



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

Atjailoo-Merzbacher	
Highest Point:	3550m
Lowest Point:	2630m
Total Elevation Gain:	920m
Total Elevation Loss:	920m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~31Avg
Total Amount of trekking days:	7
Approximate Trekking Distance:	~76km
Total hours of driving:	~10hours
Total kilometers of driving:	~360km

Day	Description
Day1	Travel from Karakol by military truck to At-Jailoo valley ~5-6 hours (180km). Overnight in the tents (Elevation: 2630m).
Day2	Leaving the campsite you will hike ~7-8 hours (18km) along Enilchek River to the campsite Iva, on the way you will cross several rivers with no bridge. Overnight in the tents (Elevation: 2840m).
Day3	Leaving the campsite you will hike ~4-5 hours (8km) on the famous glacier Enilchek to the campsite Glinaya Polyana. Overnight in the tents (Elevation: 3380m).
Day4	Leaving the campsite you will hike ~4-5 hours (8km) to the campsite Polyana Merzbacher. Overnight in the tents (Elevation: 3550m).
Day5	Free day in the camp, after breakfast there is an optional hike around the Merzbacher lake and return to the campsite ~5-6 hours (8km). Overnight in the tents (Elevation: 3550m).
Day6	Leaving the campsite you will hike ~6-7 hours (18km) back down to Enilchek Glacier. Overnight in the tents (Elevation: 2850m).
Day7	Leaving the campsite you will hike ~5-6 hours (18km) along the river Enilchek to the campsite At-Djailoo. On the way you will make several river crossings. There is a tourist camp where you can order Russian Bath (cost not included in trek) and relax. Overnight in the tents (Elevation: 2630m).
Day8	Leaving the campsite At-Djailoo you will travel to Karakol ~5-6 hours (180km).

### Atjailoo-Merzbacher: Tour price

Group Size	Per person €	Total €
2	1509	3019
3	1217	3651
4	1066	4265
5	1056	5284
6	986	5916
7	1083	7584
8	1027	8216
9	983	8849
10	948	9481
11	951	10462
12	925	11107
13	903	11739
14	918	12857
15	899	13490
16	882	14122
17	867	14755
18	874	15736
19	861	16368
20	850	17001

#### Included

- 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
- Permit

#### 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 **porters** 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.

<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

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