



“Kyrgyztrip” LLC

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## KYRGYZSTAN IN A WEEK – 7 DAYS BRIEF

### ITINERARY

Day	Highlights	Overnight at
Day 1	From Bishkek, visit Burana and stay in Chong Kemin	Guest House
Day 2	Chong Kemin, Kyrchyn jailoo, Karakol	Hotel
Day 3	Karakol to Altyn Arashan Valley	Guesthouse
Day 4	Altyn Arashan Valley – Ala Kul Lake - Karakol	Hotel
Day 5	Karakol- Jeti Oguz – Barskoon Valley - Bokonbaev	Yurt Camp
Day 6	Bokonbaev – Aksay Canyon – Song Kul Lake	Yurt Camp
Day 7	Song Kul Lake - Bishkek	

### TOUR DETAILS

Month	June to October
Start / Finish	Bishkek / Bishkek
Duration	7 days
Total drive	1250 km
Tour speed	Fast-paced
Activities	Horse riding – 1 day, trekking – daily average 2 hours
Accommodations	Yurt – 2 nights, Guesthouse – 2 nights, Hotel – 2 nights
Visited places	Chong Kemin, Burana Tower, Boom Gorge, Cholpon Ata, Suttuu Bulak, Kyrchyn jailoo, Karakol, Dungan Mosque, Altyn Arashan Valley, Ala Kul Lake, Jeti Oguz, Barskoon Waterfall, Fairy Tale Canyon, Bokonbaev, Aksay Canyon, Kazhyrty Waterfall, Song Kul Lake

<p><b>Day 1. Bishkek – Burana Tower – Chong Kemin</b></p> <ul style="list-style-type: none"> <li>• Departure from Bishkek around noon or early</li> <li>• Drive to Burana Tower, an ancient minaret and open-air museum, with time to explore the balbals (stone warriors) and learn about the Karakhanid era</li> <li>• Continue the journey to the Chong Kemin Valley, known for its beautiful landscapes and outdoor activities</li> <li>• Arrival in Chong Kemin in the afternoon and check-in to the guest house</li> <li>• Free time to rest or enjoy the peaceful nature around the valley</li> </ul>	<p><b>Transfer:</b> Total: 180 km – 4 h. Asphalt: 160 km Dirt Road: 20 km</p> <p><b>Meals:</b> lunch at local restaurant, dinner at guesthouse</p> <p><b>Overnight:</b> guesthouse (1700m)</p> <p><b>WC:</b> Private <b>Internet:</b> Wi-Fi <b>Shower:</b> Yes</p>
<p><b>Notes &amp; Recommendations</b></p> <ul style="list-style-type: none"> <li>- Easy driving day, no physical difficulty</li> <li>- Comfortable walking shoes recommended for Burana Tower area</li> <li>- Bring sunscreen and hat (open steppe areas can be sunny/windy)</li> <li>- Chong Kemin is cooler than Bishkek – light jacket recommended in evenings</li> <li>- Good day to start adjusting to mountain climate and slower pace</li> </ul>	

<p><b>Day 2. Chong Kemin – Cholpon Ata – Kyrchyn Jailoo – Karakol</b></p> <ul style="list-style-type: none"> <li>• Depart from Chong Kemin in the morning, drive towards Cholpon Ata with scenic views along the northern shore of Issyk-Kul Lake</li> <li>• Visit Kyrchyn Jailoo (Visit Suttuu Bulak Lake) for a light warm-up trek in preparation for the upcoming Ala-Kul hike</li> <li>• Continue to Karakol and check into the hotel</li> </ul>	<p><b>Transfer:</b> Total: 350 km – 6 hours</p> <p><b>Meals:</b> Breakfast at guesthouse, lunch at local restaurant, dinner at local restaurant</p> <p><b>Overnight:</b> yurt (3100m)</p> <p><b>WC:</b> Private WC <b>Internet:</b> WI-FI</p> <p><b>Shower:</b> Yes</p>
<p><b>Notes &amp; Recommendations</b></p> <ul style="list-style-type: none"> <li>- Long scenic driving day with multiple stops</li> <li>- Roads are paved but expect winding mountain sections</li> <li>- Kyrchyn / Suttuu Bulak area involves light walking or optional short hike</li> <li>- Weather near Issyk-Kul can change quickly (sun + wind)</li> <li>- Arrive in Karakol in evening – rest recommended</li> </ul>	

<p><b>Day 3. Karakol – Altyn Arashan</b></p> <ul style="list-style-type: none"> <li>• Morning Departure: Start early as a special 4x4 vehicle will take you deep into the mountains toward Altyn Arashan, one of the most scenic alpine valleys in Kyrgyzstan.</li> <li>• Scenic Journey: Enjoy the breathtaking mountain views, pine forests, and flowing rivers along the way.</li> <li>• Mountain Retreat: Upon arrival, relax in the peaceful surroundings, walk around the valley, or soak in the natural hot springs.</li> <li>• Overnight Stay: Spend the night in a guesthouse or mountain hut in Altyn Arashan.</li> </ul>	<p><b>Transfer:</b></p> <p>Total: 35 km – 2 h. Asphalt: 15 km Dirt road: 20 km</p> <p><b>Meals:</b> Breakfast at hotel, lunch at guesthouse dinner at guesthouse</p> <p><b>Overnight:</b> hotel</p> <p><b>WC:</b> Private WC <b>Internet:</b> Wi-Fi <b>Shower:</b> Available</p>
<p><b>Notes &amp; Recommendations</b></p> <ul style="list-style-type: none"> <li>- Off-road 4x4 is bumpy but very scenic</li> <li>- Temperature drops significantly in Altyn Arashan (mountain zone)</li> <li>- Pack warm clothes even in summer (evenings can be cold)</li> <li>- Hot springs available – bring swimwear + towel</li> <li>- Limited electricity/Wi-Fi in guesthouse</li> <li>- Ideal for relaxation and nature immersion</li> </ul>	

<p><b>Day 4. Altyn Arashan – Ala-Kul Lake – Karakol</b></p> <ul style="list-style-type: none"> <li>• <b>Early Departure:</b> Begin the day early and set out on horseback toward Ala-Kul Lake, one of the most stunning high-altitude lakes in Kyrgyzstan.</li> <li>• <b>Scenic Ride &amp; Short Hike:</b> Arrive near the lake area and continue with a short hike (about 1 hour) to reach the viewpoint overlooking Ala-Kul. Take time to enjoy and photograph the incredible turquoise lake surrounded by dramatic peaks.</li> <li>• <b>Return to Altyn Arashan:</b> Make your way back to Altyn Arashan and relax in the natural hot springs, perfect for soothing muscles after the ride.</li> <li>• <b>Drive to Karakol:</b> Afterward, return to Karakol and check in at your accommodation for a restful evening.</li> </ul>	<p><b>Transfer:</b> Total: 70 km – 8 h. Asphalt: 50 km Dirt road: 130 km</p> <p><b>Trekking:</b> 3 km – 3 h</p> <p><b>Horse riding:</b> 30km – 5 h</p> <p><b>Meals:</b> Breakfast at hotel, lunch at guesthouse, dinner at guesthouse</p> <p><b>Overnight:</b> guesthouse (3200m)</p> <p><b>WC:</b> Private <b>Internet:</b> Wi-Fi</p> <p><b>Shower:</b> Available</p>
<p><b>Notes &amp; Recommendations</b></p> <ul style="list-style-type: none"> <li>- Physically demanding day (moderate to hard level)</li> <li>- Horse riding + hiking at high altitude (~3,500m)</li> <li>- Start early morning is essential</li> <li>- Hiking shoes strongly recommended (non-slip)</li> <li>- Weather can change rapidly (sun, fog, rain, wind)</li> <li>- Bring: water, snacks, rain jacket, sunscreen</li> <li>- Not recommended for clients with heart/breathing issues</li> </ul>	

<p><b>Day 5. Karakol – Bokonbaev</b></p> <ul style="list-style-type: none"> <li>• Depart from Karakol and head towards Tosor.</li> <li>• Stop at <b>Jeti-Oguz Valley</b> to admire the famous “Seven Bulls” and the <b>Broken Heart</b> rock formations.</li> <li>• Continue to <b>Skazka Canyon</b> (Fairy Tale Canyon) to explore its colorful and uniquely shaped rock landscapes.</li> <li>• Visit <b>Barskoon Gorge</b> and the <b>Barskoon Waterfall</b>.</li> <li>• Continue your journey along the southern shore of Issyk-Kul to Tosor.</li> <li>• <b>Overnight stay in Bokonbaev.</b></li> </ul>	<p><b>Transfer:</b> Total: 190 km – 4-5 h. Asphalt: 110 km Dirt road: 70 km</p> <p><b>Meals:</b> Breakfast at hotel, lunch at restaurant, dinner at yurt camp</p> <p><b>Overnight:</b> Yurt Camp</p> <p><b>WC:</b> Shared</p> <p><b>Internet:</b> Wi-Fi</p> <p><b>Shower:</b> Available</p>
<p><b>Notes &amp; Recommendations</b></p> <ul style="list-style-type: none"> <li>- Full sightseeing day with multiple stops</li> <li>- Light walking only (no difficult hiking)</li> <li>- Skazka Canyon involves sandy/rocky terrain – good shoes needed</li> <li>- Jeti-Oguz is great for photos – best lighting in morning</li> <li>- Expect some dusty road sections</li> <li>- Sunglasses and scarf recommended for wind protection</li> <li>- Yurt camp experience (basic but authentic comfort)</li> </ul>	

<p><b>Day 6. Bokonbaev – Song-Kul Lake</b></p> <ul style="list-style-type: none"> <li>• Depart from Bokonbaev in the morning.</li> <li>• Visit Ak-Sai Canyon (best visited at sunrise for stunning views and lighting).</li> <li>• Continue the journey toward Song-Kul (approximately 5–6 hours of driving total).</li> <li>• Arrive at Song-Kul Lake and settle into a traditional yurt camp by the lakeshore.</li> <li>• Enjoy free time hiking and exploring the highland pastures.</li> <li>• Experience a traditional Kyrgyz dinner with a local family.</li> <li>• Overnight stay in Song-Kul in a yurt camp.</li> </ul>	<p><b>Transfer:</b> Total: 230 km – 3-4 h. Asphalt: 130 km Dirt road: 100 km</p> <p><b>Meals:</b> Breakfast at Yurt Camp, lunch at restaurant, dinner at Yurt Camp</p> <p><b>Overnight:</b> Hotel</p> <p><b>WC:</b> Private</p> <p><b>Internet:</b> Wi-Fi</p> <p><b>Shower:</b> Available</p>
<p><b>Notes &amp; Recommendations</b></p> <ul style="list-style-type: none"> <li>- Long driving day through mountain passes</li> <li>- High altitude area (~3,000m) – may feel colder and windy</li> <li>- Ak-Sai Canyon is best for short stop + photography</li> <li>- Song-Kul has no modern infrastructure (remote area)</li> <li>- Bring warm clothes (nights can be very cold even in summer)</li> <li>- Strong wind is common at Song-Kul Lake</li> </ul>	

<p><b>Day 7. Song-Kul – Kazhyrty Waterfall – Bishkek</b></p> <ul style="list-style-type: none"> <li>• Morning Departure: Enjoy breakfast at the yurt camp, then depart from Song-Kul towards Naryn.</li> <li>• Scenic Stop: On the way, visit Kazhyrty Waterfall, a picturesque spot perfect for photos and a short walk.</li> <li>• Arrival to Bishkek.</li> </ul>	<p><b>Transfer:</b></p> <p>Total: 340 km – 6-7 h.  Asphalt: 240 km Dirt road: 100 km</p> <p><b>Meals:</b> Breakfast at Yurt Camp, lunch and dinner at restaurant</p>
<p><b>Notes &amp; Recommendations</b></p> <ul style="list-style-type: none"> <li>- Early morning departure recommended</li> <li>- Road descent from Song-Kul is long but very scenic</li> <li>- Short walk to Kazhyrty Waterfall – moderate terrain</li> <li>- Comfortable shoes needed for slippery areas</li> <li>- Expect arrival in Bishkek in late afternoon or evening</li> </ul>	

## PRICE OF THE TRIP

*The price listed is for private tours. You also have the option to join other travelers on the same tour dates for a lower price. Your room will remain private, shared only for guide services, transfers, and activities.*

*You can choose a private tour or join other travelers – the choice is yours.*

Number of people	Price per person, standard accommodations	Price per person, upgraded accommodations
1 ( <i>single room</i> )	2300 USD	2700 USD
2 ( <i>twin/ double rooms</i> )	1380 USD	1750 USD
3 ( <i>triple room</i> )	1150 USD	1500 USD
4 ( <i>twin/ double rooms or family rooms</i> )	1000 USD	1400 USD
5 ( <i>twin, double or triple</i> )	980 USD	1260 USD
6 ( <i>twin, double or triple</i> )	1050 USD	1300 USD
7-11 ( <i>twin, double or triple</i> )	980 USD	1250 USD

### Price includes

- ✓ Transfer 4X4 with AC
- ✓ English-speaking permanent guide
- ✓ Accommodation mentioned in the program
- ✓ Full board (set menu)
- ✓ Visits mentioned in the program
- ✓ Entrance fees
- ✓ Horse riding in Ala Kul Lake
- ✓ The special car to Altyn Arashan and back.

### Price doesn't include

- × International flights
- × Airport transfer
- × Personal expenses
- × Single room supplement
- × Insurance
- × Tips for guide
- × Hotel in Bishkek
- × Breakfast on day 1 and dinner on last day
- × Water and alcohol drinks
- × Services not mentioned as included

### An additional fee applies if you wish to proceed with:

- Airport transfer – 30 USD one way per car for 1-4 people
- Eagle hunting demonstration – 80 USD per group

### Booking policy

- Please send your final request to our Gmail [kyrgyztriper@gmail.com](mailto:kyrgyztriper@gmail.com), and our tour manager will confirm your trip. Kindly include your pickup address and preferred time.

### Payment Policy

- **A deposit is required** to secure your booking after confirming the tour. %10 of the total amount.
- Full payment is required on the first day of the tour at the company office in Bishkek
- Payment can be made in USD, EUR, or Kyrgyz Som (KGS) in cash.
- **Credit card** payments are accepted with a **2% processing fee**.

### Cancellation Policy

- 3 weeks before cancellation will be 95% will be reimbursement (5% is like commission and all)

- After 3-week cancellation will be 50% reimbursement
- 5 days before the trip cancellation no reimbursement

## **BEFORE YOU GO**

### **Tour Overview:**

This tour is ideal for travelers seeking a mix of nature, culture, light trekking, and authentic nomadic experiences in a short and well-balanced itinerary.

### **Horse Riding & Trekking:**

- No prior horse-riding experience is required.
- The tour needs good trekking exercise. Elevation will be 1000 meters on Altitude 3900 meters

### **Meals:**

- Meals provided are traditional Central Asian cuisine.
- Vegetarian options are available – please inform your tour manager of any dietary restrictions or allergies.

### **Money & Payments:**

- Credit cards are commonly accepted in cities and towns, but it's advisable to keep some cash in Kyrgyz Som for small or local transactions.
- About 10 USD per day is generally enough for daily personal spending.
- It's better not to exchange USD at the airport, as exchange rates are usually more favorable at banks or licensed exchange offices in Bishkek. Your guide can help you with currency exchange if needed.

### **Communication & Internet:**

- Internet access is widely available in cities and towns, though it may be weak or limited in remote mountain regions.
- For more reliable connectivity, it is recommended to buy a local SIM card. MEGACOM is a suggested mobile operator.

### **Electricity:**

- Kyrgyzstan uses 220V electricity with Type C and Type F plugs (European-style round plugs). Bring the necessary adapters for your devices.

### **Languages:**

- Official languages: Kyrgyz and Russian.
- Basic English is spoken in urban areas but learning a few phrases in Russian or Kyrgyz can help in rural regions.

### **Health & Safety:**

- Travel insurance covering medical emergencies and adventure activities is strongly recommended.

## PACKING LIST

### Clothing:

- Warm layers (fleece or down jacket) for chilly mornings and evenings
- Lightweight clothes for daytime (t-shirts, long-sleeve shirts)
- Waterproof and windproof jacket
- Comfortable trekking pants and shorts
- Hat or cap for sun protection
- Gloves and warm socks
- Scarf or buff for wind
- Comfortable trekking or hiking boot

### Horseback Riding:

- Long pants for riding
- Riding gloves (optional)
- Small daypack for essentials

### Other Essentials:

- Sunglasses and sunscreen
- Reusable water bottle
- Personal toiletries and towel
- Basic first aid kit and any personal medications
- Camera or smartphone for photos
- Power bank and charging cables
- Passport, ID, and copies of travel documents

### Optional:

- Binoculars for wildlife spotting
- Light snacks for trekking
- Notebook or travel journal

## ACCOMMODATIONS

Days	3* hotels	4* hotels and premium hotels
1	Zhekshen Guest House	Ala Kush Resort
2	Taygatay or Akmaral	Karagat 4*
3	Elza Guest House	Elza Guest House
4	Taygatay or Akmaral	Karagat 4*
5	Meiman Ordo	Elestet Premium Yurt Camp
6	Kohcmon Yurt Camp	Kohcmon Yurt Camp

- This tour offers better accommodation options.
- If these accommodations are unavailable, we will arrange similar accommodations
- If you have other accommodation preferences, please let us know. We can adjust the arrangements and pricing accordingly.