



# Trekking Kyrgyzstan

Seven Bulls Trek

ID	KL-AA-3	Days	3
Location	Central Tien Shan	Grade	Steady
Max altitude	3860 m	Daily gain	500-800 m

This five days-long trek takes in the colorful and picturesque valleys located in the Eastern Kyrgyzstan. You will have a great chance to see the world's second largest alpine lake Issyk-Kul, mountain ranges and snow capped peaks, passes, hot springs of Altyn-Arashan valley and truly amazing Ala-Kul lake located high in the mountains at the altitude of 3500 metres above sea level. The tour begins and ends with the opportunity to visit some of Kyrgyzstan's finest cultural and historical treasures.

The route begins with drive to Karakol town located on the eastern shore of Issyk-Kul lake. There will be time to swim and explore the lake and its environs on foot or by boat before continue to Karakol, once a Russian fortress. Next day we will drive up into the nearby Karakol valley. Here, porters take over and carry personal luggage and camping gear for the trek through stunning mountain scenery. The trekking route, known as the 'Karakol to Altyn-Arashan', goes through cool juniper groves and passes crystal clear Ala-Kol lake, many tempestuous rivers, high glaciated summits and a wide variety of colorful panoramas with breathtaking landscapes. The alpine meadows are extremely beautiful with a profusion of flowers and lush grass pastures. Several Golden Eagles have their home here along with other colorful bird and wild-life. There will be time at the end of the trek for sightseeing and shopping in Karakol's and Bishkek's bazaars, and we will gather together for a banquet on the final night.

## Grade

The tour is two days trekking on foot. Paths are generally in good shapes. Mountain passes are steep but not technically difficult. The trek is porter-assisted, so you need to carry only a day pack with some of your belongings. Average walking time is around 5-6 hours per day. Daily altitude gain is about 500-800 m. You must be reasonably fit to attempt this trek. Trekking/hiking and camping background advisable but not essential.

## Trek Crew

The trek is assisted by guide, cook and porters who carry camping gear for the trek.



### *1 Day*

#### **Karakol - Jety Oguz valley**

Breakfast. Meet crew and drive 40 km to picturesque Djety Oguz valley by exciting mountain road winding through fir tree forest and between stunning rocks along rushing waters of Djety Oguz river. Next stage is trek up the Telety valley through the forest. Lunch on the bank of the mountain river. After lunch continue trek up along the valley floor to Telety pass foothills. Dinner. Overnight in tents.

### *2 Day*

#### **Jety Oguz valley - Karakol valley**

Breakfast. Trek over Telety pass (3800 m) with a fascinating view of highest peaks of Terskey Ala-Too. Lunch upon descent from the pass. Trek down to Karakol valley through fir tree forest. It is a nice wooded canyon ending with a gorgeous peak Karakol (5218 m). Dinner around fire. Overnight in tents near the Karakol river.

### *4 Day*

#### **Karakol valley - Karakol - Bishkek**

Breakfast. Hike to the upper grounds of Karakol valley to see the gorgeous Karakol peak of 5218 metres above sea level with small alpine lake in the foot hills. Return back to camp. Lunch. PM Short trek down the road and meet vehicle. Drive to Karakol town by very spectacular mountain road. Accommodation in guest house. Free time to explore Karakol's environs. Dinner. Overnight in guest house.



## *Price per person 2011-2012*

Price per person	1 pax	2 pax	3 pax	4 pax	5 pax	6 pax	7 pax	8 pax	9 pax	10 pax
Price in Euro	700	457	383	346	326	305	302	298	294	291

**ALL PRICES ARE SUBJECT TO CHANGE UNLESS CONFIRMED BY ACTUAL RESERVATION**

### **Tour price includes:**

- Full board whilst on trek
- Tents\*, kitchen equipment
- National and state park fees
- Hotel Accommodation\* (\*\*/\*\*\*)
- Porters/Cook/Guide services on trek
- All relevant transfers by comfortable coaches (a/c), jeeps or 6 wheeled vehicles

\*Price is based on double occupancy in hotels and tents.

### **THERE ARE NO OTHER HIDDEN FEES**

### **Tour price does not include:**

- Excess baggage costs
- Air fare to Kyrgyzstan
- Single accommodations
- Personal travel insurance
- Tips for guides/porters/drivers
- Emergency evacuation charges
- Certain meal whilst not on trek or tour
- All personal expenses, equipment, clothing
- Visa and passport cost (at the time of writing, a one month Kyrgyz visa costs USD \$36. Pay on arrival at Manas airport)

### **Fantastic Asia additional services:**

- Folklore shows
- Traditional craft work by experts in their fields
- Demonstrations of national horse games and bird hunting shows

### **Guests are required to have:**

- Sense of Adventure
- Reasonable fitness
- Personal travelers' first aid kit
- Medical and Accident insurance
- Not more than 10 kg each for porter
- All appropriate clothing and equipment

### **- Options**

You can upgrade your accommodation in Bishkek and Karakol for a supplementary fee as well as if you do not want to share the room or a tent with somebody a small fee will be collected for single supplement. Also you might want to see all around Bishkek and build-in a few days in the itinerary. We are able to customize any of our tours.

If you are interested in this tour and/or would like to combine this tour with other activities in Kyrgyzstan, or build-in this section in longer tour of Central Asia please do not hesitate to contact us at [info@fantasticasia.net](mailto:info@fantasticasia.net) for details. We will be happy to answer all your questions and send you most updated prices. Please mention ID of this tour: **KL-AA-5**.

## **FANTASTIC ASIA TRAVEL COMPANY LIMITED**

For more detailed information  
tours&prices etc

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