Private Boyce - Mountains & Deserts of Kazakhstan

Trip Code: MDKA

Version: Private Boyce - Mountains & Deserts of Kazakhstan

WALK & TREK	GUIDED GROUP	5 MODERATE

HIGHLIGHTS

- 2-day trek across the Assy Plateau in the footsteps of the Kazakh shepherds
- Trek amongst the mountains of the northern Tien Shan in the Ile-Altau National Park
- Discover the turquoise Kolsay Lakes and the multi-coloured Aktau Mountains

- Visit the red rock Charyn Canyon and climb Kazakhstan's famous 'singing sand-dune'

AT A GLANCE

- 6 days trekking
- 6 days walking & sightseeing
- Max. altitude: 3,500m
- Join at Almaty

ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 12 Lunches
- 12 Dinners
- 5 nights Hotel
- 3 nights Camping
- 4 nights Guesthouse

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

On this exciting 2 week trekking holiday we'll discover the south-eastern corner of Kazakhstan, through exploration of four of the region's most wild, remote and diverse national parks. This itinerary is crammed full of distinct landscapes and contrasting cultural experiences, from the icy Tien Shan Mountains to the red stone Charyn Canyon, and from the bustling café culture of old-town Almaty to the yurt dwelling nomads of the Assy plateau. We begin in the Alatau National Park, south of Almaty city. Here, we'll hike across 'Moon Meadow' to Shalkar Pass (2,860m), the Tuyuk Su glacial cirque (3,200m) and reach the summit of Shymubulak Peak (3,370m) for sweeping views of the northern Tien Shan. Moving east we spend 2 days trekking on shepherd's trails across the wild Assy Plateau; we'll pass scattered yurt camps belonging to nomadic Kazakh shepherds, busy tending their sheep and horses, and may even be invited to try some kumiss (fermented mare's milk). There'll be some great wildlife spotting opportunities as we descend from the plateau through the wild flower filled meadows of the Zhenishke Valley. Next, we spend 2 days in the Kolsay Koldari National Park learning why its collection of alpine mountain lakes are known as the 'Pearls of the Tien Shan'. Crossing into the desert regions we'll explore the spectacular red rock formations of the Charyn Canyon. The grand finale of our Kazakh showcase will be a visit to the multi coloured Aktau Mountains and a chance to experience the mysterious 'singing sand-dune' of the Altyn-Emel National Park. With sightseeing in Almaty, a chance to see the magnificent 'Golden Man' and the opportunity to watch an exciting horseback display also on offer, this holiday will give you a real taste Central Asia.

Is this holiday for you?

This holiday will take you on a circular journey through 4 of Kazakhstan's most wild and wonderful national parks, which we will explore through a mix of full trekking days, shorter walks, sightseeing and cultural experiences. On our trekking days you can expect to be hiking for on average 6-7hrs a day, with around 600-700m of ascent and descent, and we will also have a couple of days with shorter walks of 2-4hrs. This is a holiday crammed with magnificent contrasting landscapes, and as such you will need be prepared for walking on a variety of terrain, from glacial moraine and coniferous forest paths to grassy plateaus and sweeping sand dunes. Accommodation will be a mix of comfortable hotels and more simple mountain lodges and guesthouses. There will also be 3 nights full service camping. Kazakhstan has vast, sweeping, expanses of wild countryside to explore, making it the perfect adventure travel

destination. Tourism is very much still in its infancy here, making this a perfect time to visit, but this does mean that the tourist infrastucture is still limited. Unexpected changes are possible and it is important that you bring along your spirit of adventure.

Itinerary

Version: Private Boyce - Mountains & Deserts of Kazakhstan

DAY 1

Meet at the group hotel in Almaty. Afternoon city tour.

Meet at the group hotel in Almaty. A single timed transfer is provided from Almaty Airport to the group hotel the drive will take around 30mins. Your holiday begins with breakfast at the hotel. We then have some time to rest before lunch. In the afternoon there'll be a 3-hour guided sightseeing tour of Almaty. Almaty is a lively and colourful Soviet-built city with wide tree-lined streets and a cosmopolitan atmosphere. You will hear more Russian than Kazakh spoken here. We will visit the National Museum, giving a fantastic overview of Kazakhstan's history, the central mosque, Pantfilov Park, which is dedicated to the WWII heroes, and the Ascension Cathedral. In the evening we will head out to a local restaurant for our evening meal.

Meals: **B L D**

Accommodation
Hotel

DAY 2

Hiking in the Alatau National Park to Shalkar Pass (2,860m). Transfer to Medeo Gorge and take the cable car to Shymbulak.

Today we begin exploring Alatau National Park with a hike in the mountain valley above Big Almaty Lake. After a transfer from our hotel to the national park checkpoint, we continue by 4WD vehicle for approximately 30 minutes to the Alpine Rose Guest House at 2,270m. From here, we set off on foot, hiking for around two hours across the lush, green 'Moon Meadow' to Shalkar Pass at 2,860m. From the pass, there are wonderful views towards Big Almaty Lake and the surrounding Trans-Ili Alatau mountain range, including the impressive Satpayev Peak at 4,200m. We descend to the shores of the lake for a break before continuing along a trail back to the guesthouse. We then transfer to Almaty for lunch at a local café.

In the afternoon, we drive approximately 20km to Medeo Gorge. From here, we take the cable car up to Shymbulak Mountain Resort at 2,300m, where we check into our hotel. The hotel has a sauna and a small outdoor pool, providing the perfect opportunity to relax after our day in the mountains before dinner.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	590M	590M	4 - 5 hrs trekking	6KM

DAY 3

Return trek to Tuyuk Su Glacier Cirque (3,200m).

Today we hike up the main valley from Shymbulak following a route that is partly on an off-road track currently undergoing renovation. We reach the Memorial to Mountaineers Who Perished in the Mountains, built in 1999. The memorial is not a cemetery but features numerous commemorative plaques dedicated to climbers who lost their lives in the mountains, together with a memorial bell. Above the memorial rise the impressive 250m-high rocky 'bastions', which are popular with local rock climbers.

From here, we continue ascending until we reach Tuyuk Su glacial cirque (3,200m), surrounded by numerous peaks over 4,000m and hanging glaciers. This area is an important training ground for local mountaineers, some of whom have gone on to complete the ascent of all 14 of the world's 8,000m peaks. We return the way we came and head back to our mountain resort accommodation for a second night.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	900M	900M	6 - 7 hr trekking	12KM

DAY 4

Trek to Talgarsky Pass (3,128m) and Shymbulak Peak (3,370m). Return to Almaty.

We take the cable car up to Talgarsky Pass at 3,128m, where we walk to a panoramic viewpoint offering superb views across the 3,800-4,500m peaks of the Trans-Ili Alatau range. From here we will make an ascent of Shymbulak Peak at 3,370m, following an easy route to the summit. From the peak, there are outstanding views over Almaty and across the mountain range. Looking east, we can see towards Talgar Peak at 5,017m, while to the southwest lies Pioneer Peak at 4,090m.

We descend by the same route to Talgarsky Pass before taking the cable car back to Shymbulak Mountain Resort and then continue by road to Almaty. Overnight at our hotel.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	200M	200M	3 hrs trekking	4KM

DAY 5

Visit the 'Golden Man' Museum and Kazakh Ethno Aul Village. Transfer to camp in Karaarsha Valley. Optional afternoon walk.

We begin today by driving east for around 3 hours to the Turgen Valley. En route we will stop to visit to reach Kazakh Ethno Aul village where we can watch some traditional Kazakh entertainment, including a demonstration of horseback games such as 'atpen audaryspak' (fight on horses) and 'Kyz Kuu' (pursuit of the girl). We'll also see a traditional Altybakan Swing and watch some national dances. Next, we visit the museum of the 'Golden Man'. Here we can see some of the artefacts excavated in 1969 from a burial mound near the town of Issyk. The person buried in this tomb is believed to have been a young Scythian (4th century BC) prince (or princess) dressed in a warrior's costume fashioned from 4000 pieces of gold. We continue by bus to the Turgen Gorge and then transfer to 4WD vehicles through the Assy Pass (2,600m) and onto our camp at Karaarsha Valley. We'll camp tonight in the pine forest near the crystal clear Turgen River. We will take a late lunch in camp and in late afternoon those keen to stretch their legs can enjoy an optional 2-3hr return hike up into the valley.

Meals: **B L D**

Accommodation
Camping

Time
2 - 3 hrs trekking

Distance
8KM

DAY 6

Trek over highpoint (3,100m) and cross the Kara Arsha Pass (2,900m). Descend to our camp in the Zhenishke Valley.

Aftre breakfast we set off on our trek where we will be treated to sweeping panoramas of the Northern Tien Shan Range to the south-west. We climb from the plateau up to a hight point (3,100m) and descend into a canyon before ascending over the Kara Arsha Pass (2,900m) in the Sary Tau Range. We will spend some time having lunch and relaxing here. In the afternoon we descend into the verdant green valley of the Zhenishke River where we make camp near to the river (2,115m).

Meals: **B L D**

Accommodation
Camping

Ascent
600M

Descent
1400M

Time
6 - 7 hrs trekking

Distance
19KM

DAY 7

Trekking through the Zhenishke Valley. Overnight camp.

The peaceful Zhenishke Valley is a rich bed of flora and fauna and we should enjoy a day of wildlife and flower spotting as we trek out beside the Zhenishke River and in and out of the forest on an undulating

track, there will also be several rivers to cross today. Mountain Goats, wild bear, wolves, foxes, hares, wild rams and badgers are all known to dwell here. Our 4x4 will be waiting to meet us at a farmhouse to drive us the last distance to camp. Our last camp is at around 1800m at an idyllic place amongst willow trees.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	700M	500M	7 hrs trekking	17KM

DAY 8

Walk to Lake Kaindy and discover the mountain lakes of the Kolsay Kolderi National Park.

This morning we must say goodbye to our camp crew as we transfer out across to the north of the Tien Shan Mountains and the Kolsay Kolderi National Park, which is famous for its mountain lakes. On the way we will stop to visit Kaindy Lake (1818m), which is surrounded by alpine meadow and forests. The lake is reasonably new and there is also a forest submerged beneath its waters; it is recognisable by the distinctive, seemingly dry, spruce tree trunks that rise up atmospherically out of the lake. Our vehicles can only take us part of the way to the lake so we will walk the last 200m. The lake is a popular attraction for local tourists and if we are visiting on a weekend we are likely to be joining Kazakh families enjoying picnics beside the lake. Afterwards we transfer to Saty Village (1880m), next to Kolsay Lake, where we overnight in a hotel. There are three Kolsay Lakes, ranging in altitude from 1818m up to 2850m above sea level, and they are known as the 'Pearls of the Northern Tien Shan'.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Guesthouse	235M	235M	2 hr walking	4KM

DAY 9

Discover the Kolsay Mountain Lakes.

Today we will explore two of the three, trout-filled, Kolsay Lakes. In the early morning we make the short descent from our guesthouse down towards the lowest of the lakes, known as Kolsay I (1818m). From here we will hike up through the pine forest for around 4hrs to reach the second Lake, Munzhylky (2252m). We have lunch at a peaceful spot beside the lake before descending back down the way we came. We spend a second night at our guesthouse accommodation.

Meals: **B L D**

Accommodation
Guesthouse

Ascent
680M

Descent
680M

Time
7 hrs trekking

Distance
16KM

DAY 10

Visit the Charyn Canyon and transfer to the Altyn Emel National Park.

This morning we begin with a 2 hour drive to reach the Charyn River National Park. We will spend some time exploring the canyon of the Charyn river, known as the 'Valley of the Castles' due to its imposing red pillars and rock formations. Returning to our vehicle, a further 3hrs drive will takes us to the Altyn Emel National Park. The drive will take us across the Ile River, the largest in Kazakhstan and we will also stop at a traditional Uygur Mosque in Zharkent. Our overnight accommodation is at a guesthouse in Basshiy at the gate of the Altyn Emel National Park. Sandwiched between the Ili River and the Aktau Mountains, this 4600 square kilometre rock and desert reserve is home to many hundreds of rare plant and animal species. There is a nearby visitor centre and museum where we can get an insight into this UNESCO-listed park. In the evening we will head out to a local restaurant for dinner.

Meals: **B L D**

Accommodation
Guesthouse

DAY 11

Climb the famous 'Singing Sand Dune' and explore the multi-coloured Aktau Mountains.

After an early breakfast we drive 1.5hr to one of the Altyn-Emel's greatest attractions, the Singing Sand Dune. Otherwise known as the Poyushchiy Barchan, this is a big dune; 3 kilometres long and 120 metres high. Wind blowing across the dune can cause the grains of sand to rub together and vibrate, producing a range of sounds. Arriving at the dune we have plenty of time to hike to the top for panoramic photos. Next we will visit a 700 year old willow tree, where according to the legend the warriors of Genghis Khan once made their camp. We will stop here to enjoy our picnic lunch before making the 1.5hr drive to the Aktau Mountains, a stunning moonlike landscape of multi-coloured hills. As we drive we might catch a distant glimpse of some of the region's wildlife, including the argali (a large and big-horned wild sheep) and the shy Persian gazelle. The Aktau Mountains are formed from bands of clay and sandstone, which create white, red, and orange stripes that run horizontally across the range. We climb up one of the hills where we will be able to take a great panoramic shot of this unique looking setting. Afterwards we return to our guesthouse in Basshiy for a second night.

Meals: **B L D**

Accommodation
Guesthouse

Ascent
250M

Descent
250M

Time
3 hrs walking

Distance
8KM

DAY 12

Drive to Almaty, via the Altyn Emel Pass (1470m). Free time in Almaty

This morning we make the 4.5hr drive back to Almaty over Altyn Emel Pass (1470m), named the 'Golden Saddle' by Genghis Khan in 1219. Arriving in Almaty we check into our hotel and have the resto of the afternoon free to relax or explore the city at our own leisure. In the evening we will join together at a local restaurant to celebrate the end of our holiday with a celebratory dinner.

Meals: **B L D**

Accommodation
Hotel

DAY 13

Departure day. A single early morning transfer to Almaty Airport is provided.

Your holiday ends after an early breakfast, there is a group transfer to Almaty Airport.

Meals: **B**

Holiday Information

What's Included

- A qualified and experienced English speaking local guide
- Single timed airport transfers on arrival and departure
- All accommodation as described
- When camping a full service including food and all equipment (excluding personal equipment) and trek support crew
- All meals
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'
- National Park entrance fees

What's not Included

- Travel insurance
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Almaty.

Single timed transfers are provided from / to Almaty Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation

Meal Plan

All meals are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

If you are looking to sample local cuisine during your holiday you can expect to eat a lot of meat (mutton and horse are the most common) and dairy products. Beshbarmak, a dish consisting of boiled horse meat or mutton, is perhaps the most popular Kazakh dish. The meat is boiled and served in a bowl with pasta and a meat broth. Soured milk is a common ingredient and ‘Kumis’ (fermented mare's milk), also known as 'milk champagne', is a popular beverage amongst the nomads. Do not worry if this is not for you, international drinks and dishes will also be available in local cafes and restaurants where we will dine.

The food served during the camping section will be a mixture of local and international dishes, with ingredients purchased locally and cooked for us by well-trained camp cooks. Please note that vegetarianism is not a concept widely understood in Central Asia and choices for vegetarians will be much more limited. If you are vegetarian please remember to inform us of your dietary requirements before you travel. You may also wish to bring along some snacks from home to use during the course of your walking days.

Accommodation

We will spend 3 nights at a comfortable, centrally located hotel in Almaty, 2 nights in a hotel in the Ile-Alatau National Park, and in Saty Village and Basshiy we will stay in simple guesthouses. All rooms are en suite.

There will also be a total of 3 nights camping. Whilst camping we use roomy 2-person tents and there is also a dining tent, a toilet tent and a camp shower.

All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single hotel rooms and/or single tents are available for a supplementary cost. If you are planning to extend your holiday additional nights are available on request.

Group Leader & Support Staff

This group will be led by a professional and qualifed English speaking tour leader. Whilst on trek the group will be supported by a local mountain guide and a trek crew.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately $150 should be allowed for miscellaneous expenses and you should take this money in the form of US dollars. Credit cards will not be accepted outside of Almaty. You should allow $80 for trek staff tips. Outside of Almaty, there is little opportunity to spend anything and all meals are included. If you are intending to buy expensive souvenirs, you should budget accordingly.

Guidance on Tipping

Tipping is expected in Kazakhstan, although you should only tip for services which are well done. The total amount that you can expect to pay in tips for your local guide, trek crew and drivers is approximately $80-100 (in local currency). Your KE leader will help to coordinate these payments and decide on an appropriate level of tipping for each crew member.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft bag such as duffel bag, and a day pack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

UK, USA and EU countries do not require a visa to visit Kazakhstan as a tourist for a period of up to 30 days. Other nationalities should check the requirements directly with their own government travel advice, or with the Kazakhstan embassy in their own country.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Kazakhstan is the Kazakhstani Tenge.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 4 to 6 hours for consecutive days, with the occasional longer day. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

Daytime maximum temperatures will generally be between 20°C and 25°C, falling to between 10°C and 15°C at night. In the mountains we can expect to encounter cool and windy conditions and some additional clothing layers are needed. During the time we have chosen to travel you can expect warm days with clear skies and little rain or snow. However, weather in mountainous areas is notoriously difficult to predict and short-lived storms can occur at any time of the year. In short, you need to be prepared for everything!

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Bradt Travel Guide.
- Central Asia. Lonely Planet.
- Foreign Devils on the Silk Road. Peter Hopkirk.
- Mountains of the Middle Kingdom. Galen Rowell.

Maps

- Central Asian Series at 1:500,000 scale. Almaty and Karakol sheets.
- Reise Know-How. 1:2,000,000 scale.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

MDK Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for further details.

YOU MUST BRING THE FOLLOWING ITEMS:

- Hiking boots
- Trainers
- Sandals (for river crossings) - e.g. Teva / Keen style (not flip flops)
- Socks
- Underwear
- Trekking trousers
- Waterproof overtrousers
- Waterproof jacket
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- T-shirts
- Shorts
- Fleece jacket or warm jumper
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves

- Buff/scarf
- Selection of dry bags (to keep trek bag contents dry)
- Daypack 30 to 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent (deet)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Sleeping bag (comfort rated -10°C)
- Basic First Aid Kit including: antiseptic and antihistamine cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

- Trekking poles (highly recommended)
- Binoculars (for wildlife spotting)
- Swimwear (we will be camping near rivers and visting mountain lakes on several occcasions)
- Sleeping bag liner

- Camera

- Reusable cloth bag for shopping (to avoid plastic bags)

The following items are provided:

- Thermarest or similar sleeping mat

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Almaty. Single timed transfers are included from/to Almaty Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Almaty International Airport. Outbound flights will depart from the UK in the afternoon, arriving in the morning of the following day (Day 1 of the Land Only itinerary). Return flights will depart from Almaty International Airport in the morning of the last day of the itinerary, arriving in the UK in the afternoon of the same day.

Why Choose KE

MDK Why KE

Did you know that Kazakhstan translates as 'Land of the Wanderers'? At KE we firmly believe that one of the best ways to experience a country is through wandering its trails, and we are the only UK operator offering a trekking and walking holiday in this wild and wonderful corner of Central Asia. We can't wait to introduce you to the abundant array of landscapes on offer in this part of Kazakhstan!

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change