

Calendar of the Union March 2019. ATTENTION! 1. One-day non-categorical weekend travels, designed for ordinary healthy people, and do not require special training and equipment. They are produced in safe areas and tested with repeated repetitions over many years. To ensure the safe participation in them of sufficiently generally accepted security measures and the usual conscious prudent everyday behavior. Tourists participating in such travel should be attentive, cautious, prudent, count their strength and ability to participate in the journey. Tourists themselves ensure their safety, they themselves determine the possibility of their participation in the journey without harm to health, and if they feel worse, they can at any time interrupt the route and stop for a rest or even return to the bus. 2. In the warm season you need to beware of tick bites. Tourists must be immunized against encephalitis and be dressed in protective clothing. Tourists not vaccinated without working clothes travel at their own peril and risk. Important measures for the prevention of tick bites are frequent attentive examinations of body parts related to grass and tree branches and removal of detected ticks.

3. Equipment - good mountain boots and leggings to protect the feet from moisture and snow, jacket, hat, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves.

4. The trip will take place in any weather, but the route can be changed by decision of the group. On the day of departure, telephone conversations with the guide are possible from 07:30 h. in the morning 5. OO SPTK is not responsible for things left in the beads as well as in the office.

08 - 09.03.2019 (Fri-Sat) Karakol GB and bathing in the Tash-Suu thermal springs in the village of Chon-Orukt. Departure on Thursday evening, Friday skating all day, Saturday until 16:00, then return to Bishkek. On the way back to Bishkek, bathing in Tash-Suu thermal springs in Chon-Orukt village 200s per person, one hour. Accommodation for 2-3 people in the room + breakfast, as well as the opportunity to order lunches and dinners from the owners of houses at a bargain price. Transport includes: Bishkek - Karakol - base 2 days - Bishkek.

Prices: - The cost of accommodation for 2 nights is 1600 som / person, (for members of the Union ... 1400 som / person); - The cost of the lift is 1,200 som / person per day, for children under 12 years old - 700 som / person per day; - The cost of transport for a group of 7 people (Delica) is 2,400 som / person (for members of the Union ... 2,300 som / person); - The cost of transport for a group of 12 people (Sprinter) 1900 som / person, (for members of the Union ... 1700 som / person); - The cost of renting skis per day in the office of the Union is 500 som / person, (for members of the Union ... 400 som / person).

08/03/2019 (Fri) Panorama 270 degrees - Waterfall - Petroglyphs.

A day trip to the Chunkurchak gorge, a visit to the Pigeon Falls with a height of 30m, access to the ridge of the panoramic summit, a panorama of 270 degrees, a picnic, return to the bus stop - transfer to Bishkek.

- The length of the auto route: 70km, walking route: 10km. Maximum height difference 700m., Place start 1500m - place finish 2200m. Check out at 08:00 am.

- Non-categorical march of intermediate level and requiring basic skills in the mountains. Equipment - good horn shoes, a hooded windbreaker jacket, sunglasses, a baseball cap (cap), a hat, a backpack 25-30l., and track sticks. It is advisable (but not necessary) to have sun cream, rain cover and spray against ticks. The cost of transport for a group of 15 people: 400 som / person. (for members of the "Union ..." 280 som / person.).

08/03/2019 (Fri) Horseback Tour One-day horse riding tour in the foothills of the Chon-Kemin valley, 4.5 - 5 hours horse riding, return to the bus stop - transfer to Bishkek. Equipment - comfortable shoes (boots or shoes with a smooth sole), riding clothes, sports trousers, sweater, gloves, rain coat and headdress. - The cost of transport, a horse with a stable for a group of 8-10 people: 1700 som / person. (for members of the "Union ..." 1500 som / person.) Departure 08:00 in the morning.

08/03/2019 (Fri) ZiL ski center

- Cost for a group of 12-14 people (Sprinter) 360 som (for members of the Union ... 280 som / person) The cost of transport and organizational costs for a group: out of 7 people (Delica) 400 som (for members of the Union... 350 som / person)

- The cost of the lift - 1200 som from 09:30 to 15:30, for children and beginners on the lift "Kid" - 700 som for the whole day. 20% discount for members of the Union on the lift! Check out 08:10 in the morning.

- The cost of renting skis per day in the office of the Union is 500 som / person, (for members of the Union ... 400 som / person).

09-10.03.2019 (Sat-Sun) Ice Activities (Bars Sports Group at TUK)

Two-day trip to the Ak-Sai glacier in the Ala-Archa gorge, ice classes on the Ak-Sai glacier, overnight in the hut of Ratsek. Introductory opening classes on the techniques of movement on the icy slope.

The terms of participation:

-experience of staying in the conditions of high mountains, the absence of acute and chronic diseases, good physical training and discipline. The necessary camping equipment is a winter sleeping bag, a sleeping pad, a backpack, winter gloves, leggings, good shoes, three layers of clothing, lunch on the first day and tea in a thermos, personal climbing equipment is a harness, 3 carabines, climbing mustaches, descender, ice climbing cats and ice tool (preferably). The cost of overnight stay at the Hut is 500 s per person.

- The cost of transport and payment for entrance tickets to the National Park "Ala-Archa" for a group of 15 people: 600 som / person. (for members of the "Union ..." 500 som / person.).

09/03/2019 (Sat) Transition Bailamtal Canyons - Kok-Moinok Canyons.

One-day reconnaissance passage from the Banylamtal canyons to the Kok-Moinok canyons. Views from above on Boom, Bailamtala canyons, distant Kokmoynok Canyons, new fields of the Western Kok Moynok red rocks, ancient slopes, pass with views of the Kyrgyz, Kungei and Terskey Ala-Too

- The length of the auto route: 340km., Walking route: 12km. The maximum height difference is 550m., The starting point is 1600m. - the highest point is 2150m. Check out 08:00 in the morning.

- Non-categorical march of intermediate level and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves. The cost of transport for a group of 15 people: 650som / person. (for members of the "Union ..." 500 som / person.)

09/03/2019 (Sat) Alamedin gorge.

One day trip to the ravine Alamedin - hike to the frozen waterfall - a picnic, returning to the bus stop on the other side - transfer to Bishkek.

- The length of the auto route: 90km. On foot: 12km. The maximum height difference is 350m., The starting point is 1780m. - finish place 2130m. Check out 08:30 am.

Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves.

The cost of transport for a group of 15 people: 360 som / person. (for members of the "Union ..." 280 som / person.)

09/03/2019 (Sat) Mountain-skiing base "ZIL" - Cost for a group of 12-14 people (Sprinter) 360 som (for members of the Union ... 280 som / person) The cost of transport and organizational costs for a group: out of 7 people (Delica) 400 som (for members of the Union... 350 som / person) - The cost of the lift - 1200 som from 09:30 to 15:30, for children and beginners on the lift "Kid" - 700 som for the whole day. 20% discount for members of the Union on the lift! Check out 08:10 in the morning. - The cost of renting skis per day in the office of the Union is 500 som / person, (for members of the Union ... 400 som / person).

10/03/2019 (Sun) Shamsi gorge, Tuura-Kaiyna.

One-day trip to the Shamsi gorge in Tuura-Kaiyna. Picnic lunch, return to the bus stop - transfer to Bishkek.

- The length of the auto route: 200km. On foot: 8-9km. The maximum height difference is 250-300m., The starting place is 1950m - the finish point is 2250m. Check out 08:00 in the morning. - Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots, windbreaker jacket with a hood, sunglasses, baseball cap (cap), hat, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunscreen cream, rain coat and spray against ticks.

The cost of transport for a group of 15 people: 550 som / person. (for members of the "Union ..." 370 som / person.)

10/03/2019 (Sun) "Too-Ashuu" Ski Base Day trip to the ski base Too-Ashu. - The cost of transport for a group of 12-14 people (Sprinter) 500 som / person (for members of the Union ... 400 som / person) - The cost of the lift - 800 som from 09:00 to 17:00, for children under 12 years old - 600 som. Check out 06:30 am. - The cost of renting skis per day in the office of the Union is 500 som / person, (for members of the Union ... 400 som / person)

16-17.03.2019 (Sat-Sun) Hike to Lake Suttu-Bulak, Issyk-Kul and bathing in hot springs. Two-day trip to the northern coast of Issyk-Kul. On Saturday, an early departure from Bishkek to the village of Semenovka, on the way visiting petroglyphs in Cholpon-Ata and a panoramic view of the Issyk-Kul lake. Next move to the village Semenovka accommodation and snack. After lunch, transfer to Chon-Oruktu village, bathing in hot springs. Balneotherapy effect in case of diseases: 1) Nervous system 2) Liver (cholecystitis, gastritis) 3) Intestinal and stomach activity 4) Pancreas 5) Skin diseases 6) Gynecology 7) Musculoskeletal system. It is not recommended to take bathing procedures for people with cardiovascular diseases and with pressure (low and high).

Sunday after breakfast transfer to Semenov Gorge, easy trip to Suttu-Bulak Lake 2 - 2.5 hours.

After lunch, transfer to Bishkek on the way if desired, swimming in hot springs in a boarding house and a walk on the beach.

The cost of bathing in Tash-Suu thermal springs in Chon-Oruktu village is 200 som for one hour.

The cost of bathing in the thermal springs in the boarding house is 200 som for one hour.

The cost of transport and accommodation in the guest house and organizational (consultations, guide) costs for a group of 12 people: 1700 som / person (for members of the "Union ..." 1500 som / person.)

- The cost of the tour does not include the cost of meals and swimming in the springs

16/03/2019 (Sat) Canyons and traverse Kyz-Kiya - Sulu-Terek. One-day reconnaissance passage from Kyz-Kiya canyons to Suulu-Terek canyons, a beautiful trail along the southern traverse of the eastern end of the ridge Oktorkoi. - The length of the auto route: 300km. On foot: 13km. The maximum height difference is 535m., The starting point is 1465m. - The highest point of 2000m. Check out 08:00 in the morning. - Non-categorical march of intermediate level and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves.

The cost of transport for a group of 15 people: 600som / person. (for members of the "Union ..." 500 som / person.)

16/03/2019 (Sat) Tar-Suu gorge, Chon-Kemin valley. Day trip to the Chon-Kemin valley, hike through the Tar-Suu gorge. - The length of the auto route: 320km. On foot: 14km. Maximum height difference 500m., Departure 08:00 in the morning. - Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots, windbreaker jacket with a hood, sunglasses, baseball cap (cap), hat, backpack 25-30l. It is advisable (but not necessary) to have track sticks, sun cream and a raincoat. - The cost of transport for a group of 15 people: 550 som / person. (for members of the "Union ..." 350 som / person.)

16/03/2019 (Sat) We find the first snowdrops in the bed. Kegeti A one-day trip to the Kegeti gorge, a visit to a frozen waterfall, a hike up the gorge to At-Jailoo fork, a picnic, return to the bus stop - transfer to Bishkek. The tradition of hike to catch snowdrops. - The length of the auto route: 170km. On foot: 13km. Maximum height difference 450m., Place start 1770m. - place finish 2210m. Check out 08:00 am - Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots, windbreaker jacket with a hood, sunglasses, baseball cap (cap), hat, backpack 25-30l. It is advisable (but not necessary) to have track sticks, sun cream and a raincoat.

- The presence of children on a trip from 10 years and older is possible, but only with parents.

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

16/03/2019 (Sat) Ski base "Too-Ashu" Day trip to the ski base Too-Ashu. - The cost of transport for a group of 12-14 people (Sprinter) 500 som / person (for members of the Union ... 400 som / person) - The cost of the lift - 800 som from 09:00 to 17:00, for children under 12 years old - 600 som. Check out 06:30 am. - The cost of renting skis per day in the office of the Union is 500 som / person, (for members of the Union ... 400 som / person).

17/03/2019 (Sun) Panorama 270 degrees - Waterfall - Petroglyphs.

A day trip to the Chunkurchak gorge, a visit to the Pigeon Falls with a height of 30m, access to the ridge of the panoramic summit, a panorama of 270 degrees, a picnic, return to the bus stop - transfer to Bishkek.

- The length of the auto route: 70km, walking route: 10km. Maximum height difference 700m., Place start 1500m - place finish 2200m. Check out at 08:00 am

- Non-categorical march of intermediate level and requiring basic skills in the mountains. Equipment - good mountain boots, windbreaker jacket with a hood, sunglasses, a baseball cap (cap), hat, backpack 25-30l., And track sticks. It is advisable (but not necessary) to have sun cream, rain cover and spray against ticks. The cost of transport for a group of 15 people: 400 som / person. (for members of the "Union ..." 280 som / person.).

17/03/2019 (Sun) Red Bridge Canyons (Eolian castles) One-day trip to the canyons of red sandstones ("Eolian castles") of the Boom gorge, inspection of natural sculptures. - The length of the auto route: 270km. On foot: 9km. Maximum height difference 330m., Place start 1470m. - 1800m finish place. Check out 08:30 am. - Non-categorical hike of light intensity, requiring basic skills in the mountains. Equipment - good mountain boots, windbreaker jacket with a hood, sunglasses, baseball cap (cap), hat, backpack 25-30l. Preferably (but not necessarily) sunscreen cream and a raincoat. - The cost of transport for a group of 15 people: 550 som / person. (for members of the "Union ..." 360 som / person.) - Perhaps the presence of children on a trip from 12 years and older, strictly with their parents.

17/03/2019 (Sun) Horse tour One-day horse riding tour in the foothills of the Chon-Kemin valley, 4.5 - 5 hours horse riding, return to the bus stop - transfer to Bishkek. Equipment - comfortable shoes (boots or shoes with a smooth sole), riding clothes, sports trousers, sweater, gloves, rain coat and headdress. - The cost of transport, a horse with a stable for a group of 8-10 people: 1700 som / person. (for members of the "Union ..." 1500 som / person.) Departure 08:00 in the morning.

22-23-24.03.2019 (Fri-Sat-Sun) Grand Canyons of Konorchek.

A three-day trip to the large Konorchek canyons, two nights in tents. Departure on Friday 08:00 am, Sunday afternoon return back to Bishkek.

The terms of participation:

- Non-categorical march of intermediate level and requiring elementary skills being in the mountains. Do not require any special equipment for hiking.
- The length of the auto route is 300km, the pedestrian route is 18-20km. Maximum height difference - 530m., starting place 2300m. - lodging place 1770m.
- **Equipment** - good mountain boots, if not possible in sneakers, rubber slippers (slaps), not Tight comfortable pants, windbreaker jacket, hat (warm), ordinary building gloves, sunglasses, flashlight headlamp.
- **Meals** - before the hike, a meeting at the office will be organized; for making a menu for two dinners and two breakfasts, which we will prepare ourselves, the meeting will also collect money for food at about 300-400s per person. Three dinners, participants must take each one by himself.
- The cost of transport and organizational (consultation, guide) costs for a group of 12-14 people 1700 som (for members of the "Union ..." 1400 som).
- The cost of the tour does not include the cost of food and equipment.

23/03/2019 (Sat) Transition from Kashka-Suu gorge to Boyrok tract.

Day trip from Kashka-Suu gorge to Boyrok tract ,. - picnic, returning down the Boyrok tract to the bus stop - transfer to Bishkek. Participation conditions: Non-categorical hike of the average level of training and requiring elementary skills in the mountains. Do not require any special equipment for hiking. - The cost of transport for a group of 15 people: 400 som / person. (for members of the "Union ..." 300 som / person.) - It is possible to climb the lift to the Kashka-Suu hostel, the preliminary cost of lifting is 150 som / person.

23/03/2019 (Sat) Ashu-Tor and frozen waterfalls.

A one-day trip to the Ashu-Tor gorge in the Sokuluk district - a trip to the frozen waterfalls - a picnic, a return to the bus stop - transfer to Bishkek.

- The length of the auto route: 170km. On foot: 14km. The maximum height difference is 400m., The starting point is 1900m. - finish place 2300m. Check out 08:00 am - Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, and a jacket with a hood.
- The cost of transport for a group of 15 people: 500 som / person. (for members of the "Union ..." 370 som / person.)

24/03/2019 (Sun) Issyk-Ata gorge.

Hike in Issyk-Ata gorge, the path lies along the left bank of the river to the frozen waterfall. At the end of the hike, for those who want to have the opportunity to swim in the hot springs, you need to take bathing suits and 100som per person to pay for the pool.

Picnic lunch. Returning on the left bank - moving to Bishkek.

- The length of the auto route: 160km, walking route: 10km. Maximum height difference 400m., Place start 1850m - finish place 2350m. Check out 08:00 in the morning.

- Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Do not require any special equipment for hiking. Equipment - good mountain boots, jacket, hat, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, gloves. The cost of transport for a group of 15 people: 450som / person. (for members of the "Union ..." 330 som / person.)

24/03/2019 (Sun) lane Ala-Archa, Sharkyratma.

One-day hike in the Ala-Archa gorge to the Ak-Sai frozen waterfall, on the way back trek to the Tepche hills. Picnic, return to the bus stop - transfer to Bishkek. Check out at 08:00.

- Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves.

- The cost of transport and payment for entrance tickets to the National Park "Ala-Archa" for a group of 15 people: 450 som / person. (for members of the "Union ..." 350 som / person.).

30/03/2019 (Sat) Alamedin gorge. One day trip to the ravine Alamedin - hike to the frozen waterfall - a picnic, returning to the bus stop on the other side - transfer to Bishkek. - The length of the auto route: 90km. On foot: 12km. The maximum height difference is 350m., The starting point is 1780m. - finish place 2130m. Check out 08:30 am.

- Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves.

The cost of transport for a group of 15 people: 360 som / person. (for members of the "Union ..." 280 som / person.)

30/03/2019 (Sat) Birbulak (Crimson) Gorge One-day trip to the Birbulak gorge, hiking up the gorge, picnic, returning to the bus stop - transfer to Bishkek. The length of the hiking route is from 10 km., The maximum height difference is 250m. Check out 09:00 am. - Non-categorical campaign of primary and secondary level training and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves. The cost of transport for a group of 15 people: 400 som / person. (for members of the "Union ..." 270 som / person)

31/03/2019 (Sun) Kokpak - Kyrkoo Canyons. (district Boom gorge) A new field of red rocks and canyons on the southern slope of the Kungei - Ala-Too. It should be similar to the Cock-Moinok canyons. Walk along the bottom of the Issyk-Kul as it was 200 000 years ago. - The length of the auto route: 130km. On foot: 10km. The maximum height difference is 430m., The starting point is 990m. - the highest point is 1420m. Check out 08:30 am.

- Non-categorical march of intermediate level and requiring basic skills in the mountains. Equipment - good mountain boots and gaiters to protect the feet from moisture and snow, jacket, cap, backpack 25-30l. It is desirable (but not necessary) to have track sticks, sunglasses, a jacket with a hood, a scarf, gloves. The cost of transport for a group of 15 people: 650som / person. (for members of the "Union ..." 500 som / person.)

31/03/2019 (Sun) Panorama Adigine. One-day trip to the Ala-Archa gorge, a panorama of Adygina, a picnic, return to the bus stop - transfer to Bishkek. Check out at 08:00. - Non-categorical march of intermediate level and requiring basic skills in the mountains. Equipment - good mountain boots, windbreaker jacket with a hood, sunglasses, a baseball cap (cap), hat, backpack 25-30l., And track sticks. It is desirable (but not necessary) to have a sun cream and a raincoat.

- The cost of transport and payment for entrance tickets to the National Park "Ala-Archa" for a group of 15 people: 450 som / person. (for members of the "Union ..." 350 som / person.).

31/03/2019 (Sun) Horse tour One-day horse riding tour in the foothills of the Chon-Kemin valley,.

4.5 - 5 hours horse riding, return to the bus stop - transfer to Bishkek. Equipment - comfortable shoes (boots or shoes with a smooth sole), riding clothes, sports trousers, sweater, gloves, rain coat and headaddress. - The cost of transport, a horse with a stable for a group of 8-10 people: 1700 som / person. (for members of the "Union ..." 1500 som / person.) Departure 08:00 in the morning.

Our motto on hikes: "Take only photos with you, leave only traces of shoes behind you" NGO "Union of Tourism of Kyrgyzstan" Our address: Kievskaya St. 168, tel: 0312 909 115, Mobile: 0556 10 19 33. E-mail: trek@elcat.kg, www.tuk.kg