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Echkilitash-Atjailoo	
Highest Point:	4001m
Lowest Point:	2630m
Total Elevation Gain:	801m
Total Elevation Loss:	1371m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~22Avg
Total Amount of trekking days:	5
Approximate Trekking Distance:	~47km
Total hours of driving:	~10hours
Total kilometers of driving:	~330km

Day	Description
Day1	Travel from Karakol by military truck to Echkilitash valley ~5-6 hours (150km). You will hike along Tyuz valley ~2-3 hours (8km). Overnight in the tents (Elevation: 3180m).
Day2	Leaving the campsite you will hike to the baseline of Tyuz pass ~5-6 hours (12km). On your way you will cross Tyuz river with no bridge. Overnight in the tents (Elevation: 3285m).
Day3	Leaving the campsite you will summit Tyuz pass (4001m) and descent Enilchek valley ~7-8 hours (14km) Hike to the campsite Chon-Tash. Please be prepared as this is an especially difficult mountain pass. Overnight in the tents (Elevation: 2900m).
Day4	Leaving the campsite you will hike ~5-6 hours (7km) along the Enilchek river to the campsite Prizim valley and on the way you will cross Enilchek river. You will camp on the base of the peak Nansen (5697m). Overnight in the tents (Elevation: 2850m).
Day5	Leaving the base camp you will hike along the Enilchek valley to At-Djailoo valley ~3-4 hours (6km). On your way you will cross the river and there is no bridge. You will travel by a military truck to Karakol ~5-6 hours (180km).

### Echkilitash-Atjailoo: Tour price

Group Size	Per person €	Total €	Included	Not included
2	1041	2082	<ul style="list-style-type: none"> <li>• Transportation to and from planned trek</li> <li>• 3 fresh meals per day throughout the trek</li> <li>• Guide + English translator</li> <li>• Mountain Cook</li> <li>• Mountain cook assistant (if more than 7 clients)</li> <li>• Mountain kitchen gear</li> <li>• Porter</li> <li>• Mountain toilet</li> <li>• Permit</li> </ul>	<ul style="list-style-type: none"> <li>• Single room in the guest houses</li> <li>• Transportation to attractions not included in tour</li> <li>• Alcoholic drinks</li> <li>• Bottled water during trek</li> <li>• Overnight in mountain huts (tents provided)</li> <li>• Flights to and from country</li> <li>• Visa cost (for countries not offered free visas)</li> </ul>
3	830	2491		
4	721	2887		
5	726	3632		
6	673	4041		
7	736	5156		
8	695	5564		
9	663	5973		
10	638	6382		
11	645	7103		
12	626	7523		
13	610	7932		
14	621	8703		
15	607	9112		
16	595	9521		
17	584	9929		
18	591	10651		
19	582	11059		
20	573	11468		

### 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 elevations; 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.

<b>Bank data</b>	
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

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