



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

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Tamga-Altyn-Arashan	
Highest Point:	3774m
Lowest Point:	2500m
Total Elevation Gain:	6840m
Total Elevation Loss:	7143m
Level of Difficulty:	Difficult
Total Hours Hiking:	~112Avg
Total Amount of trekking days:	14
Approximate Trekking Distance:	~189km
Total hours of driving:	~5hours
Total kilometers of driving:	~140km

Day	Description
Day1	Travel from Karakol to Tamga valley ~2-3 hours (105km). There will be a short description of horseback riding and how to control your horse. You will ride your horse to the junction of Tek-Suu and Bugu Muiuz rivers ~4-5 hours (~18km). Overnight in the tents (Elevation: 2820m).
Day2	Leaving the campsite you will ride your horse up Tosor pass (3894m) and down to Keregetash valley (3680m) where you will see Chunkur-Kol lake ~6-7 hours (22km). Overnight in the tent (Elevation: 3673m).
Day3	Leaving the campsite you will ride your horse along Keregetash valley to Sarymoinok pass (3128m) down to Dinguromo valley ~5-6 hours (20km). Overnight in the tent (Elevation: 2285m).
Day4	Leaving the campsite you will ride your horse along Dinguromo valley to Dinguromo pass (3774m) down to junction of Dinguromo and Juuku rivers ~6-7 hours (16km). Overnight in the tents (Elevation: 2910m).
Day5	Leaving the campsite you will ride your horse along the Juuku valley to Ashu-Kashka-Suu valley ~5-6 hours (16km). Overnight in the tent (Elevation: 2700m).
Day6	Leaving the campsite you will hike over Kashka-Suu pass (3640m) ~6-7 hours (14km). It is impossible to cross the pass with horses so hiking is necessary. Overnight in the tent (Elevation: 2250m).
Day7	Leaving the campsite you will ride your horse to Orto-Bulak pass (2800m) down to Kichi-Kyzyl-Suu valley (2200m) ~4-5 hours (8km). Overnight in the tent (Elevation: 2200m).
Day8	Leaving the campsite you will ride your horse to Chon-Kyzyl-Suu valley (2300m) ~4 hours (8km). Overnight in the tent (Elevation: 2300m).
Day9	Leaving the campsite you will ride your horse to Suttu Bulak pass (2850m) down to Jetti-Oguz valley ~5-6 hours (18km). Overnight in the yurt camp (Elevation: 2300m).
Day10	Free day. Rest in Jetti-Oguz valley and prepare for trekking. Overnight in the yurt camp (2300m).
Day11	Leaving the yurt camp you will hike half way to Telity pass (3820m) ~4-5 hours (10km). Overnight in the tent (Elevation: 2843m).
Day12	Leaving the campsite you will summit Telety pass (3820m) to Karakol Valley (Karakol National Park) and ascend to Sirota EcoTrek base camp ~7-8 hours (17km) 2700m. You will walk alongside the river for 1 hour and then you will cross a bridge and trek up the valley to the campsite. Overnight in the tent (Elevation: 700m).
Day13	Leaving the campsite you will summit Alakul Lake and Alakul pass (3860m) in ~7-8 hours (15km) down to Keldike valley (3200m). Overnight in the tent (Elevation: 3200m).
Day14	Leaving the campsite you will hike down to Altyn-Arashan hot springs ~2-3 hours (7km). Overnight in the tent (Elevation: 2500m).
Day15	Leaving the campsite you will travel by a military truck to Karakol ~2-3 hours (35km).

### Tamga-Altyn-Arashan: Tour Price

Group Size	Per Person €	Total €
2	2247	4495
3	1869	5608
4	1575	6300
5	1500	7501
6	1347	8085
7	1532	10730
8	1442	11542
9	1417	12757
10	1357	13577
11	1335	14691
12	1271	15258
13	1252	16286
14	1205	16881

- Included**
- Transportation to and from planned trek
  - 3 fresh meals per day throughout the trek
  - Guide + English translator
  - Mountain cook
  - Porter
  - Mountain cook assistant (if more than 7 clients)
  - Trekking assistant (if more than 7 clients)
  - Horse
  - Horsemen
  - Mountain kitchen gear
  - Mountain toilet
  - Karakol National Park fees

- Not Included**
- Single room in the guest houses
  - Transportation to attractions not included in tour
  - Alcoholic drinks
  - Bottled water during trek
  - Entrance fee to hot springs (4 Euro)
  - Overnight in mountain huts (tents provided)
  - Flights to and from country
  - Visa cost (for countries not offered free visas)

15	1204	18071
16	1164	18639
17	1151	19569
18	1118	20136
19	1097	20844
20	1086	21732

## 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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