

TUK's treks' calendar for August 2019

ATTENTION!

1. One-day non-categorical hikes taking place at the weekends are suitable for everybody whose health allows to stay in the mountains. These hikes do not require any special training or equipment. The treks are organized in safe areas in which we have been organizing these hikes for years. However, safety during the hikes depends also on you: your behavior is crucial, you should stay prudent and conscious about the conditions in the mountains, please assess your skills reasonably. If you have any doubts concerning your health or safety, you can leave the group any time and take a rest and wait for the group or return to the bus taking the same way back.
2. In the warm season there are ticks in Kyrgyzstan. You should be better vaccinated against encephalitis. During the hike, we recommend you to cover your body parts to avoid bites. If you take risk and you are not vaccinated and you do not follow our recommendation, bear in mind that you sign up for hikes on your own responsibility. During the hike please do not sit on the grass and under the trees, control regularly your clothes and body parts.
3. Equipment - good mountain boots hiking gaiters to protect them from moisture and snow, jacket, cap, backpack 25-30l. It is recommended to take poles, sunglasses, hoody, scarf, gloves.
4. Trips take place in any weather conditions (including snow and rain). Group with the guide can decide to change the itinerary of the hike. In any doubts you can call the guide in the morning before the hike. Guide is available from 7:00 am.
5. TUK is not responsible for personal belongings left in buses or in the office.

10/8/2019 (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 skills necessary for stay in the mountains. Equipment - good mountain boots, a windbreaker jacket with a hood,

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

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

10/8/2019 (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 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 som / person.)

10-11/8/2019 (Sat-Sun) Lake Son-Kul 3016m Lake Son-Kul 3016m, Kalmak Ashuu, 32 Parrots and waterfall Kadzhyrty.

Two-day trip to Son-Kul lake, departure from Bishkek on Saturday morning, bus passes by the reservoirs of Orto-Tokoy, Kochkor village and Kalmak-Ashuu pass. We arrive to the lake around lunch time, we eat and you can enjoy free time. Overnight in yurts of Baatai-Aral yurt camp. Sunday: free program until 2:00 pm (walking around the lake, horseriding, trekking in the mountains) . Departure to Bishkek at 12:00 pm from the pass 32 Parrots, waterfall Kadzhytry on the way.

- distance by car: 600km, trekking: 2-3 km,
- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains.
- Cost of the transport and organization costs (consultations) for a group of 12 people: 2400 som / person (for members of the "Union ..." 1900 som / person).
- Price does not include food and equipment.
- Cost of overnight in yurt 900 som (breakfast and dinner included), tent place for free.
- Horse riding: 800som/ day

11/8/2019 (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

- 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 windbreaker jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles , sunscreen, 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.)

11/8/2019 (Sun) Ak-Tuz, Kichi-Kemin Valley

One-day trek to the Ak-Tuz valley, trekking along Kichi-Kemin river to the pass of Kum-Bel.

- distance by car: 320 km., trekking : 14 km. Maximum elevation 500 m. Departure from Bishkek 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 windbreaker jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles , sunscreen, raincoat, spray against ticks.
- Cost of the transport for a group of 15 people: 600 som / person. (for members of the "Union ..." 350 som / person.)

11/8/2019(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).

12/8/2019 (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 windbreaker jacket with a hood,

sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles, sunscreen, raincoat.

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

13-15 August 2019 (Tue-Thur) 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: 2700 som / person (for members of the "Union ..."2400 som / person.)

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

- The price does not include food and equipment.

16-20/8/2019 (Fri- Tue) 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.

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

- cost of transport, guide, entrance 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 ..." 3600 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.

17-20/2019 (Sat-Tue) 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 transport and organizational (consultancy) fees for a group of 10 people: 3200som / person.(for members of the "Union ..." 2800 som / person).

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

17/8/2019(Sat) Shamsi gorge, Tuura-Kayin.

One-day trek in Shamsi gorge in Tuura-Kayin. Lunch-picnic, return to the parking -departure to Bishkek.

- distance by car: 200 km., , trekking : 8-9 km. Maximum elevation : 250-300 m (start at 1950m., finish: 2250m.), 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. Outfit - good mountain boots, a windbreaker jacket with a

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

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

17/8/2019 (Sat) "Ratsek" hut

One-day hike to the "Ratsek" hut – Ak-Sai glacier and a waterfall , picnic and return to the parking lot of the bus - departure to Bishkek.

- distance by car: 90 km., trekking : 13 km. Maximum elevation 1200m, (start at 2200m., finish: 3380m.) Departure from Bishkek 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 and a raincoat (not necessary).

- Cost of transport and entry ticket to the National Park "Ala-Archa" for group of 15 persons: 450 som/ person. (for members of the "Union ..." 350 som / person.).

- ATTENTION! The trek of HIGHER difficulty.

17/8/2019(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).

17-18/8/2019 (Sat-Sun) Lake Son-Kul 3016m Lake Son-Kul 3016m, Kalmak Ashuu, 32 Parrots and waterfall Kadzhyrty.

Two-day trip to Son-Kul lake, departure from Bishkek on Saturday morning, bus passes by the reservoirs of Orto-Tokoy, Kochkor village and Kalmak-Ashuu pass. We arrive to the lake around lunch time, we eat and you can enjoy free time. Overnight in yurts of Baatai-Aral yurt camp. Sunday: free program until 2:00 pm (walking around the lake, horseriding, trekking in the mountains) . Departure to Bishkek at 12:00 pm from the pass 32 Parrots, waterfall Kadzhyrty on the way.

- distance by car: 600km, trekking: 2-3 km,
- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains.
- Cost of the transport and organization costs (consultations) for a group of 12 people: 2400 som / person (for members of the "Union ..." 1900 som / person).
- Price does not include food and equipment.
- Cost of overnight in yurt 900 som (breakfast and dinner included), tent place for free.
- Horse riding: 800som/ day

18/8/2019 (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.)

18/8/2019 (Sun) Pass from Kashka-Suu gorge to Boyrok.

One-day trek from Kashka-Suu gorge to Boyrok. - picnic, return trough Boyrok to the – departure to Bishkek.

Non categorical hike requiring average level of training and basic skills necessary for stay in the mountains. Do not require any special equipment.

- Cost of the transport for a group of 15 people: 400 som / person. (for members of the "Union ..." 280 soms / person.)

It is possible to take chairlift to Kashka – Suu ski-base, its cost is 150 som/ person

24-25/8/2019 (Sat-Sun) Lake Son-Kul 3016m, Kalmak Ashuu, 32 Parrots and waterfall Kadzhyrty.

Two-day trip to Son-Kul lake, departure from Bishkek on Saturday morning, bus passes by the reservoirs of Orto-Tokoy, Kochkor village and Kalmak-Ashuu pass. We arrive to the lake around lunch time, we eat and you can enjoy free time. Overnight in yurts of Baatai-Aral yurt camp. Sunday: free program until 12:00 pm (walking around the lake, horseriding, trekking in the mountains) . Departure to Bishkek at 12:00 pm from the pass 32 Parrots, waterfall Kadzhytry on the way.

- distance by car: 600km, trekking: 2-3 km,
- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains.
- Cost of the transport and organization costs (consultations) for a group of 12 people: 2300 som / person (for members of the "Union ..." 1800 som / person).
- Price does not include food and equipment.
- Cost of overnight in yurt 900 som (breakfast and dinner included), tent place for free.
- Horse riding: 800som/ day

24/8/2019 (Sat) 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 windbreaker jacket with a hood,

sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take sunscreen, 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.)

24/8/2019 (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 skills necessary for stay in the mountains. Equipment - good mountain boots, a windbreaker jacket with a hood,

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

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

25/8/2019 (Sun) Kok-Moinok Gorge, Tuyuk-Issyk Ata.

One-day trek in Kok-Moinok gorge in Tuyuk-Issyk-Ata , visiting a waterfall, picnic -lunch, return to the parking- departure to Bishkek.

- distance by car: 170 km., trekking : 13 km. The maximum elevation: 650 m.(start at 1550m. -finish 2200m.) 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 windbreaker jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles , sunscreen, raincoat, spray against ticks.

Cost of transport for a group of 15 people: 450som / person. (for members of the "Union ..." 330 som / person.)

25/8/2019 (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

- 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 windbreaker jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles , sunscreen, 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.)

25/8/2019(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).

From 29/8/2019 to 1/9/2019 (Thur-Sun) Kel-Suu lake.

Four-day trip to the lake Kel-Suu, knowing that transport there takes two days, and the rest two days you spend at the lake.

Kel-Suu lake is located in the south-east of Kyrgyzstan on Kakshal Too ridge, near the border with China, at the altitude of 3500m.

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 2-3 – stay at Kel-Suu lake

Day 4 - after breakfast departure to Bishkek.

- distance by car: 1200 km, trekking : 10-15 km maximum.

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

Transport, pass permission for citizens of the Kyrgyz Republic and organization costs for a group of 6 person: 8300som / person. (for members of the "Union ..." 7900 som / person).

- The price does not include food and equipment.

-If you want to join the trip you have to demand the border pass permission in advance.

31/8/2019(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 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 som / person.)

31/8/2019 (Sat) Red Bridge canyons (Eolov's castles)

One-day trek in canyons of the Red bridge ("Eolov's castles") in Boom gorge. You can see many interesting sculptures created by nature.

- distance by car:270 km., , trekking : 9 km. Maximum elevation : 330 m(start at 1470m, finish: 1800m.). Departure from Bishkek at 08:00 in the morning.

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

- Cost of transport for a group of 15 people: 550 som / person. (for members of the "Union ..." 360 som / person.)

Children at the age 12+ are allowed to take part at the trip with their parents.

From 29/8/2019 to 1/9/2019 (Thur-Sun) Kel-Suu lake.

Four-day trip to the lake Kel-Suu, knowing that transport there takes two days, and the rest two days you spend at the lake.

Kel-Suu lake is located in the south-east of Kyrgyzstan on Kakshal Too ridge, near the border with China, at the altitude of 3500m.

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 2-3 – stay at Kel-Suu lake

Day 4 - after breakfast departure to Bishkek.

- distance by car: 1200 km, trekking : 10-15 km maximum.

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

Transport, pass permission for citizens of the Kyrgyz Republic and organization costs for a group of 6 person: 8300som / person. (for members of the "Union ..." 7900 som / person).

- The price does not include food and equipment.

-If you want to join the trip you have to demand the border pass permission in advance.

31/8 – 1/9/ 2019 (Sat-Sun) Lake Son-Kul 3016m, Kalmak Ashuu, 32 Parrots and waterfall Kadzhyrty.

Two-day trip to Son-Kul lake, departure from Bishkek on Saturday morning, bus passes by the reservoirs of Orto-Tokoy, Kochkor village and Kalmak-Ashuu pass. We arrive to the lake around lunch time, we eat and you can enjoy free time. Overnight in yurts of Baatai-Aral yurt camp. Sunday: free program until 2:00 pm (walking around the lake, horseriding, trekking in the mountains) . Departure to Bishkek at 12:00 pm from the pass 32 Parrots, waterfall Kadzhyrty on the way.

- distance by car: 600km, trekking: 2-3 km,
- Non categorical hike suitable for beginners and medium-skilled hikers, requiring basic skills necessary for stay in the mountains.
- Cost of the transport and organization costs (consultations) for a group of 12 people: 2400 som / person (for members of the "Union ..." 1900 som / person).
- Price does not include food and equipment.
- Cost of overnight in yurt 900 som (breakfast and dinner included), tent place for free.
- Horse riding: 800som/ day

1/9/2019 (Sun) Ak-Tuz, Kichi-Kemin Valley

One-day trek to the Ak-Tuz valley, trekking along Kichi-Kemin river to the pass of Kum-Bel.
- distance by car: 320 km., trekking : 14 km. Maximum elevation 500 m. Departure from Bishkek 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 windbreaker jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. It is recommended to take poles , sunscreen, raincoat, spray against ticks.

- Cost of the transport for a group of 15 people: 600 som / person. (for members of the "Union ..." 350 soms / person.)

1/9/2019 (Sun) (Sun)"Pass from Chunkurchak gorge to Birbulac gorge (Malinovoe)

One-day pass from Chunkurchak gorge to Birbulac gorge through the nameless pass of 2400m, visit of "Pigeon Falls". Departure to Bishkek. Trekking : 15-16 km. The maximum elevation is 770 m). 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 and raincoat.

Cost of transport for a group of 15 people: 470 som / person. (for members of the "Union ..." 300 soms / person.)

- ATTENTION! Trek of higher difficulty.

Our motto:

«Take photos, and leave only footprints behind you»

«Trekking union of Kyrgyzstan »

address: Kievskaya 168 (Kievskaya/Turusbekova) , tel: 0312 909 115,

mobile: 0556 10 19 33. E-mail: trek@elcat.kg, web : www.tuk.kg