

Mountains and Lakes of Kyrgyzstan

Trip Code: KTS

Version: KTS Mountains and Lakes of Kyrgyzstan



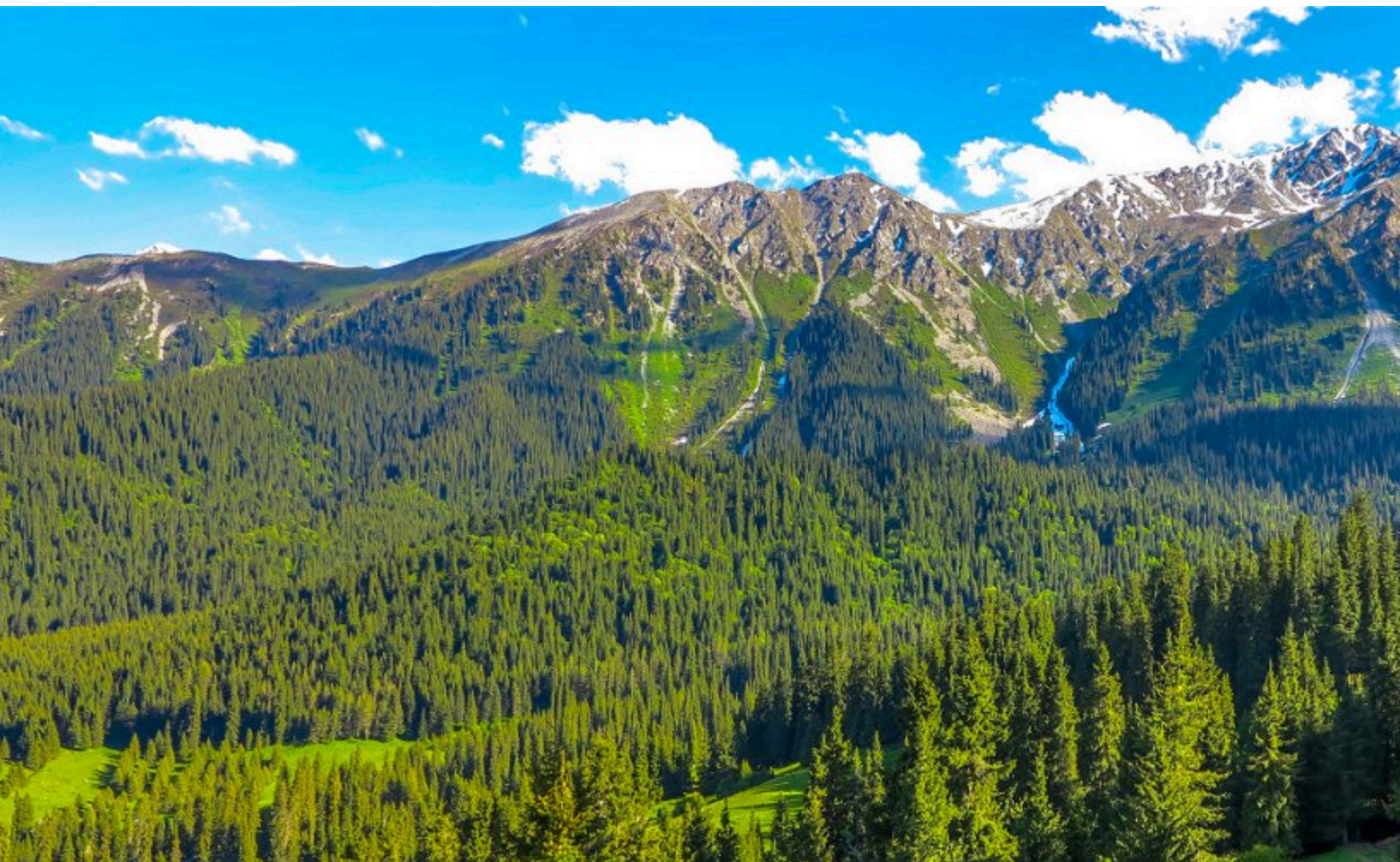
WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Sleep under the stars at Kyrgyzstan's most beautiful mountain lake, Ala-Kul
- Excite your senses exploring the traditional foods and spices of Osh Bazaar
- Immerse yourself in the Kyrgyz culture staying in nomadic Yurt Camps
- Trek through the covered Terskey Alatau Range in the Tian Shan mountains, enjoying Blue Spruce Forests and wildflower meadows

- Discover the hot springs of Altyn Arashan Gorge

AT A GLANCE

- 7 days walking
- Max altitude 3850m
- Join at Bishkek

ACCOMMODATIONS & MEALS

- All meals included
- 3 nights Hotel
- 6 nights Tented Camp
- 3 nights Yurt

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Explore the 'Land of the Celestial Mountains' with this stunning adventure holiday in Kyrgyzstan, which combines spectacular trekking through the Tian Shan 'Mountains of Heaven' with discovering the culture and hospitality of its eagle-hunting nomadic tribes. Stay in traditional yurts and meet local families to learn the ways of nomadic life as well as experiencing the vast steppe they inhabit. This holiday starts in the historic capital of Bishkek where we explore the bustling Osh Bazaar and Alatau Square. Travelling south we visit the 11th century minaret Burana Tower and its curious 'Balbal stones' before reaching Son Kul Lake, where we spend 2 nights in a yurt camp exploring the stunning scenery and sampling traditional cuisine.

Continuing towards Issyk-Kul lake, the second largest mountain lake on the planet, we explore the fabled 'Fairytale Canyon' of Skazka. It is then time to head into the mountains proper as we embark on our 6-day trek through the Terskey Alatau Range. Crossing wildflower-carpeted alpine meadows and high passes we are treated to incredible vistas of the Tian Shan, as well as a special night at Kyrgyzstan's 'Colourful Lake' Ala-Kul. Descending the final valley to Altyn Arashan Gorge we can relax in the thermal pools with incredible views of the higher peaks. Boarding an off-road truck we descend through the verdant valley admiring the impressive Blue Spruce Forests before continuing our journey around Lake Issyk Kul. Our final stop is the town of Cholpon Ata where we visit the 'Stone Garden' petroglyphs for an insight to the ancient tribes who carved them, before returning to Bishkek where our adventure concludes.

Is this holiday for you?

This active holiday explores the best of Kyrgyzstan's culture and nature, culminating in 6 days walking through the Terskey Alatau Mountains. The trek covers approximately 50km over 4 days, with an additional 20km circular walks on the 2 remaining days. There is a total of around 3000 metres of ascent and descent. You can expect to be walking for on average 6-7 hours a day.

There will be 2 main pass crossings, the highest being 3850 metres. Trekking conditions will be good and we will generally be following good paths through rocky mountain terrain; these routes have been used by the nomadic shepherds for generations. The trek is fully supported and you will only need to carry a daypack during the walks. Trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations and can be challenging, so you should ensure that you are

physically prepared for this trek.

Itinerary

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DAY 1

Arrive Bishkek early morning. Transfer to hotel. Walking tour of the city.

Arriving in Bishkek in the early morning, we transfer to the group hotel, a drive of around 40 minutes. After settling in, we visit the famous Osh Bazaar, one of the largest and most vibrant bazaars in Central Asia. "A feast for your senses", this endless maze of shops and vendors sell a dizzying variety of products and produce from household items and traditional clothing to local foods and spices, exploring this market is a great introduction to Kyrgyz culture and daily life. We then embark on a walking tour centred around the Ala Too Square, where we will explore the legacy of the Soviet Union and Kyrgyzstan's independent history. Lunch will be taken in a local café before heading to Victory Square, the capital's World War Two Monument, concluding the city tour. A welcome meal is included in the evening as a chance to get well acquainted with the group and tour leader.

Meals: **B L D**



Accommodation
Hotel

DAY 2

Bishkek to Son Kul Lake, via Burana Tower and Balbal stone statues

In the morning we leave the city towards the picturesque Son Kul Lake, Kyrgyzstan's second largest mountain lake. On our way we visit Burana Tower, one of the oldest existing minarets in Central Asia. Dating back to the 12th Century it is located in the former capital of the Karakhanid State. Alongside the tower we also find a collection of intriguing 'Balbal' stone statues - a series of curious nomadic tombstones steeped in tradition and superstition. We continue on to the town of Tokmok, not far from the border with Kazakhstan, where we meet for lunch with a Kazakh Family to learn about their culture and traditional way of life. In the afternoon we continue our journey to Son Kul Lake where we will spend the next two nights at our yurt camp.

Meals: **B L D**



Accommodation
Yurt

DAY 3**Full day at Son Kul Lake**

Today we step into the nomadic life at Son Kul Lake. Here Kyrgyz people still live in traditional yurts. Yurts are made up of a wooden frame and several felt layers, making them ideal for quickly dismantling and transporting as their nomadic inhabitants migrate from summer to winter pastures with their horses and other livestock. Already at 3000m, we will take a short acclimatisation walk as we see the local families as well as learning about the nomadic lifestyle. Tonight we spend a second night in the yurt camp.

Meals: **B L D**



Accommodation
Yurt

DAY 4**Son Kul Lake to Djety Oguz Gorge, via 'Fairy-tale Canyon'**

In the morning we leave the yurt camp and drive to Issyk-Kul Lake, this time Kyrgyzstan's largest mountain lake. As we round the southern shore, we stop to visit the 'Fairy-tale Canyon' (Skazka Canyon). This aptly named canyon is full of red spires and bizarre rock formations, a stark contrast to the greenery and forest we are soon to explore in the neighbouring mountains. Formed by a unique mix of ice, water and wind erosion over thousands of years, local legend speaks of a dragon turning to red stone having flooded the ancient cities now under the waters of Lake Issyk-Kul, all because the local beauty would not marry the dragon. After this visit and a stop for lunch, we continue on towards the Tien Shan, literally translated as 'The Mountains of Heaven'. Our track takes us up a steep gorge, lined with the famous Tien Shan Blue Spruce, as we head about 25km along a mountain river in to the Terskey Alatau Range. The track eventually opens on to the so called 'Flower Meadow' (Kok Jaiyk) where we continue by vehicle to our beautifully situated yurt camp at 2250m, the starting point for tomorrow's trek into the mountains.

Meals: **B L D**



Accommodation
Yurt

DAY 5**Start of the Tien Shan Trek. Djety Oguz Gorge to Telety Camp**

This morning we will meet the porter team who will support us throughout our trek, they will carry your main luggage (max 15kg) to the next camp, where you will be reunited with it each evening. Our trek starts directly from the camp, winding along the riverbank of a narrow wooded gorge. This gorge leads us up to an alpine meadow; here, walking on a carpet of wild flowers, the mountain air is sweet and clear, long views stretch across the endless mountain vistas of the Tien Shan; the perfect place to forget

about life's troubles and be at one with stunning nature around you. After a rest in the meadow, we continue trekking to the tent camp (3000m) at the foot of the Telety Pass, as we approach the camp we cross a bridge over a large and fast-flowing river. There is an easy walk to a waterfall from the camp.

Meals: **B L D**

	Accommodation Tented Camp		Ascent 780M		Time 6 hours walking		Distance 14KM
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DAY 6

Trek day 2: Telety Pass (3800m) to Karakol Gorge

After breakfast we start our ascent of the Telety Pass (3800m). The first kilometre of the trail is hidden among juniper bushes before the route winds up a narrow path with a shallow ascent. The pass provides gateway to the central mountains of the Terskey Alatau and affords great views down the valley. A simple descent leads us down a wide scree slope to alpine meadows covered with endemic herbs and flowers. From here we continue along the East Telety River, where we need to make a simple river crossing as there is no bridge. The route leads us down through more woodland until we end up on an old dirt track for the final kilometre to our tented camp in the forest (2565m).

Meals: **B L D**

	Accommodation Tented Camp		Ascent 800M		Descent 1300M		Time 7 hours walking		Distance 13KM
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DAY 7

Trek Day 3: Hike to the foot of Karakol Peak

Today we will complete an 'out-and-back' hike to the foot of Karakol Peak, the highest peak in the Terseky Alatau at 5216m. We hike along the Uyun Tor River, through Blue Spruce Forest (in the summer months the flowers are in bloom in the forest meadows - snowdrops, tulips, primrose, white anemone, alpine aster, Edelweiss can all be spotted). We then climb out of the forest up to a rocky prominence to reach the Karakol Peak viewpoint. Here is a nice place to have lunch admiring the wonderful view. After this stop we walk back to the tent camp in the forest by the same route.

Meals: **B L D**

	Accommodation Tented Camp		Ascent 500M		Descent 500M		Time 6 hours walking		Distance 12KM
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DAY 8

Trek Day 4: Karakol Gorge to Ala Kul Lake (3,600m)

After breakfast we descend the gorge for about 1km before crossing the river over a bridge where the trail leads us into a forest. A rather long ascent finishes with a steep grass-covered slope on a switch-back path, arriving to the unusual 'Sirota' at 2975m. A wooden mountain hut resides here with tables, benches and a fireplace inside. We can find a number of sculptures of animals and idols carved in wood around the hut. It's a nice place to sit and relax after the long climb. The trail continues higher, leaving the forest behind we hike along the river and reach a beautiful waterfall, which flows down from Ala-Kul Lake. We pass the waterfall and ascend on a natural dam, from where we can see the lake. A final kilometre along the lake shore leads us to our next tent camp, the highest on our journey.

Meals: **B L D**



Accommodation
Tented Camp



Ascent
1150M



Descent
150M



Time
7 hours



Distance
10KM

DAY 9

Trek day 5: Ala-Kul Lake to Altyn Arashan Gorge

Ala-Kul is a special place to wake, possibly the prettiest lake in Kyrgyzstan it is surrounded on all sides by high mountain peaks, creating a dramatic natural amphitheatre to enjoy our breakfast in awe of. Translating as 'Colourful Lake' it changes colour depending on the light conditions and can appear emerald green, turquoise, light green, dark grey or even black. After breakfast we start the ascent to Ala-Kul pass (3850m), the highest point of the trek. During the ascent we enjoy wonderful views of the lake as well as the main range of the Terskey Alatau with numerous peaks such as Ak-Suu, Djigit, Karakol, Oguz Bashi and many more. From the lake edge it will take us an hour and a half to climb the pass. Descending the other side we cross the wide Keldike Valley with picturesque views and herds of cattle and flocks of sheep grazing the fertile landscapes. Upon arrival to our next tent camp there is opportunity to relax in the hot springs. There are thermal baths (up to 50C) found across the valley.

Meals: **B L D**



Accommodation
Tented Camp



Ascent
400M



Descent
1400M



Time
7 hours walking



Distance
13KM






DAY 10

Rest day visiting Altyn Arashan Hot Springs or circular hike in the valley

The resort of Altyn Arashan, founded in 1963, is famous for its hot mineral springs. The resort comprises of several wooden huts located on a large treeless meadow on the fir-covered banks of the Arashan River. It paints an unforgettable picture - dark green fir trees leading up to the snow-capped mountains

of the 'Ak-Suu Wall' (5022m). Today we may choose to relax and enjoy the hot springs or take a day hike to Anyr Tor valley. We return to the same tent camp for dinner and our final night under the stars.

Meals: **B L D**

	Accommodation Tented Camp		Ascent 400M		Descent 400M		Time 5 hours walking		Distance 10KM
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DAY 11

Altyn Arashan to Cholpon Ata Town

In the morning a special military truck will come to the tent camp to pick up our baggage. We will walk the first 7kms down the valley along a track through green fields with blooming flowers and crystal mountain springs (2 hours walking). On arrival at a yurt camp situated in an idyllic location by the river, we'll be collected by the 4 wheel drive vehicle and driven the final 9kms of the track along the valley (approx. 1 hour driving). In places the gorge is narrow, not more than 30 metres across with high rock walls. At the head of the valley we pass by a village - Ak Suu (the name comes from the hot springs). Here we will swap vehicles and say goodbye to the Terskey Alatau as we drive on to Karakol. After some sightseeing and lunch at a local café in the town, we continue our drive to Cholpon Ata, in the direction back towards Bishkek, where we will overnight in a hotel on the north shore of Issyk-Kul Lake.

Meals: **B L D**

	Accommodation Hotel		Time 2 hours walking		Distance 7KM
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DAY 12

Cholpon Ata to Bishkek. En Route visit to the 'Stone Garden' Petroglyph site.

In the morning we drive to Bishkek. En route we visit Cholpon Ata's 'Stone Garden', an open air museum containing some of the best preserved, and most accessible, petroglyphs dating from the 2nd millennium BC. Thought to be the site of an ancient open air temple, it is dotted with stone circles, tombs, balbals and depictions of animals carved into the stone - an art that gradually disappeared with the spread of Islam through Central Asia, which restricted such images. The stone drawings include impressions of tame snow leopards being used for hunting deer, there are also images of the sun and racing chariots. Lying at the foot of the Kungei Alatau Range the area provides a beautiful final view over Lake Issyk Kul. After lunch we continue on to Bishkek where we will check in to our hotel for the night. We enjoy a final group dinner together to celebrate our adventure through this magnificent country.

Meals: **B L D**



Accommodation
Hotel

DAY 13

Depart Bishkek

Your holiday ends after breakfast with an early morning transfer to the airport.

Meals: **B**

Holiday Information

What's Included

- A professional English-speaking Tour Leader
- Single timed airport transfers on arrival and departure
- All accommodation as described
 - When camping a full service including food with boiled drinking water and all equipment (excluding personal equipment)
- Porter service on trek for up to 15kg luggage
- Entrances and fees during the tour
- All meals
- All land transport required by the itinerary

What's not Included

- Travel insurance
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc
- Hot Springs entry fee (altyn Arashan) - Optional activity on rest day
- Photo/video fees at museums

Joining Arrangements & Transfers

The group will meet at the hotel in Bishkek.

A single group transfer is provided from/to Bishkek Airport.

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

Meal Plan

All meals are included in the holiday price, from breakfast on day 1 to breakfast on the last day of the land only itinerary.

Food & 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.

On trek the food is a mixture of local and international dishes made using ingredients purchased locally and cooked by trained cooks. Breakfasts will consist of porridge, with another main dish such as eggs or pancakes, bread, tea and coffee. Lunches are usually a healthy packed lunch with a choice of foods we can pick for ourselves at breakfast time, options will include, bread, boiled eggs, tinned meats, cheese, sausage, tomatoes, cucumbers, fresh and dried fruit, as well as juice boxes and cookies/chocolate bars. Dinner is taken in the mess-tent and will consist of a soup starter, a hearty main course, and a dessert of fruit or cake. Please note that vegetarianism and veganism is still not widely understood in Central Asia and choices for vegetarians and vegans will be a little more limited. If you are vegetarian or vegan please remember to inform us before you travel so we can make sure that you are well catered for. You may also wish to bring along some snacks from home to use during the course of your walking days.

When in Bishkek, if you are looking to sample local cuisine 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 the national dish. The meat is boiled in a broth and served over noodles, it is colloquially referred to as 'five fingers' as it is usually eaten with the hands. Milk and dairy products are extremely popular in Kyrgyzstan, soured milk is a common ingredient and 'Kymyz' (fermented mare's milk) is a popular drink amongst the nomadic shepherds. The Kyrgyz make yogurts and cheeses in abundance, you should also look out for the famous fermented yoghurt balls called 'kourout'. Do not worry if this is not for you, international drinks and dishes will also be available at meal times!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

Accommodation

We will spend 2 nights in a well-located hotel in Bishkek, 1 night in a hotel in Cholpon Ata / Issyk Kul, 2 nights in Son Kul Yurt Camp, 1 night in Djety-Oguz Yurt Camp and 6 nights camping while on trek. If you are arriving early in the morning on Day 1 you will also have access to a room on arrival in Bishkek so that you can get some rest and freshen up before lunch and the afternoon sightseeing tour.

The camps we use whilst trekking are fixed for the season, with comfortable sleeping mats provided. There will be a mess tent and toilet tent with hand washing facilities at each of the campsites.

All accommodation is twin sharing, with the exception of the Djety-Oguz yurt camp, where the large yurts are shared by 4 people.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms and/or single tents are available for a supplementary cost (the single supplement is not available for the nights in the yurt camp). If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Whilst on trek the group will be supported by a local trek crew including cooks, camp assistants and porters.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should 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. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £100 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks, and miscellaneous expenses. Alcoholic drinks, souvenirs are additional so you may wish to budget for these. The bazaars in Bishkek are great places for souvenir buying! We recommend you take your money in dollars or euros as these are the easiest to exchange. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will be able to advise other places to change money. Credit cards are useful for emergencies, however Kyrgyzstan is still a cash-based society and you won't be able to use your card outside of Bishkek.

Guidance on Tipping

In Kyrgyzstan it is usual to tip staff, including your camp crew and driver, if you are happy with the services provided. We suggest you coordinate these tips as a group and as a rough guide we recommend £50 will cover this aspect of your trip expenditure. The exact amount should be determined by the group and the tour leader will give advice on the appropriate levels to tip the crew.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and a day pack. Your bag on trek will be carried by porters or pack animals and should not weigh more than 15kg. It is possible to leave extra baggage at the hotel in Bishkek. 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

UK and USA passport holders do not currently require a visa for Kyrgyzstan for stays of up to 60 days.

Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Kyrgyzstan is the Kyrgyzstani Som.

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 6 - 7 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina. There is little you can do to prepare for trekking at altitude but if you have an excellent level of fitness this can help.

Climate

In Bishkek the temperatures in July and August will be hot, with daytime temperatures of 30 to 35 degrees Centigrade. Once we get up into the mountains, it will be cooler, with average daytime temperatures of 20 to 25 degrees Centigrade and night-time temperatures at our highest camps falling to freezing - 0 degrees Centigrade. The weather is generally excellent throughout the summer, with clear skies and little rain or snow. However, mountain weather can be unpredictable and changeable, and you should be prepared for all eventualities.

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 prior to 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 direct 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.

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

Equipment List

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

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots
- Trainers / sandals for river crossings
- Socks
- Underwear
- Trekking trousers
- Waterproof overtrousers
- Waterproof jacket
- Thermal underwear
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- T-shirts
- Shorts and/or swimwear
- Fleece jacket or warm jumper
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves
- Buff/scarf (to protect against dust)

- Small padlock (to lock your luggage)
- Selection of dry bags (to keep kit bag contents dry)
- Daypack 30 to 40 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- 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 -5°C)
- Basic First Aid Kit including: antiseptic and antihistamine cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

- Trekking poles (optional, but highly recommended)
- Thermarest or similar sleeping mat (please note good size sleeping mats are provided at the camps)
- Filter water bottle (i.e Water-to-go bottle) (highly recommended)
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Camera

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

NOTES:

Equipment cannot be hired through KE for this trip.

Every night camping you are usually beside a river, where it is possible to wash yourself and your clothes providing you bring natural or eco-friendly biodegradable soap.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.

[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining in Bishkek. Single timed airport transfers are included.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Bishkek International Airport (via Istanbul) with Turkish Airlines. Outbound flights will depart from the UK in the morning, arriving in the early morning of the following day (Day 1 of the Land Only itinerary). Return flights will depart from Bishkek 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

Why KE

Discover Kyrgyzstan in just 13 days on this epic exploration of Central Asia's stunning hidden gem. Packed with spectacular trekking, incredible landscapes, history and culture this adventure holiday is a great first trip to this part of the world for new or seasoned travellers alike. With visa-free travel it is an excellent time to visit Kyrgyzstan.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change