



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

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| Nomadic Life of Tien Shan      |                    |
|--------------------------------|--------------------|
| Highest Point:                 | 3860m              |
| Lowest Point:                  | 2500m              |
| Total Elevation Gain:          | 2680m              |
| Total Elevation Loss:          | 2480m              |
| Level of Difficulty:           | Medium / Difficult |
| Total Hours Hiking:            | ~22Avg             |
| Total Amount of trekking days: | 5                  |
| Approximate Trekking Distance: | ~44km              |
| Total hours of driving:        | ~17hours           |
| Total kilometers of driving:   | ~925km             |

| Day   | Description  |
|-------|--|
| Day1  | Meet at Manas airport. Bus to hotel ~40min (25km). Bishkek City tour. Overnight in the guest house (Elevation: 900m).  |
| Day2  | Leaving the guest house you will travel to Karakol along the north shore of Issyk-Kul lake ~5-6 hours (400km). On the way you will visit an open air museum of petroglyphs in Cholpon-Ata. Overnight in the guest house (Elevation: 1670m).  |
| Day3  | Leaving the guest house you will travel to Jeti-Oguz "Broken Heart" gorge ~1-2 hours (40km). You will spend the day in Jeti-Oguz gorge riding a horse (additional cost) or hiking to the waterfall ~2-3 hours (5km). Overnight in the yurt camp (Elevation: 2300m).  |
| Day4  | Leaving the yurt camp you will hike to Telety pass (3820m) ~7-8 hours (8km). Overnight in the tent (Elevation: 2843m).   |
| Day5  | Leaving the campsite you will summit Telety pass (3820m) on the north facing side of the pass will take ~4-5 hours (~8km). Overnight in the tent (Elevation: 3000m).   |
| Day6  | Leaving your campsite you will enter Karakol Valley (Karakol National Park) and ascend to Sirota EcoTrek base camp ~4-5 hours (9km). You will be walking alongside the river for ~1 hour and then you will cross a bridge with a cable and trek up the valley to the campsite. Overnight in the tent (Elevation: 2700m). |
| Day7  | Leaving the campsite you will summit Alakul Lake (3600m) in ~2-3 hours (~4km). Enjoy a short hike around the lake area and beware at night the temperatures fall below 0 C. Overnight in the tent (3500m).   |
| Day8  | Leaving the campsite you will summit Alakul pass (3860m) and descend to Keldiki gorge where you will find the Altyn Arashan hot springs ~4-5 hours (~15km). Be aware that the Alakul pass is very steep with many loose rocks and can be dangerous. Overnight in the tent (2500m).                                       |
| Day9  | Leaving the campsite you will travel by military truck to Karakol ~2-3 hours (35km). Overnight in the guest house (1670m).   |
| Day10 | Leaving the guest house you will travel to Bishkek ~6-7 hours (400km). On the way you will visit Burana Tower. Overnight in the guest house (900m).  |
| Day11 | Leaving the guest house you will travel to Manas airport ~40 min (25km).   |

### Nomadic Life of Tien Shan: Tour price

| Group Size | Per person € | Total € | Included   | Not included   |
|------------|--------------|---------|--|--|
| 2          | 1897         | 3795    | <ul style="list-style-type: none"> <li>• Transportation to and from planned attractions</li> <li>• Accommodation in guest houses, yurts &amp; tents</li> <li>• Accommodation &amp; food for the personnel</li> <li>• 3 fresh meals per day throughout the tour</li> <li>• Guide + English translator</li> <li>• Mountain Cook</li> <li>• Porter</li> <li>• Mountain cook assistant (if more than 7 clients)</li> <li>• Trekking assistant (if more than 7 clients)</li> <li>• Mountain kitchen gear</li> <li>• Mountain toilet</li> <li>• Bottled water in cities/purified spring water during trek</li> <li>• Attraction ticket fees</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>• Entrance fee to hot springs (4 Euro)</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          | 1535         | 4605    |  |  |
| 4          | 1306         | 5226    |  |  |
| 5          | 1215         | 6078    |  |  |
| 6          | 1116         | 6699    |  |  |
| 7          | 1167         | 8170    |  |  |
| 8          | 1098         | 8791    |  |  |
| 9          | 1068         | 9615    |  |  |
| 10         | 1035         | 10354   |  |  |
| 11         | 1016         | 11179   |  |  |
| 12         | 981          | 11780   |  |  |
| 13         | 971          | 12624   |  |  |
| 14         | 1013         | 14185   |  |  |

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|    |      |       |
|----|------|-------|
| 15 | 1000 | 15009 |
| 16 | 976  | 15630 |
| 17 | 967  | 16455 |
| 18 | 948  | 17075 |
| 19 | 943  | 17935 |
| 20 | 927  | 18556 |

- Karakol National Park fees

## 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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