

### **14 - 15.07. 2018 (Sat-Sun) Lake Son-Kul 3016m.**

Two-day trip to Son-Kul lake, departure from Bishkek on Saturday, early morning travel through the reservoirs of Orto-Tokoy, Kochkor village and Kalmak-Ashuu pass, lunch and walk on the lake shore. Overnight in yurts in the yurt town of Baatai-Aral. Resurrection - free program until 14:00 (walk on the shore of the lake, horseback riding at will or trekking in the mountains). At 14:30 departure to Bishkek.

- The length of the auto route: 600 km, on foot: 2-3 km.
- Non-category trip for two days for people of primary and secondary level of training.
- The cost of transportation and organization (consultancy) costs for a group of 12 people: 2300 som / person (for members of the Union ... "1800 soms / person.).
- The cost of the tour does not include the cost of food and equipment.
- The cost of overnight accommodation in yurts with breakfast + dinner 900 soms per person. Those who have equipment can establish their tents at the yurt camp and not pay for accommodation. The price does not include lunches.
- additional information: horse for hire per day 800 soms.

### **14.07.2018 (Sat) Rafting**

Rafting in Boom canyons (category 2-3) on the river of Chon-Kemin, duration: 1,5 - 2 hours, length: 22 - 25 km,

The rafting starts in Chon-Kemin, between Shabdan bridge and Boroldoy Bridge, below "Cold water".

Conditions of participation:

- All participants have to be able to swim and should not be afraid of getting wet. Persons suffering from claustrophobia as well as children under the age of 18 are not allowed to participate at the trip. Outfit: swimsuit or shorts, and please do not forget clothes for change.

The cost of transport and rafting for a group of 12 - 16 people: 2400som / person. (for members of the Union ... "2300 som / person).

### **14 July 2018 (Sat) Lake Kol-Tor, Kegety gorge.**

One-day trek in Kegety, hike to the high-altitude lake Kol-Tor 2733m.

- distance by car : 170 km, trekking: 14 km. Maximum elevation 900m., ( start at 1800m. - the finish:2733m.) Departure from Bishkek at 08:00 in the morning.

- - Non categorical hike requiring average level of training and basic skills necessary for stay in the mountains. Equipment-good mountain boots, windbreaker jacket with a hood, sunglasses, a cap, a backpack 25-30L. and poles. It is recommended to take sunscreen cream, raincoat, spray against ticks.

- Cost of transport for a group of 15 people: 500 som / person. (for members of the "Union ..." 350 soms / person.)

### **15 July 2018 (Sun) Sokuluk gorge (Belogorka)**

One-day trekking in Sokuluk gorge - hike to a waterfall - picnic, return to the parking – departure

to Bishkek.

- distance by car: 170 km., trekking : 7 km. Maximum elevation 250m. (start at 1950m. - finish at 2000m). Departure from Bishkek at 08:00 in the morning.

Non categorical hike suitable for beginners and medium-skilled hikers, requiring skills necessary for stay in the mountains. Equipment - good mountain boots, a windbreak jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles, sunscreen cream, raincoat, spray against ticks.

- Cost of transport for a group of 15 people: 500 som / person. (for members of the "Union ..." 370 som / person.)

### **15 July 2018 (Sun) pass to Karagai-Bulak gorge**

One-day hike to Karagai Bulak gorge, pass from Kegety fortress to Tuyk Issyk-Ata through the pass 2540m.

- distance by car: 170 km., trekking: 12-13 km. Maximal elevation 1000m. (start 1550m - pass 2540m - finish : 1500m). Departure from Bishkek at 08:00 in the morning.

- Non categorical hike requiring average level of training and basic skills necessary for stay in the mountains. Equipment-good mountain boots, windbreaker jacket with a hood, sunglasses, a cap, a backpack 25-30L. It is recommended to take poles, sunscreen cream, raincoat, spray against ticks.

Cost of transport for a group of 12-15 people: 500 som / person. (for members of the "Union ..." 360 som / person.)

- ATTENTION! Hike of higher difficulty.

### **21 - 22.07. 2018 (Sat-Sun) Lake Son-Kul 3016m.**

Two-day trip to Son-Kul lake, departure from Bishkek on Saturday, early morning travel through the reservoirs of Orto-Tokoy, Kochkor village and Kalmak-Ashuu pass, lunch and walk on the lake shore. Overnight in yurts in the yurt town of Baatai-Aral. Resurrection - free program until 14:00 (walk on the shore of the lake, horseback riding at will or trekking in the mountains). At 14:30 departure to Bishkek.

- The length of the auto route: 600 km, on foot: 2-3 km.

- Non-category trip for two days for people of primary and secondary level of training.

- The cost of transportation and organization (consultancy) costs for a group of 12 people: 2300 som / person (for members of the Union ... "1800 som / person.).

- The cost of the tour does not include the cost of food and equipment.

- The cost of overnight accommodation in yurts with breakfast + dinner 900 som per person. Those who have equipment can establish their tents at the yurt camp and not pay for accommodation. The price does not include lunches.

- additional information: horse for hire per day 800 som.

### **21 July 2018 (Sat) Pass from Burana gorge to Taldy Bulak george**

One day trek from Taldy Bulak gorge to Burana gorge by small pass of 2050m.

distance by car: 170m, trekking: 15-16km, Maximal elevation 800m (start at 1250m, pass: 2050, finish? 1270). Departure from Bishkek at 8 am.

- Non categorical hike requiring average level of training and basic necessary for stay in the mountains. Equipment-good mountain boots, windbreaker jacket with a hood, sunglasses, a cap, a backpack 25-30L. It is recommended to take poles, sunscreen cream, raincoat, spray against ticks and pair of shoes needed for passing the river.

Cost of transport for a group of 12-15 people: 550 soms / person. (for members of the "Union ..." 350 soms / person.)

ATTENTION! Hike of higher difficulty at the pass.

### **21.July 2018 (Sat) Borulu lake (Borulu-Kok- Kol)**

One-day trek to Borulu lake in Sokuluk Gorge. The lake is a result of Belovodsky earthquake in 1885 - distance by car: 140 km., trekking : 8-10 km. The maximum elevation is 500 m. (start at 1400m. - finish-1900) Departure from Bishkek at 08:00 in the morning.

- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains. Equipment - good mountain boots, a windbreak jacket with a hood,

sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles , sunscreen cream, raincoat, spray against ticks and mattress.

Cost of transport for a group of 13-15 people: 470 soms / person. (for members of the "Union ..." 350 soms / person).

### **22.07.2018 (Sun) Rafting**

Rafting in Boom canyons (category 2-3) on the river of Chon-Kemin, duration: 1,5 - 2 hours, length: 22 - 25 km,

The rafting starts in Chon-Kemin, between Shabdan bridge and Boroldoy Bridge, below "Cold water".

Conditions of participation:

- All participants have to be able to swim and should not be afraid of getting wet. Persons suffering from claustrophobia as well as children under the age of 18 are not allowed to participate at the trip. Outfit: swimsuit or shorts, and please do not forget clothes for change.

The cost of transport and rafting for a group of 12 - 16 people: 2400som / person. (for members of the Union ... "2300 som / person).

### **22 July 2018 (Sun) Lake Kol-Tor, Kegety gorge.**

One-day trek in Kegety, hike to the high-altitude lake Kol-Tor 2733m.

- distance by car: 170 km, trekking: 14 km. Maximum elevation 900m., ( start at 1800m. - the finish:2733m.) Departure from Bishkek at 08:00 in the morning.

- Non categorical hike requiring average level of training and basic necessary for stay in the mountains. Equipment-good mountain boots, windbreaker jacket with a hood, sunglasses, a cap, a backpack 25-30L. and poles. It is recommended to take sunscreen cream, raincoat, spray against ticks.

- Cost of transport for a group of 15 people: 500 som / person. (for members of the "Union ..." 350 soms / person.)

### **22 July 2018 (Sun) Alamedin gorge.**

One day trek to Alamedin gorge- waterfall, picnic, return to the parking, departure to Bishkek.

distance by car: 90km, trekking: 12km, Max. elevation 350m (start: 1780, finish:2130m) Departure from Bishkek at 8 am.

- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic necessary for stay in the mountains. Equipment - good mountain boots, a windbreak jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles, sunscreen cream, raincoat.

- Cost of transport for a group of 15 people: 400 som / person. (for members of the "Union ..." 300 som / person.)

### **From 26 to 30 July 2018 (Thurs-Mon) Lake Kel-Suu and Kol-Tor, At-Bashy.**

Five-day trip to Kel-Suu lake and Atbashy Kol-Tor lake, knowing that the transport there and back takes 2 days, so you spend two days at Kel Suu lake and there is one day trek to Atbashy Kol-Tor not far from Boso.

Kel-Suu lake is located in the south-east of Kyrgyzstan, on the Kakshal Too Ridge near

Chinese border, at an altitude of 3500m. above sea level.

Program:

Day 1: departure early in the morning from Bishkek through the reservoir Orto-Tokoy, - Kochkor village - Dolon pass 3030m - Naryn, overnight in tents near Ak-Say river.

Day 2 – Trek to Kel-Suu lake, free program.

Day 3 – Stay at Kel-Suu, after lunch departure to Atbashy Kol-Tor.

Day 4 - Trek to Atbashy Kol-Tor lake, max. elevation difference 150m. Length of the hike: 6 km

Day 5 - after breakfast departure to Bishkek.

- distance by car: 1300km, trekking: 10-15km max.

- You should have experience with camping in tents and elementary skills necessary for stay in the mountains.

### **27 - 28 – 29 July 2018 (Fri-Sat-Sun) Lake Kol-Ukok and Kol-Tor, Kochkor.**

Three-day trip to the mountain lake Kol-Ukok and Kol-Tor located in the district of Kochkor in the region of Naryn. Three days trek to the lakes and back.

Day 1: departure from Bishkek on Friday at 08:00, three hours driving to Kochkorka, lunch on the way. Overnight in tents in Tez-Tor 2650m, The trek takes 3 - 4 hours.

Day 2: departure to the lake at 08:30, lunch at Kol-Ukok, after lunch, trek to Kol-Tor lake.

Overnight at Kol-Ukok lake, 3048m, the hike takes 6 - 7 hours.

Day 3: after breakfast return to the village of Kochkor and departure to Bishkek, the hike takes 4 - 5 hours.

Conditions of participation:

- Non categorical hike requiring average level of training and basic skills necessary for stay in the mountains.
- The cost of transportation and organizational (consultation) fees for a group of 10-12 people: 1700 som / person (for members of the "Union ..." 1400 soms / person.)
- The price does not include food and equipment.
- distance by car: 400 km, trekking: 36-38 km

### **28 July 2018 (Sat) Sokuluk gorge (Belogorka)**

One-day trekking in Sokuluk gorge - hike to a waterfall - picnic, return to the parking – departure to Bishkek.

- distance by car: 170 km., trekking : 7 km. Maximum elevation 250m. (start at 1950m. - finish at 2000m). Departure from Bishkek at 08:00 in the morning.

Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains.

Equipment - good mountain boots, a windbreak jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles, sunscreen cream, raincoat, spray against ticks.

- Cost of transport for a group of 15 people: 500 som / person. (for members of the "Union ..." 370 soms / person.)

### **28 July 2018 (Sat) Lake Kol-Tor, Kegety gorge.**

One-day trek in Kegety, hike to the high-altitude lake Kol-Tor 2733m.

- auto route: 170 km, trekking: 14 km. Maximum elevation 900m., (start at 1800m. - the finish:2733m.) Departure from Bishkek at 08:00 in the morning.

- Non categorical hike requiring average level of training and basic skills necessary for stay in the mountains. Equipment-good mountain boots, windbreaker jacket with a hood, sunglasses, a cap, a backpack 25-30L. and poles. It is recommended to take sunscreen cream, raincoat, spray against ticks.

- Cost of transport for a group of 15 people: 500 som / person. (for members of the "Union ..." 350 soms / person.)

### **29 July 2018 (Sun) Ala Archa, Top Karagai**

One day trek in Ala Archa gorge to Top Karagai, picnic, return to the parking, departure to Bishkek.

Departure from Bishkek at 8 am.

Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains. Equipment - good mountain boots, a windbreak jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take sunscreen cream, raincoat.

Price includes transport and entrance fee to National park . Cost of the trip for a group of 15 people: 450 som / person. (for members of the "Union ..." 350 som / person.)

### **29 July 2018 (Sun) Borulu lake (Borulu-Kok- Kol)**

One-day trek to Borulu lake in Sokuluk Gorge. The lake is a result of Belovodsky earthquake in 1885 - auto route distance : 140 km., trekking : 8-10 km. The maximum elevation is 500 m. (start at 1400m. - finish-1900) Departure from Bishkek at 08:00 in the morning.

- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains. Equipment - good mountain boots, a windbreak jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles , sunscreen cream, raincoat, spray against ticks and mattress.

Cost of transport for a group of 13-15 people: 470 som/ person. (for members of the "Union ..." 350 som / person.)

### **From 3 to 7 August 2018 (Fri - Tues) Sary-Chelek lakes.**

Five-day trip to the biosphere reserve of Sary-Chelek, knowing that the transport there and back takes 2 days, so you spend full three days hiking through the reserve, and you will see five main lakes.

Program

Day 1 - Departure early in the morning from Bishkek, picnic- lunch on the way, overnight in the village of Kara-Suu.

Day 2 - after breakfast we take all backpacks and leave to Kara-Suu (Kara-Kamish) lake. Picnic lunch. Overnight at Kara-Suu lake 1802m.

Day 3 - after breakfast we go through the pass of Kotormo 2446m in Sary-Chelek. Lunch picnic, overnight on Iyri-Kol lake at the altitude of 1925m.

Day 4 - after breakfast we pass to Choychok-Kol lake and Kyla-Kol lake to Great Sary- Chelek lake. Picnic dinner and overnight near Great Sary-Chelek lake.

Day 5 - after breakfast departure to Bishkek.

- car road: 1100 km, trekking: 33-35 km, maximum elevation 1350 m.

- cost of transport , guide, entry to the reserve, payment for parking in Sary-Chelek and organization costs (consultations) for a group of 12 people: 3900 som / person (for members of the "Union ..." 3700 som / person). Foreigners need to pay 400 som/ person extra for entry to the reserve.

- The price does not include food and equipment;

- additional information: we recommend you to hire a horse to carry the backpacks: 800 som / day. You have a possibility to spend the first night at the guest house, price 600 som breakfast included.

### **From 10 to 12 August 2018 (Fri-Sat-Sun) the lake Kol-Kogur is 2465 m.**

Three-day trip to Chon-Kemin Natural Park, to Kol-Kogur Lake. Three days trekking to the lake and back - Return to Bishkek.

Conditions of participation:

- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills of stay in the mountains. Outfit - Good mountain boots, windbreaker jacket, sunglasses, and headlamp. Equipment - tent, sleeping bag, mattress, backpack 65-85L.

- Distance by car: 400 km, trekking: 23-25 km. Max. elevation 1200m.,(start 1780m - 1st night 2500m - 1st pass 2800m - 2nd pass - 2800m - 2nd night at the lake 2470m).

- Cost of transport, entrance ticket to the natural park, transport for crossing the river and

organizational (consultation) fees for a group of 10-12 people: 2500 som / person (for members of the "Union ..." 2200 som / person.)

Foreigners have to pay special entrance fee to a natural park - 250 som/ person

- The price does not include food and equipment.

### **23 - 26 August 2018 (Thurs-Sun) Ala-Kol Lake.**

Four-day trek to Lake Ala-Kol 3532m. Ridge of Terskey Ala-Too.

Ala-Kol is translated from the Kyrgyz language "motley lake", located at altitude of 3550 m. above the level sea, with length of 2700 m, and width of 500 m, depth of more than 70 meters. The lake is located between the gorges of Karakol and Altyn-Arashan.

Day 1 - departure early in the morning from Bishkek to the city of Karakol, then to Karakol gorge, to alpine camp Ayu-Tor. Trek there takes 2.5 -3 hours trek from the parking lot to Sirota, there overnight in tents 2960m, elevation 400m, length of the trek 3km.

Day 2 - after breakfast, departure to Ala-Kol lake, after lunch, departure to the pass X, overnight in the tents 3560m, elevation 600m, length of the trek 3km..

Day 3 - after breakfast, departure to Altyn-Arashan gorge through the 3800m pass, down to Keldik gorge to thermal springs. Overnight in tents 2520m, elevation difference 1300m, length of the trek 11 km.

Day 4 - after breakfast trek down along the gorge of Altyn-Arashan to the village of Ak-Suu, elevation difference 660m, distance of the trek 16km - departure to Bishkek.

- distance by car: 900 km, trekking : 32-33 km maximum.

- Non categorical hike requiring average level of training and basic skills necessary for stay in the mountains. The trip does not require any special equipment. Outfit - Good mountain boots, windbreaker jacket, sunglasses and backpack 65-85L. The cost of transportation and organizational (consultancy) fees for a group of 10 people: 2900som / person.(for members of the "Union ..." 2500 som/ person).

- The price does not include the cost of food and equipment, as well as entrance tickets to the National Park Karakol.

Our motto:

*«Take photos, and leave only footprints behind you»*

«Trekking union of Kyrgyzstan »

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