



Tien Shan Intro

Trip dossier

ID	JOAA	Days/Km	7/40
Location	Central Tien Shan	Grade	Steady
Max altitude	3860 m	Daily vertical gain	800-1000 m

Tien Shan Intro is a great choice to start your trip in Kyrgyzstan. This seven days-long trek takes you in some of the most beautiful scenery in Eastern Kyrgyzstan and Tien Shan - 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 3532 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 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 40 km up into the nearby Djety Oguz 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 'Tien Shan Intro', 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 four 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 will 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. Lunch on the way on the shore of lake Issyk Kul - The second largest alpine lake in the world after lake Titicaca in S. America. Free time for sightseeing. Final preparations before the trek. Meals: BLD. Overnight in hotel. Distance: 400km, Vertical: +1000m.

2 Day

Karakol - Jety Oguz - Telety

Meet crew and vehicle - ex army truck to 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. Meals: BLD. Overnight in tents. Distance: 7.5 km, Vertical: +2000m.

3 Day

Telety valley - Karakol valley

In the cool of the morning we trek over Telety pass (3800 m) with a fascinating view of highest peaks of Terskey Ala-Too. Trek down Telety Karakol trough fir tree forest. It is a nice wooded canyon ending with a gorgeous peak Karakol (5218 m). Evening around fire. Meals: BLD. Overnight in tents near the Karakol river. Distance: 10km, Vertical: +867m/-1291m.



4 Day

Karakol valley - Ala Kol lake

Trek downstream Karakol river to Alakol valley. Trek up to "Sirota" camp site. "Sirota" is Russian for orphan. built some 15-20 years ago by enthusiastic Soviet trekkers and stills gives a a shelter to trekkers at nasty weather. Trek up to Ala Kol lake along a nice cascade of small waterfalls. Alakol lake has one of the most beautiful landscapes of Terskei-Ala-Too. It sits at the altitude of 3532 meters above sea level. 2,3 km long and 700 meters across, it takes waters from a melting glacier and turns to a nice waterfall on the other end. Meals: BLD. Overnight in tents. Distance: 7 km, Vertical: -77m/+1022m.

5 Day

Ala Kol lake - Altyn Arshan valley

In the morning we trek over Alakol pass (3860 m) with a great panoramic view of snow capped peaks of Tien-Shan mountains surrounding the lake. Trek down along Kel-Dike valley to Altyn Arashan and camp just a stone thrown away from Altyn Arashan sulphur hot springs. Soak in hot springs after a long days of walking. Final dinner with trek crew. Meals: BLD. Overnight in tents. Distance: 13km, Vertical: +391m/-1400m.

6 Day

Altyn Arashan valley - Karakol - Bishkek

Meet vehicle in the morning. Its a long day for us today, we drive to Karakol town by very spectacular mountain road and then switch ex army truck to comfortable aircon van. Upon arrival to Bishkek accommodation in hotel or guest house. If time permits brief sightseeing of Bishkek - Kyrgyzstan's capital city. Meals: BLD. Overnight in tents. Distance: 1440km, Vertical:-1700m.

7 Day

Bishkek - Airport

Onward travel - Transfer to airport for your return or onward journey. Meals: B

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	2,448	1,490	1,204	1,038	956	892	854	814	795	768

ALL PRICES ARE SUBJECT TO CHANGE UNLESS CONFIRMED BY ACTUAL RESERVATION

Tour price **includes**:

- Full board 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 $-4^{\circ}/-6^{\circ}\text{C}$ ($21\text{-}24^{\circ}\text{F}$) in January to $16\text{-}24^{\circ}\text{C}$ ($61\text{-}75^{\circ}\text{F}$) in July. In the highlands, the temperatures range from $-14^{\circ}/-20^{\circ}\text{C}$ ($6.8^{\circ}/-4^{\circ}\text{F}$) in January to $8\text{-}12^{\circ}\text{C}$ ($46\text{-}54^{\circ}\text{F}$) 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

Annual temperatures

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

Elevation profile



3D Google Earth visualization



Trekking area on the map of Kyrgyzstan





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: **JOAA**

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