



3 days horseriding trek Karakol -Altyn-Arashan-Ala kul Lake	
Highest Point:	3850m
Lowest Point:	1750m
Total Elevation Gain:	2200m
Total Elevation Loss:	2200m
Level of Difficulty:	Medium
Total Hours Hiking:	~16Avg
Total Amount of trekking days:	3
Approximate Trekking Distance:	~55
Season: End of June - October	

Day	Description
Day 1	Meet with Ecotrek team in Karakol in the morning. After car will drop you to Jolkolot village where horseman will meet you, and tell you some instructions of horseriding. Than you will start. Passing Aksu Leschoz you will get to Altyn Arashan hot springs and overnight there in yurt(2700m) (5-6 hours)
Day 2	Leaving the campsite you will travel to Ala kul lake. Coming to Keldike pass(3800m) you need leave your horses and walk up to Keldike pass and see Ala kul lake(3500m). Eat here lunch. Than come down back to your horses and travel back to Altyn Arashan. Enjoy hot spring pool. Overnight in yurt(2500m)
Day 3	After breakfast you can walk around, or up by the river. Eat lunch. Than take your horses and you will come to Aksu village in 3-4 hours, where driver will meet you and drop you to Karakol(30min driving)

Jeti Oguz – Alakul lake - Altyn-Arashan: Tour price

Group Size	Per person €	Total €
1	262	262
2	190.5	381
3	166.6	500
4	186.5	746
5	174.6	873
6	166.6	1000
7	159.8	1119
8	155.5	1244
9	165.8	1493
10	161.9	1619
11	157.9	1737
12	154.9	1859

Included.

- 2 overnights in yurt
- Horseman
- Transportation to starting point and ending point(from Karakol town)
- Horses(3 days)
- Lunch boxes
- Food in yurt camp(2breakfast, , 2 dinner)
- Lunch boxes
- Hot spring pool

Not included

- Hotel accommodation in the town of Karakol
- Transportation from Bishkek to Karakol city and back
- Alcoholic drinks
- Bottled water during trek
- Flights to and from country
- Visa cost (for countries not offered free visas)

Additional information

Personnel

The price listed above includes food, rental equipment and transportation for the personnel.

EcoTrek will provide an experienced mountain guide. The guides are all well educated in trekking and mountain safety.

EcoTrek will provide one porter for each client. The porters can carry up to 17 kilos. The porters will carry all food and camping equipment for the entire trek. Typically our clients carry a small backpack which contains water, snacks, and 1 or 2 items of clothing during the trek. An additional porter can be provided for €23 per day.

EcoTrek will provide a professional mountain cook. The cook will prepare fresh and nutritious food for the trek. Please inform your cook if you are a vegetarian or have any allergies. If there are more than 7 clients, a mountain cook assistant is provided.

Climate

Kyrgyzstan has a continental climate. The sun shines over 200 days a year. The temperature during the summer months can range from 20°C to 40°C between 900-2000m elevation; between 3000-4000 m the temperature ranges from 0°C to 20°C. In Kyrgyzstan the weather can change 3-4 times a day. Be aware sometimes you may experience rainy, snowy and sunny weather in the same day.

You need to bring:

Winter jacket, sleeping bag rated for -26°C to 0°C, rain gear, 2-3 pairs of wool socks, waterproof trekking boots, gloves, sunglasses, sunscreen with high UV-protection, lip balm with UV-protection.

EcoTrek will provide the necessary trekking equipment:

A 2 person 3 season tent and a sleeping mat. EcoTrek will also provide a kitchen for the cook and dining area for the clients to eat their meals. If client wants to stay in single tent there is a cost of €4 per day.

Food during the trek Breakfast: hot cereal or fried eggs, cheese, honey, bread, butter, coffee and tea. Lunch: salads, sandwiches, fruit, coffee and tea. Snack: cookies, coffee and tea. Dinner: soup, second course, cheese, honey, dried fruit, bread, coffee and tea. Insurance

It is strongly recommended that all clients have proper insurance to cover any illnesses, helicopter evacuation and transportation to their country of origin. In the event of an emergency EcoTrek will do everything in its power to assist clients. Please contact your Embassy to find the best travelers insurance policy for your stay in Kyrgyzstan.

Visa Kyrgyz Republic gives free visa to citizens of 44 countries including; EU, USA, Japan, UK, Norway, Switzerland and Brazil.

Terms & Conditions

EcoTrek needs to be paid in full before the trek starts. If the client cancels the trek before the agreed upon start date, EcoTrek will keep a 15 % cancelation fee. Clients who return early from a trek are not eligible for a refund for the personnel/food unless injury, illness or natural events forces the trek to end early.

All prices are listed in EUROS and these prices are valid throughout 2015. EcoTrek will prepare a receipt for the payment. Please note that bank transfers will cost an additional 7 % for the transaction fee. We request that a 15% deposit is paid 15 days before the start of the trek.

