




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

Trekking program: “Asian Patagonia” individual tour 2025

Itinerary:	Bishkek city – Osh city – Batken town – Uzgurush village – Ak-Tash gorge – Dzhalgychy gorge – Orto-Chashma gorge – Kara-Suu gorge – Ak-Tubek pass – Ak-Suu gorge – Uzgurush village – Batken town – Osh city – Bishkek city	
Trip grade:	Moderate 	
Duration:	14 days, 13 nights	
Available:	July: 4-17 17-30	August: 1-14 14-27
Contact person:	Mr. Aleksey Ulyanchenko (travel-2@ak-sai.com)	

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

IMPORTANT TO KNOW:

- Hotels may change due to the availability. In case of providing another accommodation, the category will stay the same.
- 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, 6 – 8 hours (10-16 kilometers) per day, depending on the weather and physical condition of a participant.
- The maximum height can go up to 4 400 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;

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
- Tea, coffee, sweets, biscuits etc.
- Kitchenware, table, chairs.

comfort is rudimentary (no internet access, no air conditioning) and you will have to share the tent with another participant.

DETAILED PROGRAM

Day 1. Airport – Bishkek city.

Highlights:

- *The capital city of Kyrgyzstan;*
- *Oriental Osh Bazaar – place where you can find everything;*
- *Ala – Too square with unique historical buildings;*

Upon arrival to the international airport “Manas” meet local guide and driver and transfer to Bishkek city. On arrival accommodation at the hotel (*early check-in is included*). After some rest we go to visit famous Osh bazaar. This is the brightest example of trading and boiling life. This a good chance to buy handmade souvenirs, dried fruits etc. After visit the market we head back to the city center to start walking tour around the main Ala Too square to see the legacy of the Soviet Union. There are several objects on our way: Manas Monument, the main national hero of Kyrgyz people; the State Flag and the ceremony of changing the Guards of Honor; the monument of the Revolution of 2010 and the White House, Lenin statue and the old Ala Too Square with number of interesting buildings of the past; Oak park and museum under the clear sky; unique fine art gallery and Kurmanjan Datka monument, finishing walk back at the main Ala Too square and transfer to the Victory Square dedicated to the WWII to finish the city tour by short excursion there. Lunch and dinner at a local café. Overnight.



Hotel (800 m)



+ m



30 km



BLD



- m



45 mins

Day 2. Bishkek city – Osh city – Uzgurush village.

Highlights:

- *South capital of Kyrgyzstan – Osh city;*
- *One of the biggest resevoirs of Kyrgyzstan – Tortkul reservoir;*

In the moning we transfer to the international airport “Manas”and take a local flight to the city of Osh. Upon arrival to the south capital meet trekking guide and start drive to Uzgurush village, located in the youngest oblast (region) of Kyrgyzstan - Batken region. There are a lot of beautiful small villages and orchards with peaches, apricots, apples and cherries. On the way we make a stop at Batken village to have a lunch at a local chaikhana (teahouse). After lunch continue drive to the village and on the way we pass Tortkul reservoir that was built in 1971 by Soviets. On arrival to the village accommodation at a local kyrgyz family house. Preparation for trekking. Dinner and overnight.

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 horseman in the morning. The horses carry the luggage from one tent camp to another, and upon arrival to a tent camp after trekking day, you will take your luggage back.



Homestay (1450 m)



+ 650 m



340 km



BLD



- m



7-8 hours

Day 3. Uzgurush village – Ak-Tash gorge.

Highlights:

- *Wild pistachio tree and walnut orchards;*
- *Buldzhuma river and Buldzhuma pass (2900);*

After breakfast we give our luggage to the horseman (*he will put it on horses*) and start trekking day walking through the village to the south. As we left the village we find ourselves in a wild pistachio and walnut orchards. Wild trail stretches along Buldzhuma river and goes up to the pass with the same-name – Buldzhuma (2900 m). From the pass there is a wonderful view of the nearest gorges and Uponym pass from the west side. Further, start descending to valley and here is a nice spot for having lunch break near Ak-Tash river. After lunch continue trekking along the river and cross it in several places (*advisable to have sandals*). Arrival to the tent camp, which is hidden among the bushes on a green meadow. Dinner and overnight.



Tent camp (2700 m)



+1450 m



15 km



BLD



-200 m



6-7 hours

Day 4. Ak-Tash gorge – Dzhalgychy gorge.

Highlights:

- Opportunity to meet several families of nomads;
- Dzhalgychy pass (3780 m);
- View of Turkestan mountain range;

After breakfast we begin trekking day, cross Ak-Tash river near the tent camp and walking along the river to the foot of the Dzhalgychy pass (3780 m). Start ascent to the pass, we traverse several hundred meters and then zigzag trail leads us to the top. From the top we can see panoramic view of Turkestan mountain range, western face Piramidalnyi peak (5509 m) and Turo pass (4525 m). Descent down by the trail along the Dzhalgychy gorge to the confluence with nameless gorge, which is next from the south west. As we descended from the pass we turn left and cross nameless river (*advisable to have sandals*), then we go up to a small hill and reach the tent camp. Dinner and overnight.



Tent Camp (3100 m)



+1100 m



11 km



BLD



-700 m



4-6 hours

Day 5. Dzhalgychy gorge – Orto Chashma gorge.

Highlights:

- Sauna at Orto Chashma tent camp;

In the morning we start trekking up along the grass slope between Dzhalgychy and Kashka-Suu gorges. We hike along the river and cross it at some point (*advisable to have sandals*), further we follow the trail hidden among the bushes of juniper and start ascent to the pass. When we reach the top we trek along the range to the other side. From this point we enjoy the panoramic view of Orto Chashma gorge, also this place is perfectly fits for lunch. Descent to Kashka-Suu gorge along the narrow trail. Here we cross the small river and trekking till confluence with Orto Chashma gorge. Dinner and overnight at the tent camp with sauna that helps to relax muscles and spend the evening enjoying the nature.



Tent Camp (2800 m)



+500 m



7 km



BLD



-800 m



3-4 hours

Day 6. Orto Chashma gorge – Kara-Suu gorge.

Highlights:

- An opportunity to see the stone houses of shepherds;
- Two passes for one day: Kosh Moinok pass (3260 m) and Kara-Suu (3760 m);

In the morning we start trekking along Orto Chashma river till the foot of the pass. Further, start ascent on a good trekking trail through the forest to Kosh Moinok pass (3260 m). An easy descent from the pass and further crossing of a small river (*advisable to have sandals*). As we crossed the river start ascent to the second pass Kara-Suu (3760 m). From the top of the pass we have a wonderful view of an “ocean” of

pointed snow-capped rocky peaks of Turkestan mountain range. In front of us there will be a row of the "Great Fortresses-like" north-western faces of the peaks Kotin (4521 m) and 1000th-anniversary of Kreshenie Rusi (4507 m). Descent till Kara-Suu river and cross with bridge. Here we have several hundred meters more along the river till the tent camp. Dinner and overnight.







 Tent Camp (2800 m)	 +960 m	 16 km
 BLD	 -960 m	 6-8 hours

Day 7. Radial hike to the foot of Asan Usen and Piramidalnyi peaks.

Highlights:

- *Twin peaks – Asan Usen;*
- *Meet the "stone walls" of Asian Patagonia;*

Today, we have a radial hike along Kara-Suu gorge to the foot of peaks of Piramidalnyi (5509 m), 1000th-anniversary of Kreshenie Rusi (Kyrkchylta) (4507 m) and Asan Usen (4378 m). Also it is possible to see legendary "Yellow wall", famous for the most complex mountain routes. In the morning we leave the tent camp and have an easy trekking along Kara-Suu river. Further trail leads us to moraine and we start trekking along it till the foot of the peaks. Climbers from all over the world treat as a very high achievement to climb on any of peak of the gorge, since all peaks of that gorge are famous for it's complexity. Later, we return to the tent camp the same way. Dinner and overnight.


 Tent Camp (2800 m)	 +350 m	 10 km
 BLD	 -350 m	 6 hours

Day 8. Kara-Suu gorge – Orto Chashma gorge.

Highlights:

- *Old military helicopter;*

In the morning we leave the tent camp and going back to Orto Chasma gorge the same way. As we ascended to Kosh-Moinok pass we can see the highest pass of the trek Ak-Tubek (4300 m). After descent from the pass we continue tekking to the tent camp and one kilometer before the camp we can find out a small stream flowing into Orto Chashma river, down the stream we can find a local sight, which is a broken military helicopter, one of the evidence of historical events happened in the region more than 20 years ago. Dinner and overnight at the tent camp.

 Tent Camp (2800 m)	 +960 m	 16 km
 BLD	 -960 m	 6-8 hours

Day 9. Orto Chashma gorge – Ak-Tubek tent camp.

Highlights:

- *Highest camping during the trek;*

After breakfast we leave the camp and start trekking up along Orto Chashma river for several kilometers till a wooden bridge. Here we cross the river and further we cross another stream (*advisable to have sandals*). After crossing we start moderate ascent to Ak-Tubek pass (4390 m) along the river with the same name. The trail to the tent camp is going through the stone house of nomads where we can stop to visit them and try kyrgyz cheese – kurut (white balls, salty flavour) and airan – yogurt. Further, we can continue the ascent, crossing stream and reach the tent camp in a several hundred meters. Dinner and overnight.

 Tent Camp (3600 m)	 +800 m	 7 km
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BLD



- m



3-4 hours

Day 10. Ak-Tubek tent camp – Ak-Suu gorge.

Highlights:

- *The highest pass during the trek;*
- *Wonderful view to the peaks fivethousanders;*

After breakfast start ascent to Ak-Tubek pass (4390 m), which is rewarded by a majestic panoramic view over Iskander peak region. There is an observable trail that leads to the highest point of the trek. As we reached the top we can enjoy a wonderful panoramic view to the peaks of Iskander (5120 m), Petrogradez (5165 m), Admiralteez (5090 m), Ak-Suu (5355 m), Alexander Block (5229 m) and Ak-Tubek (5125 m). Later, descent along zigzag trail that ends at the moraine of Ak-Tubek glacier. We cross the moraine to get the other side of the gorge and continue trekking further along the stream till confluence with Ak-Suu river. Here we turn right and trek along Ak-Suu river till the tent camp. Dinner and overnight.



Tent Camp (2800 m)



+800 m



11 km



BLD



-1600 m



5-6 hours

Day 11. Radial hike to the foot of Ak-Suu peak.

Highlights:

- *Stone wall of Ak-Suu peak;*

In the morning we start trekking towards Ak-Suu peak (5355 m), the top of that peak is clearly observable from the tent camp. The trail goes through juniper forest up a steep moraine of the glacier, to the heart of Pamir-Alai. This pyramid-like peak has a snowcap and vertical wall (almost two kilometers) on the Northern slope. Such peaks as two-headed Iskander and Admiralteez, Petrogradez and Alexander Block surround the grandiose circus. Later, we walk back to the tent camp the same way. Dinner and overnight.



Tent Camp (2800 m)



+600 m



14 km



BLD



-600 m



6-7 hours

Day 12. Ak-Suu tent camp – Uzgurush village.

Highlights:

- The longest descent of the trek;
- Observe Iskander peak;

After breakfast descent through the juniper forest along Ak-Mechet river. We can closer observe peak Iskander on the way. Then we trek along a picturesque gorge till Uzgurush village. Dinner and overnight at a local Kyrgyz family house.



Homestay (1450 m)



+ m



16 km



BLD



-1350 m



6-7 hours

Day 13. Uzgurush village – Osh city. Flight to Bishkek city.

Highlights:

- Saint mountain – Suleiman Too;

In the morning we start drive to Batken town and then to Osh city. Lunch en route. On arrival to the city of Osh, we can have a short sightseeing tour before the flight to the capital. We visit Suleiman Mountain, historical museum, located in the biggest cave. After excursion in the museum follow the way of all pilgrims up to the top of the hill and visit a little mosque of Babur, The Great Mogol Dynasty founder, and take a bird eye's view of the city. Further, transfer to the airport and flight to the city of Bishkek. Upon arrival to the city dinner at a local café. Overnight.

 Hotel (800 m)	 + m	 340 km
 BLD	 - 650 m	 7-8 hours

Day 14. Bishkek city – Airport.

Early in the morning transfer to the airport. Departure back home.

 B	 30 km	 45 min
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END OF SERVICES

PHOTOS OF THE TREK:

<https://drive.google.com/drive/u/1/folders/1SozyOIBoW8tc8CMay3KvxoVXQgAWyvL6?q=sharedwith:public%20parent:1SozyOIBoW8tc8CMay3KvxoVXQgAWyvL6>

Price program per person, minimum group 4 people:

Price for 1 person in USD

	2700 USD
SINGLE SUPPLEMENT IN HOTELS:	110 USD
SINGLE SUPPLEMENT IN TENT CAMPS:	180 USD

THE COST INCLUDES

- ✓ Accommodation on TWIN/DBL base at hotels and tents – 13 nights.

THE COST EXCLUDES

- ✓ Single supplement in hotels, single tent / yurt.

✓ Meals – full board (B - 14, L - 13, D - 13) including cook services during trekking days.	✓ Meals are not pointed in the program; alcohol beverages.
✓ Transport services from arrival till departure.	✓ Insurances.
✓ Flight expenses Osh – Bishkek – Osh.	✓ Sleeping bags.
✓ Horses service (The packed weight of your trek bag while trekking should be no more than 12 kg of personal belongings . 1kg extra – 20 \$ for the program).	✓ All airfares. ✓ Photo/video fees at museums.
✓ Bottled water (1 liter/day/pax) during trekking part – boiled water (please take your flasks).	✓ Personal expenses, tips, porter fee in hotels.
✓ Entrance and ecological fees during all the tour.	✓ Visa and visa support fee (if necessary).
✓ English speaking guide	✓

SUGGESTED ACCOMMODATION

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

