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Arabel-Jeti-Oguz	
Highest Point:	3640m
Lowest Point:	2300m
Total Elevation Gain:	1290m
Total Elevation Loss:	2090m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~39Avg
Total Amount of trekking days:	7
Approximate Trekking Distance:	~99km
Total hours of driving:	~24hours
Total kilometers of driving:	~1254km

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 hours (60km). Overnight in the yurt camp (Elevation: 3000m).
Day4	Leaving the guest house you will travel to Tamga village ~5-6 hours (320km). On the way you will hike through Fairy Tale canyon ~1-2 hours (5km). Overnight in the guest house (Elevation: 1700m).
Day5	Leaving the guest house you will travel to Ara-Bel valley ~2 hours (80km). You will hike through Juuku valley to the base camp of Juuku pass ~6-7 hours (12km). Overnight in the tent (Elevation: 3100m).
Day6	Leaving the campsite you hike to Kashka-Suu valley ~7-8 hours (17km). Overnight in the tent (Elevation: 2700m).
Day7	Leaving the campsite you will hike to Ashu-Kashka-Suu pass (3640m) down to Juukuchak valley ~7-8 hours (15km). Overnight in the tent (Elevation: 2250m).
Day8	Leaving the campsite you will summit Orto-Bulak pass (2500m) and trek down to Kichi-Kyzyyl-Suu valley ~4-5 hours (12km). Overnight in the tent (Elevation: 2200m).
Day9	Leaving the campsite you will hike to Chon-Kyzyyl-Suu valley ~4 hours (12km). Overnight in the tent (Elevation: 2200m).
Day10	Leaving the campsite you will hike to Suttu-Bulak valley down to Jeti-Oguz valley ~5-6 hours (15km). Overnight in the yurt camp (Elevation: 2300m).
Day11	Leaving the yurt camp you will hike to Oguz-Bashi peak (5200m) and come back to yurt camp ~6-7 hours (16km). Overnight in the yurt camp (Elevation: 2300m).
Day12	Leaving the campsite you will travel to Karakol ~1-2 hours (40km). Karakol City tour. Overnight in the guest house (Elevation: 1670m).
Day13	Leaving the guest house you will travel to Cholpon-Ata ~3-4 hours (130km). Overnight in the guest house (Elevation: 1600m).
Day14	Leaving the guest house you will travel to Bishkek 6-7 hours (324km). Overnight in the guest house (Elevation: 900m).
Day15	Leaving the guest house you will travel to Manas airport 40min (25km).

Arabel-Jeti-Oguz: Tour price

Group Size	Per person €	Total €	Included	Not Included
2	2310	4621	<ul style="list-style-type: none"> • 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 • Mountain cook assistant (if more than 7 clients) • Trekking assistant (if more than 7 clients) • Mountain kitchen gear • Mountain toilet • Bottled water in cities/purified spring water during trek • Attraction ticket fees 	<ul style="list-style-type: none"> • 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)
3	1775	5327		
4	1439	5757		
5	1299	6499		
6	1183	7099		
7	1214	8498		
8	1116	8935		
9	1072	9648		
10	1008	10086		
11	996	10962		
12	949	11399		
13	931	12112		

14	987	13820
15	969	14548
16	936	14985
17	933	15861
18	905	16298
19	897	17047
20	874	17484

- Karakol National Park fees

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 % 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:

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