

Hiking calendar for September!

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 for many years. To ensure safe participation in them, generally accepted security measures and ordinary conscious prudent everyday behavior are sufficient. Tourists participating in such trips should be attentive, careful, prudent, count their strength and opportunities to participate in the trip. Tourists themselves ensure their safety, determine the possibility of their participation in the trip without harm to their health, and if they feel worse, they can at any time interrupt the route and stop for a rest or even return to the bus.
2. Equipment – good mountain boots, a windbreaker jacket with a hood, sunglasses, a baseball cap(cap), a backpack of 25-30L. if necessary, have gaiters to protect your feet from moisture and snow, a jacket, a hat, gloves. It is advisable to have track sticks, sunscreen, raincoat, spray against ticks.
3. 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 in the morning.
4. OO "TUK" is not responsible for the things left in the bus and also in the office.
5. IMPORTANT! In the warm season, you need to be wary of tick bites. Tourists must have vaccinations against encephalitis and be dressed in protective clothing. Tourists who arrived without overalls travel at their own risk. Important measures for the prevention of tick bites are frequent careful examinations of body parts concerning grass and tree branches, and the removal of detected ticks. If you are bitten by a tick, you should definitely consult a doctor in the first 3 days after the bite.

[Dear vacationers and members of the Trekking Union, in connection with the current situation in the World in order to prevent the spread of coronavirus infection \(COVID-19\), we kindly ask you to have all protective equipment \(mask, gloves, antiseptic\) with you.](#)

24.09.2021 (Fri) *Kegety gorge.*

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

- The length of the car route: 170 km., walking route: 13 km. The maximum height difference is 450m., the start point is 1770m – - the finish place is 2210m. Departure time is 08: 00 am.
- A non-categorical hike of the initial and intermediate level of training and requiring basic skills of being in the mountains.
- Equipment – good mountain boots, a windbreaker jacket with a hood, sunglasses, a baseball cap(cap), a cap, a backpack of 25-30L. It is desirable (but not necessary) to have track sticks, sunscreen, a raincoat and a spray against ticks.
- It is possible to have children on the trip from 10 years old and older, but only with their parents.

The cost of transport for a group of 15 people: 550 som/person (for members of the " Union... " 450 SOM/person)

25.09.2021 (Sat) Tar-Suu.

One-day hike to gorge. Tar-Suu, picnic, return to the bus stop - transfer to Bishkek.

- Length of auto route: 310 km, walking route: 10 km. The maximum difference in altitude is 500m., The starting point is 1550m. - finish point 2050m. Departure 08:00 am.
- A non-categorical hike is easier than the average level of training and requires elementary skills of being in the mountains.
- Equipment - good mountain boots, a windbreaker jacket with a hood, trekking sticks, sunglasses, a baseball cap (cap), a hat, a backpack 25-30l. It is advisable (but not required) to have sunscreen, raincoat and mite spray.
- The cost of transport and entrance tickets to the Natural Park "Chon-Kemin" for a group of 15 people: 700 som / person. (for members of the "Union ..." 600 som / person).

26.09.2021 (Sun) Alamedin Gorge.

One-day hike in the gorge. Alamedin-hike to the waterfall-picnic, return to the bus stop – transfer to Bishkek.

- The length of the car route: 90 km., walking route: 12 km. The maximum height difference is 350m., the start point is 1780m – - the finish place is 2130m. Departure time is 08: 00 am.
- A non-categorical hike of the initial and intermediate level of training and requiring basic skills of being in the mountains.
- Equipment – good mountain boots, a windbreaker jacket with a hood, sunglasses, a baseball cap(cap), a cap, a backpack of 25-30L. It is desirable (but not necessary) to have track sticks, sunscreen, a raincoat and a spray against ticks.
- The cost of transport for a group of 15 people: 500 som/person (for members of the" Union... " 400 SOM/person)

26.09.2021 (Sun) Rafting

Rafting in the Boom canyon (category 2-3) on the Chon-Kemin River, duration 1-5, 2 hours, 22-25 km, rafting begins in Chon-Kemin, below the Shabdan bridge to the Boroldoy bridge below the «Holodnaya voda»

Terms of participation:

- Participants must be ready to swim in the water, be able to swim, have no signs of claustrophobia, have a swimsuit or shorts available, as well as a change of clothes. Children under the age of 18 are not allowed to travel.
- The cost of transport and rafting (rafting) 12-16 people 2500som/person (for members of the "Union..." 2400som/person).

01.10.2021 (Fri) Alamedin gorge.

One-day hike in the gorge. Alamedin-hike to the waterfall-picnic, return to the bus stop – transfer to Bishkek.

- The length of the car route: 90 km., walking route: 12 km. The maximum height difference is 350m., the start point is 1780m – - the finish place is 2130m. Departure time is 08: 00 am.
- A non-categorical hike of the initial and intermediate level of training and requiring basic skills of being in the mountains.

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

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

02.10.2021 (Sat) *Ala-Archa Gorge, Top-Karagay.*

One-day hike to the Ala-Archa gorge, right along the gorge to Top-Karagai, picnic, return to the bus stop – transfer to Bishkek. Departure at 08: 00.

- A non-categorical hike of the initial and intermediate level of training and requiring basic skills of being in the mountains.

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

- The cost of transport and payment for entrance tickets to the Ala-Archa National Park for a group of 15 people: 550 som/person (for members of the" Union... " 450 som/person).

02.10.2021 (Sat) *Hiking in the Tuyuk gorge (Ak-Suu gorge)*

A day trip to the Aksuu gorge, a hike to the high-altitude lake Tuyuk, a picnic lunch, return to the bus stop-transfer to Bishkek.

- The length of the car route: 220 km., walking route: 16 km. The maximum height difference is 1000m., the start point is 2300m – - the finish place is 3300m. Departure 07: 00 am

- A non-categorical hike of the initial and intermediate level of training and requiring basic skills of being in the mountains.

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

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

02.10.2021 (Sat) *Issyk-Ata Gorge (Waterfall)*

Hike along the left bank of the river to the Waterfall-visit the waterfall. Lunch-picnic. Return – Swimming in hot springs - transfer to Bishkek.

- The length of the car route: 160km, walking route: 6km. The maximum height difference is 500 m., the start point is 1850m – the finish place is 2100m. Departure time is 08: 00 am.

- A non-categorical hike of the initial and intermediate level of training and requiring basic skills of being in the mountains. They do not require any special equipment for hiking.

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

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

03.10.2021 (Sun) *Karagay-Bulak gorge.*

One-day hike to the Karagai Bulak gorge, transfer from the gorge.Kegeti in the gorge.Tuyuk Issyk-Ata through the pass 2540m.

- The length of the car route: 170km., walking route: 12-13km. The maximum height difference is 1000m., the start point is 1550m-the pass is 2540m – the finish point is 1500m. Departure time is 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, a windbreaker jacket with a hood, sunglasses, a baseball cap(cap), a cap, a backpack of 25-30L. It is desirable (but not necessary) to have track sticks, sunscreen, a raincoat and a spray against ticks.
- The cost of transport for a group of 12-15 people: 650 som/person (for members of the" Union... " 550 SOM/person)
- ATTENTION! Increased difficulty when climbing the pass.

03.10.2021 (Sun) Ratsek Hut

A one-day hike to the Ratsek hut, a visit to the Ak-Say glacier, a waterfall – picnic, return to the bus stop-transfer to Bishkek.

- The length of the car route: 90 km., walking route: 13 km. The maximum height difference is 1200m., the start place is 2200m – - the finish place is 3380m. Departure time is 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, a windbreaker jacket with a hood, sunglasses, a baseball cap(cap), a cap, a backpack of 25-30L. It is desirable (but not necessary) to have track sticks, sunscreen, raincoat, anti-tick spray and mat.
- The cost of transport and payment for entrance tickets to the Ala-Archa National Park for a group of 15 people: 550 som/person (for members of the" Union... " 450 som/person).
- ATTENTION! Increased difficulty when climbing the hut.

03.10.2021 (Sun) Kol-Tor Lake, Kegety gorge.

One-day hike in the gorge. Kol-Tor, visit to the alpine lake Kol-Tor 2733m.

- The length of the car route: 170km, walking route: 14km. The maximum height difference is 900m., the start point is 1800m – - the finish place is 2733m. Departure time is 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, a windbreaker jacket with a hood, track sticks, sunglasses, a baseball cap(cap), a cap, a backpack 25-30L. It is desirable (but not necessary) to have a sunscreen, a raincoat and a spray against ticks.
- The cost of transport for a group of 15 people: 550 som/person (for members of the" Union... " 450 SOM/person)

Our motto in hiking:

"Take only photos with you, leave only traces of shoes behind you"

NGO "Trekking Union of Kyrgyzstan" Our address: 168 Kievskaya str., tel: 0312 909 115, mob: 0556 10 19 33. E-mail: trek@elcat.kg, www.tuk.kg