accommodation in guest houses, yurts & tents
  - Accommodation & food for the personnel
  - 3 fresh meals per day throughout the tour
  - Guide + English translator
  - Mountain cook
  - Porter
  - Mountain cook assistant (if more than 7 clients)
  - Mountain kitchen gear

- Not included**
- Single room in the guest houses
  - Transportation to attractions not included in tour
  - Alcoholic drinks
  - Bottled water during trek
  - Overnight in mountain huts (tents provided)
  - Flights to and from country
  - Visa cost (for countries not offered free visas)

11	1483	16318
12	1434	17211
13	1408	18312
14	1459	20439
15	1436	21540
16	1401	22421
17	1383	23521
18	1373	24715
19	1360	25851
20	1336	26732

- Mountain toilet
- Bottled water in cities/purified spring water during trek
- Attraction ticket fees
- Karakol National Park fees
- Permit

## Additional information

### Personnel

The price listed above includes food, rental equipment and transportation for the personnel.

EcoTrek will provide an experienced **mountain guide**. The guides are all well educated in trekking and mountain safety.

EcoTrek will provide one **porter** for each client. The porters can carry up to 17 kilos. The porters will carry all food and camping equipment for the entire trek. Typically our clients carry a small backpack which contains water, snacks, and 1 or 2 items of clothing during the trek. An additional porter can be provided for €23 per day.

EcoTrek will provide a professional **mountain cook**. The cook will prepare fresh and nutritious food for the trek. Please inform your cook if you are a vegetarian or have any allergies. If there are more than 7 clients, a mountain cook assistant is provided.

### Climate

Kyrgyzstan has a continental climate. The sun shines over 200 days a year. The temperature during the summer months can range from 20°C to 40°C between 900-2000m elevation; between 3000-4000 m the temperature ranges from 0°C to 20°C. In Kyrgyzstan the weather can change 3-4 times a day. Be aware sometimes you may experience rainy, snowy and sunny weather in the same day.

### You need to bring:

Winter jacket, sleeping bag rated for -26°C to 0°C, rain gear, 2-3 pairs of wool socks, waterproof trekking boots, gloves, sunglasses, sunscreen with high UV-protection, lip balm with UV-protection.

### EcoTrek will provide the necessary trekking equipment:

A 2 person 3 season tent and a sleeping mat. EcoTrek will also provide a kitchen for the cook and dining area for the clients to eat their meals. If client wants to stay in single tent there is a cost of €4 per day.

### Food during the trek

Breakfast: hot cereal or fried eggs, cheese, honey, bread, butter, coffee and tea.

Lunch: salads, sandwiches, fruit, coffee and tea.

Snack: cookies, coffee and tea.

Dinner: soup, second course, cheese, honey, dried fruit, bread, coffee and tea.

### Insurance

It is strongly recommended that all clients have proper insurance to cover any illnesses, helicopter evacuation and transportation to their country of origin. In the event of an emergency EcoTrek will do everything in its power to assist clients. Please contact your Embassy to find the best travelers insurance policy for your stay in Kyrgyzstan.

### Visa

Kyrgyz Republic gives free visa to citizens of 44 countries including; EU, USA, Japan, UK, Norway, Switzerland and Brazil.

## Terms & Conditions

EcoTrek needs to be paid in full before the trek starts. If the client cancels the trek before the agreed upon start date, EcoTrek will keep a 15 % cancelation fee. Clients who return early from a trek are not eligible for a refund for the personnel/food unless injury, illness or natural events forces the trek to end early.

All prices are listed in EUROS and these prices are valid throughout 2015. EcoTrek will prepare a receipt for the payment. Please note that bank transfers will cost an additional 7 % for the transaction fee. We request that a 15% deposit is paid 15 days before the start of the trek.

Bank data	
Beneficiary	Agida Iskakovna Dosumbaeva
Beneficiary account EURO	1180000056420258
Beneficiary bank	Demir Kyrgyz International Bank (Karakol, Kyrgyzstan)
Beneficiary SWIFT	DEMIKG22

## Note:

EcoTrek provides a basic first aid kit. It is recommended to bring your own altitude sickness tablets, digestive tablets, and any other additional medication needed during your trek.

## Description of transportation provided during the tour

## Photo

EcoTrek will provide clean and comfortable transportation from airport and around city. The driver has good work experience in the sphere of tourism and service.



Minibus

EcoTrek will provide a military truck during the trekking part of the tour. This is a perfect transportation for the mountain roads of Kyrgyzstan. The driver has more than 10 years of driving experience with this special form of transportation.



Military Truck

## Emergency contact:

**Name:** Agida Dosumbaeva

### Contact information:

Karakol City, 116 Abdrahmanov str/48 Koenkozov str

[www.ecotrek.kg](http://www.ecotrek.kg)

E-mail: [info@ecotrek.kg](mailto:info@ecotrek.kg)

Skype: Ecotrek

<https://www.facebook.com/ecotrek.karakol>

+996 3922 5 11 15 + 996 709 51 11 55