



<b>Jeti Oguz - Alakul lake - Altyn-Arashan</b>	
Highest Point:	3820m
Lowest Point:	2286m
Total Elevation Gain:	1534m
Total Elevation Loss:	2160m
Level of Difficulty:	Medium / Difficult
Total Hours Hiking:	~22 Avg
Total Amount of Trekking days:	5
Approximate Trekking Distance:	~62km
<b>Season: End of June - October</b>	

<b>Day</b>	<b>Description</b>
<b>Day 1</b>	Travel with Ecotrek team to Jeti-Oguz gorge from Karakol ~50min (35km). The trek will start at the Broken Heart, you will hike half ways to Telety Pass ~4-5 hours (10km). Overnight in the tent (Elevation: 2843m).
<b>Day 2</b>	Leaving the campsite you will summit Telety pass (3820m) to Karakol Valley (Karakol National Park) and ascend to Sirota EcoTrek campsite ~7-8 hours (17km). You will be walking alongside the river for ~1 hour and then you will cross a bridge with a cable and trek up the valley to the Sirota campsite. Overnight in the tent (Elevation: 2700m).
<b>Day 3</b>	Leaving the campsite you will summit Alakul Lake (3600m) in ~2-3 hours (4km). Enjoy a short hike around the lake and beware at night the temperatures fall below 0 C. Overnight in the tent (Elevation: 3500m).
<b>Day 4</b>	Leaving the campsite you will summit Alakul pass (3860m) ~2 hours. Then you will descend to Keldiki gorge where you will find the Altyn Arashan Yurt camp/Accommodation ~4-5 hours (15km). Be aware that the Alakul pass is very steep with many loose rocks and can be dangerous. At Altyn Arashan, Yurts/Accommodations and food will be provided (Elevation: 2500m). Enjoy hot spring pool.
<b>Day 5</b>	Leaving the campsite Altyn -Arashan hike down to Aksu Village ~3-4 hours (16km). Once you're in Aksu hire a vehicle to Karakol ~30min (18km).

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

#### Included.

<b>Group Size</b>	<b>Per person €</b>	<b>Total €</b>
1	966	966
2	672.5	1345
3	541	1623
4	468.5	1874
5	454.6	2273
6	423	2538
7	404.1	2829
8	386.7	3094
9	376	3384
10	365	3650

- Transportation to starting point end ending point
- 3 times fresh food during the trek
- Tents, sleeping bags, mat, kitchen gear
- Lunch boxes to eat during the trek
- Hot spring bath
- Cook
- English speaking guide
- Porters
- 1 night in hot springs Altyn Arashan(yurt or mountain hut)

- Karakol park fee / Tents setting fee

## **Not included**

- Hotel accommodation in the town of Karakol
- 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.

