



Karakol City, 116 Abdrahmanov str/48 Koenkozov str,

www.ecotrek.kg

E-mail: info@ecotrek.kg

Skype: Ecotrek

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

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

Shamsi-Son-Kol	
Highest Point:	3600m
Lowest Point:	2200m
Total Elevation Gain:	4911m
Total Elevation Loss:	4311m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~46Avg
Total Amount of trekking days:	8
Approximate Trekking Distance:	~111km
Total hours of driving:	~22hours
Total kilometers of driving:	~954km

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 Shamsi valley ~3 hours (100km). There will be short lesson about horseback riding and how to control your horse. You will ride your horse ~2-3 hours (5km). Overnight in the tents (Elevation: 2400m).
Day3	Leaving the campsite you will ride your horse to the base camp of Shamsi pass ~4-5 hours (10km). Overnight in the tents (Elevation: 3000m).
Day4	Leaving the campsite you will ride your horse down to Saryla-Saz valley ~7-8 hours (16km). Overnight in the tent (Elevation: 2500m).
Day5	Leaving the campsite you will ride your horse along Saryla-Saz valley down to Kashka-Suu valley ~7-8 hours (18km). Overnight in the tent (Elevation: 2200m).
Day6	Leaving the campsite you will ride your horse over the Buchuk pass (3400m) down to Sook valley ~7-8 hours (16km). Overnight in the tent (Elevation: 2300m).
Day7	Free day. Walking around and exploring the valley. Overnight in the tent (Elevation: 2300m).
Day8	Leaving the campsite you will ride your horse over Kum-Bel pass (3600m) down to Koldu-Suu valley ~7-8 hours (16km). Overnight in the tent (Elevation: 2350m).
Day9	Leaving the campsite you will ride your horse over Char-Archa pass (3061m) down to Char-Archa valley ~5-6 hours (14km). Overnight in the tent (Elevation: 2200m).
Day10	Leaving the campsite you will ride your horse to Kelemche valley and ascend Jalgyz-Karagai pass (3300m) then will descend to Jaman-Echki valley ~7-8 hours (16km). Overnight in the yurt camp (Elevation: 3000m).
Day11	Free day. Optional hike around Son-Kul lake. Overnight in the yurt camp (Elevation: 3000m).
Day12	Leaving the yurt camp you will travel to Tamga village ~6-7 hours (240km). On the way you will stop to visit a handicraft show in Kochkor. Overnight in the guest house (Elevation: 1700m).
Day13	Leaving the guest house you will travel to Jeti-Oguz valley ~2 hours (70km). Overnight in the yurt camp (Elevation: 2300m).
Day14	Leaving the yurt camp you will travel to Karakol ~1-2 hours (40km). Karakol City tour. Overnight in the guest house (Elevation: 1670m).
Day15	Leaving the guest house you will travel to Cholpon-Ata (1600m) ~3-4 hours (130km). Overnight in the guest house (Elevation: 1600m).
Day16	Leaving the guest house you will travel to Bishkek (900m) ~5-6 hours (324km). Overnight in the guest house (Elevation: 900m).
Day17	Leaving the guest house you will travel to Manas airport ~40min (25km).

Shamsi-Son-Kol: Tour price

Group Size	Per Person €	Total €
2	2661	5323
3	2205	6616
4	1845	7381

Included

- Transportation to and from planned attractions
- Accommodation in guest houses, yurts & tents
- Accommodation & food for the personnel

Not Included

- Single room in the guest houses
- Transportation to attractions not included in tour
- Alcoholic drinks

AD/EcoTrek-Trekking & Travel 2/18/2015

5	1745	8725
6	1557	9344
7	1658	11608
8	1559	12472
9	1514	13634
10	1441	14414
11	1428	15714
12	1361	16334
13	1349	17549
14	1373	19229
15	1368	20529
16	1321	21149
17	1306	22204
18	1268	22824
19	1250	23755
20	1234	24694

- 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
- Bottled water in cities/purified spring water during trek
- Attraction ticket fees
- Karakol National Park fees
- 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 **horse** for each client and extra horse for the luggage. The horses can carry up to 35 kilos. The horses 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.

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.

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 Abdrahamanov str/48 Koenkozov str

www.ecotrek.kg

E-mail: info@ecotrek.kg

Skype: Ecotrek

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

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