



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

www.ecotrek.kg

E-mail: info@ecotrek.kg

Skype: Ecotrek

<https://www.facebook.com/ecotrek.karakol>

+996 3922 5 11 15 + 996 709 51 11 55

On Horseback in the unique Tien-Shan	
Highest Point:	3600m
Lowest Point:	1670m
Total Elevation Gain:	4660m
Total Elevation Loss:	6350m
Level of Difficulty:	Difficult
Total Hours Hiking:	~61Avg
Total Amount of trekking days:	14
Approximate Trekking Distance:	~213km
Total hours of driving:	~15hours
Total kilometers of driving:	~924km

Day	Description
Day1	Meet at Manas airport. Bus to the guest house ~40min (25km). Bishkek City tour. Overnight in the guest house (900m).
Day2	Leaving the guest house you will travel along the southern shore of Issyk-Kul lake to Tamga ~5-6 hours (324km). Overnight in the guest house (Elevation: 1700m).
Day3	Leaving the guest house you will travel via Barskoon valley to Arabel valley ~1-2 hours (80km). There will be short description of horseback riding and how to control your horse. You will ride your horse for ~2 hours (8km) under the Juuku pass. Overnight in the tents (Elevation: 3600m).
Day4	Leaving the campsite you will ride your horse ~4-5 hours (16km) over Juuku pass (3600m) towards Juuku valley. Overnight in the tents (Elevation: 2910m).
Day5	Leaving the campsite you will ride your horse to Ashu-Kashka-Suu valley ~5 hours (16km). Overnight in the tents (Elevation: 2900m).
Day6	Leaving the campsite you will ride your horse over Ashu-Kashka-Suu pass (3600m) ~7-8 hours (15km). This day you will enjoy Juuku hot springs. Overnight in the tents (Elevation: 2200m).
Day7	Leaving the campsite you will ride your horse over Orto-Bulak pass (2500m) towards Kichi-Kyzyl-Suu valley ~4-5 hours (12km). Overnight in the tents (Elevation: 2200m).
Day8	Leaving the campsite you will ride your horse to Chon-Kyzyl-Suu valley ~4-5 hours (12km). Overnight in the tents (Elevation: 2300m).
Day9	Leaving the campsite you ride your horse to Suttu-Bulak pass (2900m) down to Jetti-Oguz valley ~4-5 hours (15km). Overnight in the yurt camp (Elevation: 2300m).
Day10	Leaving the campsite you will ride your horse to Kyzyl-Jar valley ~3-4 hours (10km). Overnight in the tent (Elevation: 2800m).
Day11	Leaving the campsite you will ride your horse to Irdyk lakes ~3 hours (10km). Overnight in the tents (Elevation: 2700m).
Day12	Leaving the campsite you will ride your horse to Kashka-Suu valley ~5-6 hours (22km). Overnight in the tents (Elevation: 2000m).
Day13	Leaving the campsite you will ride your horse to Altyn-Arashan hot springs ~4-5 hours (18km). Overnight in the tents (Elevation: 2500m).
Day14	Leaving the campsite you will summit the Alakul pass (3860m) and return to Altyn-Arashan by horse. To summit the Alakul pass by foot and you will be able to see Ala-Kul lake ~7-8 hours (25km). Overnight in the tents (Elevation: 2500m).
Day15	Leaving the campsite you will ride your horse over the Alma-Luu pass (3600m) to Alma-Luu valley ~5-6 hours (18km). Overnight in the tents (Elevation: 2000m).
Day16	Leaving the campsite you will ride your horse to Jolkolot village ~4-5 hours (16km). You will travel to Karakol ~15 min (4km). Dinner in a traditional Uygur family. Overnight in the guest house (Elevation: 1670m).
Day17	Leaving the guest you will have a city tour in Karakol. After city tour you will travel to Cholpon-Ata city ~3-4 hours (130km). Overnight in the guest house (Elevation: 1600m).
Day18	Leaving the guest house you will travel to Bishkek ~4-5 hours (324km). On the way to Bishkek you will have an excursion to the open air museum of petroglyphs and you will visit Burana tower. Overnight in the guest house (Elevation: 900m).
Day19	Leaving the guest house you will travel to Manas airport ~40min (25km).

On Horseback in the unique Tien-Shan: Tour price

Group Size	Per Person €	Total €
2	3091	6183
3	2442	7326
4	1999	7998
5	1844	9220

- Included**
- Transportation to and from planned attractions
 - Accommodation in guest houses, yurts & tents
 - Accommodation & food for the personnel
 - 3 fresh meals per day throughout the tour

- Not included**
- Single room in the guest houses
 - Transportation to attractions not included in tour
 - Alcoholic drinks
 - Bottled water during trek

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6	1626	9761
7	1777	12443
8	1653	13229
9	1602	14418
10	1512	15120
11	1479	16270
12	1400	16811
13	1375	17876
14	1365	19121
15	1351	20271
16	1300	20812
17	1277	21717
18	1236	22259
19	1212	23039
20	1195	23900

- 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
- Bottled water in cities/purified spring water during trek
- Attraction ticket fees
- Karakol National Park fees
- 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)

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 % 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.

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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