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Nomadic Life of Tien Shan	
Highest Point:	3860m
Lowest Point:	2500m
Total Elevation Gain:	2680m
Total Elevation Loss:	2480m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~22Avg
Total Amount of trekking days:	5
Approximate Trekking Distance:	~44km
Total hours of driving:	~1.5hours
Total kilometers of driving:	~75km

Day	Description
Day1	Travel from Karakol to Jetti-Oguz "Broken Heart" gorge ~1-2 hours (40km). You will spend the day in Jetti-Oguz gorge riding a horse (additional cost) or hiking to the waterfall ~2-3 hours (5km). Overnight in the yurt camp (Elevation: 2300m).
Day2	Leaving the yurt camp you will hike to Telety pass (3820m) ~7-8 hours (8km). Overnight in the tent (Elevation: 2843m).
Day3	Leaving the campsite you will summit Telety pass (3820m) on the north facing side of the pass will take ~4-5 hours (~8km). Overnight in the tent (Elevation: 3000m).
Day4	Leaving your campsite you will enter Karakol Valley (Karakol National Park) and ascend to Sirota EcoTrek base camp ~4-5 hours (9km). You will be walking alongside the river for ~1 hour and then you will cross a bridge with a cable and trek up the valley to the campsite. Overnight in the tent (Elevation: 2700m).
Day5	Leaving the campsite you will summit Alakul Lake (3600m) in ~2-3 hours (~4km). Enjoy a short hike around the lake area and beware at night the temperatures fall below 0 C. Overnight in the tent (3500m).
Day6	Leaving the campsite you will summit Alakul pass (3860m) and descend to Keldiki gorge where you will find the Altyn Arashan hot springs ~4-5 hours (~15km). Be aware that the Alakul pass is very steep with many loose rocks and can be dangerous. Overnight in the tent (2500m).
Day7	Leaving the campsite you will hike down to Aksu village and travel by vehicle to Karakol ~45 min (35km).

Nomadic Life of Tien Shan: Tour price

Group Size	Per person €	Total €
2	1117	2235
3	897	2692
4	782	3130
5	723	3616
6	678	4068
7	738	5172
8	703	5625
9	675	6082
10	680	6807
11	660	7264
12	643	7717
13	628	8174
14	632	8861
15	631	9472
16	620	9924
17	610	10382
18	601	10834
19	594	11291
20	587	11744

Included

- Transportation to and from planned trek
- 3 fresh meals per day throughout the trek
- Guide + English translator
- Mountain Cook
- Porter
- Mountain cook assistant (if more than 7 clients)
- Trekking assistant (if more than 7 clients)
- Mountain kitchen gear
- Mountain toilet
- 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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