




ONE DOLLAR PER DAY OF YOUR TRIP COST GOES TO SUPPORT ORPHANS IN OUR COUNTRY

## Trekking program: “Taste of Tien-Shan”.

<b>Itinerary:</b>	Karakol town – Djety Oguz gorge – Foot of Telety pass – Karakol gorge – Ala-Kul Lake – Altyn Arashan gorge – Karakol	
<b>Trip grade:</b>	Moderate	
<b>Duration:</b>	5 days, 4 nights	
<b>Fixed dates:</b>	23.06 – 27.06 27.06 – 01.06 30.06 – 04.07 04.07 – 08.07 (French speaking group) 07.07 – 11.07 11.07 – 15.07 14.07 – 18.07 (German speaking group) 18.07 – 22.07 21.07 – 25.07	25.07 – 29.07 (German speaking group) 28.07 – 01.08 01.08 – 05.08 04.08 – 08.08 08.08 – 12.08 (French speaking group) 11.08 – 15.08 15.08 – 19.08 18.08 – 22.08 22.08 – 26.08
<b>Contact person:</b>	(adventure2@ak-sai.com / travel-2@ak-sai.com)	

*This tour is a good choice for trekkers with initial hiking experience at the altitudes above 3000 m, and with good physical condition and health.*

### IMPORTANT TO KNOW:

- In trekking areas, nights are spent in tents; comfort is rudimentary (no internet access, no air conditioning) and you will have to share the tent with another participant
- Some trekking days are subject to change due to the security/weather reasons.
- Escorting English-speaking guide.
- Transfer time is approximate, depending on the road/weather conditions.
- Trekking time is approximate, 5 – 7 hours (10-18 kilometers) per day, depending on the weather and physical condition of a participant.
- The maximum height can go up to 3800 m.
- Lunch boxes will be packed by each participant for lunch after every breakfast during the trekking part of the tour. Variety of ingredients will be provided by the stuff of the camp.
- Availability of the personal flask highly recommended, as we provide boiled water during the trekking in term to reduce an impact of the plastic.

### EACH FIXED TENT CAMP PROVIDES:

- RED FOX FAMILY tents (four people capacity, but accommodation provided for two persons)
- TEAM FOX tent: capacity (persons): 10-20 (dining tent).
- 5-centimeter mattresses and sleeping pads in each Red Fox Family tent.
- Electricity (generator) runs from 19:00 until 23:00 to charge your phones, tablets and other batteries.
- Toilet tent and shower tent (for shower we provide small basin and ladle + warm water. Please note that during the bad weather conditions it would be difficult to provide warm water).
- Tea, coffee, sweets, biscuits etc.
- Bar for supplement (vodka, wine, cognac, juices etc.).
- Kitchenware, table, chairs.

## DETAILED PROGRAM

### Day 1. Karakol town - Djety Oguz gorge – The foot of Telety pass.

#### Highlights:

- *Wonderful west Telety river with nice meadow;*
- *Nice easy walk to nameless waterfall from Telety Camp;*

Meet porters in the morning. We leave Karakol town after breakfast and start trekking along the riverbank in a very narrow wooded gorge Bay Tor; it leads to the alpine meadows. Here, on a flower carpet, in the mountains, the air is sweet and clear, the views are amazing, and one forgets all his troubles and gets closer to the nature. After some rest, continue trekking to the tent camp at the foot of Telety pass. Getting closer to the tent camp cross quite big river with bridge. Few hundred meters and we are at the tent camp. Dinner and overnight at the tent camp.

**PLEASE NOTE:** Put all stuff (extra payment for more than 12 kg per person) into a special rucksack provided by Ak-Sai Travel and give it to the porters in the morning. Porters carry the luggage from one tent camp to another, and upon arrival to a tent camp after trekking day, one will take the luggage back.



**Tent Camp (3050 m)**



**+ 450 m**



**16 km**



**LD**



**- m**



**6-8 hours**

### Day 2. The foot of Telety pass – Karakol gorge.

#### Highlights:

- *Beautiful Telety pass (3800 m);*
- *Possibility to make a fire after dinner;*

We leave the tent camp after breakfast and start ascent to Telety pass. The first kilometer of the trail hidden among the bushes of juniper. Further, route goes along a narrow path with a slight ascend. From the top of the pass at 3800 m a.s.l., we enjoy wonderful panoramic view. Descent is rather simple, along a wide slope covered with talus, across alpine meadows with various herbs and flowers, along East Telety river, cross this river at some point and it is advisable to have sandals, since there is no bridge. Later we hike through the wood along the trail covered with roots and go down to Karakol gorge. The last kilometer is going through the old dirt-truck road that leads us to the tent camp, located in the forest. Dinner and overnight at the tent camp.



**Tent Camp (2500 m)**



**+ 750 m**



**18 km**



**BLD**



**- 1300 m**



**6-8 hours**

### Day 3. Karakol gorge – Ala-Kul lake.

#### Highlights:

- *Magnificent Ala-Kul lake;*
- *The Highest overnight of the trip;*

After breakfast we descent along the gorge about 1 km and later cross the river over a bridge and the trail leads us into a forest. Rather long ascent finishes at a steep slope covered with grass, the trail turns into a serpentine, passes by a river overflow, and arrive to an unusual place, which is called "Sirota" mountain log hut. There is a table, benches, fireplace inside. We can find a number of sculptures of animals and idols carved in wood around the hut. It looks like a fairy tale place. It is a nice place to sit down, rest,

have a snack. Later, the trail goes up higher, leaving the forest behind we hike along the river and reach a beautiful waterfall, flowing down from Ala-Kul Lake. We pass the waterfall and ascent on a natural dam, from where we can see Ala-Kul lake. The last kilometer till the tent camp goes along the lake. Dinner and overnight at the tent camp.





 <b>Tent Camp (3600 m)</b>	 <b>+ 1100 m</b>	 <b>10 km</b>
 <b>BLD</b>	 <b>- m</b>	 <b>6-7 hours</b>

#### Day 4. Ala-Kul lake – Altyn Arashan gorge.

##### Highlights:

- *Natural hot springs;*
- *Highest pass of the trip;*

Moraine Lake of Ala-Kul stretches from east to west for 2.8 km, its width is 500 m and depth 70 m. Ala-Kul means Colorful Lake in Kyrgyz language. Depending on the light the water might change its color. It can be emerald green, turquoise with white clouds reflected, light green or dark grey, or even black. After breakfast we start the ascent to Ala-Kul pass. During the ascent, we enjoy wonderful views of the lake. Arriving closer to the lake we see the main range of Terskei Ala-Too with a number of peaks – Ak-Suu, Djigit, Karakol, Oguz Bashi, etc. From the lake edge, it will take us another hour and half to the pass. Descent from the pass along a talus slope, and later across a wide valley of Keldike with picturesque landscapes, herds of cattle and flocks of sheep grazing. Upon arrival to the tent camp you may use an opportunity to relax in the hot springs. There are thermal baths (up to +50C) in the valley. Dinner and overnight at the Guest house.

 <b>Guest house (2600 m)</b>	 <b>+ 200 m</b>	 <b>18 km</b>
 <b>BLD</b>	 <b>- 1200 m</b>	 <b>6-7 hours</b>

#### Day 5. Altyn Arashan gorge – Karakol town.

##### Highlights:

- *Transfer on a special military truck from the gorge to Karakol town;*

After breakfast, we will have a 5-kilometer hike through the gorge, the descent will take place along a mountain road among the spruce forest. Then you will get into the car and go to Karakol.

 <b>B</b>	 <b>+ m</b>	 <b>15 km</b>
 <b>B</b>	 <b>- 1000 m</b>	 <b>6-7 hours</b>

### END OF SERVICES

THE COST OF THE PROGRAM PER PAX IN 2025: **850 USD**

SINGLE SUPPLEMENT IN TENT CAMPS: **70 USD**

PHOTOS OF THE TREK: <https://drive.google.com/drive/folders/145Rd11bdhdbYpPR8EkIRubSicsh0WN5U>

**Transport for transfers** | Mini Bus Mercedes Sprinter (17 seats, with A/C) for 4 -11 pax

**Tour escort** | English speaking guide / trekking guide for trekking part

<b>Visa and visa support</b>	Citizens of the European Union do not require visa and visa support for entering Kyrgyzstan. Free visa regime up to 60 days.
<b>Meals</b>	FULL BOARD (B - 4, L - 4, D - 4)

### THE COST INCLUDES

### THE COST EXCLUDES

✓ Accommodation on TWIN/DBL base – 4 nights	✓ Single supplement in single tent / yurt.
✓ Meals – full board (B - 4, L - 4, D - 4) including cook services during trekking days.	✓ Meals not included in the program, alcohol beverages.
✓ Transport services from arrival till departure.	✓ Insurances.
✓ Porter services (The packed weight of your trek bag while trekking should be no more than <b>12 kg of personal belongings</b> . 1kg extra + 20 USD for the program).	✓ Sleeping bags.
✓ Bottled water (1 liter/day/pax) during trekking part – boiled water (please take your flasks).	✓ All airfares.
✓ Entrance and ecological fees during all the tour.	✓ Photo/video fees at museums.
✓ Special military car for going up/down to/from Karakol gorge/Altyn Arashan gorge.	✓ Personal expenses, tips, porter fee in hotels.
	✓ Visa and visa support fee (if necessary).

### SUGGESTED ACCOMMODATION

Location	Type of accommodation	Nights
Telety pass	Fixed tent camp	1
Karakol gorge	Fixed tent camp	1
Ala-Kul lake	Fixed tent camp	1
Altyn Arashan gorge	Guest house	1
<b>TOTAL:</b>		<b>4</b>

### OBLIGATORY TO HAVE DURING THE TREK

- ✓ Waterproof trekking boots with ankle support
- ✓ Waterproof jacket or rain cape
- ✓ Sunhat or Cap with Ear and Neck Flap Cover
- ✓ Daypack 30 to 40 liters with rain cover
- ✓ Warm hat
- ✓ Sleeping bag (comfort rated -5°C, please ask about temperature)
- ✓ Trekking poles (highly recommended during stream crossings, steep incline or decline)
- ✓ Basic First Aid Kit including: antiseptic and antihistamine cream, throat lozenges, diarrhea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts

- ✓ Sun protection (including total bloc for ears, nose etc.)
- ✓ Fleece jacket or warm jumper
- ✓ Good quality sunglasses
- ✓ Warm gloves
- ✓ Trekking trousers
- ✓ Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- ✓ Water purification tablets
- ✓ Selection of dry bags (to keep trek bag contents, laptops, phones dry during trek)
- ✓ Lipsticks
- ✓ Headtorch and spare batteries
- ✓ Thermal underwear

#### **OPTIONALLY TO HAVE DURING THE TREK**

---

- ✓ 1 pair of tennis shoes or shoes for city walking
- ✓ Trainers / sandals for river crossings
- ✓ Socks (1 pair for 2 -3 days of trekking)
- ✓ 1 waterproof overtrousers
- ✓ 1 scarf to cover your hair (during the visits of mosques and churches)
- ✓ Shorts and/or swimwear (camps near lakes, hot springs or rivers)
- ✓ Buff/scarf (to protect against dust and cold)
- ✓ Washbag and toiletries
- ✓ Antibacterial handwash
- ✓ Small towel (fast dry material)
- ✓ Thermarest or similar sleeping mat (please note that sleeping mats 5sm with thin sleeping pad are provided during 3 classical trekking of Ak-Sai Travel)
- ✓ Pen-knife (remember to pack sharp objects in hold baggage)
- ✓ Repair kit – (eg. needle, thread, duct tape)
- ✓ Ear plugs against river noises, neighbor snoring

#### **TIPS AND GRATITUDE:**

In Kyrgyzstan tips are not obligatory, however, are welcomed by the serving staff. Tips are usually not included into the prices in Kyrgyzstan.

In the cafes/restaurants on the bills you can see Service 10% or 15%, but this is not tipping. This is their salary, what they will get paid. It is not bad to tip guides and drivers as well.

Tipping is an excellent way to show your appreciation of their services. To give you an idea average tip is about 7-10 USD per day per person for all staff (drivers, guides, porters). Anyway, it is up to you, your level of satisfaction of their work and your possibilities.



## TREKKING MAP:

