



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

[www.ecotrek.kg](http://www.ecotrek.kg)

E-mail: [info@ecotrek.kg](mailto:info@ecotrek.kg)

Skype: Ecotrek

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

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

| On the gorges of Terskey Alatau |                    |
|---------------------------------|--------------------|
| Highest Point:                  | 3860m              |
| Lowest Point:                   | 2500m              |
| Total Elevation Gain:           | 1160m              |
| Total Elevation Loss:           | 1360m              |
| Level of Difficulty:            | Medium / Difficult |
| Total Hours Hiking:             | ~9Avg              |
| Total Amount of trekking days:  | 3                  |
| Approximate Trekking Distance:  | ~27km              |
| Total hours of driving:         | ~21hours           |
| Total kilometers of driving:    | ~751km             |

| 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 Cholpon-Ata ~5-6 hours (324km). On the way you will visit an open air museum of petroglyphs. Overnight in the guest house (Elevation: 1600m).   |
| Day3 | Leaving the guest house you will travel to Karakol valley by military truck. You will hike to EcoTrek campsite ~2 hours (6km). Overnight in the tent (Elevation: 2700m).   |
| Day4 | Leaving the campsite you will summit Alakul pass with a nice view of Alakul Lake (3860m) Then you will descend Keldike valley ~5-6 hours (15km). Overnight in the tent (Elevation: 3200m).   |
| Day5 | Leaving the campsite you will hike down to Altyn-Arashan hot springs ~2-3 hours (6km). You will hike around the valley or enjoy the hot springs (additional cost). You will travel to Karakol by a military truck ~2-3 hours (35km) then to Cholpon-Ata ~3-4 hours (130km). Overnight in the guest house (Elevation: 1600m). |
| Day6 | Leaving the guest house you will travel to Bishkek ~7-8 hours (324km). On the way you will visit Burana tower. Overnight in the guest house (Elevation: 900m).   |
| Day7 | Leaving the guest house you will travel to Manas airport ~40min (25km).  |

### On the gorges of Terskey Alatau: Tour price

| Group Size | Per person € | Total € |
|------------|--------------|---------|
| 2          | 1570         | 3140    |
| 3          | 1254         | 3763    |
| 4          | 1033         | 4135    |
| 5          | 955          | 4779    |
| 6          | 858          | 5151    |
| 7          | 877          | 6144    |
| 8          | 814          | 6515    |
| 9          | 794          | 7146    |
| 10         | 775          | 7754    |
| 11         | 762          | 8385    |
| 12         | 729          | 8757    |
| 13         | 722          | 9387    |
| 14         | 752          | 10533   |
| 15         | 744          | 11163   |
| 16         | 720          | 11535   |
| 17         | 715          | 12166   |
| 18         | 696          | 12537   |
| 19         | 694          | 13203   |
| 20         | 678          | 13575   |

#### 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 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.

| <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

[www.ecotrek.kg](http://www.ecotrek.kg)

E-mail: [info@ecotrek.kg](mailto:info@ecotrek.kg)

Skype: Ecotrek

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

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