



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:	~24hours
Total kilometers of driving:	~1094km

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 Kochkor ~4-5 hours (250km). Overnight in the guest house (Elevation: 1767m).
Day3	Leaving the guest house you will travel to Son-Kul lake ~3-4 hours (60km). Overnight in the yurt camp (Elevation: 3000m).
Day4	Leaving the yurt camp you will travel to Tamga ~5-6 hours (235km). Overnight in the guest house (Elevation: 1700m).
Day5	Leaving the guest house you will travel to Tamga valley (1730m) ~10-15 min (10km). 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).
Day6	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).
Day7	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).
Day8	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).
Day9	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).
Day10	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).
Day11	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).
Day12	Leaving the campsite you will ride your horse to Chon-Kyzyl-Suu valley (2300m) ~4 hours (8km). Overnight in the tent (Elevation: 2300m).
Day13	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).
Day14	Free day. Rest in Jetti-Oguz valley and prepare for trekking. Overnight in the yurt camp (2300m).
Day15	Leaving the yurt camp you will hike half way to Telyty pass (3820m) ~4-5 hours (10km). Overnight in the tent (Elevation: 2843m).
Day16	Leaving the campsite you will summit Telyty 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).
Day17	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).
Day18	Leaving the campsite you will hike down to Altyn-Arashan hot springs ~2-3 hours (7km). Overnight in the tent (Elevation: 2500m).
Day19	Leaving the campsite you will travel by a military truck to Karakol ~2-3 hours (35km). You will be offered an optional Karakol City tour. Overnight in the guest house (Elevation: 1670m).
Day20	Leaving the guest house you will travel to Cholpon-Ata ~3-4 hours (130km). On the way you will visit an open air museum. Overnight in the guest house (Elevation: 1600m).
Day21	Leaving the guest house you will travel to Bishkek ~5-6 hours (324km). On the way you will visit Burana Tower. Overnight in the guest house (Elevation: 900m).
Day22	Leaving the guest house you will travel to Manas airport ~40min (25km).

Tamga-Altyn-Arashan: Tour Price

Group Size	Per Person €	Total €
2	3543	7086
3	2916	8749
4	2432	9729
5	2297	11487
6	2058	12351
7	2233	15631
8	2090	16725
9	2055	18495
10	1959	19597
11	1933	21267
12	1842	22115
13	1823	23700
14	1824	25549
15	1820	27311
16	1759	28159
17	1743	29645
18	1694	30493
19	1673	31794
20	1648	32962

- 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
 - 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

- 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)

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 elevation; 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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