

## **Union campaign calendar for November 2020.**

### **ATTENTION!**

- 1. one-Day non-categorical weekend trips**, designed for ordinary healthy people, and do not require special training and equipment. They are produced in safe areas and have been tested many times over the years. Generally, accepted security measures and normal conscious and prudent daily behavior are sufficient to ensure safe participation. Tourists participating in such trips should be attentive, careful, prudent, calculate their strength and capabilities to participate in the trip. **Tourists themselves ensure their safety, determine the possibility of their participation in the journey without harm to health, and if they feel ill**, they can at any time interrupt the route and stop for a rest or even return to the bus.
- 2. In warm time of the year should be wary of tick bites.** Tourists must be vaccinated against encephalitis and be dressed in protective clothing. **Unvaccinated and without overalls, tourists travel at their own risk.** **Important measures to prevent tick bites are frequent close examinations of body parts related to grass and tree branches and removal of detected ticks.**
3. Equipment-good mountain boots and gaiters to protect your feet from moisture and snow, jacket, hat, backpack 25-30L. It is desirable (but not necessary) to have track sticks, sunglasses, a hooded jacket, scarf, gloves.
4. The Trip will take place in any weather, but the route can be changed by the decision of the group. On the day of departure, telephone conversations with the guide are possible from 07: 30 am.
5. OO "SPTC" is not responsible for leaving things in the beads or in the office.

***Dear campers and members of the Union due to the current situation in the World, and with the fact that our country has introduced a mandatory mask and glove treatment to prevent the spread of coronavirus infection (COVID-19), we ask you to have all means of protection (masks, gloves, antiseptics). Before each departure, we will check your body temperature and the availability of protective means. if you have a high temperature and do not have protection facility , we will be forced to refuse you a trip without a refund. We hope for your understanding!***

### **31.10.2020 (Sat) local History tour.**

A trip to the salt mines of Chon-Tuz and lake Ara-Kol.

Early departure from Bishkek to the Chon-Tuz salt mines, a tour of the mine, a visit to lake Ara-Kol and fire water.

- Length of the auto route: 500 km. **Departure at 07: 00 am.**

The cost of transport for a group of 15 people: 1100 som/person (for members of the "Union..." 900 som/person).

### **31.10.2020 (Sat) Shamsi gorge, Tuura-Kayina**

One-day trek in Shamsi gorge in Tuura-Kaiyn. 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 ..." 400 som / person.)

### **31.10.2020 (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: 450 som / person. (for members of the "Union ..." 300 som / person).

### **01.11.2020 (Sun) Kok-Moinok Canyons**

One-day trek to the canyons of Kok-Moinok situated in Boom gorge. You can see many sculptures created by the nature.- distance by car: 310 km., trekking :4 km. Maximum elevation 100 m., (start at 1530m., finish: 1630m.)

**Departure from Bishkek 08:00 in the morning.**

*Easy Non categorical hike. The length of trek in total 10-12 km.*

- Cost of transport for a group of 15 people: 550 som / person. (for members of the "Union ..." 400 som / person.)

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

### **01.11.2020 (Sun) Alamedin gorge, waterfall.**

A day trip to the gorge. Alamedin to the waterfall – picnic, return to the bus stop – transfer to Bishkek.

- Length of the auto route: 90 km., walking route: 12 km. The maximum height difference is 350m., the start point is 1780m. – the finish point is 2130m. **Departure 08:00 am.**

- *Non-categorical hike of primary and secondary level of training and requires basic skills in the mountains.*

*Equipment – good mountain boots, windbreaker jacket with hood, sunglasses, baseball cap, beanie, backpack 25-30L. It is desirable (but not necessary) to have track sticks, sunscreen and raincoat.*

The cost of transport for a group of 15 people: 450 som/person (for members of the "Union..." 350 som/person).

### **01.11.2020 (Sun) Kol-tor lake, Kegeti Gorge.**

A day trip to the gorge. Kol tor, visit to the high-altitude lake Kol tor 2733m.

- Length of auto route: 170 km, walking route: 14 km. The maximum height difference is 900m., the start point is 1800m. – the finish point is 2733m. **Departure 08:00 am.**

- *A non-categorical hike of an average level of training and requiring basic skills of being in the mountains.*

*Equipment – good mountain boots, windbreaker jacket with hood, track sticks, sunglasses, baseball cap, beanie, backpack 25-30L. It is desirable (but not necessary) to have a sunscreen, raincoat and spray against ticks.*

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

### **07-08.11.2020 (Sat-Sun) A trip on the lake. Suttu-Bulak, Issyk-Kul and bathing in thermal springs.**

Two-day trip to the Northern shore of Issyk-Kul. On **Saturday**, an early departure from Bishkek to the village

Semenovka village, on the way to visit the petroglyphs in Cholpon-Ata and a panoramic view of lake Issyk-Kul.

Then move to the village Semyonovka village accommodation and a snack. After lunch, transfer to the village of

Chon-Oruktu, swimming in thermal springs. (The effects of balneotherapy in diseases of the: 1) Nervous system 2) Liver (cholecystitis, gastritis) 3) activity of the intestines and stomach 4) Pancreas 5) Skin diseases 6) Gynecology 7) Musculoskeletal system. It is not recommended to take bathing procedures for people with cardiovascular diseases and high blood pressure (low and high).

**Sunday** after Breakfast transfer to the Semyonovka gorge, easy hike to the Suttu-Bulak lake 2-2.5 hours. After lunch, transfer to Bishkek on the way, if desired, swimming in thermal springs in a boarding house and a walk on the beach.

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

The cost of bathing in the thermal springs in the boarding house is 250 som per one hour.

The cost of transport and accommodation in the guest house and organizational (consultation, guide) costs for a group of 12 people: 1800 som/person (for members of the "Union..." 1500 som/person)

- the tour price does not include the cost of food and bathing in the springs.

**Departure 07: 00 am.**

### **07-08.11.2020 (Sat-Sun) A trip to the red bridge Canyons and the Chon-Kemin valley.**

A two-day trip with a visit to the red Bridge canyons and horseback riding in the Chon-Kemin valley.

**Day 1:** departure at 09: 00 from Bishkek to the canyons of the red Bridge, walk through the canyons through clay sculptures. Lunch. After lunch, climb to the panoramic point, where you will get an extensive view of all the sculptures. After returning to the Parking lot, transfer to the Chon-Kemin valley. Accommodation in a guest house, rest until dinner.

- The length of the auto route is 175 km. - On foot-12 km. Height difference of 600 meters

**Day 2:** Breakfast at 08: 00, before lunch horse riding through the valley through the forest with panoramic views. Lunch at the guest house. Transfer to Bishkek.

The length of the car route is 90 km.

- Cost of transport, accommodation, meals in the guest house, horseback riding organizational (consultation, guide) costs for a group of 12 people: 2900 som/person (for members of the "Union..." 2700 som/person).

### **07.11.2020 (Sat) local History tour.**

A trip to the salt mines of Chon-Tuz and lake Ara-Kol.

Early departure from Bishkek to the Chon-Tuz salt mines, a tour of the mine, a visit to lake Ara-Kol and fire water.

- Length of the auto route: 500 km. **Departure at 07: 00 am.**

The cost of transport for a group of 15 people: 1100 som/person (for members of the "Union..." 900 som/person).

### **07.11.2020 (Sat) Panorama of 270 degrees - Waterfall - Petroglyphs.**

One-day trek in Chunkurchak gorge to Pigeon waterfall which is 30 meters high, trek to the hill with panoramic of 270 degrees, a picnic, a return to the parking – departure to Bishkek 08:00. - distance by car: 70 km., trekking : 10 km. Maximum elevation : 700 m(start at 1500m, 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. Outfit - good mountain boots, a windbreaker jacket with a hood, sunglasses, baseball cap, cap,*

*backpack 25-30l. and poles. It is recommended to take sunscreen, raincoat. and spray against ticks.*

The cost of transport for a group of 15 people: 450 soms / person. (for members of the "Union ..." 300 soms / person).

### **07.11.2020 (Sat) Canyons of the red bridge (Eolian castles)**

Day trip to the red Sandstone canyons ("Aeolian castles») Boomsky gorge, inspection of natural sculptures.

- Length of auto route: 270km., walking route: 9km. The maximum height difference is 330m., the start point is 1470m. – the finish point is 1800m. **Departure 08:00 am.**

- *A non-categorical hike of light intensity that requires basic skills in the mountains. Equipment – good mountain boots, windbreaker jacket with hood, sunglasses, baseball cap (cap), beanie, backpack 25-30L. Preferably (but not necessarily) sunscreen and raincoat.*

- Cost of transport for a group of 15 people: 550 som/person (for members of the "Union..." 400 som/person)

### **08.11.2020 (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 ..." 500 soms / person.)

### **08.11.2020 (Sun) Kegeti gorge.**

One-day hike to Kegeti gorge, visit to the waterfall, hike up the gorge to the fork of At-Jailoo, picnic, return to the bus stop-transfer to Bishkek.

- Length of the auto route: 170 km., walking route: 13 km. The maximum height difference is 450m, the starting point is 1770m – and the finish point is 2210m. **Departure 08: 00 am.**

- *Non-categorical hike of primary and secondary level of training and requires basic skills of being in the mountains. Equipment – good mountain boots, gaiters to protect your feet from moisture and snow, jacket, hat, backpack 25-30L. It is advisable (but not mandatory) to have track sticks, sunglasses, a hooded jacket, scarf, and gloves.*

- *Children aged 10 and older may be present on the trip, but only with their parents.*

Cost of transport for a group of 15 people: 500 som/person (for members of the "Union..." 400 som/person)

### **08.11.2020 (Sun) birch grove, Boyrok tract.**

One-day hike in the tract Bayrak – picnic, return down the tract Boyrok to Parking the bus – transfer to Bishkek.

**Departure at 08:00 in the morning.** Conditions for participation: non-Category hike of light intensity, requiring basic skills of being in the mountains. Equipment – good mountain boots, gaiters to protect your feet from moisture and

snow, jacket, hat, backpack 25-30L. It is advisable (but not mandatory) to have track sticks, sunglasses, a hooded jacket, scarf, and gloves.

- Cost of transport for a group of 15 people: 450 som/person (for members of the "Union..." 300 som/person).

### **07.11.2020 (Sat) local History tour.**

A trip to the salt mines of Chon-Tuz and lake Ara-Kol.

Early departure from Bishkek to the Chon-Tuz salt mines, a tour of the mine, a visit to lake Ara-Kol and fire water.

- Length of the auto route: 500 km. **Departure at 07: 00 am.**

The cost of transport for a group of 15 people: 1100 som/person (for members of the "Union..." 900 som/person).

### **14-15.11.2020 (Sat-Sun) A trip on the lake. Suttu-Bulak, Issyk-Kul and bathing in thermal springs.**

Two-day trip to the Northern shore of Issyk-Kul. On Saturday, an early departure from Bishkek to the village Semenovka village, on the way to visit the petroglyphs in Cholpon-Ata and a panoramic view of lake Issyk-Kul. Then move to the village Semyonovka village accommodation and a snack. After lunch, transfer to the village of Chon-Oruktu, swimming in thermal springs. (The effects of balneotherapy in diseases of the: 1) Nervous system 2) Liver (cholecystitis, gastritis) 3) activity of the intestines and stomach 4) Pancreas 5) Skin diseases 6) Gynecology 7) Musculoskeletal system. It is not recommended to take bathing procedures for people with cardiovascular diseases and high blood pressure (low and high).

Sunday after Breakfast transfer to the Semyonovka gorge, easy hike to the Suttu-Bulak lake 2-2.5 hours. After lunch, transfer to Bishkek on the way, if desired, swimming in thermal springs in a boarding house and a walk on the beach.

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

The cost of bathing in the thermal springs in the boarding house is 250 som per one hour.

The cost of transport and accommodation in the guest house and organizational (consultation, guide) costs for a group of 12 people: 1800 som/person (for members of the "Union..." 1500 som/person)

- the tour price does not include the cost of food and bathing in the springs.

**Departure 07: 00 am.**

### **14-15.11.2020 (Sat-Sun) A trip to the red bridge Canyons and the Chon-Kemin valley.**

A two-day trip with a visit to the red Bridge canyons and horseback riding in the Chon-Kemin valley.

Day 1: departure at 09: 00 from Bishkek to the canyons of the red Bridge, walk through the canyons through clay sculptures. Lunch. After lunch, climb to the panoramic point, where you will get an extensive view of all the sculptures. After returning to the Parking lot, transfer to the Chon-Kemin valley. Accommodation in a guest house, rest until dinner.

- The length of the auto route is 175 km. - On foot-12 km. Height difference of 600 meters

Day 2: Breakfast at 08: 00, before lunch horse riding through the valley through the forest with panoramic views.

Lunch at the guest house. Transfer to Bishkek.

The length of the car route is 90 km.

- Cost of transport, accommodation, meals in the guest house, horseback riding organizational (consultation, guide) costs for a group of 12 people: 2900 som/person (for members of the "Union..." 2700 som/person).

#### **14.11.2020 (Sat) local History tour.**

A trip to the salt mines of Chon-Tuz and lake Ara-Kol.

Early departure from Bishkek to the Chon-Tuz salt mines, a tour of the mine, a visit to lake Ara-Kol and fire water.

- Length of the auto route: 500 km. **Departure at 07: 00 am.**

The cost of transport for a group of 15 people: 1100 som/person (for members of the "Union..." 900 som/person).

#### **14.11.2020 (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: 600 som / person. (for members of the "Union ..."500 som / person).

#### **14.11.2020 (Sat) Ala Archa gorge, Ak- Sai waterfall**

One day trek to Ala Archa gorge to Ak- Sai waterfall, lunch, return to the parking – departure back to Bishkek. **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, windbreaker jacket with a hood, sunglasses, baseball cap, cap, backpack 25-30l. and poles. It is recommended to take sunscreen, raincoat.*

The cost of transport for a group of 15 people: 450 som / person. (for members of the "Union ..." 350 som / person).

#### **15.11.2020 (Sun) 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: 450 som / person. (for members of the "Union ..." 300 som / person).

#### **15.11.2020 (Sun) Kok-Moinok Canyons**

One-day trek to the canyons of Kok-Moinok situated in Boom gorge. You can see many sculptures created by the nature.- distance by car: 310 km., trekking :4 km. Maximum elevation 100 m., (start at 1530m., finish: 1630m.)

**Departure from Bishkek 08:00 in the morning.**

*Easy Non categorical hike. The length of trek in total 10-12 km.*

- Cost of transport for a group of 15 people: 550 som / person. (for members of the "Union ..." 400 soms / person.)
- Children at the age 12+ are allowed to take part at the trip with their parents.

**21-22.11.2020 (Sat-Sun) A trip on the lake. Suttu-Bulak, Issyk-Kul and bathing in thermal springs.**

Two-day trip to the Northern shore of Issyk-Kul. On **Saturday**, an early departure from Bishkek to the village Semenovka village, on the way to visit the petroglyphs in Cholpon-Ata and a panoramic view of lake Issyk-Kul. Then move to the village Semyonovka village accommodation and a snack. After lunch, transfer to the village of Chon-Oruktu, swimming in thermal springs. (The effects of balneotherapy in diseases of the: 1) Nervous system 2) Liver (cholecystitis, gastritis) 3) activity of the intestines and stomach 4) Pancreas 5) Skin diseases 6) Gynecology 7) Musculoskeletal system. It is not recommended to take bathing procedures for people with cardiovascular diseases and high blood pressure (low and high).

**Sunday** after Breakfast transfer to the Semyonovka gorge, easy hike to the Suttu-Bulak lake 2-2.5 hours. After lunch, transfer to Bishkek on the way, if desired, swimming in thermal springs in a boarding house and a walk on the beach.

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

The cost of bathing in the thermal springs in the boarding house is 250 som per one hour.

The cost of transport and accommodation in the guest house and organizational (consultation, guide) costs for a group of 12 people: 1800 som/person (for members of the "Union..." 1500 som/person)

- the tour price does not include the cost of food and bathing in the springs.

**Departure 07: 00 am.**

**21-22.11.2020 (Sat-Sun) A trip to the red bridge Canyons and the Chon-Kemin valley.**

A two-day trip with a visit to the red Bridge canyons and horseback riding in the Chon-Kemin valley.

**Day 1:** departure at 09: 00 from Bishkek to the canyons of the red Bridge, walk through the canyons through clay sculptures. Lunch. After lunch, climb to the panoramic point, where you will get an extensive view of all the sculptures. After returning to the Parking lot, transfer to the Chon-Kemin valley. Accommodation in a guest house, rest until dinner.

- The length of the auto route is 175 km. - On foot-12 km. Height difference of 600 meters

**Day 2:** Breakfast at 08: 00, before lunch horse riding through the valley through the forest with panoramic views. Lunch at the guest house. Transfer to Bishkek.

The length of the car route is 90 km.

- Cost of transport, accommodation, meals in the guest house, horseback riding organizational (consultation, guide) costs for a group of 12 people: 2900 som/person (for members of the "Union..." 2700 som/person).

**21.11.2020 (Sat) local History tour.**

A trip to the salt mines of Chon-Tuz and lake Ara-Kol.

Early departure from Bishkek to the Chon-Tuz salt mines, a tour of the mine, a visit to lake Ara-Kol and fire water.

- Length of the auto route: 500 km. **Departure at 07: 00 am.**

The cost of transport for a group of 15 people: 1100 som/person (for members of the "Union..." 900 som/person).

### **21.11.2020 (Sat) Pass from Baylamtal Canyons - Kok-Moinok Canyons.**

One-day exploration passage from Baylamtal canyons to Kok-Moinok canyons. Top views of Boom, Baylamtal canyons, further Kokmoynok canyons and new fields of red rocks of Western Kok Moynok, ancient sheep barns, the pass with views of the Kyrgyz, Kungei and Terskey Ala-Too.

- Distance by car : 340 km, walking route: 12 km. Maximum altitude difference is 550m, starting point : 1600m. - The highest point is 2150m. **Departure 08:00 am.**

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

*Outfit - good mountain boots and gaiters, a jacket with a hood, backpack 25-30l. and poles. It is recommended to take trekking poles, raincoat, hood, scarf and gloves.*

Transport costs for a group of 15 people: 650som / person. (for members of the Union... 500 som/person)

### **21.11.2020 (Sat) Kegeti gorge.**

One-day hike to Kegeti gorge, visit to the waterfall, hike up the gorge to the fork of At-Jailoo, picnic, return to the bus stop-transfer to Bishkek.

- Length of the auto route: 170 km., walking route: 13 km. The maximum height difference is 450m, the starting point is 1770m – and the finish point is 2210m. **Departure 08: 00 am.**

- *Non-categorical hike of primary and secondary level of training and requires basic skills of being in the mountains.*

*Equipment – good mountain boots, gaiters to protect your feet from moisture and snow, jacket, hat, backpack 25-30L. It is advisable (but not mandatory) to have track sticks, sunglasses, a hooded jacket, scarf, and gloves.*

- *Children aged 10 and older may be present on the trip, but only with their parents.*

Cost of transport for a group of 15 people: 500 som/person (for members of the "Union..." 400 som/person)

### **22.11.2020 (Sun) 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: 450 som / person. (for members of the "Union ..." 300 som / person).

### **22.11.2020 (Sun) Alamedin gorge, waterfall.**

A day trip to the gorge. Alamedin to the waterfall – picnic, return to the bus stop – transfer to Bishkek.

- Length of the auto route: 90 km., walking route: 12 km. The maximum height difference is 350m., the start point is 1780m. – the finish point is 2130m. **Departure 08:00 am.**

- *Non-categorical hike of primary and secondary level of training and requires basic skills in the mountains.*

*Equipment – good mountain boots, windbreaker jacket with hood, sunglasses, baseball cap, beanie, backpack 25-30L. It is desirable (but not necessary) to have track sticks, sunscreen and raincoat.*

The cost of transport for a group of 15 people: 450 som/person (for members of the "Union..." 350 som/person).

**28-29.11.2020 (Sat-Sun) A trip on the lake. Suttu-Bulak, Issyk-Kul and bathing in thermal springs.**

Two-day trip to the Northern shore of Issyk-Kul. On **Saturday**, an early departure from Bishkek to the village Semenovka village, on the way to visit the petroglyphs in Cholpon-Ata and a panoramic view of lake Issyk-Kul. Then move to the village Semyonovka village accommodation and a snack. After lunch, transfer to the village of Chon-Oruktu, swimming in thermal springs. (The effects of balneotherapy in diseases of the: 1) Nervous system 2) Liver (cholecystitis, gastritis) 3) activity of the intestines and stomach 4) Pancreas 5) Skin diseases 6) Gynecology 7) Musculoskeletal system. It is not recommended to take bathing procedures for people with cardiovascular diseases and high blood pressure (low and high).

**Sunday** after Breakfast transfer to the Semyonovka gorge, easy hike to the Suttu-Bulak lake 2-2.5 hours. After lunch, transfer to Bishkek on the way, if desired, swimming in thermal springs in a boarding house and a walk on the beach.

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

The cost of bathing in the thermal springs in the boarding house is 250 som per one hour.

The cost of transport and accommodation in the guest house and organizational (consultation, guide) costs for a group of 12 people: 1800 som/person (for members of the "Union..." 1500 som/person)

- the tour price does not include the cost of food and bathing in the springs.

**Departure 07: 00 am.**

**28-29.11.2020 (Sat-Sun) A trip to the red bridge Canyons and the Chon-Kemin valley.**

A two-day trip with a visit to the red Bridge canyons and horseback riding in the Chon-Kemin valley.

**Day 1:** departure at 09: 00 from Bishkek to the canyons of the red Bridge, walk through the canyons through clay sculptures. Lunch. After lunch, climb to the panoramic point, where you will get an extensive view of all the sculptures. After returning to the Parking lot, transfer to the Chon-Kemin valley. Accommodation in a guest house, rest until dinner.

- The length of the auto route is 175 km. - On foot-12 km. Height difference of 600 meters

**Day 2:** Breakfast at 08: 00, before lunch horse riding through the valley through the forest with panoramic views. Lunch at the guest house. Transfer to Bishkek.

The length of the car route is 90 km.

- Cost of transport, accommodation, meals in the guest house, horseback riding organizational (consultation, guide) costs for a group of 12 people: 2900 som/person (for members of the "Union..." 2700 som/person).

**28.11.2020 (Sat) local History tour.**

A trip to the salt mines of Chon-Tuz and lake Ara-Kol.

Early departure from Bishkek to the Chon-Tuz salt mines, a tour of the mine, a visit to lake Ara-Kol and fire water.

- Length of the auto route: 500 km. **Departure at 07: 00 am.**

The cost of transport for a group of 15 people: 1100 som/person (for members of the "Union..." 900 som/person).

### **28.11.2020 (Sat) Shamsi gorge, Tuura-Kayina**

One-day trek in Shamsi gorge in Tuura-Kaiyn. 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 ..." 400 som / person.)

### **28.11.2020 (Sat) Canyons of the red bridge (Eolian castles)**

Day trip to the red Sandstone canyons ("Aeolian castles») Boomsky gorge, inspection of natural sculptures.

- Length of auto route: 270km., walking route: 9km. The maximum height difference is 330m., the start point is 1470m. – the finish point is 1800m. **Departure 08:00 am.**

- *A non-categorical hike of light intensity that requires basic skills in the mountains. Equipment – good mountain boots, windbreaker jacket with hood, sunglasses, baseball cap (cap), beanie, backpack 25-30L. Preferably (but not necessarily) sunscreen and raincoat.*

- Cost of transport for a group of 15 people: 550 som/person (for members of the "Union..." 400 som/person)

### **29.11.2020 (Sun) 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: 600 som / person. (for members of the "Union ..."500 som / person).

### **29.11.2020 (Sun) Alamedin gorge, waterfall.**

A day trip to the gorge. Alamedin to the waterfall – picnic, return to the bus stop – transfer to Bishkek.

- Length of the auto route: 90 km., walking route: 12 km. The maximum height difference is 350m., the start point is 1780m. – the finish point is 2130m. **Departure 08:00 am.**

- Non-categorical hike of primary and secondary level of training and requires basic skills in the mountains.

Equipment – good mountain boots, windbreaker jacket with hood, sunglasses, baseball cap, beanie, backpack 25-30L. It is desirable (but not necessary) to have track sticks, sunscreen and raincoat.

The cost of transport for a group of 15 people: 450 som/person (for members of the "Union..." 350 som/person).

***Our motto in trekking:***

***«Take only photos with you, leave only traces of shoes behind you»***

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