








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

## Trekking program: “To the heart of Tien-Shan” in 2025

<b>Itinerary:</b>	Karakol – Inylchek glacier – Putevodniy glacier – Merzbacher Glade and Lake – Komsomolskiy glacier – Dikiy glacier – South Inylchek Base Camp – Karkara Base Camp - Karakol
<b>Trip grade:</b>	Difficult     
<b>Duration:</b>	9 days, 8 nights
<b>Fixed dates:</b>	05.07.25 - 13.07.25 (mix group), 19.07.25 – 27.07.25 (French speaking group), 02.08.25 – 10.08.25 (German speaking group), 16.08.25 – 24.08.25 (mix group)
<b>Contact person:</b>	( <a href="mailto:adventure2@ak-sai.com">adventure2@ak-sai.com</a> / <a href="mailto:travel-2@ak-sai.com">travel-2@ak-sai.com</a> )

*This tour is a good choice for trekkers with moderate hiking experience at the altitudes above 4000 m, and with good physical condition and health.*

### IMPORTANT TO KNOW:

- Trekking time is approximate, 5 – 7 hours (10-18 kilometers) per day, depending on the weather and physical condition of a 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.
- The maximum height can go up to 4 100 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.
- 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.

### 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 22:00 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 – Karkara Base camp.

#### Highlights:

- *Drive to wonderful valley Karkara*

We start driving to Karkara valley. The drive from Karakol will take us about 2 hours. The road passes through Tup village, then continues East towards checkpoint Karkara. As we are going to enter the border zone, we must show our border-permits and passports to the soldier on duty. The accommodation will be in the tent camp with the lunch served as a buffet where you'll be able to choose the meal at your taste.

After lunch (or taking lunchbox in advance) you may walk around the camp, to the Chymyn-Sai Pass (2700 m), going along the border line between Kyrgyzstan and Kazakhstan. Then start ascent to the pass 2700 m, from the pass you will see the entire Karkara valley, whole Char-Kuduk area and Tup gorge. The hike is not difficult and allows hikers to prepare for higher altitudes, also it requires a clear knowledge of the route from the guide. The trail goes along a wide gorge settled by yurts of nomads, and presenting a good chance to see the life way of disappearing culture. Dinner and overnight at the base camp.



**Tent Camp (2200 m)**



**+ 400 m**



**10 km**



**LD**



**- 400 m**



**3 hours**

### Day 2. Karkara Base camp – Iva camp.

#### Highlights:

- *Unforgettable helicopter flight experience;*
- *Wonderful views to the five thousandth peaks;*

After breakfast we take a helicopter flight to starting point of the trek in Inylchek Valley to a place which called Prijim. Then we trek up along the valley to the foot of Inylchek glacier. On the way you can see Nansen peak (5690 m) and Tuz pass (4001 m). In 1902, German geographer Gottfried Merzbacher noticed Nansen peak. Even he, who had seen the panorama of many mountains on the globe, such as the Alps, the Caucasus, the Himalayas and Karkorum, had a feeling of surprise and delight at the sight of the giant ridge that bounded the valley of Inylchek from the South. Its mighty snow-capped peaks of the most varied sculptural forms (of which the creative forces of nature are capable for) are visible all the way from West to East. In his opinion this is the one of the greatest Alpine paintings of the globe. Arrival to the tent camp called Iva. Meet by local staff and get accommodated. Dinner and overnight in tents.



**Tent camp (2900 m)**



**+ 700 m**



**10 km**



**BLD**



**- m**



**3-4 hours**







### Day 3. Iva camp – Glina camp.

#### Highlights:

- *The first huge Glacier during the trek – Putevodniy glacier;*
- *The first day of trekking along the glacier;*

After breakfast we take our lunch boxes and leave the tent camp. Today's trekking is going to continue along the lateral moraine of the Inylchek glacier to the confluence with Putevodnyi glacier. Very steep ascents and descents pretty much exhausting that will add some challenge to the day. We will try to go

through the right slope of the terrace. *Please note: there are lots of rockfalls along the trail, it's better to be very careful.* The way goes up and down all the time. The lunch will be on the glacier. Then we ascent another steep terrace along a narrow trail. The variety of terrains and the steepness of the slope trails will add some more adrenaline into the blood. Arriving to the next camp – Glina, we will have some tea/coffee and rest. The camp has got its name (which means “clay” in Russian) because of its location on a green clay field. Dinner and overnight in tents.

 <b>Tent camp (3100 m)</b>	 <b>+ 200 m</b>	 <b>8 km</b>
 <b>BLD</b>	 <b>- m</b>	 <b>5-6 hours</b>

#### Day 4. Glina camp – Merzbacher Glade.

##### Highlights:

- Last grassy place of the trek;
- Scientific station to research the glacier;

Today, we trek up and down various terraces, though we have about 9-10 km of a straight way for today. Only once we trek across a small glacier, passing a river and have lunch on the shore of a small lake, where you can have some rest. There will be about one hour left to get to the Camp. Upon arrival we get some tea or coffee along with wonderful views of Merzbacher lake from that spot. Merzbacher glade is the last grassy place in the area located just across the unique Merzbacher Lake. There is a scientific research station on the glacier. Scientists from all over the world come to work here every summer. They study glaciers moving, meteorological situation of the region and the lake Merzbacher itself. There is a large green area around which is flat enough for camping. Dinner and overnight at the tent camp.

 <b>Tent camp (3400 m)</b>	 <b>+ 300 m</b>	 <b>9 km</b>
 <b>BLD</b>	 <b>- m</b>	 <b>5-6 hours</b>

#### Day 5. Radial hiking to Merzbacher Lake.

##### Highlights:

- Mysterious Merzbacher lake;
- Sauna at the tent camp;

In the morning we start radial hiking, cross South Inylchek glacier up to Mertzbacher Lake. The glacier terrain is ice covered with rocks and stones, sand and mud. Sandwiched between the Northern and Southern branches of the glacier lies the mysterious Merzbacher Lake, which form every summer and then, sometime in August, burst through the ice banks and the waters flow into the Inylchek river. The lakes empty twice a year – once in the summer and once in the winter – but most people only know about the summer event. In 1903, German geographer and mountaineer, Gottfried Merzbacher, first discovered the lake while leading an expedition into Tian Shan Mountains aiming to reach the summit of Khan Tengri. Dinner and overnight at the tent camp.

 <b>Tent camp (3400 m)</b>	 <b>+ m</b>	 <b>7 km</b>
 <b>BLD</b>	 <b>- m</b>	 <b>4-5 hours</b>

## Day 6. Merzbacher Glade – Komsomolskiy Glacier.

### Highlights:

- *Huge Shokalskiy glacier;*
- *Magnificent view to Petrovskiy, Kolyady, Tyurina, Bronenosets peaks;*

After breakfast we take lunch boxes and start a long day of trekking surrounded with beautiful landscapes – snow, rocks and multi-colored ice – black, white and sometimes even striped. The first part of our trek goes along the right side of the terraces and, right before we reach Shokalskiy glacier it smoothly goes down. The trail reaches the glacier and the black moraine which flows out of Komsomolez glacier. We follow it up to the glacier itself. The terrain is very diverse: rivers, crevices, ascents and descents, the hikes around those take much time and energy. It will be our first night at the glacier. Strong wind usually starts here after 4 pm. It might be much colder than before. Hot drinks are very helpful here. Dinner and overnight at the tent camp.



**Tent camp (3800 m)**



**+ 400 m**



**12 km**



**BLD**



**- m**



**5-6 hours**

## Day 7. Komsomolskiy Glacier – Dikiy Glacier.

### Highlights:

- *View of Khan Tengri, Pobeda, Gorkiy, Chapaev and Trehglavaya peaks;*
- *This place used to be a starting point for climbers to Pobeda peak;*

Breakfast at the tent camp and departure. Trekking in this part of Tien-Shan is absolutely fabulous. The distinctive characteristic of the region is a great number of nameless peaks, unclimbed yet, about 5000 m above sea level high. Straight from the camp we cross Proletarskiy glacier moraine, get to the middle of Dikiy glacier moraine and walk along it up to the Dykiy glacier. The first part of the way is uneven - walk up and down. Closer to the glacier the moraine becomes more even, without so many crevices, creeks and, no needs of working around to escape crossing small streams. Lunch break. In front of Proletarskiy glacier we go up straight. Dikiy camp is located behind Pesnya Abaya peak (in 30 minutes). From Dikiy camp you have beautiful view of Khan Tengri, Pobeda, Gorky, Chapaev, Trehglavaya peaks. Tea and coffee are available at the camp. Dinner and overnight.



**Tent camp (3900 m)**



**+ 100 m**



**10 km**



**BLD**



**- m**



**4-6 hours**

## Day 8. Dikiy Glacier – South Inylchek Base Camp.

### Highlights:

- *Optional radial hiking to the foot of Pobeda peak;*

Today, we have quite short trekking day. After breakfast we cross the whole glacier till the central moraine where the base camp is situated. The path is covered with rocks, ice, creeks, lakes and cracks. But it is possible to pass without any ropes and crampons. We arrive in the base camp (4000m) and have our

lunch, tea/coffee. Inylchek Base Camp is ideally situated in the heart of North Tien-Shan at the South Inylchek glacier approximately at 4000 m. above the sea level. It has a picturesque view of Khan-Tengri (7010 m) and Pobeda (7439 m) peaks. The climbers from all around the world making attempts to climb to the magnificent peaks. Dinner and overnight in BC in tents.





 <b>Base Camp (4100 m)</b>	 <b>+ 200 m</b>	 <b>8 km</b>
 <b>BLD</b>	 <b>- m</b>	 <b>5-6 hours</b>

### Day 9. South Inylchek BC – Karkara BC - Karakol.

**Highlights:**

- The flight on helicopter will be along Central Tian-Shan range, an opportunity to see Merzbacher lake;

Breakfast at the Base Camp, than we take a helicopter flight to Karkara base camp. On arrival to the Base Camp we start drive to Karakol town. End program

	 <b>- 2400 m</b>	 <b>120 km</b>
 <b>B</b>		 <b>2 hours</b>

### END OF SERVICES

**PHOTOS OF THE TREK:** [https://drive.google.com/drive/folders/1xaOSjAZpNMDGIbjv0tzo\\_cbEKIpS4ya5](https://drive.google.com/drive/folders/1xaOSjAZpNMDGIbjv0tzo_cbEKIpS4ya5)

THE COST OF THE PROGRAM PER PAX IN 2025:	<b>2550 USD</b>
SINGLE SUPPLEMENT IN TENT CAMPS:	<b>170 USD</b>

<b>Transport for transfers</b>	Mini Bus Mercedes Sprinter (17 seats, with A/C) for 4 -11 pax
<b>Tour escort</b>	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 - 8, L - 8, D - 8)

#### THE COST INCLUDES

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✓ Accommodation on TWIN/DBL tents – 8 nights.	✓ Single supplement in tents.
✓ Meals – full board (B - 8, L - 8, D - 8) 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	✓ Sleeping bags.

+ 20 USD for the program).	
✓ Bottled water (1 liter/day/pax) during trekking part – boiled water (please take your flasks).	✓ All airfares.
✓ Border permit to Inilchek border zone	✓ Photo/video fees at museums.
✓ Helicopter flights from Karkara camp and back.	✓ Personal expenses, tips, porter fee in hotels.
	✓ Visa and visa support fee (if necessary).

### SUGGESTED ACCOMMODATION

Location	Type of accommodation	Nights
Karkara BC	Fixed tent camp	1
Iva camp	Fixed tent camp	1
Glina camp	Fixed tent camp	1
Merzbacher glade	Fixed tent camp	2
Komsomolskiy camp	Fixed tent camp	1
Dikiy camp	Fixed tent camp	1
South Inylchek BC	Fixed tent camp	1
	<b>TOTAL:</b>	<b>8</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 of 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:

## TO THE HEART OF TIEN-SHAN

