

Hiking calendar of Trekking Union for January 2021

ATTENTION!

1. **One-day non-category weekend trips**, designed for ordinary healthy people, and do not require special training and equipment. They are produced in safe areas and have been tried and tested over many years. Generally accepted safety precautions and normal, deliberate, prudent daily conduct are sufficient to ensure safe participation. Tourists participating in such travels should be attentive, cautious, prudent, calculate their strengths and capabilities to participate in the trip. **Tourists themselves ensure their safety, they themselves determine the possibility of their participation in the journey without harm to their health**, and if their health worsens, they can at any time interrupt the passage of the route and stop for rest or even return to the bus.

2. **Equipment** - good mountain boots, a windbreaker jacket with a hood, sunglasses, a baseball cap (cap), a 25-30l backpack. if necessary, have gaiters to protect feet from moisture and snow, a jacket, a hat, gloves. It is advisable to have trekking sticks, sunscreen, raincoat, mite spray.

3. **The trip** will take place in any weather, but the route can be changed at the discretion of the group. On the day of departure, telephone conversations with the guide are possible from 07:30 in the morning.

4. **The PA "SPTK"** is not responsible for things left in the beads and in the office.

Dear vacationers and members of the Union, in connection with the current situation in the World and the fact that our country has introduced a mandatory **mask and glove** regime in order to prevent the spread of coronavirus infection (COVID-19), we kindly ask you to have all the protective equipment (mask, gloves , antiseptic).

02.01.2021 (Sat) Ak-tuz, Kichi-Kemin valley.

One-day hike to Ak-Tuz valley, hike along the river Kich-Kemin to the Kumbel pass.

- The length of the auto route: 320 km, walking route: 14 km. The maximum high difference is 500 m. **Departure 08:00 am.**

- A non-categorical hike of an initial and intermediate level of training and requiring elementary skills to be in the mountains. **Equipment** - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a backpack of 25-30 liters. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

02.01.2021 (Sat) Red bridges Canyons (Eolian castles)

One-day hike to the red sandstone canyons of the Boom gorge, viewing natural sculptures.

- Length of the auto route: 270 km., Walking route: 9 km. The maximum drop in height is 330m., The starting point is 1470m. - finish point 1800m. **Departure 08:00 am.**

- *A non-categorical hike, light intensity, requiring basic skills in the mountains. Equipment - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a backpack of 25-30 liters. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

- The cost of transport for a group of 15 people: 550 som / person. (for members 400 som / person)

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

02.01.2021 (Sat) Ski base "Chunkurchak"

The cost of transport and organizational costs for a group: from 7 people (Delica) 450 som / person. (for members of the Union ... 370 som / person)

- Cost for a group of 12 people (Sprinter) 400 som / person. (for members of the Union ... 350 som / person)

- The cost of the lift is 1200 soms from 10:00 to 16:00. Child 800 som. **Departure 08:30 am.**

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

02.01.2021 (Sat) Horse riding

One-day horseback riding tour in the foothills of the Chon-Kemin valley, 4.5 - 5 hours horseback riding, return to the bus stop - transfer to Bishkek.

- Equipment - comfortable shoes (boots or shoes with smooth soles), riding clothes, sweatpants, sweater, gloves, raincoat and headwear.

- Cost of transport, a horse with a groom for a group of 8-10 people: 1700 som / person. (for members of the "Union ..." 1500 som / person) **Departure 08:00 am.**

03.01.2021 (Sun) Ala-Archa gorge, Waterfall.

One-day trek to the Ala-Archa gorge to the Ak-Sai frozen waterfall, on the way back, a hike to the Tepshe hills. Picnic, return to the bus stop - transfer to Bishkek. **Departure at 08:00.**

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots and gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is desirable (but not required) to have trekking 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).

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

03.01.2020 (Sun) Panorama 270 degrees - Waterfall - Petroglyphs.

One-day hike to the Chunkurchak gorge, visiting the Pigeon Falls 30m high, climbing the ridge to the panoramic peak, viewing the panorama of 270 degrees, picnic, returning to the bus stop - transfer to Bishkek.

- Length of auto route: 70 km, walking route: 10 km. The maximum drop in altitude is 700m., The start point is 1500m - the finish point is 2200m. **Departure at 09:00 am**

- *Non-categorical hike of average level of training and requiring elementary skills of being in the mountains. Outfit - good mountain boots, a windbreaker jacket with a hood, sunglasses, a baseball cap (cap), a hat, a 25-30L backpack, and trekking sticks. It is advisable (but not necessary) to have sunscreen, raincoat and mite spray.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

03.01.2021 (Sun) lake Ara-Kol and Salt mines

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

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

- The 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).

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

03.01.2021 (Sun) Ski base "Too-Ashuu"

- The cost of transport and organizational (consultation, instructor) costs for the group: of 7 people (Delica) 800 som / person (for members of the Union ... 700 som / person)

- Cost for a group of 12-14 people (Sprinter): 800 som / person (for members of the Union ... 700 som / person)

- The cost of the lift: 800 soms from 09:00 to 17:00, for children under 12 years old - 600 soms.

Departure at 06:00 am.

08-10.01.2021 (Fri-Sun) Ski Base "Karakol" and swimming in thermal springs.

Departure on Friday evening, Saturday - early morning departure to the ski base, skiing all day after returning to the hotel, dinner at the hotel or in a cafe, then, if desired, transfer to the Ak-Suu thermal springs. Sunday - skiing until 16:00, return to the hotel, packing and departure to Bishkek.

- Cost 3800 som / person, (for members of the Union... 3700 som / person);

Included in the price:

- Transport Bishkek - Karakol - Ski base 2 days - thermal springs - Bishkek;
- Accommodation for 2 nights in a comfortable hotel "Amir" www.hotelamir.kg;

- 2 breakfasts
- Ski rental from the Union office

The price does not include:

- Lunches, dinners
- The cost of the lift (1200 soms / person per day, for children under 12 years old -700 soms / person per day);
- Other expenses.

08-10.01.2021 (Fri-Sun) A three-day trip around the Issyk-Kul.

Departure from Bishkek. Visiting the most beautiful and fascinating places of the northern and southern shores of Issyk-Kul.

- The length of the auto route-1020 km
- Hiking - 15-20km

Day 1

Bishkek-Karakol

Transfer to Karakol via the southern shore of Issyk-Kul. Lunch in Bokonbaevo, depending on the weather, check-in to the Skazka canyons. After moving to Barskoon gorge, visit to the waterfall. ... There are several picturesque waterfalls on the territory of Barskoon: Tears of a leopard, Splashes of Champagne, Piala Manas and Beard Aksakal. After, transfer to the Jety-Oguz gorge. In the Jety-Oguz gorge, you can see unusual red rocks. Accommodation in Karakol, "Amir" hotel. Dinner at the cafe.

Day 2

Karakol-Semenovka

Breakfast at the Amir hotel. City tour of Karakol city, visiting the famous Dungan mosque. Another beautiful architectural monument of the city of Karakol is the Holy Trinity Orthodox Church. After the city tour, transfer to thermal springs in the Ak-Suu-Nearby gorge, thermal (31-57 °) radon springs flow from the cracks of granite rocks. Return to Karakol, lunch. Visit to the Przewalski Museum.

Day 3

Semenovka-Bishkek

Transfer to the Semenovka gorge, depending on the weather, hike to the Suttuu-Bulak lake. Then transfer to Cholpon-Ata. On the way, swimming in thermal springs in the village of Chon-Oрукту. Lunch in Cholpon-Ata. A visit to the popular open-air petroglyph museum, then a visit to the Burana Tower Architectural Complex. The Burana Tower is the remains of the city of Balasagun, which was the capital of the Karakhanid Empire in the 9th century. Transfer to Bishkek.

- The cost of transport, accommodation and organizational services (consultations, guide) 4700/4500 for members of the Union. Bathing in thermal springs costs 200 soms per person

The price includes:

- First lunch in Bokonbaevo
- Accommodation at the Amir hotel with breakfast
- Accommodation in a guest house in Semenovka without breakfast
- All entrance fees to museums.

The price does not include:

- Bathing in thermal springs
- Expenses for meals except for the first lunch and the second day of breakfast.

09-10.01.2021 (Sat-Sun) Yurt camp Jeti-Oguz

Departure on Saturday at 7:00 am from Bishkek from the office of the Union.

Day 1

Lunch on the way (you can take a snack with you).

- At 14:00 accommodation in the Yurt camp in which delicious tea with boursaks awaits you
 - Warm and comfortable
 - Accommodation for 4-5 people on beds
 - Clean linens and a warm blanket
 - 3 meals a day
 - Toilets and showers are separate, but all with comfort

- Hike on snowshoes to the Kok Zhaiyk valley, where very beautiful winter landscapes will open up. (if in doubt, can you snowshoeing? It's very easy and fun! You can).

- Dinner at the yurt camp, board games and many interesting stories!

Day 2

- Breakfast at 9:00

On request, cross-country skiing (cross-country), you can go for a walk on snowshoes.

- Lunch at 14:00

- At 16:00 departure to Bishkek

- The cost of the trip is 5500 s / person (for members of the Union ... 5200 s / person)

Included in the price:

- Transport
- Accommodation
- Meals (except for the first lunch and the last dinner)
- Equipment (snowshoes and cross-country skis)
- Guide instructor

We advise you to take with you a change of warm clothes, several pairs of warm socks.

09.01.2021 (Sat) Frozen lake Kol-Tor, Kegetinskoe gorge.

One-day hike to gorge. Kol-Tor, visiting the high-mountain lake Kol-Tor 2733m.

- Length of auto route: 170 km, walking route: 14 km. The maximum drop in altitude is 900m., The starting point is 1800m. - finish place 2733m. **Departure 08:00 am.**

- *Non-categorical hike of average level of training and requiring elementary skills of being in the mountains. Outfit - good mountain boots and gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is desirable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf, gloves.*

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

09.01.2021 (Sat) Alamedin gorge, Waterfall.

One-day hike to 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 difference in altitude is 350m., The starting point is 1780m. - finish point 2130m. **Departure 08:00 am.**

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

09.01.2021 (Sat) lake Ara-Kol and Salt mines

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

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

- The 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).

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

10.01.2021 (Sat) Tar-Suu gorge, Chon-Kemin valley.

One-day hike to the Chon-Kemin valley, trekking along the Tar-Suu gorge.

- The length of the auto route: 320 km, walking route: 14 km. The maximum height difference is 500m. **Departure 08:00 am.**

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

10.01.2021 (Sun) "Educational and training" cross-country skiing classes Ata-Beyit.

Did you know that just 1 hour of cross-country skiing will replace 3 hours of strength training in the gym ?! During skiing, muscles + fresh winter air are rarely included in life.

The terms of participation:

- The cost of transport for a group of 12-14 people (Sprinter) 350 soms (for members of the Union ... 250 soms / person)

- Rent of cross-country skis 400 soms (for members of the Union... 300 soms) per day.

Departure at 09:00.

- Skiing for about 5 hours.

- The presence of children aged 12 and older is possible, but only with their parents.

10.01.2021 (Sun) Trekking Baylamtal Canyons - Kok-Moinok Canyons.

One-day trek from Baylamtal canyons to Kok-Moinok canyons. Aerial views of Boom, Bailamtala and Kokmoynoka Canyons, Kyrgyz Range and Kungey Ala-Too.

- The length of the auto route: 340 km, walking route: 13 km. The maximum difference in altitude is 550m., The starting point is 1600m. - the highest point is 2150m.

Departure 08:00 am.

- *Non-categorical hike of average level of training and requiring elementary skills of being in the mountains. Outfit - good mountain boots and gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is desirable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf, gloves.*

- The cost of transport for a group of 15 people: 650 som / person. (for members of the "Union ..." 500 som / person)

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

10.01.2021 (Sun) Ski Base «ZiL»

- Cost for a group of 12-14 people (Sprinter): 360 soms (for members of the Union ... 280 soms / person)

- The cost of transport and organizational costs for a group: from 7 people (Delica) 400 soms (for members of the Union ... 350 soms / person)

- The cost of the lift is 1200 soms from 09:30 to 15:30, for children and beginners on the "Malysh" lift - 700 soms for the whole day. **Departure 08:00 am.**

- The cost of ski rental per day at the office of the Union is 500 som / person, (for members of the Union... 400 som / person).

15-17.01.2021 (Fri-Sun) Ski Base "Karakol" and swimming in thermal springs.

Departure on Friday evening, Saturday - early morning departure to the ski base, skiing all day after returning to the hotel, dinner at the hotel or in a cafe, then, if desired, transfer to the Ak-Suu thermal springs. Sunday - skiing until 16:00, return to the hotel, packing and departure to Bishkek.

- Cost 3800 som / person, (for members of the Union... 3700 som / person);

Included in the price:

- Transport Bishkek - Karakol - Ski base 2 days - thermal springs - Bishkek;
- Accommodation for 2 nights in a comfortable hotel "Amir" www.hotelamir.kg;
- 2 breakfasts
- Ski rental from the Union office

The price does not include:

- Lunches, dinners
- The cost of the lift (1200 soms / person per day, for children under 12 years old -700 soms / person per day);
- Other expenses.

15-17.01.2021 (Fri-Sun) A three-day trip around the Issyk-Kul.

Departure from Bishkek. Visiting the most beautiful and fascinating places of the northern and southern shores of Issyk-Kul.

- The length of the auto route-1020 km
- Hiking - 15-20km

Day 1

Bishkek-Karakol

Transfer to Karakol via the southern shore of Issyk-Kul. Lunch in Bokonbaevo, depending on the weather, check-in to the Skazka canyons. After moving to Barskoon gorge, visit to the waterfall. ... There are several picturesque waterfalls on the territory of Barskoon: Tears of a leopard, Splashes of Champagne, Piala Manas and Beard Aksakal. After, transfer to the Jeti-Oguz gorge. In the Jety-Oguz gorge, you can see unusual red rocks. Accommodation in Karakol, "Amir" hotel. Dinner at the cafe.

Day 2

Karakol-Semenovka

Breakfast at the Amir hotel. City tour of Karakol city, visiting the famous Dungan mosque. Another beautiful architectural monument of the city of Karakol is the Holy Trinity Orthodox Church. After the city tour, transfer to thermal springs in the Ak-Suu-Nearby gorge, thermal (31-57 °) radon springs flow from the cracks of granite rocks. Return to Karakol, lunch. Visit to the Przewalski Museum.

Day 3

Semenovka-Bishkek

Transfer to the Semenovka gorge, depending on the weather, hike to the Suttuu-Bulak lake. Then transfer to Cholpon-Ata. On the way, swimming in thermal springs in the village of Chon-Oрукту. Lunch in Cholpon-Ata. A visit to the popular open-air petroglyph museum, then a visit to the Burana Tower Architectural Complex. The Burana Tower is the remains of the city of Balasagun, which was the capital of the Karakhanid Empire in the 9th century. Transfer to Bishkek.

- The cost of transport, accommodation and organizational services (consultations, guide) 4700/4500 for members of the Union. Bathing in thermal springs costs 200 soms per person

The price includes:

- First lunch in Bokonbaevo
- Accommodation at the Amir hotel with breakfast
- Accommodation in a guest house in Semenovka without breakfast
- All entrance fees to museums.

The price does not include:

- Bathing in thermal springs
- Expenses for meals except for the first lunch and the second day of breakfast.

16-17.01.2021 (Sat-Sun) Two-day ski-school on SB "Tatyr"

- Dear parents, it's time to take advantage of the wonderful winter weather and teach children how to ski!

We offer you a two-day ski "school" on the SB «Tatyr»

Departure at 8:00am from the office of the Union, with you to have changeable things (*socks, gloves, a hat, if you have ski goggles and a helmet*), as well as lunch box with lunch.

Descent into the city at 17:00 to the Union office.

The cost of 4500 soms per child (12 years and older) includes:

- Transport to SB -2 days
- Instructor (1 instructor for 4-5 children)
- Cable car-2 days
- Skis
- Hot tea

16-17.01.2021 (Sat-Sun) Yurt camp Jeti-Oguz

Departure on Saturday at 7:00 am from Bishkek from the office of the Union.

Day 1

Lunch on the way (you can take a snack with you).

- At 14:00 accommodation in the Yurt camp in which delicious tea with boursaks awaits you
 - Warm and comfortable
 - Accommodation for 4-5 people on beds
 - Clean linens and a warm blanket
 - 3 meals a day
 - Toilets and showers are separate, but all with comfort

- Hike on snowshoes to the Kok Zhaiyk valley, where very beautiful winter landscapes will open up. (if in doubt, can you snowshoeing? It's very easy and fun! You can).

- Dinner at the yurt camp, board games and many interesting stories!

Day 2

- Breakfast at 9:00

On request, cross-country skiing (cross-country), you can go for a walk on snowshoes.

- Lunch at 14:00

- At 16:00 departure to Bishkek

- The cost of the trip is 5500 s / person (for members of the Union ... 5200 s / person)

Included in the price:

- Transport
- Accommodation
- Meals (except for the first lunch and the last dinner)
- Equipment (snowshoes and cross-country skis)
- Guide instructor

We advise you to take with you a change of warm clothes, several pairs of warm socks.

16.01.2021 (Sat) Issyk-Ata gorge.

Hike to the 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 wish there is an opportunity to swim in the thermal springs, you need to take bathing suits with you and 100 som per person to pay for the pool.

Picnic lunch. Returning along the left bank - transfer to Bishkek.

- Length of auto route: 160 km, walking route: 10 km. The maximum difference in altitude is 400m., The starting point is 1850m - the finishing point is 2350m. **Departure 09:00 am.**

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

16.01.2021 (Sat) Kok - Moinok canyons

One-day hike to the Kok-Moinok canyons, Boom gorge. Inspection of natural sculptures.

- The length of the auto route: 310 km, walking route: 4 km. The maximum height difference is 100m., The starting point is 1530m. - finish point 1630m. **Departure 08:00 am.**

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

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

- The presence of children from 12 years old and older is possible on the trip, strictly with their parents.

16.01.2021 (Sat) Ski Base «Too-Ashuu»

The cost of transport and organizational (consultation, instructor) costs for the group:

of 7 people (Delica) 800 som / person (for members of the Union ... 700 som / person)

- Cost for a group of 12-14 people (Sprinter): 800 som / person (for members of the Union ... 700 som / person)

- The cost of the lift is 800 som from 09:00 to 17:00, for children under 12 years old - 600 som.

Departure at 06:00 am.

16.01.2021 (Sat) Hourse riding

One-day horseback riding tour in the foothills of the Chon-Kemin valley, 4.5 - 5 hours horseback riding, return to the bus stop - transfer to Bishkek.

- Equipment - comfortable shoes (boots or shoes with smooth soles), riding clothes, sweatpants, sweater, gloves, raincoat and headwear.

- Cost of transport, a horse with a groom for a group of 8-10 people: 1700 som / person. (for members of the "Union ..." 1500 som / person) **Departure 08:00 am.**

17.01.2021 (Sun) Birbulak gorge (Malinovoe)

One day hike to Birbulak gorge, hike up the gorge, picnic, return to the bus stop - transfer to Bishkek.

- The length of the hiking route is from 10 km., The maximum height difference is 250m.

Departure 09:00 am.

- *A non-categorical hike of initial and **intermediate level of training and requiring elementary skills** to be in the mountains. Outfit - good mountain boots and gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is desirable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf, gloves.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

17.01.2021 (Sun) Kegeti gorge.

One-day hike in the Kegeti gorge, visiting the frozen waterfall, hiking up the gorge to the At-Jailoo fork, picnic, returning to the bus stop - transfer to Bishkek.

- Length of auto route: 170 km., Walking route: 13 km. The maximum drop in altitude is 450m., The starting point is 1770m. - finish point 2210m. Departure 08:00 am.

- *A non-categorical hike of initial and **intermediate level of training and requiring elementary skills** to be in the mountains. Outfit - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

- The presence of children from 10 years of age and older is possible, but only with their parents.

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

17.01.2021 (Sun) lake Ara-Kol and Salt mines

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

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

- The 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).

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

22-24.01.2021 (Fri-Sun) Ski Base "Karakol" and swimming in thermal springs.

Departure on Friday evening, Saturday - early morning departure to the ski base, skiing all day after returning to the hotel, dinner at the hotel or in a cafe, then, if desired, transfer to the Ak-Suu thermal springs. Sunday - skiing until 16:00, return to the hotel, packing and departure to Bishkek.

- Cost 3800 som / person, (for members of the Union... 3700 som / person);

Included in the price:

- Transport Bishkek - Karakol - Ski base 2 days - thermal springs - Bishkek;
- Accommodation for 2 nights in a comfortable hotel "Amir" www.hotelamir.kg;
- 2 breakfasts
- Ski rental from the Union office

The price does not include:

- Lunches, dinners
- The cost of the lift (1200 soms / person per day, for children under 12 years old -700 soms / person per day);
- Other expenses.

22-24.01.2021 (Fri-Sun) A three-day trip around the Issyk-Kul.

Departure from Bishkek. Visiting the most beautiful and fascinating places of the northern and southern shores of Issyk-Kul.

- The length of the auto route-1020 km
- Hiking - 15-20km

Day 1

Bishkek-Karakol

Transfer to Karakol via the southern shore of Issyk-Kul. Lunch in Bokonbaevo, depending on the weather, check-in to the Skazka canyons. After moving to Barskoon gorge, visit to the waterfall. ... There are several picturesque waterfalls on the territory of Barskoon: Tears of a leopard, Splashes of Champagne, Piala Manas and Beard Aksakal. After, transfer to the Jeti-Oguz gorge. In the Jeti-Oguz gorge, you can see unusual red rocks. Accommodation in Karakol, "Amir" hotel. Dinner at the cafe.

Day 2

Karakol-Semenovka

Breakfast at the Amir hotel. City tour of Karakol city, visiting the famous Dungan mosque. Another beautiful architectural monument of the city of Karakol is the Holy Trinity Orthodox Church. After the city tour, transfer to thermal springs in the Ak-Suu-Nearby gorge, thermal (31-57 °) radon springs flow from the cracks of granite rocks. Return to Karakol, lunch. Visit to the Przewalski Museum.

Day 3

Semenovka-Bishkek

Transfer to the Semenovka gorge, depending on the weather, hike to the Suttuu-Bulak lake. Then transfer to Cholpon-Ata. On the way, swimming in thermal springs in the village of Chon-Oрукту. Lunch in Cholpon-Ata. A visit to the popular open-air petroglyph museum, then a visit to the Burana Tower Architectural Complex. The Burana Tower is the remains of the city of Balasagun, which was the capital of the Karakhanid Empire in the 9th century. Transfer to Bishkek.

- The cost of transport, accommodation and organizational services (consultations, guide) 4700/4500 for members of the Union. Bathing in thermal springs costs 200 soms per person

The price includes:

- First lunch in Bokonbaevo

- Accommodation at the Amir hotel with breakfast
- Accommodation in a guest house in Semenovka without breakfast
- All entrance fees to museums.

The price does not include:

- Bathing in thermal springs
- Expenses for meals except for the first lunch and the second day of breakfast.

23-24.01.2021 (Sat-Sun) Two-day ski-school on SB "Tatyr"

- Dear parents, it's time to take advantage of the wonderful winter weather and teach children how to ski!

We offer you a two-day ski "school" on the SB «Tatyr»

Departure at 8:00am from the office of the Union, with you to have changeable things (*socks, gloves, a hat, if you have ski goggles and a helmet*), as well as lunch box with lunch.

Descent into the city at 17:00 to the Union office.

The cost of 4500 soms per child (12 years and older) includes:

- Transport to SB -2 days
- Instructor (1 instructor for 4-5 children)
- Cable car-2 days
- Skis
- Hot tea

23-24.01.2021 (Sat-Sun) Yurt camp Jeti-Oguz

Departure on Saturday at 7:00 am from Bishkek from the office of the Union.

Day 1

Lunch on the way (you can take a snack with you).

- At 14:00 accommodation in the Yurt camp in which delicious tea with boursaks awaits you
 - Warm and comfortable
 - Accommodation for 4-5 people on beds
 - Clean linens and a warm blanket
 - 3 meals a day
 - Toilets and showers are separate, but all with comfort

- Hike on snowshoes to the Kok Zhaiyk valley, where very beautiful winter landscapes will open up. (if in doubt, can you snowshoeing? It's very easy and fun! You can).

- Dinner at the yurt camp, board games and many interesting stories!

Day 2

- Breakfast at 9:00

On request, cross-country skiing (cross-country), you can go for a walk on snowshoes.

- Lunch at 14:00

- At 16:00 departure to Bishkek

- The cost of the trip is 5500 s / person (for members of the Union ... 5200 s / person)

Included in the price:

- Transport
- Accommodation

- Meals (except for the first lunch and the last dinner)
- Equipment (snowshoes and cross-country skis)
- Guide instructor

We advise you to take with you a change of warm clothes, several pairs of warm socks.

23.01.2021 (Sat) Ski Base «Too-Ashuu»

The cost of transport and organizational (consultation, instructor) costs for the group:

of 7 people (Delica) 800 som / person (for members of the Union ... 700 som / person)

- Cost for a group of 12-14 people (Sprinter): 800 som / person (for members of the Union ... 700 som / person)

- The cost of the lift is 800 soms from 09:00 to 17:00, for children under 12 years old - 600 soms.

Departure at 06:00 am.

23.01.2021 (Sat) Snowshoe trekking to Birch Grove, Boyrok tract.

One-day snowshoe hike in the Boyrok tract - picnic, return down the Boyrok tract to the bus stop

- transfer to Bishkek. Conditions for participation:

- *Non-categorical hike of light intensity, requiring elementary skills of being in the mountains.*

*Equipment - good mountain boots, a windbreaker jacket with a hood, sunglasses, a hat, a backpack 25-30l. **Departure 09:00 am.***

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

- The cost of **snowshoes** is 350 soms (for members of the "Union ..." 250 soms / person)

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

23.01.2021 (Sat) Red bridges Canyons (Eolian castles)

One-day hike to the red sandstone canyons of the Boom gorge, viewing natural sculptures.

- Length of the auto route: 270 km., Walking route: 9 km. The maximum drop in height is 330m., The starting point is 1470m. - finish point 1800m. **Departure 08:00 am.**

- *A non-categorical hike, light intensity, requiring basic skills in the mountains. Equipment - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a backpack of 25-30 liters. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

- The cost of transport for a group of 15 people: 550 som / person. (for members 400 som / person)

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

23.01.2021 (Sat) lake Ara-Kol and Salt mines

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

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

- The 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).

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

24.01.2021 (Sun) Ak-tuz, Kichi-Kemin valley.

One-day hike to Ak-Tuz valley, hike along the river Kich-Kemin to the Kumbel pass.

- The length of the auto route: 320 km, walking route: 14 km. The maximum high difference is 500 m. **Departure 08:00 am.**

- *A non-categorical hike of an initial and intermediate level of training and requiring elementary skills to be in the mountains. Equipment - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a backpack of 25-30 liters. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

24.01.2021 (Sun) Ala-Archa gorge, Waterfall.

One-day trek to the Ala-Archa gorge to the Ak-Sai frozen waterfall, on the way back, a hike to the Tepshe hills. Picnic, return to the bus stop - transfer to Bishkek. **Departure at 08:00.**

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots and gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is desirable (but not required) to have trekking 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).

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

24.01.2021 (Sun) Ski Base «ZiL»

- Cost for a group of 12-14 people (Sprinter): 360 soms (for members of the Union ... 280 soms / person)

- The cost of transport and organizational costs for a group: from 7 people (Delica) 400 soms (for members of the Union ... 350 soms / person)

- The cost of the lift is 1200 soms from 09:30 to 15:30, for children and beginners on the "Malysh" lift - 700 soms for the whole day. **Departure 08:00 am.**

- The cost of ski rental per day at the office of the Union is 500 som / person, (for members of the Union... 400 som / person).

24.01.2021 (Sun) Hourse riding

One-day horseback riding tour in the foothills of the Chon-Kemin valley, 4.5 - 5 hours horseback riding, return to the bus stop - transfer to Bishkek.

- Equipment - comfortable shoes (boots or shoes with smooth soles), riding clothes, sweatpants, sweater, gloves, raincoat and headwear.

- Cost of transport, a horse with a groom for a group of 8-10 people: 1700 som / person. (for members of the "Union ..." 1500 som / person) **Departure 08:00 am.**

29-31.01.2021 (Fri-Sun) Ski Base "Karakol" and swimming in thermal springs.

Departure on Friday evening, Saturday - early morning departure to the ski base, skiing all day after returning to the hotel, dinner at the hotel or in a cafe, then, if desired, transfer to the Ak-Suu thermal springs. Sunday - skiing until 16:00, return to the hotel, packing and departure to Bishkek.

- Cost 3800 som / person, (for members of the Union... 3700 som / person);

Included in the price:

- Transport Bishkek - Karakol - Ski base 2 days - thermal springs - Bishkek;
- Accommodation for 2 nights in a comfortable hotel "Amir" www.hotelamir.kg;
- 2 breakfasts
- Ski rental from the Union office

The price does not include:

- Lunches, dinners
- The cost of the lift (1200 soms / person per day, for children under 12 years old -700 soms / person per day);
- Other expenses.

29-31.01.2021 (Fri-Sun) A three-day trip around the Issyk-Kul.

Departure from Bishkek. Visiting the most beautiful and fascinating places of the northern and southern shores of Issyk-Kul.

- The length of the auto route-1020 km

- Hiking - 15-20km

Day 1

Bishkek-Karakol

Transfer to Karakol via the southern shore of Issyk-Kul. Lunch in Bokonbaevo, depending on the weather, check-in to the Skazka canyons. After moving to Barskoon gorge, visit to the waterfall. ... There are several picturesque waterfalls on the territory of Barskoon: Tears of a leopard, Splashes of Champagne, Piala Manas and Beard Aksakal. After, transfer to the Jety-Oguz gorge. In the Jety-Oguz gorge, you can see unusual red rocks. Accommodation in Karakol, "Amir" hotel. Dinner at the cafe.

Day 2

Karakol-Semenovka

Breakfast at the Amir hotel. City tour of Karakol city, visiting the famous Dungan mosque. Another beautiful architectural monument of the city of Karakol is the Holy Trinity Orthodox Church. After the city tour, transfer to thermal springs in the Ak-Suu-Nearby gorge, thermal (31-57 °) radon springs flow from the cracks of granite rocks. Return to Karakol, lunch. Visit to the Przewalski Museum.

Day 3

Semenovka-Bishkek

Transfer to the Semenovka gorge, depending on the weather, hike to the Suttuu-Bulak lake. Then transfer to Cholpon-Ata. On the way, swimming in thermal springs in the village of Chon-Oruktu. Lunch in Cholpon-Ata. A visit to the popular open-air petroglyph museum, then a visit to the Burana Tower Architectural Complex. The Burana Tower is the remains of the city of

Balasagun, which was the capital of the Karakhanid Empire in the 9th century. Transfer to Bishkek.

- The cost of transport, accommodation and organizational services (consultations, guide) 4700/4500 for members of the Union. Bathing in thermal springs costs 200 soms per person

The price includes:

- First lunch in Bokonbaevo
- Accommodation at the Amir hotel with breakfast
- Accommodation in a guest house in Semenovka without breakfast
- All entrance fees to museums.

The price does not include:

- Bathing in thermal springs
- Expenses for meals except for the first lunch and the second day of breakfast.

30-31.01.2021 (Sat-Sun) Two-day ski-school on SB "Tatyr"

- Dear parents, it's time to take advantage of the wonderful winter weather and teach children how to ski!

We offer you a two-day ski "school" on the SB «Tatyr»

Departure at 8:00am from the office of the Union, with you to have changeable things (*socks, gloves, a hat, if you have ski goggles and a helmet*), as well as lunch box with lunch.

Descent into the city at 17:00 to the Union office.

The cost of 4500 soms per child (12 years and older) includes:

- Transport to SB -2 days
- Instructor (1 instructor for 4-5 children)
- Cable car-2 days
- Skis
- Hot tea

30-31.01.2021 (Sat-Sun) Yurt camp Jeti-Oguz

Departure on Saturday at 7:00 am from Bishkek from the office of the Union.

Day 1

Lunch on the way (you can take a snack with you).

- At 14:00 accommodation in the Yurt camp in which delicious tea with boursaks awaits you
 - Warm and comfortable
 - Accommodation for 4-5 people on beds
 - Clean linens and a warm blanket
 - 3 meals a day
 - Toilets and showers are separate, but all with comfort

- Hike on snowshoes to the Kok Zhaiyk valley, where very beautiful winter landscapes will open up. (if in doubt, can you snowshoeing? It's very easy and fun! You can).

- Dinner at the yurt camp, board games and many interesting stories!

Day 2

- Breakfast at 9:00

On request, cross-country skiing (cross-country), you can go for a walk on snowshoes.

- Lunch at 14:00

- At 16:00 departure to Bishkek
- The cost of the trip is 5500 s / person (for members of the Union ... 5200 s / person)

Included in the price:

- Transport
- Accommodation
- Meals (except for the first lunch and the last dinner)
- Equipment (snowshoes and cross-country skis)
- Guide instructor

We advise you to take with you a change of warm clothes, several pairs of warm socks.

30.01.2020 (Sat) *Panorama 270 degrees - Waterfall - Petroglyphs.*

One-day hike to the Chunkurchak gorge, visiting the Pigeon Falls 30m high, climbing the ridge to the panoramic peak, viewing the panorama of 270 degrees, picnic, returning to the bus stop - transfer to Bishkek.

- Length of auto route: 70 km, walking route: 10 km. The maximum drop in altitude is 700m., The start point is 1500m - the finish point is 2200m. ***Departure at 09:00 am***

- *Non-categorical hike of average level of training and requiring elementary skills of being in the mountains. Outfit - good mountain boots, a windbreaker jacket with a hood, sunglasses, a baseball cap (cap), a hat, a 25-30L backpack, and trekking sticks. It is advisable (but not necessary) to have sunscreen, raincoat and mite spray.*

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

30.01.2021 (Sat) *Birbulak gorge (Malinovoe)*

One day hike to Birbulak gorge, hike up the gorge, picnic, return to the bus stop - transfer to Bishkek.

- The length of the hiking route is from 10 km., The maximum height difference is 250m. ***Departure 09:00 am.***

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots and gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is desirable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf, gloves.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

30.01.2021 (Sat) *Horse riding*

One-day horseback riding tour in the foothills of the Chon-Kemin valley, 4.5 - 5 hours horseback riding, return to the bus stop - transfer to Bishkek.

- Equipment - comfortable shoes (boots or shoes with smooth soles), riding clothes, sweatpants, sweater, gloves, raincoat and headwear.

- Cost of transport, a horse with a groom for a group of 8-10 people: 1700 som / person. (for members of the "Union ..." 1500 som / person) ***Departure 08:00 am.***

31.01.2021 (Bc) Ski Base «Chunkurchak»

The cost of transport and organizational costs for a group: from 7 people (Delica) 450 som / person. (for members of the Union ... 370 som / person)

- Cost for a group of 12 people (Sprinter) 400 som / person. (for members of the Union ... 350 som / person)

- The cost of the lift is 1200 soms from 10:00 to 16:00. Child 800 som. Departure 08:30 am.

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

31.01.2021 (Sun) Alamedin gorge, Waterfall.

One-day hike to 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 difference in altitude is 350m., The starting point is 1780m. - finish point 2130m. **Departure 08:00 am.**

- *A non-categorical hike of initial and intermediate level of training and requiring elementary skills to be in the mountains. Outfit - good mountain boots, gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is advisable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf and gloves.*

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

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

31.01.2021 (Sun) Trekking Baylamtal Canyons - Kok-Moinok Canyons.

One-day trek from Baylamtal canyons to Kok-Moinok canyons. Aerial views of Boom, Bailamtala and Kokmoynoka Canyons, Kyrgyz Range and Kungey Ala-Too.

- The length of the auto route: 340 km, walking route: 13 km. The maximum difference in altitude is 550m., The starting point is 1600m. - the highest point is 2150m.

Departure 08:00 am.

- *Non-categorical hike of average level of training and requiring elementary skills of being in the mountains. Outfit - good mountain boots and gaiters to protect your feet from moisture and snow, a jacket, a hat, a 25-30l backpack. It is desirable (but not required) to have trekking sticks, sunglasses, a jacket with a hood, a scarf, gloves.*

- The cost of transport for a group of 15 people: 650 som / person. (for members of the "Union ..." 500 som / person)

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

31.01.2021 (Sun) lake Ara-Kol and Salt mines

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

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

- The 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).

- The presence of children from 12 years and older is possible on the trip, strictly with their parents.

Our motto in hiking:

«Take only photos with you, leave only footprints behind you»

*PA «The Trekking Union of Kyrgyzstan» Our address: Kievskaya street 168, tel: 0312 909 115,
mob: 0556 10 19 33. E-mail: trek@elcat.kg, www.tuk.kg*