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Unique mountains of Tien Shan	
Highest Point:	3860m
Lowest Point:	2500m
Total Elevation Gain:	2033m
Total Elevation Loss:	3133m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~64Avg
Total Amount of trekking days:	14
Approximate Trekking Distance:	~220km
Total hours of driving:	~18hours
Total kilometers of driving:	~938km

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 Tamga village ~4-5 hours (324km). Overnight in the guest house (Elevation: 1700m).
Day3	Leaving the guest house you will travel to Ara-Bel valley ~1-2 hours (75km). You will hike to Chokulu Lake and then continue to the baseline of Juuku pass ~3-4 hours (6km). Overnight in the tent (Elevation: 3600m).
Day4	Leaving the campsite you will summit Juuku pass (3633m) and descend Juuku valley ~6-7 hours (16km). Overnight in tents (Elevation: 2800m).
Day5	Leaving the campsite you will hike to the baseline of Ashu-Kashka Suu pass ~5-6 hours (14km). Overnight in tents (Elevation: 2900m).
Day6	Leaving the campsite you will summit Ashu-Kashka-Suu pass (3600m) and descend Juukuchak valley ~7-8 hours (15km). Overnight in tents (Elevation: 2500m).
Day7	Leaving the campsite you will summit Orto-Bulak pass and descend Kichi-Kyzyl-Suu valley ~4-5 hours (12km). Overnight in tents (Elevation: 2200m).
Day8	Leaving the campsite you hike to Chon-Kyzyl-Suu valley ~5-6 hours (12km). You may relax in the hot springs (additional cost). Overnight in tents (Elevation: 2200m).
Day9	Leaving the campsite you will hike along Chon-Kyzyl-Suu valley to Jyluu-Suu valley ~4-5 hours (10km). Overnight in tents (Elevation: 3100m).
Day10	Leaving the campsite you will summit Jyluu-Suu pass (3590m) and descent At-Jailoo valley ~5-6 hours (8km). Overnight in tents (Elevation: 2700 m).
Day11	Free day. You will hike to a small hidden alpine lake and return to the campsite ~3-4 hours (7km). Overnight in tents (Elevation: 2700m).
Day12	Leaving the campsite you will hike to the baseline of Telety pass ~5-6 hours (10km). Overnight in tents (Elevation: 3000m).
Day13	Leaving the campsite you will summit Telety pass (3820m) and descend to the Karakol gorge ~5-6 hours (14km). Overnight in tents (Elevation: 2300m).
Day14	Leaving the campsite you will hike to Sirota EcoTrek campsite ~3-4 hours (6km). Overnight in tents (Elevation: 2700m).
Day15	Leaving the campsite you will summit Ala-Kul pass (3860m) and descend Keldike valley ~7-8 hours (15km). Overnight in tents (Elevation: 3300m).
Day16	Leaving the campsite you will hike down to Altyn-Arashan hot springs ~2-3 hours (6km). There is an option to swim in the hot springs (additional cost). You will travel to Karakol by military truck ~2-3 hours (35km). Overnight in the guest house (Elevation: 1670m).
Day17	Leaving your guest house you will travel to Cholpon-Ata ~3-4 hours (130km). On the way you will visit an open air museum of petroglyph. Overnight in the guest house (Elevation: 1600m).
Day18	Leaving the guest house you will travel to Bishkek ~6-7 hours (324km). On the way 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).

Unique mountains of Tien Shan: Tour price

Group Size	Per person €	Total €
2	3582	7165
3	2890	8671
4	2467	9869
5	2287	11437
6	2110	12661
7	2244	15711
8	2116	16934
9	2048	18436
10	1977	19778
11	1934	21280
12	1875	22504
13	1846	24006
14	1892	26499
15	1866	28001
16	1826	29225
17	1807	30727
18	1775	31950
19	1762	33488
20	1735	34711

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)
- 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 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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