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Atjailoo-Merzbacher	
Highest Point:	3550m
Lowest Point:	2630m
Total Elevation Gain:	920m
Total Elevation Loss:	920m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~31Avg
Total Amount of trekking days:	7
Approximate Trekking Distance:	~76km
Total hours of driving:	~26hours
Total kilometers of driving:	~1160km

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 Karakol city ~7-8 hours (400km). On the way you will visit Burana tower. Overnight in the guest house (Elevation: 1670m).
Day3	Leaving the guest house you will travel by military truck to At-Jailoo valley ~5-6 hours (180km). Overnight in the tents (Elevation: 2630m).
Day4	Leaving the campsite you will hike ~7-8 hours (18km) along Enilchek River to the campsite Iva, on the way you will cross several rivers with no bridge. Overnight in the tents (Elevation: 2840m).
Day5	Leaving the campsite you will hike ~4-5 hours (8km) on the famous glacier Enilchek to the campsite Glinaya Polyana. Overnight in the tents (Elevation: 3380m).
Day6	Leaving the campsite you will hike ~4-5 hours (8km) to the campsite Polyana Merzbacher. Overnight in the tents (Elevation: 3550m).
Day7	Free day in the camp, after breakfast there is an optional hike around the Merzbacher lake and return to the campsite ~5-6 hours (8km). Overnight in the tents (Elevation: 3550m).
Day8	Leaving the campsite you will hike ~6-7 hours (18km) back down to Enilchek Glacier. Overnight in the tents (Elevation: 2850m).
Day9	Leaving the campsite you will hike ~5-6 hours (18km) along the river Enilchek to the campsite At-Djailoo. On the way you will make several river crossings. There is a tourist camp where you can order Russian Bath (cost not included in trek) and relax. Overnight in the tents (Elevation: 2630m).
Day10	Leaving the campsite At-Djailoo you will travel to Karakol ~5-6 hours (180km). Overnight in the guest house (Elevation: 1670m).
Day11	Leaving the guest house you will travel to Bishkek ~7-8 hours (320km). Overnight in the guest house (Elevation: 900m).
Day12	Leaving the guest house you will travel to Manas airport ~40 min (25km).

Atjailoo-Merzbacher: Tour price

Group Size	Per person €	Total €	Included	Not included
2	2251	4502	<ul style="list-style-type: none"> • Transportation to and from planned attractions 	<ul style="list-style-type: none"> • Single room in the guest houses
3	1813	5441	<ul style="list-style-type: none"> • Accommodation in guest houses, yurts & tents 	<ul style="list-style-type: none"> • Transportation to attractions not included in tour
4	1547	6189	<ul style="list-style-type: none"> • Accommodation & food for the personnel 	<ul style="list-style-type: none"> • Alcoholic drinks
5	1505	7526	<ul style="list-style-type: none"> • 3 fresh meals per day throughout the tour 	<ul style="list-style-type: none"> • Bottled water during trek
6	1379	8278	<ul style="list-style-type: none"> • Guide + English translator 	<ul style="list-style-type: none"> • Entrance fee to hot springs (4 Euro)
7	1466	10264	<ul style="list-style-type: none"> • Mountain cook 	<ul style="list-style-type: none"> • Overnight in mountain huts (tents provided)
8	1377	11017	<ul style="list-style-type: none"> • Porter 	<ul style="list-style-type: none"> • Flights to and from country
9	1329	11968	<ul style="list-style-type: none"> • Mountain cook assistant (if more than 7 clients) 	<ul style="list-style-type: none"> • Visa cost (for countries not offered free visas)
10	1272	12720	<ul style="list-style-type: none"> • Trekking assistant (if more than 7 clients) 	
11	1274	14019	<ul style="list-style-type: none"> • Horse 	
12	1231	14783	<ul style="list-style-type: none"> • Horsemen 	
13	1210	15734	<ul style="list-style-type: none"> • Mountain kitchen gear 	
14	1257	17611	<ul style="list-style-type: none"> • Mountain toilet 	
15	1237	18562	<ul style="list-style-type: none"> • Bottled water in cities/purified spring water during trek 	
16	1207	19314	<ul style="list-style-type: none"> • Attraction ticket fees 	
17	1192	20265	<ul style="list-style-type: none"> • Karakol National Park fees 	
18	1187	21366	<ul style="list-style-type: none"> • Permit 	

19	1176	22352
20	1155	23104

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 **porters** 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 % cancellation 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

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