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KYRGYZSTAN IN A WEEK – 7 DAYS BRIEF

ITINERARY

Day	Highlights	Overnight at
Day 1	From Bishkek, visit Burana and stay in Chong Kemin	Guest House
Day 2	Chong Kemin, Cholpon Ata, Karakol	Hotel
Day 3	Karakol to Altyn Arashan Valley	Guesthouse
Day 4	Altyn Arashan Valley – Ala Kul Lake - Karakol	Hotel
Day 5	Karakol- Jeti Oguz – Barskoon Valley - Bokonbaev	Yurt Camp
Day 6	Bokonbaev – Aksay Canyon – Song Kul Lake	Yurt Camp
Day 7	Song Kul Lake – Naryn	Hotel
Day 8	Naryn – Tash Rabat - Kok Kiya Valley	Yurt Camp
Day 9	Kok Kiya Valley – Kel Suu Lake – Naryn	Hotel
Day 10	Naryn - Bishkek	

TOUR DETAILS

Month	June to October
Start / Finish	Bishkek / Bishkek
Duration	10 days
Total drive	2050 km
Tour speed	Fast-paced
Activities	Horse riding – 2 days, trekking – daily average 2 hours
Accommodations	Yurt – 3 nights, Guesthouse – 2 nights, Hotel – 4 nights
Visited places	Chong Kemin, Burana Tower, Boom Gorge, Cholpon Ata, Karakol, Dungan Mosque, Altyn Arashan Valley, Ala Kul Lake, Jeti Oguz, Barskoon Waterfall, Fairy Tale Canyon, Bokonbaev, Aksay Canyon, Kazhyrty Waterfall, Song Kul Lake, Kazhyrty Waterfall, Naryn, Kok Kiya Valley, Tash Rabat, Kel Suu Lake, Bishkek

Day 1. Bishkek – Burana Tower – Chong Kemin • Departure from Bishkek around noon or early • Drive to Burana Tower, an ancient minaret and open-air museum, with time to explore the balbals (stone warriors) and learn about the Karakhanid era • Continue the journey to the Chong Kemin Valley, known for its beautiful landscapes and outdoor activities • Arrival in Chong Kemin in the afternoon and check-in to the guest house • Free time to rest or enjoy the peaceful nature around the valley	Transfer: Total: 180 km – 4 h. Asphalt: 160 km Dirt Road: 20 km Meals: lunch at local restaurant, dinner at guesthouse Overnight: guesthouse (1700m) WC: Private Internet: Wi-Fi Shower: Yes
Notes & Recommendations - Easy driving day, no physical difficulty - Comfortable walking shoes recommended for Burana Tower area - Bring sunscreen and hat (open steppe areas can be sunny/windy) - Chong Kemin is cooler than Bishkek – light jacket recommended in evenings - Good day to start adjusting to mountain climate and slower pace	

Day 2. Chong Kemin – Cholpon Ata – Kyrchyn Jailoo – Karakol • Depart from Chong Kemin in the morning, drive towards Cholpon Ata with scenic views along the northern shore of Issyk-Kul Lake • Visit Kyrchyn Jailoo (Visit Suttuu Bulak Lake) for a light warm-up trek in preparation for the upcoming Ala-Kul hike • Continue to Karakol and check into the hotel	Transfer: Total: 350 km – 6 hours Meals: Breakfast at guesthouse, lunch at local restaurant, dinner at local restaurant Overnight: yurt (3100m) WC: Private WC Internet: WI-FI Shower: Yes
Notes & Recommendations - Long scenic driving day with multiple stops - Roads are paved but expect winding mountain sections - Kyrchyn / Suttuu Bulak area involves light walking or optional short hike - Weather near Issyk-Kul can change quickly (sun + wind) - Arrive in Karakol in evening – rest recommended	

Day 3. Karakol – Altyn Arashan • Morning Departure: Start early as a special 4x4 vehicle will take you deep into the mountains toward Altyn Arashan, one of the most scenic alpine valleys in Kyrgyzstan. • Scenic Journey: Enjoy the breathtaking mountain views, pine forests, and flowing rivers along the way. • Mountain Retreat: Upon arrival, relax in the peaceful surroundings, walk around the valley, or soak in the natural hot springs. • Overnight Stay: Spend the night in a guesthouse or mountain hut in Altyn Arashan.	Transfer: Total: 35 km – 2 h. Asphalt: 15 km Dirt road: 20 km Meals: Breakfast at hotel, lunch at guesthouse dinner at guesthouse Overnight: hotel WC: Private WC Internet: Wi-Fi Shower: Available
Notes & Recommendations - Off-road 4x4 is bumpy but very scenic - Temperature drops significantly in Altyn Arashan (mountain zone) - Pack warm clothes even in summer (evenings can be cold) - Hot springs available – bring swimwear + towel - Limited electricity/Wi-Fi in guesthouse - Ideal for relaxation and nature immersion	

Day 4. Altyn Arashan – Ala-Kul Lake – Karakol • Early Departure: Begin the day early and set out on horseback toward Ala-Kul Lake, one of the most stunning high-altitude lakes in Kyrgyzstan. • Scenic Ride & Short Hike: Arrive near the lake area and continue with a short hike (about 1 hour) to reach the viewpoint overlooking Ala-Kul. Take time to enjoy and photograph the incredible turquoise lake surrounded by dramatic peaks. • Return to Altyn Arashan: Make your way back to Altyn Arashan and relax in the natural hot springs, perfect for soothing muscles after the ride. • Drive to Karakol: Afterward, return to Karakol and check in at your accommodation for a restful evening.	Transfer: Total: 70 km – 8 h. Asphalt: 50 km Dirt road: 130 km Trekking: 3 km – 3 h Horse riding: 30km – 5 h Meals: Breakfast at hotel, lunch at guesthouse, dinner at guesthouse Overnight: guesthouse (3200m) WC: Private Internet: Wi-Fi Shower: Available
Notes & Recommendations - Physically demanding day (moderate to hard level) - Horse riding + hiking at high altitude (~3,500m) - Start early morning is essential - Hiking shoes strongly recommended (non-slip) - Weather can change rapidly (sun, fog, rain, wind) - Bring: water, snacks, rain jacket, sunscreen - Not recommended for clients with heart/breathing issues	

Day 5. Karakol – Bokonbaev • Depart from Karakol and head towards Tosor. • Stop at Jeti-Oguz Valley to admire the famous “Seven Bulls” and the Broken Heart rock formations. • Continue to Skazka Canyon (Fairy Tale Canyon) to explore its colorful and uniquely shaped rock landscapes. • Visit Barskoon Gorge and the Barskoon Waterfall. • Continue your journey along the southern shore of Issyk-Kul to Tosor. • Overnight stay in Bokonbaev.	Transfer: Total: 190 km – 4-5 h. Asphalt: 110 km Dirt road: 70 km Meals: Breakfast at hotel, lunch at restaurant, dinner at yurt camp Overnight: Yurt Camp WC: Shared Internet: Wi-Fi Shower: Available
Notes & Recommendations - Full sightseeing day with multiple stops - Light walking only (no difficult hiking) - Skazka Canyon involves sandy/rocky terrain – good shoes needed - Jeti-Oguz is great for photos – best lighting in morning - Expect some dusty road sections - Sunglasses and scarf recommended for wind protection - Yurt camp experience (basic but authentic comfort)	

Day 6. Bokonbaev – Song-Kul Lake • Depart from Bokonbaev in the morning. • Visit Ak-Sai Canyon (best visited at sunrise for stunning views and lighting). • Continue the journey toward Song-Kul (approximately 5–6 hours of driving total). • Arrive at Song-Kul Lake and settle into a traditional yurt camp by the lakeshore. • Enjoy free time hiking and exploring the highland pastures. • Experience a traditional Kyrgyz dinner with a local family. • Overnight stay in Song-Kul in a yurt camp.	Transfer: Total: 230 km – 3-4 h. Asphalt: 130 km Dirt road: 100 km Meals: Breakfast at Yurt Camp, lunch at restaurant, dinner at Yurt Camp Overnight: Hotel WC: Private Internet: Wi-Fi Shower: Available
Notes & Recommendations - Long driving day through mountain passes - High altitude area (~3,000m) – may feel colder and windy - Ak-Sai Canyon is best for short stop + photography - Song-Kul has no modern infrastructure (remote area) - Bring warm clothes (nights can be very cold even in summer) - Strong wind is common at Song-Kul Lake	

Day 7. Song-Kul – Kazhyrty Waterfall – Naryn • Morning Departure: Enjoy breakfast at the yurt camp, then depart from Song-Kul towards Naryn. • Scenic Stop: On the way, visit Kazhyrty Waterfall, a picturesque spot perfect for photos and a short walk. • Arrival in Naryn: Continue your drive to Naryn, a charming mountain town known for its stunning landscapes and traditional Kyrgyz culture. Check into the hotel upon arrival.	Transfer: Total: 120 km – 3 h. Asphalt: 80 km Dirt Road: 40 km Meals: Breakfast at Yurt Camp, lunch and dinner at restaurant
Notes & Recommendations - Road descent from Song-Kul is long but very scenic - Short walk to Kazhyrty Waterfall – moderate terrain - Comfortable shoes needed for slippery areas - Expect arrival in Naryn in afternoon.	

Day 8. Naryn – Tash Rabat – Kok Kiya Valley • Morning Departure: Leave Naryn in the morning and travel towards the ancient Tash Rabat Caravanserai, a well-preserved 15th-century stone structure on the historic Silk Road. Take time to explore the site and learn about its history. • Continue to Kok Kiya Valley: After the visit, continue driving into the beautiful Kok Kiya Valley, known for its dramatic mountains, green meadows, and peaceful wilderness. • Short Hike & Exploration: Upon arrival, take a short hike to enjoy panoramic views of the valley and surrounding landscapes. • Camping & Relaxation: Set up camp near the valley. Spend the afternoon resting, enjoying the silence of nature, or walking along the river.	Transfer: Total: 220 km – 6-7 h. Asphalt: 90 km Dirt Road: 130 km Meals: Breakfast at hotel, lunch on the way or picnic and dinner at Yurt camp
Notes & Recommendations - Early morning departure recommended - Bumpy road more than half road - Expect arrival in Kok Kiya Valley in late afternoon or evening	

Day 9. Kok Kiya Valley – Kel-Suu Lake – Naryn • Morning Horseback Ride: After breakfast, set out on horseback to the stunning Kel-Suu Lake, a hidden alpine lake surrounded by dramatic cliffs. Spend time exploring, taking photos, and enjoying the quiet beauty of the area. • Return to Camp: Around midday, return to the camp in Kok Kiya Valley. • Drive to Naryn: Continue your journey back to Naryn, taking in the scenic landscapes along the way. • Evening in Naryn: Upon arrival, you may relax overnight in Naryn	Transfer: Total: 190 km – 6-7 h. Asphalt: 40 km Dirt Road: 150 km Meals: Breakfast and lunch at Yurt Camp, dinner at restaurant
Notes & Recommendations - Early morning starting - Need good clothes for horse riding, might rain, need to take rain jacket - Can take boat in Kel Suu Lake	

Day 10. Naryn – Bishkek • Depart from Naryn and travel towards Bishkek. • On they way stop in Orto Tokoi Reservoir and Dolon Pass • Arrive afternoon and drop to the airport or hotel in Bishkek	Transfer: Total: 330 km – 6-7 h. Asphalt: 330 km Meals: Breakfast at hotel, lunch and dinner at restaurant
Notes & Recommendations - Relax day, based on your plan or flight can be started anytime.	

PRICE OF THE TRIP

The price listed is for private tours. You also have the option to join other travelers on the same tour dates for a lower price. Your room will remain private, shared only for guide services, transfers, and activities.

You can choose a private tour or join other travelers – the choice is yours.

Number of people	Price per person, standard accommodations	Price per person, upgraded accommodations
1 (<i>single room</i>)	3100 USD	3600 USD
2 (<i>twin/ double rooms</i>)	1900 USD	2220 USD
3 (<i>triple room</i>)	1500 USD	1780 USD
4 (<i>twin/ double rooms or family rooms</i>)	1270 USD	1600 USD
5 (<i>twin, double or triple</i>)	1250 USD	1580 USD
6 (<i>twin, double or triple</i>)	1400 USD	1700 USD
7-11 (<i>twin, double or triple</i>)	1340 USD	1600 USD

Price includes

- ✓ Transfer 4X4 with AC
- ✓ English-speaking permanent guide
- ✓ Accommodation mentioned in the program
- ✓ Full board (set menu)
- ✓ Visits mentioned in the program
- ✓ Entrance fees
- ✓ Horse riding in Ala Kul Lake
- ✓ The special car to Altyn Arashan and back.
- ✓ Permit to Kel Suu Lake

Price doesn't include

- × International flights
- × Airport transfer
- × Personal expenses
- × Single room supplement
- × Insurance
- × Tips for guide
- × Hotel in Bishkek
- × Breakfast on day 1 and dinner on last day
- × Water and alcohol drinks
- × Services not mentioned as included

An additional fee applies if you wish to proceed with:

- Airport transfer – 30 USD one way per car for 1-4 people
- Eagle hunting demonstration – 80 USD per group

Booking policy

- Please send your final request to our Gmail kyrgyztriper@gmail.com, and our tour manager will confirm your trip. Kindly include your pickup address and preferred time.

Payment Policy

- **A deposit is required** to secure your booking after confirming the tour. %10 of the total amount.
- Full payment is required on the first day of the tour at the company office in Bishkek
- Payment can be made in USD, EUR, or Kyrgyz Som (KGS) in cash.

- **Credit card** payments are accepted with a **2% processing fee**.

Cancellation Policy

- 3 weeks before cancellation will be 95% will be reimbursement (5% is like commission and all)
- After 3-week cancellation will be 50% reimbursement
- 5 days before the trip cancellation no reimbursement

BEFORE YOU GO

Tour Overview:

This tour is ideal for travelers seeking a mix of nature, culture, light trekking, and authentic nomadic experiences in a short and well-balanced itinerary.

Horse Riding & Trekking:

- No prior horse-riding experience is required.
- The tour needs good trekking exercise. Elevation will be 1000 meters on Altitude 3900 meters

Meals:

- Meals provided are traditional Central Asian cuisine.
- Vegetarian options are available – please inform your tour manager of any dietary restrictions or allergies.

Money & Payments:

- Credit cards are commonly accepted in cities and towns, but it's advisable to keep some cash in Kyrgyz Som for small or local transactions.
- About 10 USD per day is generally enough for daily personal spending.
- It's better not to exchange USD at the airport, as exchange rates are usually more favorable at banks or licensed exchange offices in Bishkek. Your guide can help you with currency exchange if needed.

Communication & Internet:

- Internet access is widely available in cities and towns, though it may be weak or limited in remote mountain regions.
- For more reliable connectivity, it is recommended to buy a local SIM card. MEGACOM is a suggested mobile operator.

Electricity:

- Kyrgyzstan uses 220V electricity with Type C and Type F plugs (European-style round plugs). Bring the necessary adapters for your devices.

Languages:

- Official languages: Kyrgyz and Russian.
- Basic English is spoken in urban areas but learning a few phrases in Russian or Kyrgyz can help in rural regions.

Health & Safety:

- Travel insurance covering medical emergencies and adventure activities is strongly recommended.

PACKING LIST

Clothing:

- Warm layers (fleece or down jacket) for chilly mornings and evenings
- Lightweight clothes for daytime (t-shirts, long-sleeve shirts)
- Waterproof and windproof jacket
- Comfortable trekking pants and shorts
- Hat or cap for sun protection
- Gloves and warm socks
- Scarf or buff for wind
- Comfortable trekking or hiking boot

Horseback Riding:

- Long pants for riding
- Riding gloves (optional)
- Small daypack for essentials

Other Essentials:

- Sunglasses and sunscreen
- Reusable water bottle
- Personal toiletries and towel
- Basic first aid kit and any personal medications
- Camera or smartphone for photos
- Power bank and charging cables
- Passport, ID, and copies of travel documents

Optional:

- Binoculars for wildlife spotting
- Light snacks for trekking
- Notebook or travel journal

ACCOMMODATIONS

Days	3* hotels	4* hotels and premium hotels
1	Zhekshen Guest House	Ala Kush Resort
2	Taygatay or Akmaral	Karagat 4*
3	Elza Guest House	Elza Guest House
4	Taygatay or Akmaral	Karagat 4*
5	Meiman Ordo	Elestet Premium Yurt Camp
6	Kochmon Yurt Camp	Kochmon Yurt Camp
7	Kezgin or Altay	Khan Tengri 4*
8	Meder Yurt Camp	Kezgin Yurt Camp
9	Kezgin or Altay	Khan Tengri 4*

- This tour offers better accommodation options.
- If these accommodations are unavailable, we will arrange similar accommodations
- If you have other accommodation preferences, please let us know. We can adjust the arrangements and pricing accordingly.