



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

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To the heart of the heavenly mountains

Highest Point:	3860m
Lowest Point:	1860m
Total Elevation Gain:	2960m
Total Elevation Loss:	4090m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~30Avg
Total Amount of trekking days:	7
Approximate Trekking Distance:	~115km
Total hours of driving:	hours
Total kilometers of driving:	km

Day	Description
Day1	Travel from Karakol to Jeti-Oguz valley ~1 hours (35km). There will be short lesson on horseback riding and how to control your horse. You will ride a horse to Kyzyl-Jar valley (2800m) ~3-4 hours (10km). Overnight in the tent (Elevation: 2800m).
Day2	Leaving the campsite you will ride your horse to Irdyk Lakes ~2-3 hours (6km). Overnight in the tents (Elevation: 2800m).
Day3	Leaving the campsite you will ride your horse to Kashka-Suu valley ~5-6 hours (22km). Overnight in the tents (Elevation: 2000m).
Day4	Leaving the campsite you will ride your horse to Altyn-Arashan hot springs ~4-5 hours (18km). Overnight in the tents (Elevation: 2500m).
Day5	Leaving the campsite you will summit Alakul pass on foot (3860m) and return to Altyn-Arashan by horse. Ala-Kul Lake is visible from the top of the pass ~7-8 hours (25km). Overnight in the tents (Elevation: 2500m).
Day6	Leaving the campsite you will ride your horse to the summit of Alma-Luu pass (3600m) and descend Alma-Luu valley ~5-6 hours (18km). Overnight in the tents (Elevation: 2000m).
Day7	Leaving the campsite you will ride your horse to Jolkolot village ~4-5 hours (~16km). You will travel to Karakol ~15min (4km).

To the heart of the heavenly mountains: Tour price

Group Size	Per person €	Total €	Included	Not included
2	1301	2603	<ul style="list-style-type: none"> • Transportation to and from planned trek • 3 fresh meals per day throughout the tour • 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 	<ul style="list-style-type: none"> • 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)
3	1063	3191		
4	923	3693		
5	887	4438		
6	784	4708		
7	872	6108		
8	821	6569		
9	783	7048		
10	756	7567		
11	741	8155		
12	712	8549		
13	697	9070		
14	675	9453		
15	670	10052		
16	645	10322		
17	637	10844		
18	617	11114		
19	599	11386		
20	595	11905		

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 **horse** for each client and extra horse for the luggage. The horses can carry up to 35 kilos. The horses 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.

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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