



Ala Kol Lake

Trip dossier

ID	KLAA	Days/Km	5/20
Location	Central Tien Shan	Grade	Steady
Max altitude	3860 m	Daily vertical gain	500-800 m

This five days-long trek takes you thru the colorful and picturesque valleys of Terskei mountains in Eastern Kyrgyzstan. You will have a 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 3520 meters above sea level. The tour begins and ends up with the opportunity to visit some of Kyrgyzstan's finest cultural and historical treasures.

The route begins with drive to Karakol located on the eastern end 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 'Ala Kol trek', 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 6-7 hours per day. Daily altitude gain is between 800-1000 m or about. 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

Bishkek - Karakol

Arrive Bishkek. Meet agent. Drive 400 km to Karakol town. PM free time for sightseeing: Dungan mosque built in 1910 in a shape of Chinese temple and Russian Orthodox Holy Trinity cathedral built in 1889 without a single nail. Final preparations before the trek. Overnight in guest house. Distance: 400 km, Vertical: +1000m

2 Day

Karakol - Ala Kol lake

Meet crew and ex army truck. Drive 25 km to Karakol valley by exciting mountain road winding through fur tree forest and between stunning rocks along rushing waters of Karakol river. Next stage is trek up the Ala Kol valley through the forest. After lunch continue trekking up along the cascade of waterfalls to Ala Kol lake. Camp overlooking the lake. Overnight in tents. Distance: 4.5 km, Vertical: +1720m

3 Day

Ala Kol lake - Altyn Arashan

Trek up towards Ala Kol pass (3800 m) with a fascinating view of highest peaks of Terskey Ala-Too. Trek down to Altyn Arashan valley through fur tree forest. It is a nice wooded canyon ending with a gorgeous peak Palatka (4260 m). From camp site is a short walk to hot springs. A concrete pools of sulphur and radon water coming from the deep of the earth. Free time to soak in hot waters. Overnight in tents. Distance: 17.5 km, Vertical: +280m/-1300m



4 Day

Altyn Arashan - Karakol - Bishkek

Meet van. Drive down valley along spectacular road. In Karakol we switch ex army truck for comfy van to drive to Bishkek. Accommodation in guest house. Distance: 440 km, Vertical: -1700m

5 Day

Bishkek - Airport

Transfer to airport for your onward flight to your home or next destination.

Price per person 2017

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 USD	2108	1269	1060	923	852	781	760	739	718	697

ALL PRICES ARE SUBJECT TO CHANGE UNLESS CONFIRMED BY ACTUAL RESERVATION

Tour price **includes**:

- Full board meals whilst on trek	- National and state park fees
- Sleeping bag+liner+mattress	- Hotel accommodation (**/***)
- 4 Season tents	- Porters/Cook/Guide services
- Kitchenware+camping gas	- All relevant transportation

*Price is based on double occupancy in hotels and

THERE ARE NO OTHER HIDDEN FEES

Tour price **does not** include:

- Excess baggage costs	- Tips for guides/porters/drivers
- Air fare to Kyrgyzstan	- Certain meal whilst not on trek or tour
- Single accommodations	- All personal expenses, equipment, clothing
- Travel insurance + Medevac charges	- Visa and passport cost

Kyrgyzstan visa regulations: http://www.trekking.kg/travel/visa_and_formalities/

Guests are required to have:

- Sense of Adventure	- Medical and Accident insurance
- Reasonable fitness	- Porterage weight limit 10 kg/person
- Personal travelers' first aid kit	- All appropriate clothing and equipment

Options

You might like an idea to upgrade your accommodation in Bishkek and Karakol for a supplementary fee as well as if you travel in a group and do not want to share the room or tent with another person, 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 or even link this trek with other activities in Central Asia. We are able to customise any of our tours.

Weather and average temperatures

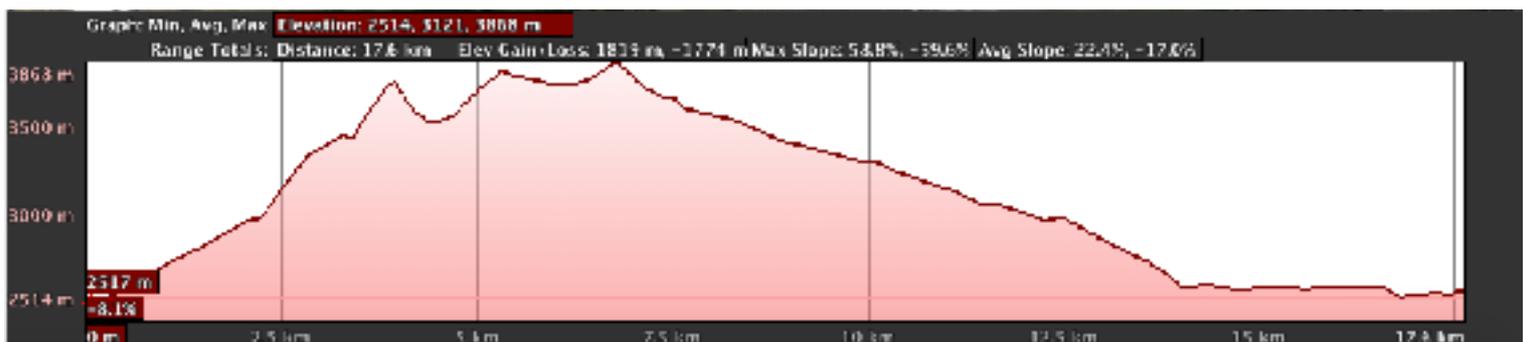
Kyrgyzstan has acutely continental climate with cold winters and hot summers. It averages 247 sunny days a year. Situated in a mountainous region Kyrgyzstan has all year round snows in the high lands. The one can expect sub-zero temperatures while in the mountains at any time. Summer time the mornings are generally fine and the afternoons sometimes hazy with occasional rain. Mountain passes over 3500 meters above sea level may have all the year round snow fields on the northern slopes.

At the lower altitudes by tree line or a little above, the temperature ranges between -4°/-6°C (21-24°F) in January to 16-24°C (61-75°F) in July. In the highlands, the temperatures range from -14°/-20°C (6.8°/-4°F) in January to 8-12°C (46-54°F) in July. There are occasional snowfalls during the summer above 3000 metres and winter. The best period for trekking in Tien Shan and Pamir mountains is thru July to October.

Annual temperatures

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-7C/ 19.4F	-6.5 C/ 21.2F	0.5 C/ 32.9F	6.5 C/ 43.7F	11.5 C/ 52.7F	14 C/ 57.2F	16.5 C/ 61.7 F	15.5 C/ 59.9F	12 C/ 53.6F	6 C/ 42.8F	0.5 C/ 32.9F	-4.5 C/ 32.9F

Elevation profile



Trekking area on the map of Kyrgyzstan



3D Google Earth visualization





For more detailed information
tours&prices etc

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 a longer tour of Central Asia please do not hesitate to contact us at info@fantasticasiatravel.com for details. We will be happy to answer all your questions and send you most updated prices. Please mention ID of this tour: **KLAA**

CONTACT DETAILES

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